



RIVERBROOK REGIONAL YMCA
SERVING WILTON, NORWALK, AND REDDING



2024 LATE SPRING CLASSES

Session Dates:

April 22 – June 16

Family Priority Registration Opens at 5:00AM, 4/8 – 4/9
General Member Registration Opens at 5:00AM, 4/10 – 4/14
Registration opens to everyone 4/15 – 4/21

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 School Swim Lessons

SWIM STARTERS: 6 MONTHS – 35 MONTHS

Family Member Fee:
FREE

General Member Fee:
\$205-\$233

Non-Member Fee:
\$387-\$441

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

0 – 36 months

Music & Movement (Studio C)
Member Fee \$180

Family Members: Free

Member Fee \$80

Non-

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 10:30-11:15
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.

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 9:30-10:15am
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 1130-12:15pm
Friday 1pm-1:45 pm

3 years – 5 years

Swim School Swim Lessons

SWIM BASICS: 3 YEARS – 5 YEARS

Family Member Rate:
\$198-\$225

General Member Rate:
\$205-\$233

Non-Member Rate:
\$387-\$441

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: Please see website.

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: Please see website.

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: Please see website.

SWIM STROKES: 3 YEARS – 5 YEARS

Family Member Rate:
\$198-\$225

General Member Rate:
\$205-\$233

Non-Member Rate:
\$387-\$441

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: Please see website.

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: Please see website.

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: \$387-\$441

General Member Rate: \$394-\$449

Non-Member Rate: \$534-\$609

Semi-Private Lessons

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

Private/Semi-Private Availability: Please see website.

ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +

Family Member Rate: \$324

General Member Rate: \$338

Non-Member Rate: \$359

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.

Class Availability: Please see website.

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: April 22nd-June 16th (no practices Saturday-Monday, Memorial Day weekend)

Family Member Fee: \$429

General Member Fee: \$443

Non-Member Fee: \$569

Dance

3 years – 5 years

Dance

Member Fee \$350

Family Priority Fee \$203

Member Fee \$210

Non-

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 (7 classes)

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

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 9:30-10:15am
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
Thursday 12:30-1:15pm
Friday 11:00-11:45am
Friday 3pm-3:45pm

Gymnastics (Location: Gymnastics Center 644 Danbury Rd.)

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:

Tuesday 3pm-3:45pm

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

Sports

3 years – 5 years

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

Member Fee: \$205 Non-Member Fee: \$342 Family Member Fee: \$198

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 11th

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 11th

Floor Hockey (Location: Inside the gymnasium)

Member Fee: \$205 Non-Member Fee: \$342 Family Member Fee: \$198

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 11th

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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 (8 classes) 1:45-2:30pm – Family \$232

Y Member \$240

Non-member \$400

An art class for your budding artist! Past projects include theme & holiday art & crafts, using various art materials. Each class explores a different theme or holiday through art. A variety of media will be explored in this fun and hands-on class. Taught by Ms Tatianna. Please bring an art “smock” or old shirt to protect your artists clothes.

6 years – 14 years

Swim School Swim Lessons

SWIM BASICS: 6 YEARS – 12 YEARS

Family Member Rate:
\$198-\$225

General Member Rate:
\$205-\$233

Non-Member Rate:
\$387-\$441

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: Please see website.

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: Please see website.

SWIM STROKES: 6 YEARS – 12 YEARS

Family Member Rate:
\$198-\$225

General Member Rate:
\$205-\$233

Non-Member Rate:
\$387-\$441

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: Please see website.

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: Please see website.

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: Please see website.

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: \$387-\$441

General Member Rate: \$394-\$449

Non-Member Rate: \$534-\$609

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.

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

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

Dates for program: April 22nd-June 16th (no practices Saturday-Monday, Memorial Day weekend)

Family Member Fee: \$429

General Member Fee: \$443

Non-Member Fee: \$569

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

6 years – 11 years

Dance (Studio B)

Family Priority Fee \$232

Member Fee: \$240

Non-

Member Fee \$400

Hip Hop Class (Grade K-5)

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 (8 classes)

Ballet/Tap Combo Class (Grade K-2)

Students learn the importance of warming up and foundation work, conditioning, and stretching. Once the basic skills are mastered, simple choreography combinations are introduced. Preferred attire: Ballet & tap shoes, pink or black leotard, and pink tights. Skirts are optional. Hair should be pulled back in a bun or ponytail.

Class Availability: Friday 4:30-5:15pm (8 classes)

Fitness

Judo for Beginners (ATC) *New!*

AT THE GYMNASTICS CENTER – 644 DANBURY ROAD

Family Priority Fee \$203 Member Fee \$210 Non-Member Fee \$350

Often referred to as “the gentle way,” Judo is a martial art that emphasizes the use of an opponent’s momentum, force and energy against them. This class teaches discipline and builds confidence. Required attire includes a Judo gi with a white belt.

Class Availability: Saturday 11:15PM – 1:00pm (age 6-11)

Fitness

Teens 12-18 years

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

Judo for Beginners (ATC) *New!*

AT THE GYMNASTICS CENTER – 644 DANBURY ROAD

Family Priority Fee \$203 Member Fee \$210 Non-Member Fee \$350

Often referred to as “the gentle way,” Judo is a martial art that emphasizes the use of an opponent’s momentum, force and energy against them. This class teaches discipline and builds confidence. Required attire includes a Judo gi with a white belt.

Class Availability: Saturday 1:00pm – 1:45pm (age 12-16)

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

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

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Evolution (7 yrs. and up)

(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

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

6 years – 12 years

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

For Cost, please email Coach Bryant at arisefoundation87@gmail.com

All players welcome! Email Coach Bryant at arisefoundation87@gmail.com for more details!

Prerequisite: None

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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

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

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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 & TEENS (Location: Gymnasium & Outdoor ranges at the Riverbrook YMCA)

Family Member Fee:	Member Fee:	Non-Member Fee:
\$184-\$242	\$190-\$250	\$238-\$314

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:						
	Tuesdays				Saturdays 10:00am	Sundays 1:00pm
	5:30pm				<i>Gymnasium</i>	<i>Gymnasium</i>
	<i>Gymnasium</i>					

Advanced: Recreational – 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:						
				Friday		Sundays
				4:00pm		2:00pm
				<i>Outdoor Range</i>		<i>Gymnasium</i>

Advanced: 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:						
		Wednesdays		Fridays	Saturdays 3:00pm	
		4:30pm		6:00pm		

		9 meters <i>Outdoor Range</i>		18 meters <i>Gymnasium</i>	9 meters <i>Gymnasium</i>	
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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*

						Sundays 5:00pm <i>Gymnasium</i>
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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:						
	Tuesdays 6:30 <i>Gymnasium</i>			Fridays 7:00pm <i>Gymnasium</i>	Saturdays 4:00pm <i>Gymnasium</i>	Sundays 3:00pm <i>Gymnasium</i>

Outreach / Special Needs

Basketball Outreach Program (BOP)

Cost: \$100.00 for members/ \$120.00 for no members

Open to individuals ages 12 and older

Sunday 2:00 PM to 3:00 PM

Sunday, April 28, May 5, May 12, May 19, June 16

May 27th is Memorial Day/ no programs that weekend and June 1st and 2nd are SOCT Summer Games!

Special Olympic Aquatics Team:

Practices will Saturday February 3rd to prepare for the Special Olympic Regional & Summer ST. Of CT. Games i June 1st and 2nd, 2024.

Aquatics: Saturday 3:00 PM

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

Ages 8 and above per SOCT guidelines.

Track Team: Not running this spring however IF any athlete would like to participate in SOCT Summer track games they may through Our Vision and Chris Foley will assist.

Friends and Buddies

Information to come....

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: \$387-\$441 General Member Rate: \$394-\$449 Non-Member Rate: \$534-\$609

Semi-Private Lessons

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

Private/Semi-Private Availability: Please see website.

ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +

Family Member Rate: \$324

General Member Rate: \$338

Non-Member Rate: \$359

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.

Class Availability: Please see website.

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: April 22nd-June 16th (no practices Saturday-Monday, Memorial Day weekend)

Family Member Fee: \$429

General Member Fee: \$443

Non-Member Fee: \$569

ADULT GROUP SWIM PROGRAM: 18+ YEARS

Family Member Rate:
\$198-\$225

General Member Rate:
\$205-\$233

Non-Member Rate:
\$387-\$441

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: Please see website.

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

Teens 12-18 years

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

Judo for Beginners (ATC) *New!* Family Priority Fee \$203 Member Fee \$210 Non-Member Fee \$350

Often referred to as "the gentle way," Judo is a martial art that emphasizes the use of an opponent's momentum, force and energy against them. This class teaches discipline and builds confidence. Required attire includes a Judo gi with a white belt.

Class Availability: Saturday 11:30am-12:15pm (age 12-16)

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

All players welcome! Email Coach Bryant at arisefoundation87@gmail.com for more details!

Prerequisite: None

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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

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

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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: TEENS (Location: Gymnasium & Outdoor ranges at the Riverbrook YMCA)

Family Member Fee:	Member Fee:	Non-Member Fee:
\$184-\$242	\$190-\$250	\$238-\$314

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:						
	Tuesdays				Saturdays 10:00am	Sundays 1:00pm
	5:30pm				<i>Gymnasium</i>	<i>Gymnasium</i>
	<i>Gymnasium</i>					

Advanced: Recreational – 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:						
				Friday		Sundays
				4:00pm		2:00pm
				<i>Outdoor Range</i>		<i>Gymnasium</i>

Advanced: 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:						
		Wednesdays		Fridays	Saturdays 3:00pm	

		4:30pm 9 meters <i>Outdoor Range</i>		6:00pm 18 meters <i>Gymnasium</i>	9 meters <i>Gymnasium</i>	
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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*

						Sundays 5:00pm <i>Gymnasium</i>
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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:						
	Tuesdays 6:30 <i>Gymnasium</i>			Fridays 7:00pm <i>Gymnasium</i>	Saturdays 4:00pm <i>Gymnasium</i>	Sundays 3:00pm <i>Gymnasium</i>

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, April 28th: Orem's Diner, May 5, May 12, May 19, *June 9, June 16

May 27th is Memorial Day/ no programs that weekend and June 1st and 2nd are SOCT Summer Games!

*Sunday, June 9th: (ACT Theater performance of Kinky Boots at 2:00PM)

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.

Basketball Outreach Program (BOP)

Cost: \$100.00 for members/ \$120.00 for no members

Open to individuals ages 12 and older

Sunday 2:00 PM to 3:00 PM

Sunday, April 28, May 5, May 12, May 19, June 16

May 27th is Memorial Day/ no programs that weekend and June 1st and 2nd are SOCT Summer Games!

Special Olympic Aquatics Team:

Practices will Saturday February 3rd to prepare for the Special Olympic Regional & Summer ST. Of CT. Games i June 1st and 2nd, 2024.

Aquatics: Saturday 3:00 PM

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

Ages 8 and above per SOCT guidelines.

Track Team: Not running this spring however IF any athlete would like to participate in SOCT Summer track games they may through Our Vision and Chris Foley will assist.

Friends and Buddies

Information to come....

Esports

[CT Esports Academy >](#)

Please visit the website for more information.

Ongoing registration now open.

Adult

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: \$387-\$441 General Member Rate: \$394-\$449 Non-Member Rate: \$534-\$609

Semi-Private Lessons

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

Private/Semi-Private Availability: Please see website.

ADAPTIVE PRIVATE LESSON PROGRAM: 3 YEARS +

Family Member Rate: \$324 General Member Rate: \$338 Non-Member Rate: \$359

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.

Class Availability: Please see website.

ADULT GROUP SWIM PROGRAM: 18+ YEARS

Family Member Rate: General Member Rate: Non-Member Rate:
\$198-\$225 \$205-\$233 \$387-\$441

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: Please see website.

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

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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

ADULTS

Family Priority registration opens 2/12.

All Adult membership types are also allowed to register on 4/8 for Adult Fitness classes.

Triathlon Club

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

TRX Bootcamp (Location: ATC)
Fee \$180

Member Fee \$80

Non-Member

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

Mah Jongg for Beginners (Location: Main Lobby)
Fee: \$135

Member Fee \$85

Non-Member

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)

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

Member Fee \$60

Non-Member

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

Class Availability: Tuesday 10:30am

Sports

Adults

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

Member Fee: \$254 Non-Member Fee: \$348 Family Member Fee: \$251

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 In House League Saturdays: (Location: Gymnasium)

Participant Fee: \$35 per person \$70 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 (6/15) to compete for a trophy!

Prerequisite: Experience in Pickleball.

Class Availability- Min: 6, Max: 8. Times: Saturdays 11:30am – 1pm

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: Riverbrook YMCA Gymnasium)

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:						
	Tuesdays			Fridays	Saturdays	
	11:00am			10:30am	9:00am	
	Gymnasium			Gymnasium	Gymnasium	

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	Adult 11a-12p Gymnasium	9m Pre-JOAD 430p-530p Outdoor Range		Adult 1030a-1130a Gymnasium	Adult 9a-10a Gymnasium	Foundations 1p-2p Gymnasium
	Foundations 530p-630p Gymnasium			Rec 4p-5p Outdoor Range	Foundations 11a-12p Gymnasium	Rec 2p-3p Gymnasium
	JOAD 630p-730p Gymnasium			18m Pre-JOAD 6p-7p Gymnasium	9m Pre-JOAD 3p-4p Gymnasium	JOAD 3p-4p Gymnasium
				JOAD 7p-8p Way	JOAD 4p-5p Gymnasium	T&T 5p-6p Gymnasium
Red = Indoors						
Orange = Outdoors						

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, April 28th: Orem's Diner, May 5, May 12, May 19, *June 9, June 16

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Updated: 04/02/2024