



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



## **2024 EARLY SPRING CLASSES**

### **Session Dates:**

**February 26 – April 14**

**Family Priority Registration Opens at 5:00AM, 2/12 – 2/13**  
**General Member Registration Opens at 5:00AM, 2/14 – 2/18**  
**Registration opens to everyone 2/19 – 2/25**

**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

Family Member Fee:  
FREE

General Member Fee:  
\$165-198

Non-Member Fee:  
\$309-\$359

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 1 (6m-12m): Thursdays 9am; Saturdays 9am

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

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

Class Availability:

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

Water Exploration 2 (26m-32m): Thursdays 10:30am; Saturdays 10:30am

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.

Class Availability:

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

### Fitness

**Music & Movement (Studio C)** Family Members: Free Member Fee \$80 Non-Member Fee \$180

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: Thursday, 10:45-11:15am**

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

**Open Gym (Climbing/walking to age 10) must register online before attending.**

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.

Member Fee: \$10 Non-Member Fee: \$20

**The first Wednesday of each month is free to FAMILY MEMBERS only.  
You must register in advance to attend.**

Class Availability: Monday 12:00-1pm

Wednesday -9:30am-10:30am

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

Member Fee: \$192.50-\$224.50 Non-Member Fee: \$292.50-\$324.50

Class Availability: Mondays 10am-10:45am  
Thursday 9:30-10:15am  
Friday 9:00-9:45am

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

Member Fee: \$202.00-\$234.50 Non-Member Fee: \$302.00-\$334.50

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

**Open Gym (Climbing/walking to age 10) must register online before attending.**

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.

Member Fee: \$10 Non-Member Fee: \$20

**The first Wednesday of each month is free to FAMILY MEMBERS only. You must register in advance to attend.**

Class Availability: Monday 12:00-1pm  
Wednesday -9:30am-10:30am

## 3 years – 5 years

### Swim School Swim Lessons

#### SWIM BASICS: 3 YEARS – 5 YEARS

Family Member Rate:  
\$159-184

General Member Rate:  
\$165-\$198

Non-Member Rate:  
\$309-\$359

#### 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	Wednesday 4:30pm	Thursday 4pm	Friday 3:30pm	Friday 5pm	Saturday 9am	Saturday 10am	Saturday 11:30am	Saturday 3pm
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### **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	Tuesday 3:30pm	Wednesday 3:30pm	Thursday 4:30pm	Friday 4pm	Friday 4:30pm	Saturday 9:30am	Saturday 10am	Saturday 12pm	Saturday 3:30pm
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### **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	Tuesday 4pm	Wednesday 3:30pm	Thursday 5pm	Friday 4:30pm	Friday 5:30pm	Saturday 10am	Saturday 9am	Saturday 12:30pm	Saturday 4pm
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## **SWIM STROKES: 3 YEARS – 5 YEARS**

Family Member Rate:  
\$159-184

General Member Rate:  
\$165-\$198

Non-Member Rate:  
\$309-\$359

### **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 4:30pm	Wednesday 4pm	Thursday 3:30pm	Friday 4pm	Friday 5pm	Saturday 10:30am
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### **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:*

Thursday 3:30pm	Friday 5:30pm	Friday 3:30pm	Saturday 11am
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## **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.

Family Member Rate: \$330-\$373    General Member Rate: \$327-\$380    Non-Member Rate: \$441-\$513

### **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 +

Family Member Rate: \$270

General Member Rate: \$276

Non-Member Rate: \$622

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)

Dates for program: January 2<sup>nd</sup> – April 14<sup>th</sup> ( No practices February 19<sup>th</sup> – February 25<sup>th</sup> )

Family Member Fee: \$714

General Member Fee: \$740

Non-Member Fee: \$1,416

## Dance

### Dance

Fee \$300

Family Priority Fee \$174

Member Fee \$180

Non-Member

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

Students explore creative movement utilizing props such as tambourines, scarves, and hula hoops. The focus is on following directions. Specific dance skills are 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.)

### **Open Gym (Climbing/walking to age 10) must register online before attending.**

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.

Member Fee: \$10 Non-Member Fee: \$20

**The first Wednesday of each month is free to FAMILY MEMBERS only.**

**You must register in advance to attend.**

Class Availability: Monday 12:00-1pm

Wednesday -9:30am-10:30am

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

Member Fee: \$202.00-\$234.50    Non-Member Fee: \$302.00-\$334.50

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

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

Member Fee: \$201.50-234.50    Non-Member Fee: \$301.50-334.50

Class Availability:  
Monday 1:45 - 2:30 pm  
Tuesday 12:30-1:15pm  
Wednesday 12:00-12:45pm  
Thursday 11:30-12:15pm  
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: \$201.50-234.50    Non-Member Fee: \$301.50-334.50

Class Availability:  
Monday 3:00-3:45pm  
Tuesday 9:00-9:45am  
Tuesday 11:00-11:45am  
Tuesday 1:30-2:15pm  
Wednesday 2pm-2:45pm  
Wednesday 3pm-3:45pm  
Thursday 12:30-1:15pm  
Friday 11:00-11:45am  
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: \$201.50-234.50    Non-Member Fee: \$301.50-334.50

Class Availability:  
Wednesday 1:00-1:45pm  
Thursday 1:30-2:15pm  
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: \$201.50-234.50    Non-Member Fee: \$301.50-334.50

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: \$259.20-302.40

Non-Member Fee: \$359.20-402.40

Class availability

Monday 4:00-5:00pm

Tuesday 4:45-5:45pm

Wednesday 4:00-5:00pm

Friday 4:00-5:00pm

Saturday 11:00am-12:00pm

Saturday 12:00pm-1:00pm

### **Open Gym (Climbing/walking to age 10) must register online before attending.**

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.

Member Fee: \$10 Non-Member Fee: \$20

**The first Wednesday of each month is free to FAMILY MEMBERS only.  
You must register in advance to attend.**

Class Availability: Monday 12:00-1pm

Wednesday -9:30am-10:30am

## **Sports**

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

Member Fee: \$180 Non-Member Fee: \$300 Family Member Fee: \$174

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

*\*No class the week of March 11<sup>th</sup>\**

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

Member Fee: \$180 Non-Member Fee: \$300 Family Member Fee: \$174

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

*\*No class the week of March 11<sup>th</sup>\**

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

Member Fee: \$180 Non-Member Fee: \$300 Family Member Fee: \$174

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

*\*No class the week of March 11<sup>th</sup>\**

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

Member Fee: \$223 Non-Member Fee: \$305 Family Member Fee: \$220

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

## Art

**All About Art Preschool Class**

**Ages 3-5**

Tuesdays (7 classes) 1:45-2:30pm – Family \$203

Y Member \$210

Non-member \$350

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 Ms Tatianna

## 6 years – 14 years

## Swim School Swim Lessons

**SWIM BASICS: 6 YEARS – 12 YEARS**

Family Member Rate:  
\$159-184

General Member Rate:  
\$165-\$198

Non-Member Rate:  
\$309-\$359

**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: Saturday 9am

Saturday 9am

Sunday 9am

### **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 4pm	Tuesday 5:30pm	Thursday 4:30pm	Friday 4pm	Friday 5:30pm	Saturday 9:30am	Saturday 11:30am	Sunday 9:30am
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### **SWIM STROKES: 6 YEARS – 12 YEARS**

Family Member Rate:  
\$159-184

General Member Rate:  
\$165-\$198

Non-Member Rate:  
\$309-\$359

### **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 4:30pm	Tuesday 4pm	Thursday 5:30pm	Friday 4:30pm	Friday 5pm	Saturday 10am	Saturday 12pm	Sunday 10am
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### **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 4pm	Tuesday 4:30pm	Wednesday 4:30pm	Thursday 4pm	Friday 4:30pm	Friday 5pm	Saturday 10:30am	Saturday 12:30pm	Sunday 10:30am
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### **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:*

Monday 4:30pm	Tuesday 5pm	Wednesday 4pm	Friday 5:30pm	Friday 4pm	Saturday 11am	Sunday 11am
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### **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.

Family Member Rate: \$330-\$373    General Member Rate: \$327-\$380    Non-Member Rate: \$441-\$513

#### **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 +**

Family Member Rate: \$270

General Member Rate: \$276

Non-Member Rate: \$622

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)

Dates for program: January 2<sup>nd</sup> – April 14<sup>th</sup> ( No practices February 19<sup>th</sup> – February 25<sup>th</sup> )

Family Member Fee: \$714

General Member Fee: \$740

Non-Member Fee: \$1,416

## **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.

# Dance

**Dance (Studio B)** Family Priority Fee \$203/174 Member Fee: \$210/180 Non-Member Fee \$350/300

## **Grade K-2 Ballet/Tap Combo Class**

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: Wednesday 4:30-5:15pm (7 classes) Friday 4:30-5:15pm (6 classes)**

## **Grade K-5 Hip Hop Class**

Move and groove to your favorite songs and learn the basics of hip hop in this beginner level class. Choreography is simple and fun. Attire is casual, comfortable clothes and sneakers.

**Class Availability: Thursday 4:30-5:15pm**

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

## **Open Gym (Climbing/walking to age 10) must register online before attending.**

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.

Member Fee: \$10 Non-Member Fee: \$20

**The first Wednesday of each month is free to FAMILY MEMBERS only. You must register in advance to attend.**

Class Availability: Monday 12:00-1pm  
Wednesday -9:30am-10:30am

## **Evolution (7 -12 years old)**

(See website for class description)

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

Class availability  
Tuesday 2:30-3:30

## **Tumbling for Cheer (8-16 years old)**

Member Fee: \$200.00 Non-Member Fee: \$280.00

Class availability  
Wednesdays 3:15-4:00pm

# Sports

**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: \$223 Non-Member Fee: \$305 Family Member Fee: \$220  
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 4:15 – 5pm

**Tae Kwon Do Beginner & Intermediate: 11 Years – 15 Years** (Location: Studio C)  
Member Fee: \$223 Non-Member Fee: \$305 Family Member Fee: \$220  
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: \$223 Non-Member Fee: \$305 Family Member Fee: \$220  
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

# Archery

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

Family Member Fee:	Member Fee:	Non-Member Fee:
\$184-\$213	\$190-\$220	\$238-\$276

## 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:						
Mondays 4:45pm @Way					Saturdays 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:						
					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 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:						
				Fridays  6:00pm @Way		

## Outreach / Special Needs

**Friends and Buddies**

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

Open to individuals ages 10 and above

Friday's @ 6:00 p.m. – 7:30 p.m. \*Please note the time change!

Friday, March 8 (Delay start a week due to Swim Meet on the 1-3) March 15, April 5 and 12

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

Cost: \$115.00 for members/ \$135.00 for no members

Open to individuals ages 12 and older

Sunday 2:00 PM to 3:00 PM

Sunday, March 3 (depending on swim meet use of the gym?), March 10, 17, 24, April 7, 14

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

Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.

Sunday: 11:00 AM to 12:00 PM

**Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.**

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 the 1<sup>st</sup> weekend of March 2024. Our team will most likely compete on SUNDAY, March 3<sup>rd</sup>.***

### **Special Olympic Aquatics & Track Team:**

Practices will Saturday February 3rd to prepare for the Special Olympic Regional & Summer ST. Of CT. Games in May and June 2024.

Aquatics: Saturday 2:45 PM

Registration will be \$30.00 per athlete and begin at that time.

Ages 8 and above per SOCT guidelines.

Track Team is still to be determined based on Athlete interest and commitment.

## **Esports**

### **[CT Esports Academy >](#)**

Please visit the website for more information.

Ongoing registration now open.

**15 years – 18 years**

## **Swim School Swim Lessons**

### **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.

Family Member Rate: \$330-\$373

General Member Rate: \$327-\$380

Non-Member Rate: \$441-\$513

#### **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 +**

Family Member Rate: \$270

General Member Rate: \$276

Non-Member Rate: \$622

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)

Dates for program: January 2<sup>nd</sup> – April 14<sup>th</sup> ( No practices February 19<sup>th</sup> – February 25<sup>th</sup> )

Family Member Fee: \$714

General Member Fee: \$740

Non-Member Fee: \$1,416

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

Family Member Rate:  
\$159-184

General Member Rate:  
\$165-\$198

Non-Member Rate:  
\$309-\$359

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: Monday 12pm; Friday 12pm; Saturday 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.

### Red Cross Certification Programs: 15+ Years

## Fitness

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

A 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: Monday 3:30pm      Tuesday 3:30pm**

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

### Tumbling for Cheer (8-16 years old)

Member Fee: \$200.00    Non-Member Fee: \$280.00

Class availability

Wednesdays 3:15-4:00pm

## Sports

### 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: \$223 Non-Member Fee: \$305 Family Member Fee: \$220

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: \$223 Non-Member Fee: \$305 Family Member Fee: \$220

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

# Archery

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

Family Member Fee:	Member Fee:	Non-Member Fee:
\$184-\$213	\$190-\$220	\$238-\$276

## 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			Saturdays	Sundays
		4:45pm			10:45am	10:45am
		@Way			@Way	@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:						
Mondays					Saturdays	Sundays
4:45pm					12:00pm	1:15pm
@Way					@Way	@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				Saturdays 1:15pm @Way	Sundays 12:00pm @Way
	4:45pm					
	@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		Fridays 5:00pm @Way	Saturdays 2:30pm	Sundays 2:30pm
		@Way			@Way	@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			Fridays		
	6:00pm			6:00pm		
	@Way			@Way		

## Outreach / Special Needs

### Friends and Buddies

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

Open to individuals ages 10 and above

Friday's @ 6:00 p.m. – 7:30 p.m. \*Please note the time change!

Friday, March 8 (Delay start a week due to Swim Meet on the 1-3) March 15, April 5 and 12

### Basketball Outreach Program (BOP)

Cost: \$115.00 for members/ \$135.00 for no members

Open to individuals ages 12 and older

Sunday 2:00 PM to 3:00 PM

Sunday, March 3 (depending on swim meet use of the gym?), March 10, 17, 24, April 7, 14

### The Roaring Twenties

Cost: \$120.00 for members/ \$140.00 for no members

**Open to individuals ages 18 and older**

Sunday 3:30 PM to 5:00 PM

Sunday, March 3, 10, 17, 24, April 7, 14

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

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

### Special Olympic Gymnastics Team:

Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.

Sunday: 11:00 AM to 12:00 PM

### Practice takes place at the YMCA Gymnastics Center located at 644 Danbury Road, Wilton.

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 the 1<sup>st</sup> weekend of March 2024. Our team will most likely compete on SUNDAY, March 3<sup>rd</sup>.***

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Practices will Saturday February 3<sup>rd</sup> to prepare for the Special Olympic Regional & Summer ST. Of CT. Games in May and June 2024.

Aquatics: Saturday 2:45 PM

Registration will be \$30.00 per athlete and begin at that time.

Ages 8 and above per SOCT guidelines.

Track Team is still to be determined based on Athlete interest and commitment.

# Esports

## [CT Esports Academy >](#)

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Ongoing registration now open.

## Adult

# Swim School Swim Lessons

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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.

Family Member Rate: \$330-\$373      General Member Rate: \$327-\$380      Non-Member Rate: \$441-\$513

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

## ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +

Family Member Rate: \$270      General Member Rate: \$276      Non-Member Rate: \$622

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

## ADULT GROUP SWIM PROGRAM: 18+ YEARS

Family Member Rate: \$159-184      General Member Rate: \$165-\$198      Non-Member Rate: \$309-\$359

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: Monday 12pm; Friday 12pm; Saturday 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

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Member Fee: \$550

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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.

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*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.

## Red Cross Certification Programs: 15+ Years

## Fitness

**Family Priority registration opens 2/12.**

**All Adult membership types are also allowed to register on 2/12 for Adult Fitness classes.**

**Triathlon Club** (Location: TBD)

Member fee \$299

Non-Member

Fee \$399

**The RRY Tri Club offers a network of information, support services, training and racing opportunities for beginner to elite athletes. This club is the perfect way to meet others who share your passion for Triathlon. As a member of the RRY Tri club you will have access to group workouts and receive instruction from our experienced triathlon trainers, discounts and more. Race open events as a team or individually.**

**Group Meets: Tuesday, Thursday, and Saturday 6:30-7:30am**

**Parkinson's Exercise Program** (Location: ATC)

Member Fee \$60

Non-Member

Fee \$160

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: Tuesday 10:30am**

**TRX Bootcamp** (Location: ATC)                      Member Fee \$80                      Non-Member Fee \$180

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:** Tuesday 9:30am      Thursday 9:30am      \*Class starts March 5.

**Mah Jongg for Beginners** (Location: Main Lobby)                      Member Fee \$85                      Non-Member Fee: \$135

**American Mah Jongg is a variation on the ancient Chinese game of strategy, skill, and luck. The objective of the game is to be the first to match tiles to a specific hand from the National Mah Jongg League card by drawing and discarding tiles. Four people are required to play (although you can play with 3). Learn to play this fun game in a series of 5 lessons that follow the National Mah Jongg League rules.**

**Class Availability:** Thursday 11:30am-1:30pm (5 weeks)

## Sports

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

Member Fee: \$223 Non-Member Fee: \$305 Family Member Fee: \$220

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: \$220 Non-Member Fee: \$270

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: \$220 Non-Member Fee: \$270

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: \$220 Non-Member Fee: \$270

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: \$220 Non-Member Fee: \$270

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 Private Clinics:** (Location: Gymnasium)

60 minutes:

Member Fee: \$120

Non-Member Fee: \$140

90 minutes:

Member Fee: \$180

Non-Member Fee: \$200

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 Private Clinic! *Prerequisite: None.*

Class Availability- Min: 1, Max: 4. Times: Depends on Availability

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

Participant Fee: \$45 per person \$90 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 (3/13) to compete for a trophy!

*Prerequisite: Experience in Pickleball.*

Class Availability- Min: 6, Max: 8. Times: Saturdays 10am – 11:30am

**Pickleball League Substitution Play Saturdays:**

Participant Fee: \$FREE per person

As a substitute, you are registering to be put on an email list for when League players need a substitute on certain weeks. Your email will be given to the League players. There is no guarantee of play. Please do not show up unless contacted.

*Prerequisite: Experience in Pickleball.*

## Archery

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

Family Member Fee:	Member Fee:	Non-Member Fee:
\$213	\$220	\$276

**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	

**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:						
				Fridays 6:00pm @Way		
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Rec 445-545p (Way)	Pre-JOAD (Teen) 445-545p (Way)	Foundations 445p-545p (WAY)		JOAD 5-6p (Way)	Adult 930-1030a (Way)	Foundations 1045-1145p (Way)
	League Night 6-730p (Way)	JOAD 6-7p (Way)		League Night 6-730p (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)	

# Outreach / Special Needs

## **The Roaring Twenties**

Cost: \$120.00 for members/ \$140.00 for no members

Open to individuals ages 18 and older

Sunday 3:30 PM to 5:00 PM

Sunday, March 3, 10, 17, 24, April 7, 14

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

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

Updated 2/8/2024