



RIVERBROOK REGIONAL YMCA
SERVING WILTON, NORWALK, AND REDDING



2024 EARLY FALL CLASSES

Session Dates:

August 26 – October 20

Family Priority Registration Opens at 5:00AM, 8/12-8/13
General Member Registration Opens at 5:00AM, 8/14-8/18
Registration opens to everyone 8/19-8/25

Classes DO NOT run on Labor Day Weekend, 8/31-9/2

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 Pricing:
FREE

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

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

6 months- 18 months: Thursday 9am-9:30am 6 months-10 months: Saturday 9am-9:30am

11 months- 18 months: Saturday 9:30am -10am

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

Class Availability

19 months- 23 months: Thursday 9:30am-10am 24 months-30 months: Thursday 9:30am-10am

19 months- 23 months: Saturday 10am-10:30am 24 months- 30 months: Saturday 10:30am-11am

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

31 months- 35 months: Thursday 10:30am-11am 31 months – 35 months: Saturday 11am-11:30am

Fitness

0 – 36 months

Family Members: Free

Member Fee \$80

Non-Member

Fee \$180

Music & Movement (Studio C)

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

3 years – 5 years

Swim School Swim Lessons

SWIM BASICS: 3 YEARS – 5 YEARS

Family Member Pricing:
\$205-\$233

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

Water Acclimation

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

Class Availability:

Monday 3:30pm	Monday 5pm	Tuesday 4:30pm	Wednesday 4:30pm	Thursday 4pm
Friday 3:30pm	Saturday 9am	Saturday 11am	Saturday 1pm	Sunday 9am

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	Monday 4:30pm	Tuesday 3:30pm	Thursday 4:30pm	Friday 4pm
Saturday 9:30am	Saturday 11:30am	Saturday 1:30pm	Sunday 9:30am	

Water Stamina

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

Class Availability:

Monday 4:30pm	Tuesday 4pm	Wednesday 3:30pm	Thursday 5pm	Friday 4:30pm
Saturday 10am	Saturday 12pm	Saturday 2pm	Sunday 10am	

SWIM STROKES: 3 YEARS – 5 YEARS

Family Member Pricing:
\$205-\$233

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

Stroke Introduction

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

Class Availability:

Monday 3:30pm	Tuesday 3:30pm	Wednesday 4pm	Thursday 3:30pm
Friday 5pm	Saturday 10:30am	Saturday 2:30pm	Sunday 10:30am

Stroke Development

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

Class Availability:

Saturday 12:30pm

PRIVATE/SEMI-PRIVATE: 3 YEARS +

Family Member Pricing:
\$373-\$425

Member Pricing:
\$380-\$433

Non-Member Pricing:
\$513-\$585

Class Availability: Please see all times on registration page.

Private Swim Lessons

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

Semi-Private Lessons

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

Fitness

3 years – 5 years

Dance

Family Priority Fee \$232/\$203

Member Fee \$240/\$210

Non-Member Fee \$400/\$350

Ballet/Tap Combo Class (Studio B)

Students aged 3 1/2-5 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. **Prerequisite: no dance experience required, but children must be able to follow direction**

Class Availability: Saturday, 11:15am-12:00pm (7 wks)

Art

Preschool Art Class

3.5-5 year old

Tuesdays, 1:45-2:30pm

Preschool Art Class (4 weeks 9/24-10/15)

- Family Member Fee: \$132
- General Member Fee: \$136
- Non-member Fee: \$256

6 years – 14 years

Swim School Swim Lessons

SWIM BASICS: 6 YEARS – 12 YEARS

Family Member Pricing:
\$205-\$233

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

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:

Saturday 10:30am

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 11am

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

Friday 4pm

Saturday 9am

Saturday 11:30am

SWIM STROKES: 6 YEARS – 12 YEARS

Family Member Pricing:
\$205-\$233

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

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 4pm

Thursday 4pm

Tuesday 4:30pm

Friday 4:30pm

Tuesday 5pm

Saturday 9:30am

Wednesday 4pm

Saturday 12pm

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 4:30pm

Friday 5pm

Tuesday 5:30pm

Saturday 10am

Wednesday 4:30pm

Saturday 12:30pm

Stroke Mechanics

Swimmers refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. *Prerequisite: 50yds competent Freestyle, Backstroke, and Breaststroke 25yds Butterfly Kick*

Class Availability:

Tuesday 4pm

Thursday 4:30pm

Friday 5:30pm

Saturday 10:30am

PRE-COMPETITIVE SWIM TEAM (A.K.A PRE-TEAM): 6 YEARS – 16 YEARS

Family Member Pricing:
\$905

Member Pricing:
\$933

Non-Member Pricing:
\$1,801

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*
Session Dates: August 26th- December 19th

Class Availability:

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

Tuesday & Thursday 5pm-6pm (ages 10 years – 16 years)

PRIVATE/SEMI-PRIVATE: 3 YEARS +

Family Member Pricing:
\$373-\$425

Member Pricing:
\$380-\$433

Non-Member Pricing:
\$513-\$585

Class Availability: *Please see all times on registration page.*

Private Swim Lessons

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

Semi-Private Lessons

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Fitness

Teens 12-18 years

Foundations of Strength I (Location: Fitness Center)

Family Priority Fee \$70/\$80

Member Fee: \$210/240

Non-Member Fee \$350/400

This class is for youth aged 12-15 who want to learn how to workout using our Fitness Center equipment. A Personal Trainer instructs participants on proper exercise techniques, safety, and fitness center etiquette.

Members aged 12-13 who complete this class are permitted to access the Fitness Center accompanied by a parent.

**Class Availability: Monday 3:30-4:15pm (7 wks) Wednesday (8 wks) 3:30-4:15pm
Sunday 11-11:45am (7 wks)**

Foundations of Strength II (Location: ATC)

Family Priority Fee \$80

Member Fee: \$240

Non-Member Fee \$400

This small group training class is geared toward youth members aged 12-15 who have completed Youth Strength Training or Foundations of Strength I and would like to continue to learn how to lift weights and get started on a tailored exercise program. This class will focus on the benefits of strength training, but also includes body weight exercises, core work, balance, and flexibility.

Class Availability: Tuesday 3:30-4:15pm (8 wks)

Archery

Esports

[CT Esports Academy >](#)

Please visit the website for more information.

Ongoing registration now open.

15 years – 18 years

Swim School Swim Lessons

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ADULT GROUP SWIM PROGRAM: 18+ YEARS

Family Member Pricing:
\$205-\$233

Member Pricing:
\$212-\$241

Non-Member Pricing:
\$401-\$457

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.

Fitness

Teens 12-18 years

Foundations of Strength I (Location: Fitness Center)

Family Priority Fee \$70/\$80

Member Fee: \$210/240

Non-Member Fee \$350/400

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**Class Availability: Monday 3:30-4:15pm (7 wks) Wednesday (8 wks) 3:30-4:15pm
Sunday 11-11:45am (7 wks)**

Foundations of Strength II (Location: ATC)

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Non-Member Fee \$400

This small group training class is geared toward youth members aged 12-15 who have completed Youth Strength Training or Foundations of Strength I and would like to continue to learn how to lift weights and get started on a tailored exercise program. This class will focus on the benefits of strength training, but also includes body weight exercises, core work, balance, and flexibility.

Class Availability: Tuesday 3:30-4:15pm (8 wks)

Esports

[CT Esports Academy >](#)

Please visit the website for more information.

Ongoing registration now open.

Adult

Swim School Swim Lessons

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Class Availability: Please see website.

Fitness

(ADULTS MAY REGISTER ON 8/12)

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

Mah Jongg for Beginners (Location: Main Lobby)

Member Fee \$150

Non-Member Fee: \$200

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 lessons that follow the National Mah Jongg League rules.

Class Availability: Tuesday 12:30-2:30pm (7 wks, class does not meet on 10/1)

Livestrong at the YMCA (Location: Fitness Center)

Free

Livestrong at the YMCA is a safe & effective way for those diagnosed with cancer to regain strength and return to their normal daily routine. This 12-week exercise program was developed specifically for cancer survivors through the Livestrong foundation. The group meets twice a week in the Fitness Center for one hour. Cancer survivors receive a progressive strength training and cardiovascular program in addition to a basic nutrition plan. Participants may be in any stage of Cancer Recovery.

Doctor's Medical Release/Physician Referral required.

Class Availability: Monday and Thursday 12:30-2:00pm

Parkinson's Exercise Program (Location: ATC)

Member Fee \$80

Non-Member Fee \$180

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 10:30-11:30am

Gymnastics, Sports, Archery & Outreach to come.