



**FIND YOUR PASSION
FIND YOUR Y!**



2024 PROGRAM GUIDE

RIVERBROOK REGIONAL YMCA
Serving Wilton, Redding,
and Norwalk

404 Danbury Road
Wilton, CT 06897
riverbrookymca.org
203.762.8384

Welcome to the Riverbrook Regional YMCA

We aim to be more than a place for a quick morning workout, striving everyday to be the hub for well-being in Norwalk, Redding, and Wilton. Our YMCA is on the leading edge of chronic disease prevention, provides a vital social network of support for our members, and is a place where all can come together to make our community stronger. There's no better time than right now to Find Your Y and join our thriving community.

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2024 SESSIONS AND REGISTRATION DATES

Winter: January 2nd – February 18th

Family Priority Registration 12/18 – 12/19

General Member Registration 12/20 – 12/24

Registration opens to everyone 12/25 – 01/01

Early Spring: February 26th – April 14th (No classes Good Friday – Easter Sunday)

Family Priority Registration 2/12 – 2/13

General Member Registration 2/14 – 2/18

Registration opens to everyone 2/19 – 2/25

Late Spring: April 22nd – June 16th (No Classes Saturday – Monday; Memorial Day Weekend)

Family Priority Registration 4/8 – 4/9

General Member Registration 4/10 – 4/14

Registration opens to everyone 4/15 – 4/21

Summer: SATURDAY June 22nd – August 16th (No Classes on July 4th)

Family Priority Registration 6/10 – 6/11

General Member Registration 6/12 – 6/16

Registration opens to everyone 6/17 – 6/21

Early Fall: August 26th – October 20th (No Classes Saturday – Monday; Labor Day Weekend)

Family Priority Registration 8/12 – 8/13

General Member Registration 8/14 – 8/18

Registration opens to everyone 8/19 – 8/25

Late Fall: October 21st – December 20th (No Classes Wednesday – Sunday; Thanksgiving Weekend)

Family Priority Registration 10/7 – 10/8

General Member Registration 10/9 – 10/13

Registration opens to everyone 10/14 – 10/20

MEMBERSHIP TYPES

	JOINER FEE	MONTHLY FEE
FAMILY Two adults and all children age 20 and under living in the same household (and live-in nannies)	\$100	\$148
ADULT Age 30 – 64	\$75	\$96.50
YOUNG ADULT Age 19 – 29	\$50	\$58.50
SENIOR ADULT Age 65+	\$50	\$79
SENIOR COUPLE Two adults, one or both age 65 or older, living in the same household	\$75	\$115
Annual		
CHILD (AGES 0 – 15) (Accompanying adults must be members or pay the daily guest fee)	\$15	\$383
YOUTH (AGES 16 – 18)	\$20	\$518

*Child & Youth Annual Rates (New Member Fee) We also charge the prorated portion of the month you sign up in and then the annual membership begins on the 1st of the following month.

All children under 12 must be accompanied by an adult. If the accompanying adult does not have a full membership, they must pay the daily drop in fee (\$20) or use a Child's Membership guest pass.

DAILY RATES/GUEST FEES

Day passes may be purchased for use of Y facilities. These fees are not applicable towards membership payments and do not include class participation or Child Watch. Adult 21+: \$20
Child/Senior: \$10

Non-Member Group Class Drop In Fee All Land and Water Group Exercise classes: \$20.00 or \$200 per 10-class card

MEMBER GUEST PASSES

When you join or renew your membership, you receive annual guest passes to use for family and friends. Please pick up your guest passes at the Front Desk.

Family Membership: 10 guest passes

Adult Membership: 5 guest passes

Child Memberships: 7 guest passes for parent/guardian to accompany child.

(Not applicable to Silver Sneakers, Renew Active, Youth or Summer memberships)

SILVERSNEAKERS® & Renew Active Programs

The Riverbrook Regional YMCA is offering SilverSneakers® and Renew Active to enable people 65 and older to take control of their health and well-being. Older adults who are eligible may qualify for a free Y membership through their health care provider.

Individuals wishing to join these programs, must first contact their health insurance provider to confirm that their health plan qualifies them for the free Y membership. The next step includes stopping by our front desk with a copy of your insurance card and confirmation number. The staff will help you enroll and give you an I.D. card.

For more information about enrolling in SilverSneakers® or Renew Active at the Riverbrook Regional Y, contact Michelle Wishna at mwishna@riverbrookymca.org.

MEMBERSHIP CANCELLATION

Your membership is active until you ask us to discontinue it. **To cancel, a notice 10 days prior to your draft date is required.** If a cancellation is not received prior to 10 days before your draft date, the next payment will be charged in full and the membership will remain active for the month. Memberships paid by credit card or bank drafting do not have an expiration date – they are recurring.

A Membership Cancellation Form MUST be completed and emailed to membership@riverbrookymca.org.

The Y will send you a confirmation email once approved. Please retain the confirmation for your records. If you do not receive a confirmation email within 5 days please call **Molly Blosser at 203-762-8384 ext 283.**

MEMBERSHIP HOLDS

You may put your membership on hold for up to 3 months a year / one month at a time. We ask for 2 weeks notice prior to your draft date.

A Membership Hold Form MUST be completed and emailed to membership@riverbrookymca.org.

The Y will send you a confirmation email once approved. Please retain the confirmation for your records. If you do not receive a confirmation email within 5 days please call **Molly Blosser at 203-762-8384 ext 283.**

FINANCIAL AID

The Y is committed to helping everyone thrive at each stage of life and your membership dollars help make it possible for us to pursue this mission! The Y removes financial barriers by providing scholarships to individuals and families that qualify. We want everyone to be part of our community regardless of income or financial situation. Forms are available online or at the Front Desk.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your “home” YMCA (your home location is the facility that enrolled you as a member and collects your membership dues). Usage may be limited to facility use only (no classes).

- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants and special memberships are not eligible for Nationwide Membership

Your Riverbrook Regional YMCA membership card will be honored at most Ys across the country. Policies vary by Y to Y, so call ahead to confirm.

LOCAL YMCA RECIPROCITY

Local Y Reciprocity includes: The Westport Weston Family YMCA, the New Canaan YMCA, the CT Coast Regional YMCA and Darien YMCA (*some restrictions apply). Please note that under the New England Reciprocal Agreement we ask that you belong to the Y you use most often and limit your reciprocal visits to *8 or less a month (*Number of visits allowed subject to change). Silver Sneakers and Renew Active memberships do not include reciprocal visits to other Ys that don't offer the programs.



All information subject to change

AQUATIC FACILITIES

- 50 meter Indoor/Outdoor Pool
- 25 yard Indoor Pool
- Summer Beach at Kiwanis Pond
- Children's Summer Splash Pad

FITNESS CENTER

State-of-the-art cardio & strength training equipment and a certified, professional staff

- Precor Treadmills
- Precor Fitness Bikes
- Precor Cross Trainers
- Precor upright bikes
- Precor recumbent bikes
- Precor stair climbers
- Concept II Rowers
- Arc trainers
- Precor Circuit machines
- Precor Plate Loaded strength
- Cable Apparatus and Smith Machine
- Dumbbells, Weights and Benches
- Certified Trainers to assist with your workout

FITNESS STUDIOS

- Group Fitness Studio
- Mind Body Studio with Pilates Reformers
- Athletic Equipment Training Center – Multi-purpose room for individual and team training, Indoor Cycling, Mindbody Classes, TRX, and other unique programming

MEMBER RECEPTION AREA

- Child Watch Area – FREE for Full Family Members
- Spacious Lobby & Vending Machines

FULL GYMNASIUM

- Basketball
- Badminton
- Pickleball
- Youth Sports

LOCKER ROOMS

- Universal/Family Locker Rooms
- All Ages Locker Rooms
- Adult Locker Rooms
- Sauna, Steam-room, Showers



PADDLE TENNIS HUT

Paddle Tennis Hut: Spacious room with fireplace, kitchen and restroom, overlooking Kiwanis Pond and the courts.

OUTDOOR GROUNDS

- Playgrounds
- Fields
- Picnic Areas
- Ropes Course
- Mini Golf
- Pond with Beach

GYMNASTICS TRAINING CENTER

Located at 644 Danbury Road

EXTRA SERVICES

(Additional Fees May Apply)

- Climbing Wall and Ropes Course
- Massage Services
- Birthday Party Rooms and Activities
- Child Watch- supervision of infants, toddlers, and older children of full family members

MEMBERSHIP POLICIES

- Members must check in when entering the building and swipe their membership card
- Memberships are not transferable to another individual and your card may not be used or borrowed by another person
- Memberships are not transferable to other YMCAs. A letter stating you have a Y membership in good standing is available when you move or leave the Riverbrook Regional Y, but we do not guarantee another YMCA will waive their joiner fee
- Memberships paid in full up-front for the year will expire that same month the following year
- Lost cards must be replaced for a \$4 fee
- There is a \$25 fee for returned checks and a \$20 fee for returned drafts

MEMBER CODE OF CONDUCT

The Wilton Family YMCA is a membership organization, which values personal responsibility, honesty, mutual respect, and non-violence. In joining, members, non-members and guests agree to subscribe to Y policies and are expected to abide by its rules. Membership may be revoked or suspended for the following reasons:

- If a member engages in vandalism, theft, or unnecessary physical roughness in sports and activities while at the Y
- Entry into or use of unauthorized/unprotected areas of the Y property or facility may result in the loss of membership privilege
- If a member uses obscene, threatening, or offensive language while at the Y, or acts in an abusive or intimidating manner towards another member or staff person.
- If a member is using illegal substances, smoking, vaping, Juuling, or drinking alcoholic beverages in any area of the main building or on the property without written permission from the Executive Director
- Anyone caught using another individual's membership card risks suspension or revocation of his or her membership
- Failure to abide by a staff member's instruction or directive
- Failure to adhere to Child Safe Environment Guidelines
- Riverbrook Regional YMCA conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access
- Failure to adhere to Parking Lot Guidelines

EMERGENCY CLOSING

Night Prior to Weather Event:

A decision will be made regarding opening safely by 8:00 pm.

If we are not going to open on time, there will be a 2- hour delay to start.

- Monday – Friday opening is at 7:30 am instead of 5:30 am.
- Saturday 8:00 am instead of 6:00 am.
- Sunday 10:00 am instead of 8:00 am.

Day of Weather Event:

Check-in at normal opening time

- Monday – Friday check-in at 5:30 am about the remainder of the day.
- Saturday check-in is at 6am
- Sunday check-in is at 8:00 am.

If we cannot open after a two-hour delay, opening time will be 10:30 am.

- Check-in at 8:30 am to see if possible.
- All programs and practices will be canceled prior to 10:30 am.

If we cannot open at 10:30 am, the opening time will be 2:00 pm.

- Check-in at 12:00 pm to see if possible.
- All programs and practices will be canceled prior to 2:00 pm.

If we cannot open at 2:00 pm, the YMCA will close for the remainder of the day.

Once a decision is made regarding opening, all practices and programs will remain on the same schedule.

Note: Preschool & Afterschool

- Preschool will continue to follow Wilton Public School decisions for the school year 2023-2024 regarding inclement weather policy.
- Afterschool will follow Wilton Public School decisions as it would be affected, otherwise it will defer to our YMCA Inclement Weather Policy



The Riverbrook Regional YMCA has been an integral part of the fabric of our community for over 50 years. The seeds of the Y were planted in 1956 with the Wilton Kiwanis Club's purchase of the property that would become the home of the Y less than 20 years later. The Riverbrook Regional YMCA was officially chartered in 1972 when the first phase of the main building was completed.

Since then, the Y has grown in membership and services as the community has looked to the Y for swimming lessons, health and fitness programs, senior activities, youth and adult sports, early childhood educational programs, afterschool child care, summer day camp, volunteer opportunities, and a values-based environment where everyone is welcome. Some civic leaders have referred to the Y as one of the "building blocks" of the community.

Mission

The Riverbrook Regional YMCA is a charitable organization dedicated to maximizing the personal potential of all individuals in the community.

Vision

The Riverbrook Regional YMCA will broaden its leadership role in providing high quality programs and services to significantly increase membership base through the modernization of its existing campus and the expansion of its facilities. The Y will be known as one of the leading providers of services delivered in an environment that promotes caring, honesty, respect and responsibility.

Diversity, Disability & Inclusion

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of age, race, gender, income, faith, sexual orientation, gender expression, cultural background, national origin, and disability has the opportunity to live life to its fullest. We share the values of caring, honesty, respect, and responsibility – everything we do stems from it.

Riverbrook Regional Y Board of Directors

Susan Goldman
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Immediate Past Chair

Greg Pinchbeck
First Vice Chair

Dr. Michael Crystal
Vice Chair

Fred Wirth
Vice Chair/Acting Treasurer

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David Roger

Timothy Rorick

Luisa Uriarte

Tom Viggiano

Dr. Susan Weinberger

BIRTHDAY PARTIES

Aquatic Parties

SWIM BIRTHDAY PARTY

(recommended for swimmers 3+)

Swimmers will have the use of 2 free play lanes in our 25y warm water pool.

INFLATABLE BIRTHDAY PARTY

(recommended for swimmers 5+)

Swimmers will have the whole pool to themselves for inflatable fun in the 25y warm water pool.

For details, pricing & booking, contact Samantha Lusher at slusher@riverbrookymca.org

Dance Parties

A rocking, high-energy party inspired by our Dance classes. Pick from Zumba, Tap, Ballet or any other type of Dance! This party is packed with kid-friendly dance routines, and age-appropriate games.

For details, prices & booking, contact Rhoda Kasperek at rkasperek@riverbrookymca.org

Sports Parties

Does your child love sports? Our parties will get your kids moving and active through the sport of your choice. We offer basketball, soccer, kickball, castleball, archery, parachute, and more!

For details, pricing & booking, contact Zack Block at zblock@riverbrookymca.org

SEASONAL EVENTS

HALLOWEEN SPOOKTACULAR

WINTER HOLIDAY BREAKFAST

FOOTBALL/KICKBALL GAME

HEALTHY KIDS DAY

FAMILY FUN NIGHTS

FLOATING PUMPKIN PATCH

AND MORE!





SWIM SCHOOL – SWIM LESSONS

(Location: 25 yard pool)

Swim Starters:

Level designation dependent upon age as of first day of session

Family Members Receive this program for Free when using the Code

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.

Water Exploration:

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

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.

For information reservations please contact Sam Lusher at slusher@riverbrookymca.org

GYMNASTICS

(Location: 644 Danbury Rd.)

Little Rollers: Parent/Tot

One or two coaches lead while parents interact with their children and teach them development skills utilizing all our equipment. An obstacle course is set up and toddlers learn very basic gymnastics skills, including rolls, jumps, and balance.

Open Gym:

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.

For more information, please contact Victoria Shea at vshea@riverbrookymca.org



SPORTS

Parent & Me Soccer

Come learn the very basics of soccer with a trained, fun, and enthusiastic coach! Pass the ball, dribble, score a goal with your child as we play fun mini games to keep the group going! This class will take place outside or inside if inclement weather.

For more information, contact Mike Kazlauskas at mkazlauskas@riverbrookymca.org

FITNESS

Music & Movement

(Location: Studio C)

Toddlers, with their parent or 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!

For additional information please contact Rhoda Kasperek at rkasperek@riverbrookymca.org



SWIM SCHOOL - SWIM LESSONS

(Location: 25 yard pool)

Swim Basics

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

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

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: 5yd independent freestyle/backstroke with face in the water

Swim Strokes - Stroke Introduction

Swimmers develop stroke technique in freestyle, backstroke, breaststroke, and kick. Water safety is reinforced through treading water and elementary backstroke.

Prerequisite: 15yd competent freestyle and backstroke

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: 25yd competent freestyle, backstroke, and breaststroke

Private Swim Lessons

(Location: 25y Pool)

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.

Adaptive Swim Lesson Program

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.



GYMNASTICS

(Location: 644 Danbury Rd.)

Flippers

Although the skill differences are sometimes tough to see, it is the listening and directional skills that provide for a more advanced learning experience. As guided free play will start this class, many of the same gymnastics skills and concepts from previous level classes are used yet enhanced, improved upon, and perfected. Instructors will be working on the proper mechanics of rolling forward and backward, handstands, beginner cartwheels, and basic fundamentals on bars vault and beam. **Prerequisite: Must be potty trained and able to sit in a controlled environment, listen and follow instructions.**

Combo

Prerequisite: Must be able to sit in a controlled environment, listen, and follow instructions.

Twisters

We will work on the fundamentals of gymnastics, correcting their form and technique. Your child will learn to develop and advance their gymnastics talents. This class is a step in to the world of gymnastics. Here they will challenge themselves to be stronger mentally and physically, more flexible, and more determined! **Prerequisite: Must be able to sit in a controlled environment, listen, and follow instructions.**



Kindergarten

A more advanced level from the Twisters class. This class will have a dedicated stretch time and a minimal free play. An introduction to progressive gymnastics focusing on introducing the 4 events: Floors, Bar, Beam, and Vault.

Open Gym

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.

For more information, please contact Victoria Shea at vshea@riverbrookymca.org

SPORTS

(Location: Gymnasium)

T-Ball

Learn America's National pastime in a fun, non-competitive environment. This class teaches throwing, catching, and hitting skills. So bring your glove if you've got one, make sure to bring sneakers too, and get ready to hit a home run.

Floor Hockey

Slap-shot! Beginner hockey. Starting with stick handling, passing, and shooting skills. Moving up to basic game play and teamwork.

Soccer Sprouts

GOAL!!!! Come have your child learn the very basics of soccer with a fun and enthusiastic coach at Soccer Sprouts! Your child will pass the ball, dribble, and score some goals as we play fun mini games to keep the group going! This class will take place outside or inside if inclement weather.

Pee Wee Indoor Tennis

No experience needed! Come and play in a fun filled Tennis Lesson with Coach Pat! Every child will be involved the whole class, learning all of the basics of Tennis! Just bring your sneakers, comfortable shoes, a racquet (if you have one), and an excited attitude to learn the sport!

FITNESS & ARTS

Ballet/Tap Combo class

Students will experience creative movement in a laid-back atmosphere. We will play games and utilize props such as tambourines, mats and hula hoops. The focus is on following directions and teamwork. Skills will be introduced as children become more coordinated.

For additional information, please contact Rhoda Kasparek at rkasparek@riverbrookymca.org

PARENTS NIGHT OUT

Offering monthly or bimonthly childcare on a Friday night, from 6:00-8:30pm. Parents can drop off their children to enjoy some of what the Y has to offer like playing in the gym, craft activities, as well as pizza and a movie related to a theme while under the supervision of our childcare staff.

- Registration begins one month prior to the program date & is REQUIRED to attend
- Emergency Contact Form must be completed each year per family
- While pizza is provided, packing a tree nut free snack is encouraged
- All Parents Night Out participants must be potty trained

For more information, please contact Kimberly Fejes at kfejes@riverbrookymca.org

CANCELLATION POLICY

No refunds will be given for cancellations made after 3pm the previous business day. Program is dependent on enrollment, we have a minimum participant requirement in order to run Parents Night Out.

You will be notified within 36 hours if we cancel the program.

CHILD WATCH (ON-SITE BABYSITTING)

FREE for Full Family Members! The Riverbrook Regional YMCA has a mature, experienced staff who take pride in providing loving care for each child so you can have peace of mind while you are working out at the Y. We supply age-appropriate activities and equipment including a Smart TV. Older children are encouraged to bring some of their own entertainment. Please LABEL all cups, snack holders and bags.

*Time limit per day of 1 ½ hours. For children ages 8 weeks to 12 years.

Please note: Parents will be contacted for diaper changes & toileting needs.

Guardians must remain in the building or YMCA grounds at all times.

HOURS

Mon - Fri:	8:30am - 12:45pm
Mon & Wed:	4:15pm - 7:00pm
Sat:	8:45am - 12:45pm
Sun:	9:30am - 12:30pm



PRESCHOOL

The Riverbrook Regional Y Preschool is a state-licensed learning program for 3-5 year olds, with a 1-to-8 ratio of teachers to children.

One of the primary goals of the Y Preschool is to promote each child's good health and physical well being by developing large muscle strengths through swimming and creative movement. In addition to the basic school day, outdoor play, swim lessons, gym time, cooking class and music are important parts of the program for large motor skill development. Parents provide nutritious snacks and lunch for their child.

Children who attend the Riverbrook Regional Y Preschool must be a Child or Family member of the Y. The Preschool program generally follows the Wilton Public School calendar. All children must be potty trained.

SPECIAL ACTIVITIES MAY INCLUDE:

- Swim Lessons
- Zumba
- Music
- Yoga
- STEAM
- Physical Education
- Cooking classes
- Field Trips

3'S CLASSROOM

Monday, Wednesday, Friday,
9:00am-12:30pm

*Must be three by 12/31

Ratio 1:6, 12 children per class

4'S CLASSROOM

Monday - Friday,
9:00am-1:30pm

*Must be four by 12/31

Ratio 1:8, 16 children per class

PRE-K CLASSROOM

Monday - Friday, 9:00am-1:30pm

*Must be four by 06/30

Ratio 1:8, 16 children per class

Extended Day Program

Children may sign up for After School

Activities, including sports, art and/or the extended day session. Pick-up times vary by program.

(Separate registration)

Fun in the Sun

Offered in June between preschool ending and camp starting. 9am-1:30pm, Monday - Friday. Registration begins March/April. Activities include the splash pool and the pond, nature walks, outside play, and crafts. Children must be potty trained. A packed lunch with ice pack, snack and water bottle are needed. Water shoes and swim gear are required daily.

SUMMER CAMP

Camp Gordyland: Camp-to-Come-to

Offers small camper groups where our attentive counselors encourage independence and expression in a safe environment. Activities include: Instructional Swimming- Swimmers focus on forward movement in water and basic self-rescue skills performed independently, Playground, Canoeing, Dance/Music, Crafts, Nature, Sports, Sand & Pond Play, Mini-Golf, Splash-Pool, & Indoor Sensory Stations.

TAE KWON DO

Dr. Douglas DeMassa has created a specific fun preschool martial arts program that is designed to promote the proper maturation and development of your child's nervous system & brain as they progress through the belt system.

For more information, please contact Kimberly Fejes at kfejes@riverbrookymca.org



SWIM SCHOOL - SWIM LESSONS

(Location: 25 yard pool)

Swim Basics

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

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**

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: 5yd independent freestyle/backstroke with face in the water

Swim Strokes

Stroke Introduction

Swimmers develop stroke technique in freestyle and backstroke and breaststroke kick. Water safety is reinforced through treading water and elementary backstroke.

Prerequisite: 15yd competent freestyle and backstroke

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: 25yd competent freestyle, backstroke, and breaststroke

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: 50yd competent free-style, backstroke, and breaststroke 25yds butterfly kick

Private/Semi-Private

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.



Adaptive Swim Lessons

This program enhances physical fitness, maintains/improves 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.

Pre-Competitive Swim Team

(AKA Pre-Team)

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**

SCUBA LESSONS

Learn to dive at Our Y. Two step process to receive certification. The first step is conducted online at your convenience. Step two is a two day skills training.



GYMNASTICS

(Location: 644 Danbury Rd.)

Evolution

Is your child asking to “try gymnastics?” Evolution is for the gymnast who may want to build on their current skills or is considering re-entry into the gymnastic world. Exposed to floor, balance beam, bars and vault, they will progress from their current gymnastic experience. Non-competitive focused.

Acro I

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

Progressive

An hour-long class designed for the gymnast who has the desire to begin mastering gymnastics with more advanced instructions. Focus will be on building already developed skills along with all-around strength, body awareness, core and flexibility. Their confidence will build on floor, balance beam, vault and uneven bars. Your gymnast will further their abilities with more challenging and creative skills.

*Progressive Beginner: No prior gymnastics experience needed. Introductory level gymnastics.

*Progressive Intermediate: Must complete 1 year of progressive beginner or pass a coach evaluation. More complex skills taught than Progressive Beginner. This level is prior to pre-team.

OPEN GYM

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.

DANCE

K-2 Ballet/Tap Combo

Our dance program aims to provide a foundation of basic skills to beginner dancers in ballet, tap, and hip hop. Class will be tailored to the current experience level of the group and students will be assessed individually. They will be encouraged to learn the moves at their own pace as they work on a choreographed routine in ballet, tap, or hip hop. At the end of the dance program, the students should feel a sense of pride and accomplishment in their achievements!

For more information or to register, please contact Rhoda Kasparek at rkasparek@riverbrookymca.org.

ARCHERY

All necessary equipment is provided and participants are welcome to bring their own.

Introduction to Archery Safety

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. Recommended for any child who hasn't taken classes with us before.

Recreational Archery

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.

Pre-JOAD- Introduction to Competitive Archery

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.

Riverbrook Robins-JOAD Team

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 and interested tournaments.

Targets & Treasure

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**

Adult Archery

Replace description with "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

For more information, contact Zach Block at zblock@riverbrookymca.org

Youth Indoor Tennis

Whether your child has played before or never at all, this class will go through the fundamentals of the sport of tennis while keeping them engaged, focused and having a good time with friends! Come ready to learn, grow and score some points in Youth Tennis!

Youth Soccer

Come have your child learn how to play the most popular sport in the world, soccer! This class will take place in the gym or out on the field. Have a blast while playing organized drills and games with many other children while all learning the fundamentals of kicking passing and scoring!

Youth Strength Training

A certified personal trainer instructs participants on proper exercise techniques, safety, and Fitness Center etiquette. For our youth members (aged 12-15) who have a family membership.

Youth aged 14 and up, with a family membership, may use the Fitness Center (by themselves) once they have completed the Youth Strength Training class or a youth orientation session with one of our fitness experts.

Youth aged 12-13, with a family membership, have access to the Fitness Center (with a parent/guardian), after completing the Youth Strength Training class.

Family Fit Classes

(Location: Athletic Training Center)
Workout as a family every Saturday morning! A certified fitness instructor will guide you through a variety of agility and strength exercises, keeping it fun for all!

For additional information, please contact Rhoda Kasperek at rkasperek@riverbrookymca.org

Wellness Right Start for the Young Adult

A personal training package for the young adult. Includes 2 full nutritional sessions; 3 1/2 hour nutritional sessions/food planning and 5 personal training sessions with a certified personal trainer. Nutritional Sessions are with out Registered Dietitian. By Appointment only.

For additional information please contact Rhoda Kasperek at rkasperek@riverbrookymca.org





AFTERSCHOOL PROGRAM

Our Afterschool Program is a safe and inclusive place where your child may participate in both educational and recreational activities. The Riverbrook Regional Y is a CT State licensed afterschool program serving K-6. Afterschool child care runs from the time of school dismissal until 6:30pm and follows the Wilton Public School calendar.

In the Afterschool Program, your children will grow and learn in a friendly and encouraging environment. We pride ourselves on our inclusive atmosphere which allows our children the opportunity for social growth. We promote self-confidence, physical, and emotional growth in children through self-discovery, varied environments, physical activity, artistic development, quiet time and homework assistance.

Classrooms are divided into two age groups:

- Juniors (Kindergarten-2nd grade)
- Seniors (3rd-6th grade)

Daily schedules and activities vary depending on the age group. However, every classroom is provided with homework time and assistance, downtime to socialize with friends, and structure activities such as gym/ outdoor time, team building, art & crafts, recreational swimming. Registration for the next school year begins May 15.

For more information regarding enrollment, please contact
Kimberly Fejes at
kfejes@riverbrookymca.org

In order to accommodate individuals with special needs to the best of our abilities, we ask that you please contact:

**Christina Foley, Special
Need Coordinator at
203-762-8384 ext.207.**

SUMMER CAMP

Camp Gordyland - Wilton

Traditional day camp that takes full advantage of the Riverbrook Y's spacious campus & facilities. Lead by dedicated camp counselors, our campers build confidence and friendships while learning skills through activities that include: Archery, River Fishing, Arts and Crafts, Drama, Ropes Course, Sports, Street Hockey, Outdoor Living, Instructional Swimming, Recreational Swimming, Dance/ Music and Mini-golf.

Camp-Free-To-Be: Grades 1-6

Teen Camp*: Grades 7-8

*includes weekly field trips

Archery Academy: Grades 3-8
(Afternoon Only)

Camp Sunrise - Norwalk

For children entering 1st grade – 8th grade, Camp Sunrise is held daily Monday through Friday from 8am-3pm with an extended day option from 3pm-6pm for an additional cost. The program may include Zumba, Arts and Crafts, STEAM in addition to outdoor and indoor athletic and social play with field trips to the Wilton YMCA three days per week, weather permitting.

For information please contact
Mike Kazlauskas at
mkazlauskas@riverbrookymca.org

KID'S CLUB

(Supervised bus to class drop-off, Grades K-6)

School Bus Drop-off Supervision at
404 Danbury Road

*Registration is required for each session

Children can stay in the Supervised Bus to Class Drop-Off program up to 1 hour per day. A Y staff member meets the bus and brings each child to a safe, quiet room to do homework or read while waiting for class to begin. When the class time arrives the child will be sent to their program.

The Y is not responsible for making sure the child takes the correct bus. Children under 12 will NOT be allowed to get off the bus unless they are registered for Kid's Club or Afterschool Program. Parents are responsible for picking up their child on time when the Y program is over.

Note: Kid's Club does not run on Wilton School Vacation Days, Holidays or early dismissals, scheduled or weather related. At the time of registration, please complete all questions pertaining to each class and your child's information. Register during your class sign up process.

PARENTS NIGHT OUT

(see page 13)

KIDZ ZONE SCHOOL VACATION DAY PROGRAM

Available to both members and non-members, Kidz Zone is a supervised and fun-filled program for days when the Wilton Public Schools are closed.

Your child will enjoy all the Y has to offer including rec swim, gym time, playground, and special theme-based activities.

FULL DAY: 8:00am - 4:00pm
(K-11 YEARS ONLY)

HALF DAY: 8:00am - 1:00pm
(3 1/2 - 11 YEARS OLD)

- Registration begins one month or more prior to the program date
- Valid medical record for each child attending this program must be provided
- All participants will be provided with a pizza lunch unless a bagged lunch is sent. If your child prefers a lunch from home, please pack with an ice pack. All children need to pack a morning snack. An afternoon snack will be provided for full day participants.
- All Kidz Zone participants must be potty trained
- Please refrain from bringing any peanut/treenut products.

CANCELLATION POLICY

No refunds will be given for cancellations made after 3pm the previous business day. There is a minimum participant requirement in order to run Kidz Zone. You will be notified within 3 business days if we cancel a day of Kidz Zone.

**For more information regarding enrollment, please contact
Kimberly Fejes at
kfejes@riverbrookymca.org**



EXCELLENCE IN DEVELOPING PERSONAL POTENTIAL THROUGH SWIMMING

The Wilton YMCA Wahoo Swim Team encompass all ages and levels of ability, from beginners through Olympic competitors. The program is structured to provide careful development and steady progression through the stages of competitive swimming. The program is composed of athletes and their families from communities throughout Connecticut and Westchester County. The Wilton Y Wahoos have achieved a reputation for excellence recognized across the United States.

WAHOO ORGANIZATION

The Wilton Y Wahoo Swim Team is a family - oriented swimming program in which the parents work cooperatively with the coaches and the YMCA staff to provide both operational and financial support for one of the finest swim teams in the Northeast. The strength of the volunteer parent organization together with the excellence of the coaching staff and the support of the YMCA has resulted in a highly successful program in all levels.

WAHOO COACHING STAFF

Director of Competitive Aquatics
Todd Stevens

Associate Director of
Competitive Aquatics
Eric Holden

Wahoos Age Group Coach
Emma Buckridge

Assistant Coach/Office Manager
JoAnn McCaffrey

Associate Director of Competitive
Aquatics
Matt Salig

Wahoo Dryland Coach & Assistant Coach
Eric Lindahl

Wahoo Head Development Coach
Jace Young

TEAM ACHIEVEMENTS

- United States Swimming 2014 Club Excellence Gold Medal Award
- United States Swimming Virtual Club Championship Top 1% out of over 3000 United States Swimming Teams
- Connecticut YMCA League Champions 1987-2014
- 26 Time YMCA National Team Champions

JOINING THE TEAM

All swimmers are invited to join the Wahoo program. The coaching staff evaluates and places each swimmer according to skill level, age and attitude.
For more information on tryouts, please call 203-762-8384 ext. 249

WILTON WAHOOS





MASTERS SWIM PROGRAM

The Wilton Family YMCA Masters Swim Program offers training designed to improve swimming skills for a wide range of ability. We include practices ranging for those who are former competitive swimmers with a desire to compete again to those looking for a way to improve their overall health and fitness level. We will provide technique work, as well as aerobic/anaerobic training during practices. The Master's program also offers the opportunity to compete in local, regional, and national level meets. We will have specified pool times in the long course pool.

*Preregistration required at riverbrookregionalyymca.org OR at the front desk.

For class schedules and prices, please contact Coach Todd Stevens at tstevens@riverbrookymca.org





FRIENDS AND BUDDIES/ TEEN & ADULT

Meets alternating Fridays for pizza, swimming and other activities.

ROARING TWENTIES AGE 18 & ABOVE

Attend movies, plays, enjoy pottery painting and other seasonal events. The times may vary depending on the activity of the week!

Our activities combine social, vocational, and athletic events where participants create friendships with people from many towns.

BASKETBALL OUTREACH PROGRAM - BOP

Volunteer high school players come to coach athletes play basketball each Sunday for an hour.

JUMPIN' JUNIORS

Open to children age 6 - 10
Participants come together to play a variety of games.

SPECIAL OLYMPIC SPORTS

Special Olympics sports include:

- Bocce
- Gymnastics
- Swimming
- Track & Field

Each sport practices and participates in the State of CT Special Olympic Games throughout the year.

For information or to register, please contact Christina Foley at cfoley@riverbrookymca.org



LIFEGUARDING CERTIFICATION

The American Red Cross lifeguard training and certification are imperative to the process of getting hired on as an official Red Cross lifeguard. Our detailed training includes both testing of hands-on skills as well as comprehension on written tests. The certification, which includes First Aid, CPR, and AED training, is valid for two years upon completion and is accepted nationwide.

Prerequisites for lifeguard training include:

- Students must be at least 15 years old by the last day of class
- Students must pass a pre-course swimming skills test prior to taking lifeguarding courses

LIFEGUARD RE-CERTIFICATION

Lifeguarding review classes are designed to help you update your skills while also extending your certification for another two years. The Red Cross also offers review courses, for those whose certification is still valid (or within 30 days of expiring) while allowing you to continue to work without a lapse in verification.

For more information, please contact Samantha Lusher at slusher@riverbrookymca.org

WATERFRONT LIFEGUARD CERTIFICATION

Red Cross Lifeguard Training with Waterfront Skills

The Waterfront Lifeguard certification course incorporates both the Lifeguarding course with the Waterfront skills module. The purpose of the Waterfront skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open water areas found at public parks, resorts, summer camps and campgrounds. This course incorporates a blended learning format with online training sessions, classroom skills and water rescue activities.

Waterfront Lifeguard Prerequisites

- Be at least 15 years old
- Complete the required online course before the first class
- Pass the following swim test on the first day of class:
 - 500 yard swim using front crawl or breaststroke
 - 2 minute tread using legs only
 - Retrieve a 10lb dive weight from 7ft deep, surface and swim 20 yards with the weight, using legs only and exit the pool within 100 seconds
 - Swim 5 yds, submerge and retrieve three dive rings placed 5 yds apart, resurface and continue to swim another 5 yds to complete the skill sequence



EQUIPMENT ORIENTATION

We offer a FREE orientation session that will help us get acquainted with you, and to help you get familiar with the many wellness solutions we offer. Let us help you take the first step towards better health and fitness!

The equipment orientation is designed for adult members seeking coaching on proper form and technique on specific Fitness Center equipment. Our center has a variety of strength and cardio apparatus, and we want to ensure that you're familiar with the equipment and using it both safely, and to your full advantage.

If you would like to schedule an equipment orientation, please contact fitness@riverbrookymca.org or call 203-762-8384 ext 210

PERSONAL TRAINING

NOT INCLUDED IN MEMBERSHIP

Based on your fitness goals, life style and health history, personal training offers a customized workout tailored to your individual needs. A Certified Personal Trainer will design a program with an emphasis on correct form and technique.



Men and women trainers are available. Workouts are by appointment only.

- Personal training must be paid for in advance at the front desk. Discounts are available for packages of: 5, 10, or 20 sessions
- Personal training appointments must be canceled 12 hours in advance, or client will be charged for the session
- Personal training at the Riverbrook Regional YMCA is permitted only by Riverbrook Regional YMCA personal trainers
- Personal training sessions are non-refundable
- Personal training sessions expire one year after purchase
- Make-ups and/or credits cannot be given for absences.

To schedule an appointment, please contact Rhoda Kasperek at rkasperek@riverbrookymca.org

GROUP FITNESS CLASSES INCLUDED WITH YOUR MEMBERSHIP

- Aqua Blast
- Aqua Body Pump
- Arthritic Relief
- Ashtanga Yoga
- Balance, Line and Strength
- BODYATTACK®
- BODYPUMP®
- Boot Camp
- Classic Core
- Classic Cardio & Strength
- Classic Step
- Fit & Functional
- Group Power®
- High Fitness
- High Intensity Interval Training (HIIT)
- Indoor Cycle
- Morning Mermaid Training
- Pilates
- Pilates Mat
- Senior Strength
- Silver Sneakers
- Tai Chi
- Total Barre
- Total Body Conditioning
- Stretch & Core
- Yoga
- Zumba
- BODYCOMBAT®

GROUP FITNESS RULES AND POLICIES

- Participants must be 14 years of age or older
- For your safety and respect for other classmates and instructors, please arrive to class on time and prepared. Entrance to class is not permitted five minutes after class starts. Group Fitness studios hold up to 25 participants. Reserving a "spot" or moving another member from a space for your own use is not permitted
- Please bring your own mat to class
- Appropriate clothing and clean footwear is required at all times
- Children are not permitted in the Group Fitness Studio or lobby during classes. Child watch is available free of charge for full family members.
- Sound equipment may only be operated by Health and Fitness Staff
- Indoor cycling bikes in the Athletic Training Center are for class use only
- Personal headphones are not permitted during Group Fitness classes and events
- Cell phones must be turned off or to vibrate during classes
- Personal belongings (such as bags or coats) are not allowed in the studios. Temporary lockers are located in the locker rooms



PADDLE TENNIS

OCTOBER-APRIL

With a wonderful paddle tennis program, the Wilton Family YMCA offers a comprehensive program for all levels of play. Paddle Tennis is a great way to stay in shape and meet new friends. The Y facility includes five heated courts plus a spacious paddle hut.

ACTIVITIES INCLUDE:

- Seasonal court rentals & online reservations
- Open Play
- Women's and Men's Inter and Intra club Leagues
- Lessons and Clinics
- Round robins, scrambles, ladders
- Social Gatherings
- Tournaments

PICKLEBALL & BADMINTON

- Wilton Family Y Members: No Charge
- Non-members: \$10 Drop-in fee
- Badminton only: \$50/match option available
- In the Y Gymnasium
- Participant set up and take down
- Courts availability subject to change

For information on rentals, reservations and lessons, please contact Mike Kazlauskas at mkazlauskas@riverbrookymca.org

TRIATHLON CLUB

The RRY Tri Club offers a network of information, support services, training, and racing opportunities for athletes from beginner to elite. This club is the perfect way to meet others who share your passion for Triathlons, Duathons, road racing and/or swimming. As a member of the RRY Tri club you will have access to group workouts and instruction from our experienced lead coach, discounts, and more.

For more information, please contact Rhoda Kasparek at rkasparek@riverbrookymca.org

MIND BODY PROGRAMS

*NOT INCLUDED IN MEMBERSHIP

(Exceptions noted)

Please bring your own mat.

Our Pilates instructors are highly trained and certified professionals who have invested hundreds of hours studying the technique.

GROUP REFORMER CLASS

We offer group classes of 4 per class and private one-on-one trainings. You may also share a session "Duet" with a friend. Our group sessions are one or two days a week and each session is eight weeks in length. Space is limited.

PRIVATE PILATES

A one-on-one session is the most effective way to learn, practice and perfect your Pilates performance. Our instructor will devote undivided attention to your specific needs and develop a custom program for optimum results.

M.V.E FITNESS CHAIR

This chair will work your entire upper and lower body through a series of exercises that will challenge your balance and strength. Private and group classes available. Limited space available.

GROUP MAT CLASS

(Free with YMCA membership)

This is a great place for beginners to start; and a fun, social way to continue Pilates practice. Ideally these classes have a manageable student teacher ratio (10-15 students) so our instructor can monitor each individual's form and progress. Check the group fitness schedule for a full list of classes & times.

SMALL GROUP TRAINING

***NOT INCLUDED IN MEMBERSHIP**

These premium fitness classes mix the use of TRX straps with resistance bands, medicine balls, and kettlebells to create a more fun and effective workout.

NUTRITIONAL EDUCATION

Eating right can seem like a challenge, however it doesn't have to be. At the Y, our Registered Dietitian can support your wellness journey. Sara O'Brien, RD, CDN, has been a pediatric dietitian and clinical manager at Blythedale Children's Hospital in New York with Sodexo for over two years.

For more information, please contact Rhoda Kasperek at rkasperek@riverbrookymca.org

ADULT SWIM LESSONS

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.

For more information, please contact Samantha Lusher at slusher@riverbrookymca.org

RECREATIONAL ARCHERY

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-JOAO with games, rather than focusing on the competition rules.

For more information, please contact Zach Block at zblock@riverbrookymca.org



REGISTERED NURSE & NURSE COACH

Many things can affect the overall health of our community. The increasing numbers of individuals living with chronic diseases, mental health challenges, healthy aging, and the challenge to gain access to health care services.

In response to community health care trends, the Riverbrook Regional YMCA and Norwalk Hospital, as part of Nuvance Health, have teamed up to create a community based Healthy Living Partnership. This community-based health initiative aims to synergize the organizations' shared commitment to health promotion, chronic disease prevention, and the empowerment of individuals to make proactive lifestyle changes, with the ultimate goal of improving both individual and community health outcomes.

Through this innovative and collaborative partnership, a Norwalk Hospital Registered Nurse, Ellen Ryan, BSN, MPH, RN, is at the Wilton Family YMCA. Ellen is a Registered Nurse and Board Certified Nurse Coach through AHNCC. Ellen is available to YMCA members to provide nurse coaching services, health education, motivation, guidance, and support to help empower individuals to meet their health and wellness goals.

Please stop by the Norwalk Hospital Health and Wellness Suite to meet with Ellen.

You can also set up an appointment by emailing Ellen Ryan at ellen.ryan@nuvancehealth.org

LIVESTRONG at the YMCA

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. Over 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 required.

PARKINSON'S EXERCISE PROGRAM

The Riverbrook Regional YMCA offers a Parkinson Exercise program, based on the "Delay the Disease" program protocol. "Delay the Disease" was developed in response to the growing number of individuals diagnosed with the disease looking to regain functional strength and resume their active daily living routines prior to their diagnosis. The 8 week program gives anyone with the disease the opportunity to work with a certified Parkinson Exercise specialist to increase their 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.



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.

For additional information on any of our Chronic Disease Prevention programs, please contact Rhoda Kasperek at rkasperek@riverbrookymca.org



WORK AT THE Y!



The Riverbrook Regional Y is a great place to work! You will join a diverse staff that is interested in your job success in a supportive and values-based environment.

Whether you enjoy working with children or adults, in the pool or gym, you'll find the Y is a very rewarding place to be. A full Y *membership is included when you join the staff, so you can take full advantage of our many classes and facilities. *with a minimum of 4 hours worked per week.

**SCAN FOR
EMPLOYMENT
OPPORTUNITIES**



APPLY HERE

Program Directors

Early Childhood & School Age Development Director

Kimberly Fejes, kfejes@riverbrookymca.org
203-762-8384 ext 293

Gymnastics Director

Victoria Shea, vshea@riverbrookymca.org
203-529-3636

Director of Healthy Living

Rhoda Kasperek, rkasperek@riverbrookymca.org
203-762-8384 ext 282

Senior Camp & Sports Director

Mike Kazlauskas, mkazlauskas@riverbrookymca.org
203-762-8384 ext 277

Aquatics and Risk Management Director

Samantha Lusher, slusher@riverbrookymca.org
203-762-8384 ext 211

Wahoo Finance & Office Manager

JoAnn McCaffrey, jmccaffrey@riverbrookymca.org
203-762-8384 ext 249

Director of Special Needs

Christina Foley, cfoley@riverbrookymca.org
203-762-8384

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203.762.8384