Late Spring 2019 Class Times & Fees
Session Dates: April 22 – June 15

Online Registration is now open to everyone!

FITNESS PROGRAMS

Boot Camp
Tuesday/Thursday 9:30-10:30 $305/$405

Evidence Based Health Interventions - programs designed to help those suffering from Chronic disease - Please contact Mary Ann Genuario at 203-762-8384 ext. 282 for additional information on any of programs listed below.

Enhance Fitness - a group exercise program to help those with arthritis or limited mobility

Healthy Weight and Your Child - A year long lifestyle change program for youth ages 7-13 in the 95th percentile for weight and their families

YMCA Diabetes Prevention Program - Lifestyle Change Program for those at risk for Type II diabetes

Delay the Disease - a program designed for those suffering from Parkinson

Live Strong at the YMCA - A Cancer Survivor Exercise Program

Smoking Cessation: The Riverbrook YMCA offers Smoking Cessation classes inquire for additional information

Stroller Moves (For Mom and Baby)
Thursday. 9:30am – 10:30AM $195/$295

Zumba Fit - Zumba fitness fun for ages 8-12. This class includes strength and conditioning for preteens. Thursday’s 3:15-4pm $195/$295

Pre-teen Strength Strength training specially designed for youth ages (9-12)
Mondays 3:15–4:15PM $195/$295

Agility Zone for the Young Athlete - Sports conditioning class
Friday 3:15-4:15 $195/$295

Youth Strength Training (Free to Family Members)
*This class is offered to children of family members at no cost. **Participants may only receive the member benefit ONE time. Any additional sessions enrolled participant will be charged a fee *Limited class size of 8 per section
Mon 4:15pm – 5:15pm $195/295
Tuesday 3:15pm-4:15pm

Youth Strength Training Phase II-
This class is offered to those who have completed phase one and are looking for additional opportunities to work under the direction of a trainer. Free weights, kettlebells, agility skills and drills are just some of what participants will experience. 
Ages 12 & up
Wednesdays 3:15 -4:15 $195/$295

**Youth/Teen Yoga**
Tuesday 3:30-4:30pm $195/$295
*This class is included in family membership- you must register at the front desk

**Small Group training** - small group personal training
weekly group session (four needed to run class)

Wednesday's 9:30-10:30am $225/325
Friday's 9:30-10:30am $225/325

Do you have a group of friends looking to train? Is your group not available to train at the above times? Give us a call at ext.282 to schedule a day and time more convenient for your group.

**Pre-Wedding Pack**- (30 sessions must be completed in 10-week period)
by appointment – Call Mary Ann Genuario 762-8384 x282

**Personal Training Available upon request**-contact Mary Ann at 203-762-8384 ext. 282

Reiki, Meditation & Energy Healing Techniques and nutrition services also offered for an additional fee upon request. Contact Mary Ann at ext.282 for information.

**SPORTS PROGRAMS**

**Preschool Sports**

Pee Wee Indoor Tennis (ages 3-4)
Monday 3:15 – 4:00 pm $95/$195

Soccer Sprouts (ages 4-5)
Wednesday 1:45 – 2:25 pm $168/$268

T-Ball (ages 3 – 5)
Monday 1:45 – 2:20 pm $124/$224

Floor Hockey (Pre-K)
Thursday 1:45 – 2:20 pm $155/$255

**Youth Sports**

Youth Indoor Tennis (Grade 1 - 2 and 3 - 4)
Grades 1 – 2:
Monday 4:00 – 5:00 pm $100/$200

Grades 3 & 4:
Monday 5:00 – 6:00 pm $100/$200

Youth Basketball
Grades 3 – 4
Thursday 3:00 – 3:45 pm $155/$255

Table Top Adventure Club Thursday 3:30-5:00pm $80/$130
**Tae Kwon Do**

Beginners & Intermediate  
(Ages 4 – 9)  
Friday 4:10 – 4:55 pm  
$245/$345

Beginners & Intermediate  
(Ages 10 & up)  
Friday 5:00 – 5:45 pm  
$245/$345

Advanced  
Friday 5:50 – 6:35 pm  
$245/$345

**Martial Arts/White Tiger Karate**

Sparring  
Thursday 4:30 – 5:00 pm  
$115/$215

Juniors  
Thursday 5:00 – 5:45 pm  
$204/$304

Adult Self Defense  
Thursday 6:30 – 7:15 pm  
$204/$304

Combo (Sparring/Jr's)  
$275/$375

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**ARCHERY / FENCING**

Classes will run every week during their time slot from 4/22/19-6/16/19, except on noted exceptions.

Classes marked **WAY** will be held on the lower level of *Way of the Sword* at 21 Governor St in Ridgefield.

Classes marked **YMCA** will be held on the outdoor range of the Wilton Family Y at 404 Danbury Rd in Wilton.

Questions? Contact Coach Zack at wiltonarcheryclub@riverbrookymca.org

Register online at wiltonymca.org/class-registration/register-for-a-class/

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**Introduction to Archery Safety**

Archers will demonstrate the fundamentals of shooting form while they learn the rules of shooting with others on an archery range and how to maintain their equipment.

**MONDAYS YMCA**

4:30pm-5:30pm (9 Archers) – NO CLASS on May 27  
$119 for Wilton Y Members / $169 for Non-Members

**TUESDAYS WAY**

4:30pm-5:30pm (9 Archers)  
$136 for Wilton Y Members / $186 for Non-Members

**SATURDAYS WAY**

11:00am-12:00pm (9 Archers) – NO CLASS on May 25  
$119 for Wilton Y Members / $169 for Non-Members

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**Adult Archery**

Designed for archers of all skill levels looking for fewer kids' games and a more in-depth understanding of the sport, who would like to develop their form in the company of others with the guidance of a trained coach.

**SATURDAYS WAY**

12:00pm-1:00pm (9 Archers) – NO CLASS on May 25  
$130 for Wilton Y Members / $180 for Non-Members

**SUNDAYS WAY**

12:00pm-1:00pm (9 Archers) – NO CLASS on May 26  
$130 for Wilton Y Members / $180 for Non-Members

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**Recreational Archery**
A more in-depth look at shooting form and equipment maintenance paired with drills and games for a fun group shooting environment.
Participants must have taken one session of Introduction to Archery Safety or have Coach Approval.

FRIDAYS  YMCA
4:30pm-5:30pm (9 Archers)
$148 for Wilton Y Members / $198 for Non-Members

SATURDAYS  WAY
10:00am-11:00am (9 Archers) – NO CLASS on May 25
$130 for Wilton Y Members / $180 for Non-Members

Introduction to Competitive Archery
A more in-depth look at shooting form and equipment maintenance paired the rules of competitions and tournament shooting.
Participants must have taken one session of Introduction to Archery Safety or have Coach Approval

WEDNESDAYS  WAY
4:30pm-6:00pm (9 Archers)
$172 for Wilton Y Members / $222 for Non-Members

WEDNESDAYS  YMCA
4:30pm-6:00pm (9 Archers)
$172 for Wilton Y Members / $222 for Non-Members

SATURDAYS  WAY
1:15pm-2:45pm (9 Archers) – NO CLASS on May 25
$151 for Wilton Y Members / $201 for Non-Members

Wilton Archery Club JOAD
Archers will develop their talents to peak competitive form with drills, conditioning, form practice, and tournaments on the local and national level.
Participants must have Coach Approval

FRIDAYS  WAY
6:30pm-8:00pm (12 Archers)
$184 for Wilton Y Members / $234 for Non-Members

SATURDAYS  WAY
3:00pm-4:30pm (12 Archers) – NO CLASS on May 25
$161 for Wilton Y Members / $211 for Non-Members

SUNDAYS  WAY
1:15pm-2:45pm (9 Archers) – NO CLASS on May 26
3:00pm-4:30pm (12 Archers) – NO CLASS on May 26
$161 for Wilton Y Members / $211 for Non-Member

Open Range
The range and equipment will be available for shooting. New participants' shooting may be evaluated for safety before registering. Contact the Archery office for more information.
1-day: $20 for Wilton Y Members / $25 for Non-Members
10-pack: $175 for Wilton Y Members / $225 for Non-Members
Private Lessons per hour: $30 for Wilton Y Members / $40 for Non-Members

MONDAYS
5:30pm-7:30pm

Beginner Fencing
Learn the fundamentals and discover fencing in this engaging and rewarding program offered by WAY of the Sword fencing located at 21 Governors St. Ridgefield CT. Fencing is a game of "physical chess" and an Olympic sport played in Division I schools across the country.
$199.00 for eight classes plus two private lessons. Classes are one hour long with open enrollment and available Monday, Tuesday, Thursday, Friday, 4 to 5 pm, or Saturday 10 am.
Contact Coach Mike Martin: 1 203 529 1320 OR Register online at http://www.wayofthesword.org/

GYMNASTICS
No classes Memorial weekend Saturday May 25 – Monday May 27
All classes have been prorated
ALL GYMNASTICS CLASSES WILL BE HELD AT THE GYMNASTICS CENTER-644 DANBURY ROAD.

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Days</th>
<th>Time</th>
<th>Mbr/non-mbr $</th>
<th>12 month-2 years</th>
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<tbody>
<tr>
<td>Tiny tumblers (parent/child class)</td>
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<td>10:00-10:45</td>
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<td>Friday</td>
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<td>Rollers</td>
<td>Tuesday</td>
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<td></td>
<td>Wednesday</td>
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<td></td>
<td>Friday</td>
<td>12:15-1:00</td>
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<tr>
<td>Flippers</td>
<td>Monday</td>
<td>11:00-11:45</td>
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<td></td>
<td>Tuesday</td>
<td>1:15-2:00</td>
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<td>Wednesday</td>
<td>1:45-2:30</td>
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<td>Thursday</td>
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<td>Kindergarten Gymnastics</td>
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<td></td>
<td>Saturday</td>
<td>10:15 - 11:00</td>
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ALL PRESCHOOL AND KINDER CLASSES ARE 45 MINUTES LONG!
ALL CLASSES WILL BE EVALUATED AND GROUPED BY ABILITY LEVEL AFTER THE FIRST CLASS!

ALL PROGRESSIVE CLASSES ARE ONE HOUR LONG!

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<tr>
<td>Tuesday</td>
<td>4:00-5:00</td>
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<td>Saturday</td>
<td>11am – 12:00</td>
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ALL CLASSES WILL BE EVALUATED AND GROUPED BY ABILITY LEVEL AFTER THE FIRST CLASS!

Recreational gymnastics for ages 10 & up (non- competitive)
Tuesday 3:15-4:15 $242/$342
Friday 3:15-4:15 $242/$342

Open Gym non-instructional playtime for children ages: crawling – 7 years old!
Adult supervision required!

Wednesday, Thursday 12-1pm $5/$10

OUTREACH / SPECIAL NEEDS

DROP IN fee for all programs is $20.00

PLEASE give 24 hours’ notice for drop ins due to the ability to order correct food and event planning.

Special Olympic Teams in season have not cost: Track & Field, Swim teams. (Bocce will begin in the summer)

Special Olympic Swim Team Practice
*We are training for the Southern Region time trials on 11th (in Weston) and the CT. State Games on June 8th and 9th, 2019 (at Yale and Southern University).

Open to athletes age 8 through 65
Saturdays at 1:00 p.m.

- We may need to make some adjustments when the bubble comes down to our schedule. We will need to be flexible with the weather and may not have practice at times.

Special Olympic Track and Field Practice
Open to ages 8 and above.
Saturdays at 12 Noon – 12:45 p.m. in the Fitness Center. In the warm weather the team will move to the WHS Track. Weather permitting, we will begin practicing at the outdoor track on April 27th!

Friends and Buddies
Cost: $70.00 for members / $90.00 for non members
Activities are subject to change due to the pool and weather! We may play BINGO or other games.

Friday’s @ 6:00 p.m. – 7:45 p.m.
April 26th, May 4th, May 24th, June 14th

*NOTE two weeks in a row due to a swim meet & Special Olympic schedule.

The Roaring Twenties
Cost: $105.00 for members/ $125.00 for non members*
Sunday 4:30 p.m. – 6:00 p.m.**

April 28th, May 5th, May 12th, May 19th, May 26th Memorial Day Break, June 2nd
Sunday, June 9th…Special Olympic Summer games!

*This cost is for the program registration. Additional cost may occur when we go to offsite events. ** The times may vary depending on the activity of the week.

Basketball Outreach Program (BOP)
Due to the weekend scheduled swim meets, Memorial Day, and the Special Olympic game schedules we will run a modified program this spring. Please check specific dates.

Open to players ages 10 and above
Members $50/ Non-members $70
Drop in fee $20
Sundays, April 28, May 5, May 12

Updated 04/16/19