



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



## **2024 SUMMER CLASSES**

### **Session Dates:**

**June 24 – August 17**

**Family Priority Registration Opens at 5:00AM, 6/10-6/11**  
**General Member Registration Opens at 5:00AM, 6/12-6/16**  
**Registration opens to everyone 6/17-6/23**

**Classes DO NOT run on Thursday, July 4**

**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

##### Saturdays

June 24th- August 17th

Family	Member	Non- Member
FREE	\$ 238.00	\$ 438.00

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.

## 3 years – 5 years

### Swim School Swim Lessons

#### SWIM BASICS: 3 YEARS – 5 YEARS

Family Member: \$222

General Membership: \$238

Non-Member: \$438

#### 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:

2 week Intensive: Monday-Thursday 3pm

4 week Intensive: Monday & Tuesday 4pm

8 week Program: Saturday 9am or 11am

### **Water Movement**

Swimmers focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

*Prerequisite: independent 10ft swim, face in water*

#### Class Availability:

2 week Intensive: Monday- Thursday 3pm-3:30pm

4 week Intensive: Monday & Wednesday 3pm  
Monday & Tuesday 4:30pm

8 week Program: Saturday 9:30am or 11:30am

### **Water Stamina**

Swimmers learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. *Prerequisite: 5yds independent freestyle/backstroke with face in*

#### Class Availability:

2 week Intensive: Monday – Thursday 4pm

4 week Intensive: Monday & Wednesday 3:30pm

8 week Program: Saturday 10am

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

Family Member: \$222

General Membership: \$238

Non-Member: \$438

### **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:

2 week Intensive: Monday – Thursday 4:40pm

8 week Program: Saturday 10:30am

## **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: \$422

General Member Rate: \$438

Non-Member Rate: \$838

### **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.*

Family Member Rate: \$342

General Member Rate: \$358

Non-Member Rate: \$422

## **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*

Class Availability:  
Monday – Thursday 5-6pm

Family Member Fee: \$286

General Member Fee: \$302

Non-Member Fee: \$366

## **6 years – 14 years**

## **Swim School Swim Lessons**

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

Family Member: \$222

General Membership: \$238

Non-Member: \$438

#### **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:  
2 week Intensive: Monday – Thursday 4pm  
4 week Intensive: Monday & Tuesday 5pm  
Tuesday & Thursday 4pm  
8 week Program: Saturday 9am or 11am

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

Family Member: \$222

General Membership: \$238

Non-Member: \$438

#### **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:  
2 week Intensive: Monday – Thursday 4:30pm  
4 week Intensive: Monday & Tuesday 5:30pm  
Monday & Wednesday 4pm  
Tuesday & Thursday 4:30pm  
8 week Program: Saturday 9:30 or 11:30

### **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:

2 week Intensive: Monday – Thursday 5pm

4 week Intensive: Tuesday & Thursday 5pm

8 week Program: Saturday 10am

### **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:

8 week Program: 10:30am

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

### **Private Swim Lessons**

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Family Member Rate: \$422

General Member Rate: \$438

Non-Member Rate: \$838

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Class Availability:

Monday – Thursday 5-6pm

Family Member Fee: \$286

General Member Fee: \$302

Non-Member Fee: \$366

# Fitness

## Teens (12-18)

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

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

**Class Availability: Mondays or Tuesdays, 3:30-4:15pm**

# Archery

### **ARCHERY: 6 YEARS – 12 YEARS & TEENS** (Location: Gymnasium & Camp ranges at the Riverbrook YMCA)

Family Member Fee: \$275-\$300	Member Fee: \$275-\$300	Non-Member Fee: \$400
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#### **Archery Academy Camp– 1 week**

Our USA Archery-certified instructors will keep every day fresh and fun with new techniques to improve shooting and new crafts to enhance the experience. Beginners will get up to speed with proper form and safety procedures and allow intermediate archers to stretch their skills past what most camps offer. If the archery in your group's schedule isn't enough, this is the camp for you!

This week will involve games and crafts related to the famous fictional archers throughout the ages. Offered July 8-July 12 (Legends) and July 22-July 26 (Olympics).

Camp Runs:						
Monday 3:15-6:00pm Camp Range	Tuesday 3:15-6:00pm Camp Range	Wednesday 3:15-6:00pm Camp Range	Thursday 3:15-6:00pm Camp Range	Friday 3:15-6:00pm Camp Range		

#### **Robins Recreation Camp – 1 week**

This week of drills and games will give more advanced archers the chance put their skills to use in a more relaxed setting while still getting top-notch training. Campers will build back tension while bursting balloons and solidify their stance while shooting soda bottles. After all, there's no reason more skill has to mean less fun!

Offered July 29-August 2

Camp Runs:						
Monday 3:15-6:00pm Camp Range	Tuesday 3:15-6:00pm Camp Range	Wednesday 3:15-6:00pm Camp Range	Thursday 3:15-6:00pm Camp Range	Friday 3:15-6:00pm Camp Range		

**Targets & Treasure Camp - 1 week**

Does your camper love video games? Get all the immersion of Legend of Zelda or Pokemon with none of the screens in this choose-your-own-adventure archery camp! Campers will want to use all their creative problem solving, communication, and teamwork skills to work through their challenges first, because the more difficult a problem is, the better the score they'll need to shoot to overcome it. You won't find excitement like this anywhere else!

Offered July 15-July 19

Camp Runs:						
Monday 3:15-6:00pm Camp Range	Tuesday 3:15-6:00pm Camp Range	Wednesday 3:15-6:00pm Camp Range	Thursday 3:15-6:00pm Camp Range	Friday 3:15-6:00pm Camp Range		

**Riverbrook Robins Boot Camp – 1 week**

Take your shooting to the next level with this intensive 5-day training camp! Every day will feature conditioning with former Olympian judoka Medhi Malki to build muscle, flexibility, and confidence. Follow that up with technical training by Level 3-NTS coach Zack Block. Every day will end with a full 300-round tournament to see daily improvement and earn USA Archery achievements.

This rigorous training will keep your skills sharp over the summer break and let you start strong in fall!

Offered June 24-June 28 and August 5-August 9

Camp Runs:						
Monday 3:45-7:00pm <i>ATC &amp; Gym</i>	Tuesday 3:45-7:00pm <i>ATC &amp; Gym</i>	Wednesday 3:45-7:00pm <i>ATC &amp; Gym</i>	Thursday 3:45-7:00pm <i>ATC &amp; Gym</i>	Friday 3:45-7:00pm <i>ATC &amp; Gym</i>		

## **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

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Family Member Rate: \$422

General Member Rate: \$438

Non-Member Rate: \$838

##### 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.

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**Mondays or Tuesdays, 3:30-4:15pm**



# 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

## 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: \$422      General Member Rate: \$438      Non-Member Rate: \$838

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

Family Member Rate: \$342      General Member Rate: \$358      Non-Member Rate: \$422

# Fitness

**(ADULTS MAY REGISTER AS OF 6/10)**

## PREMIUM FITNESS CLASSES (Location: ATC)

Member Fee \$60      Non-Member Fee \$160  
Drop in Member Fee \$15/class  
Non-Member Fee \$30/class

### TRX Bootcamp will continue this Summer!

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. Tuesdays at 9:30 with Medhi or Thursdays at 9:30am with Tara. Member fee \$60 for 6 weeks, or \$15/class drop in. Non-members pay \$160 for 6 weeks or \$30/class drop in. Register online!

**Class Availability: Tuesdays 9:30am, or Thursdays 9:30am (Class runs 6 weeks July 11-Aug 15)**

## TRIATHLON CLUB

Member Fee \$285      Non-Member Fee \$385

The Riverbrook Regional Y Tri-Club offers a network of information, support services, training, and racing opportunities for athletes from beginner to elite. 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. The 2023 season runs through September 30.

**Meets Tuesdays and Thursdays at 6:30am, and Saturdays 8:00am**

# Archery

## ARCHERY: ADULTS (Location: Riverbrook YMCA Gymnasium)

Family Member Fee: \$232	Member Fee: \$240	Non-Member Fee: \$304
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### 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 10:00am Gymnasium	

## [Gymnastics Camp Weeks >](#)

Updated: 05/28/2024