



## **2024 LATE FALL CLASSES**

### **Session Dates:**

**October 21 – December 20**

Family Priority Registration 10/7 – 10/8

General Member Registration 10/9 – 10/13

Registration opens to everyone 10/14 – 10/20

**Thanksgiving Weekend**

**Classes do not run Wednesday through Sunday, 11/27 – 12/01**

**HOW TO REGISTER:** Visit our [Website](#) during your registration segment, click on the register now tab and search your program of interest.

## 6 months – 36 months

### Swim School Swim Lessons

#### SWIM STARTERS: 6 MONTHS – 35 MONTHS

Family Member Fee: FREE

Member Fee: \$241-\$212

Non-Member Fee:\$457-401

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:*

Thursday	Saturday
9AM (6m-18m)	9AM (6m-10m) 9:30AM (11m-18m)

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

*Class Availability:*

Thursday	Saturday
9:30AM (19M-23M) 10AM (24m-30m)	10AM (19M-23M) 10:30AM (24M-30M)

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:*

Thursday	Saturday
10:30AM (31m-34m)	11AM (31m-34m)

### Fitness

#### 0 – 36 months

**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 3-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: \$15 Non-Member Fee: \$25

**Free for family members-must be registered!**

Class Availability: Tuesday 9am-12pm  
Friday 9am-12pm

**Parent/tot/ little rollers (12mos – 2.5yrs)** Children must be able to walk, and/or climb. Parent or guardian assistance is required.

Family 164.50-185.00 Member \$174.50-195.00 Non-Member \$274.50-295.00

Class Availability: Monday 10am-10:45am  
Wednesday 9:15am-10:00am  
Thursday 10am-10:45am

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

Family \$252.50-283.50 Member \$262.50-293.50 Non-Member \$362.50-393.50

Class Availability: Mondays 11am-11:45am  
Wednesday 10:15am-11am

## **3 years – 5 years**

# Swim School Swim Lessons

## **SWIM BASICS: 3 YEARS – 5 YEARS**

Family Member Fee: \$205-\$261

Member Fee: \$212-\$270

Non-Member Fee:\$401-\$513

### **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:*

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
9AM	3:30PM	3:30PM	4PM	3:30PM 5PM	4PM	9AM 11AM 1PM

### **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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM	4PM	4PM 5:30PM	3:30PM	4PM 5:30PM	4:30PM	9:30AM 11:30AM 1:30PM

### **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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10AM	3:30PM 4:30PM	4:30PM		4:30PM	5PM	10AM 12PM 2PM

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

Fee: \$205-\$261

Family Member Fee: \$219-\$276

Family Member Fee: \$209-\$266

Non-Member Fee: \$202-\$270

Non-Member

### **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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30AM	4PM	3:30PM	4:30PM	3:30PM	5PM	12:30PM

### **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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30PM	4PM	4:30PM		4:30PM 5:30PM	10:30AM

## **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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:30PM			5PM	

## **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 Fee: \$373-\$477

Member Fee: \$380-\$486

Non-Member Fee:\$513-657

### **Semi-Private Lessons**

Family Member Fee: \$303-387  
per person

Member Fee: \$310-\$396  
per person

Non-Member Fee:\$373-\$477  
per person

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 SARMIENTO** [jsarmiento@riverbrookymca.org](mailto:jsarmiento@riverbrookymca.org) Maximum of 2 swimmers in each lesson, no exceptions.

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

## **Fitness**

### **Dance**

**Ballet/Tap Combo (Studio B)** Family Priority Fee \$231 Member Fee \$238 Non-Member Fee \$448

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)

**Creative Movement (Studio B)** Family Priority Fee \$264 Member Fee \$272 Non-Member Fee \$512

Creative movement utilizes music, movement, and improvisational exercises to inspire children's imagination and promote physical awareness. Through dance and play, students learn how to use all parts of their bodies to move in new and exciting ways.

Class Availability: Wednesday, 1:45-2:30pm (8 wks)

## Gymnastics

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

Open Gym is a non-instructional 3-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: \$15 Non-Member Fee: \$25

**Free for family members-must be registered!**

Class Availability: Tuesday 9am-12pm

Friday 9am-12pm

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

Family \$252.50-283.50 Member \$262.50-293.50 Non-Member \$362.50-393.50

Class Availability:

Monday 1:45pm - 2:30 pm

Tuesday 12:30pm-1:15pm

Wednesday 11:30am-12:15pm

Thursday 1:30pm-2:15pm

Friday 1pm-1:45 pm

**Preschool Mash up (3yrs-5yrs)**

A combination of gymnastics through play and age-appropriate skills on all 4 events, beam, floor, vault and bars, this 45-min class includes music, mindful movements and a mini art project.

Family \$283.50 Member \$293.50 Non-Member \$393.50

Class Availability:

Monday 12:15pm-1pm

**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.

Family \$252.50-283.50 Member \$262.50-293.50 Non-Member \$362.50-393.50

Class Availability:

Monday 2:45pm-3:30pm  
Tuesday 1:30pm-2:15pm  
Wednesday 2:30pm-3:15pm  
Thursday 12:30-1:15pm  
Thursday 2:30pm-3:15pm  
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.

Family \$252.00 Member \$262.00 Non-Member \$362.00

Class Availability:

Wednesday 12:30pm-1:15pm  
Wednesday 1:30pm-2:15pm  
Thursday 11:30am-12:15pm  
Friday 2pm-2:45pm

**Saturday classes** have been prorated for our annual Snowflake meet on Dec 7 There will be NO classes that day. **Saturday has 6 classes only!**

**Intro to Gymnastics for 4-6 year olds** 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.

Family \$189.00-283.50 Member \$199.00-293.50 Non-Member \$299.00-393.50

Class Availability:

Tuesday 4:00-4:45pm  
Thursday 4:00-4:45pm  
Saturday 10:45-11:30am

**Beginner (5yrs and up) and Intermediate (7yrs and up) Gymnastics**

1 hour class- gymnast will be grouped accordingly  
(See website for descriptions)

Family \$222.00-333.00 Member \$232.00-343.00 Non-Member \$332.00-443.00

Class availability

Monday 4:00-5:00pm  
Tuesday 4:45-5:45pm – Beginners only for ages 9 and up  
Wednesday 4:00-5:00pm  
Friday 4:00-5:00pm  
Saturday 10:30am-11:30am – Beginners only  
Saturday 11:30am-12:30pm

# Art

## Preschool Art Class (9 weeks 10/22-12/17)

Tuesdays, 1:45-2:30pm in the Activity Center.

Family Members: \$297

Regular Member: \$315

Non-member: \$576

While there is no Preschool the week of November 25th, Class will run as normal.

# Sports

## 3 years – 5 years

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

Member Fee: \$272 Non-Member Fee: \$390 Family Member Fee: \$264

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: \$306 Non-Member Fee: \$445 Family Member Fee: \$297

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: \$272 Non-Member Fee: \$390 Family Member Fee: \$264

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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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



## 6 years – 14 years

### Swim School Swim Lessons

#### SWIM BASICS: 6 YEARS – 12 YEARS

Fee: \$205-\$261

Family Member Fee: \$205-\$261

Family Member Fee: \$205-\$261

Non-Member Fee: \$202-\$270

Non-Member

#### 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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5PM				

#### 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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30PM				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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3:30PM			4PM	3:30PM	9AM 11:30AM

#### SWIM STROKES: 6 YEARS – 12 YEARS

Fee: \$205-\$261

Family Member Fee: \$205-\$261

Family Member Fee: \$205-\$261

Non-Member Fee: \$202-\$270

Non-Member

#### 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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4PM	3:30PM	4PM	4PM	5:30PM	9:30AM 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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4PM 4:30PM	4PM	4PM	4:30PM	4PM	10AM 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:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM 5:30PM	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 Fee: \$373-\$477

Member Fee: \$380-\$486

Non-Member Fee:\$513-657

**Semi-Private Lessons**

Family Member Fee: \$303-387  
per person

Member Fee: \$310-\$396  
per person

Non-Member Fee:\$373-\$477  
per person

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 SARMIENTO** [jsarmiento@riverbrookymca.org](mailto:jsarmiento@riverbrookymca.org) Maximum of 2 swimmers in each lesson, no exceptions.

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

# Fitness

## 6 years – 11 years

### Dance

**Ballet/Tap Combo (Studio C)** Family Priority Fee \$231 Member Fee \$238 Non-Member Fee \$448

Students learn the importance of warming up and foundation work, conditioning, and stretching. Once the basic dance 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.

Class Availability: Tuesday, 4:15am-5:00pm (7 wks)

**Street Jazz (Studio B)** Family Priority Fee \$264 Member Fee: \$272 Non-Member Fee \$512

This class combines jazz, hip hop, and improvisational dance to create a fun and energetic environment. Students will learn the basics of both dance styles and explore improvisational exercises to develop their musicality and physical awareness.

Class Availability: **Age 5-8:** Wednesday 4:15-5:00pm (8 weeks)  
**Age 8-11:** Wednesday 3:00-3:45pm (8 weeks)

## Teens 12-18 years

### **Foundations of Strength I (Location: Fitness Center)**

Family Priority Fee \$70/\$80 Member Fee: \$238/272 Non-Member Fee \$448/512

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 (8 wks) Tuesday 3:30-4:15pm (8 wks) Sunday 11-11:45am (7 wks)

### **Foundations of Strength II (Location: ATC)**

Family Priority Fee \$80 Member Fee: \$272 Non-Member Fee \$512

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: Wednesday (8 wks) 3:30-4:15pm

**Intro to Hip Hop (Studio B)** Family Priority Fee \$70/80 Member Fee \$105/120 Non-Member Fee \$210/240

This class aims to explore the basics of hip hop movement in a judgement free and accessible environment. Participants aged 16 and older will learn specific moves and forms, combine them into phrases of dance, and learn how empowering hip hop can be.

Class Availability: Wednesday 5:30pm (8 classes) Saturday 10am (7 classes)

# Gymnastics

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

Open Gym is a non-instructional 3-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: \$15 Non-Member Fee: \$25

**Free for family members-must be registered!**

Class Availability: Tuesday 9am-12pm

Friday 9am-12pm

**Saturday classes** have been prorated for our annual Snowflake meet on Dec 7  
There will be NO classes that day. **Saturday has 6 classes only!**

**Intro to Gymnastics for 4-6 year olds** 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.

Family \$189.00-283.50 Member \$199.00-293.50 Non-Member \$299.00-393.50

Class Availability:

Tuesday 4:00-4:45pm

Thursday 4:00-4:45pm

Saturday 10:45-11:30am

## Beginner (5yrs and up) and Intermediate (7yrs and up) Gymnastics

1 hour class- gymnast will be grouped accordingly  
(See website for descriptions)

Family \$222.00-333.00 Member \$232.00-343.00 Non-Member \$332.00-443.00

Class availability

Monday 4:00-5:00pm

Tuesday 4:45-5:45pm - Beginners only for ages 9 and up

Wednesday 4:00-5:00pm

Friday 4:00-5:00pm

Saturday 10:30am-11:30am - Beginners only

Saturday 11:30am-12:30pm

## Evolution (7 yrs. and up)

(See website for class description)

Family \$333.00 Member \$343.00 Non-Member \$443.00

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

### **Intermediate gymnastics (8-16 years old) (45 minute class only)**

Family \$252.00 Member \$262.00 Non-Member \$362.00

Class availability

Wednesdays 3:15-4:00pm

## **Sports**

### **6 years – 12 years**

#### **Pickleball Jr. Boot Camps: 8 Years – 12 Years** (Location: Gymnasium)

Drop In - Member Fee: \$45 Non-Member Fee: \$55 Family Member Fee: \$45

This is a Pickleball boot camp designed for youth to learn the sport! All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 8. Days/Times: Saturday 11/9, 12/14. 1pm – 2pm

#### **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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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: 8 YEARS – 12 YEARS & TEENS** (Location: Riverbrook YMCA Gymnasium)

Family Member Fee: \$184-\$242	Member Fee: \$190-\$250	Non-Member Fee: \$238-\$314
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## 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 4:00pm <i>Gymnasium</i>			Saturdays 10:00am <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 Adv: Comp with games, rather than focusing on the competition rules. *Prerequisite: Passed Archery Foundations*

Class Availability:						
						Sundays 2:00pm <i>Gymnasium</i>

## Advanced: Competition – 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 Adv: Rec in addition to going over the competition rules and mindset, rather than focusing on games. *Prerequisite: Passed Archery Foundations*

Class Availability:						
			Thursdays 4:00pm 9 meters <i>Gymnasium</i>	Fridays 6:00pm 18 meters <i>Gymnasium</i>		

**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 4:55pm Gymnasium
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**Riverbrook Robins National Team – 120 min – Seasonal**

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 take part in local tournaments, finishing the season at Indoor Nationals in February. Registration is for the season, payable at registration or as a monthly draft. *Prerequisite: Passed Adv: Comp & Coach Approval, Current USA Archery Membership*

Class Availability:						
	Tuesdays 5:30 Gymnasium				Saturdays 3:00pm Gymnasium	Sundays 3:00pm Gymnasium

**Open Range – 60 min**

The range will be available for archers to shoot on their own for a drop-in fee. Minors must be accompanied by an adult. *Prerequisite: Passed Archery Foundations or 18 years or older*

Class Availability:						
				Fridays 7:00pm Gymnasium		

## Outreach

**Friends and Buddies:** 10/25/24-12/20/24 (8 Weeks)

Location: 25yard pool/conference room

Fridays 6:00-7:30pm

Member fee: \$205 Non-Member: \$300 Drop in:\$40/\$50

**Adaptive Basketball**(mini-session) 10/27/24-11/24/24 (5 weeks)

Location: Basketball Gym

Sundays 2:00-3:00pm

Member Fee: \$125 Non-Member \$175 Drop-in: \$30/\$40

## **New Outreach Programs:**

### **Arts and Crafts Club:** 10/27/24-12/22/24 (8 weeks)

Location: YMCA Activity center

Sundays 10:00-11:00am

Member fee: \$205 Non-Member \$300 Drop-in \$40/\$50

### **Dance Club:** 10/27/24-12/22/24 (8 weeks)

Location: YMCA Studio B

Sundays 11:15am-12:15pm

Member fee: \$205 Non-Member \$300 Drop in \$40/\$50

### **Lunch Bunch:** 10/27/24-12/22/24 (8 weeks)

Location: Location: YMCA lobby

Sundays 12:30-1:45pm

Member fee: \$240 Non-Member: \$320 (price includes lunch) Drop-in: \$30/\$40 (lunch not included)

### **Full Sunday Special:** 10/27/24-12/22/24 (8 weeks)

Includes: Arts and Crafts Club, Dance Club, Lunch Bunch, Adaptive Basketball, and Roaring 20s. Location: Various

Sundays 10:am- 4:30pm

Member fee: \$700 (29% savings!) Non-Member: \$1,000 (29% savings!) Drop-in: \$150 (17% savings!) Non-Member: \$200 (13% savings!)

## **Special Olympics**

### **Special Olympics Bowling: 10/5/24-11/23/24 (8 Weeks)**

Location: Bowlero Bowling Alley 701 Connecticut Avenue. Norwalk, CT.

Saturdays 11:30am-12:30 pm

Member Fee: \$250 Non-Member \$350(price includes registration in tournament, Custom Special Olympics polo shirt for new participants, and bowling alley fees) Drop in: \$40/\$50 (does not include \$30-60 registration in tournament, or \$13 charge to be paid to Bowlero)

## **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 Fee: \$373-\$477

Member Fee: \$380-\$486

Non-Member Fee:\$513-657

##### Semi-Private Lessons

Family Member Fee: \$303-387  
per person

Member Fee: \$310-\$396  
per person

Non-Member Fee:\$373-\$477  
per person

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 SARMIENTO** [jsarmiento@riverbrookymca.org](mailto:jsarmiento@riverbrookymca.org) Maximum of 2 swimmers in each lesson, no exceptions.

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

### Fitness

#### Teens 12-18 years

##### **Foundations of Strength I (Location: Fitness Center)**

Family Priority Fee \$70/\$80  
\$448/512

Member Fee: \$238/272

Non-Member Fee

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 (8 wks) Tuesday 3:30-4:15pm (8 wks) Sunday 11-11:45am (7 wks)

## **Foundations of Strength II (Location: ATC)**

Family Priority Fee \$80

Member Fee: \$272

Non-Member Fee \$512

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: Wednesday (8 wks) 3:30-4:15pm

## **Intro to Hip Hop (Studio B) Family Priority Fee \$70/80 Member Fee \$105/120 Non-Member Fee \$210/240**

This class aims to explore the basics of hip hop movement in a judgement free and accessible environment. Participants aged 16 and older will learn specific moves and forms, combine them into phrases of dance, and learn how empowering hip hop can be.

Class Availability: Wednesday 5:30pm (8 classes) Saturday 10am (7 classes)

## **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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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

### **Pickleball Adult Boot Camps: 16 Years – 99 Years (Location: Gymnasium)**

Drop In - Member Fee: \$70 Non-Member Fee: \$85 Family Member Fee: \$70

This is a Pickleball boot camp designed for Adults to learn the sport of pickleball and hone their skills! All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell.

*Prerequisite: None*

Class Availability- Min: 4, Max: 12 Days/Times: Fridays 10/25, 11/8, 11/22, 12/13. 10:30am – 12pm

### **Pickleball Advanced Beginner/Low Intermediate Clinic: 16 Years – 99 Years (Location: Gymnasium)**

Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a advanced beginner/low intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Tuesdays. 9am – 10:30am

**Pickleball High Intermediate Clinic: 16 Years – 99 Years** (Location: Gymnasium)

Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a high intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Tuesdays. 10:30am – 12pm

**Pickleball Novice Beginner Clinic: 16 Years – 99 Years** (Location: Gymnasium)

Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a novice beginner pickleball clinic designed introduce you to the sport of Pickleball, the rules and techniques of the game. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Wednesdays. 10:30am – 12pm

**Pickleball Advanced Beginner/Low Intermediate Clinic: 16 Years – 99 Years**

(Location: Gymnasium)

Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a advanced beginner/low intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Thursdays. 9am – 10:30am

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Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a high intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Thursdays. 10:30am – 12pm

**Pickleball Private Lessons:** (Location: Gymnasium)

- 60 min Private – Member \$75/ Non-Member: \$90
- 60 min Semi- Private – Member \$95/ Non-Member: \$115
- 90 min Pro Plus Group of 3 – Member \$75/ Non-Member: \$90
- 90 min Group of 4 – Member \$140/ Non-Member: \$200

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

Member Fee: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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

# Gymnastics

## Evolution (7 yrs. and up)

(See website for class description)

Family \$333.00 Member \$343.00 Non-Member \$443.00

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

## Intermediate gymnastics (8-16 years old) (45 minute class only)

Family \$252.00 Member \$262.00 Non-Member \$362.00

Class availability  
Wednesdays 3:15-4:00pm

# Archery

## Open Range – 60 min

The range will be available for archers to shoot on their own for a drop-in fee. Minors must be accompanied by an adult. *Prerequisite: Passed Archery Foundations or 18 years or older*

Class Availability:						
				Fridays 7:00pm <i>Gymnasium</i>		

# Outreach

**Friends and Buddies:** 10/25/24-12/20/24 (8 Weeks)

Location: 25yard pool/conference room

Fridays 6:00-7:30pm

Member fee: \$205 Non-Member: \$300 Drop in:\$40/\$50

**Adaptive Basketball**(mini-session) 10/27/24-11/24/24 (5 weeks)

Location: Basketball Gym

Sundays 2:00-3:00pm

Member Fee: \$125 Non-Member \$175 Drop-in: \$30/\$40

## **New Outreach Programs:**

### **Arts and Crafts Club:** 10/27/24-12/22/24 (8 weeks)

Location: YMCA Activity center

Sundays 10:00-11:00am

Member fee: \$205 Non-Member \$300 Drop-in \$40/\$50

### **Dance Club:** 10/27/24-12/22/24 (8 weeks)

Location: YMCA Studio B

Sundays 11:15am-12:15pm

Member fee: \$205 Non-Member \$300 Drop in \$40/\$50

### **Lunch Bunch:** 10/27/24-12/22/24 (8 weeks)

Location: Location: YMCA lobby

Sundays 12:30-1:45pm

Member fee: \$240 Non-Member: \$320 (price includes lunch) Drop-in: \$30/\$40 (lunch not included)

### **Full Sunday Special:** 10/27/24-12/22/24 (8 weeks)

Includes: Arts and Crafts Club, Dance Club, Lunch Bunch, Adaptive Basketball, and Roaring 20s. Location: Various

Sundays 10:am- 4:30pm

Member fee: \$700 (29% savings!) Non-Member: \$1,000 (29% savings!) Drop-in: \$150 (17% savings!) Non-Member: \$200 (13% savings!)

### **Special Olympics Bowling:** **10/5/24-11/23/24** (8 Weeks)

Location: Bowlero Bowling Alley 701 Connecticut Avenue. Norwalk, CT.

Saturdays 11:30am-12:30 pm

Member Fee: \$250 Non-Member \$350(price includes registration in tournament, Custom Special Olympics polo shirt for new participants, and bowling alley fees) Drop in: \$40/\$50 (does not include \$30-60 registration in tournament, or \$13 charge to be paid to Bowlero)

# 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 Fee: \$373-\$477

Member Fee: \$380-\$486

Non-Member Fee:\$513-657

### Semi-Private Lessons

Family Member Fee: \$303-387  
per person

Member Fee: \$310-\$396  
per person

Non-Member Fee:\$373-\$477  
per person

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 SARMIENTO** [jsarmiento@riverbrookymca.org](mailto:jsarmiento@riverbrookymca.org) Maximum of 2 swimmers in each lesson, no exceptions.

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

## Fitness

(**ADULTS MAY REGISTER ON 10/07**)

**Intro to Hip Hop** (Location: Studio B) Family Priority Fee \$80 Member Fee \$120 Non-Member \$240

This class aims to explore the basics of hip hop movement in a judgement free and accessible environment. Members will learn specific moves and forms, combine them into phrases of dance, and learn how empowering hip hop can be. For members aged 16 and up.

Class Availability: Wednesday 5:30-6:15pm Saturday 10-10:45am

**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: Thursday 11:30-1:30pm (7 wks, class does not meet on 12/19)

## Sports

**Pickleball Adult Boot Camps: 16 Years – 99 Years** (Location: Gymnasium)

Drop In - Member Fee: \$70 Non-Member Fee: \$85 Family Member Fee: \$70

This is a Pickleball boot camp designed for Adults to learn the sport of pickleball and hone their skills! All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell.

*Prerequisite: None*

Class Availability- Min: 4, Max: 12 Days/Times: Fridays 10/25, 11/8, 11/22, 12/13. 10:30am – 12pm

**Pickleball Advanced Beginner/Low Intermediate Clinic: 16 Years – 99 Years**

(Location: Gymnasium)

Member Fee: \$260 Non-Member Fee: \$315 Family Member Fee: \$260

This is a advanced beginner/low intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

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Class Availability- Min: 4, Max: 12. Times: Tuesdays. 9am – 10:30am

**Pickleball High Intermediate Clinic: 16 Years – 99 Years** (Location: Gymnasium)

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This is a high intermediate pickleball clinic designed to further hone your skills in the sport. All equipment is provided. This is taught by Pickleball Pro, Steve O'Connell. *Prerequisite: None*

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This is a novice beginner pickleball clinic designed introduce you to the sport of Pickleball, the rules and techniques of the game. All equipment is provided. This is taught by Pickleball Pro, Steve O’Connell. *Prerequisite: None*

Class Availability- Min: 4, Max: 12. Times: Wednesdays. 10:30am – 12pm

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Class Availability- Min: 4, Max: 12. Times: Thursdays. 10:30am – 12pm

**Pickleball Private Lessons:** (Location: Gymnasium)

- 60 min Private – Member \$75/ Non-Member: \$90
- 60 min Semi- Private – Member \$95/ Non-Member: \$115
- 90 min Pro Plus Group of 3 – Member \$75/ Non-Member: \$90
- 90 min Group of 4 – Member \$140/ Non-Member: \$200

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

Member Fee: \$272 Non-Member Fee: \$512...390 Family Member Fee: \$264

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

## Archery

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

Family Member Fee: \$184	Member Fee: \$190	Non-Member Fee: \$238
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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. Annual pass available. *Prerequisite: 18 years or older*

Class Availability:						
					Saturdays 9:00am Gymnasium	



### **Open Range – 60 min**

The range will be available for archers to shoot on their own for a drop-in fee. *Prerequisite: Passed Archery Foundations or 18 years or older*

Class Availability:						
				Fridays 7:00pm Gymnasium		

### **Private Lessons – 60 min**

Contact [zblock@riverbrookymca.org](mailto:zblock@riverbrookymca.org) to confirm availability before registering.

Single:

Member Fee: \$60 / Non-Member Fee: \$70

5-Pack:

Member Fee: \$270 / Non-Member Fee: \$315

10-Pack:

Member Fee: \$530 / Non-Member Fee: \$620

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
	National Team 530p-730p Gymnasium	Foundations 4p-5p Gymnasium	Adv: Comp 9m 4p-5p Gymnasium	Adv: Comp 18m 6p-7p Gymnasium	Adult 9a-10a Gymnasium	Adv: Rec 2p-3p Gymnasium
				Open Range 7p-8p Gymnasium	Foundations 11a-12p Gymnasium	National Team 3p-5p Gymnasium
					National Team 3p-5p Gymnasium	T&T 455p-6p Gymnasium

## **Outreach**

**Roaring 20s:** 10/27/24-12/22/24 (8 weeks)

Location: YMCA Lobby/ various locations around the area)

Sundays 3:00-4:30pm

Member fee: \$205 Non-Member: \$300 Drop in: \$40/\$50(admission for off campus activities not included)

Updated 9/20/2024