



# STRENGTHENING OUR COMMUNITY

**Fall Session I: September 10–October 28**

**Fall Session II: October 29–December 16**

**Member registration: August 6 | Open registration: August 13**

**\*\*\*BACK BY POPULAR DEMAND\*\*\*  
THE GREAT HARTFORD SLIMDOWN**

Join us for the biggest weight loss challenge in the Hartford area! Teams of 4 compete for 10 weeks to lose the most weight by percentage! The contest includes weekly weigh ins, workouts and challenges to get you moving and keep you motivated!

Members: \$60 | Program Members: \$75\*  
\*10-week memberships available

**\*\*\*The challenge begins September 10!\*\*\***

## THE GREAT HARTFORD SLIMDOWN

WORKOUTS ARE BETTER TOGETHER

- Required 1st weigh-in dates: 9/4, 9/6, 9/8
- Ask your branch for info session dates!
- Our winning participants lost 15% of their body weight! Don't miss out on this great opportunity!

### DID YOU KNOW?

#### The community campaign changes lives

At the Y, no child, adult or family is turned away based on their ability to pay. We recognize that for communities to succeed, everyone must be given the chance to live healthy, feel connected and be secure.

### PROGRAM ASSISTANCE

The YMCA offers programs and services to benefit people of all incomes and backgrounds. The Y uses funds from the community campaign to ensure those unable to pay the stated fee can participate. If fees are a concern, please contact us 860-793-9631 x109.

### DIABETES PREVENTION PROGRAM

Are you 18+ years old? Are you overweight? Are you physically inactive or at high risk of developing type 2 diabetes? If so, we can help! During this year-long program, participants meet for 1-hour per week in a small group class with a certified lifestyle coach. The coach provides the tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

#### Program Fee: \$429 for one year

(Payment plans & financial assistance available to those who qualify)

Contact: Rebecca Boisvert at 860-595-3026 or [ymcadpp@ghymca.org](mailto:ymcadpp@ghymca.org) or visit [ghymca.org/diabetes](http://ghymca.org/diabetes) for more info. New classes are always starting!

### LIVESTRONG® AT THE YMCA (Starts Sept 11)

This 12-week group program is designed to help survivors overcome fatigue and de-conditioning caused by treatment and the disease. The program is for adult survivors from the point of diagnosis through the balance of life. Participants work with Y staff trained in cancer care to safely achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem.

Tuesdays & Thursdays, 11:30am–1pm OR 6:30–8pm

This program is FREE for you and your family! **Contact:** Tammy Licki at [Tammy.Licki@ghymca.org](mailto:Tammy.Licki@ghymca.org).

**Facility Hours:** Monday – Friday • 5:30am to 9pm  
Saturday • 8am to 7pm  
Sunday • 8am to 4pm

**Phone:** 860-793-9631

**Address:** Wheeler Regional Family YMCA  
149 Farmington Avenue  
Plainville, Connecticut

**Website:** [WheelerYMCA.org](http://WheelerYMCA.org)

**Facebook:** [Facebook.com/wheelerymca](https://Facebook.com/wheelerymca)

## FITPATH

Our goal is to help you get the most out of your membership and guide you towards achieving your goals. We want to find out as much as we can about you: what your fitness goals are, your fitness background, and how you move. After that, we will recommend the best plan of action for you to be successful here at the Y.

FITPATHs are free for all members, and last 1 hour. Youth FITPATH available upon request (30 min)

## GROUP FITNESS CLASSES

These classes are all FREE with your membership! A current group exercise schedule can be found at [wheelerymca.org](http://wheelerymca.org).

Each week we offer over **50 classes** to meet YOUR workout needs. Choose from classes like Zumba, yoga and cycling, or our newest class, **STRENGTH TRAIN TOGETHER**. This high-rep weight-training workout utilizes an adjustable barbell, weight plates and body weight, while doing squats, lunges, presses and curls with functional integrated exercises.

## TRX

**(Pick 1) Mon: 5:45am; Thurs: 9am**

This 45-minute work out on the TRX introduces proper use and techniques of the suspension training tool. Work out your whole body with a concentration on your core!

Members: \$70 | Program Members: \$85

## QUEENAX METABOLIC FIT

**(Pick 1) Mon: 7pm; Wed: 5pm**

A goal-oriented program for people trying to get lean and fit. Intensity is king in this program, which focuses on high calorie expenditure and lean body mass development through intense workouts on our Queenax system, which has bags, bars, bands and more. 12-ounce or higher boxing gloves required

Members: \$70 | Program Members: \$85

For all inquiries regarding Health & Wellness programs and classes, contact director Chris Hibbs  
Chris.Hibbs@ghymca.org or 860-793-9631 x124.

## PERSONAL TRAINING

Our trainers are committed to helping each member achieve their goals. We modify and structure workouts for YOU! We offer a variety of packages and payment plans to make your health goals become a reality.

1-on-1 & group options available!  
Contact Chris Hibbs to get started!



## ADAPTIVE SPORTS & FITNESS

Tuesdays and Thursdays 10-11:30am

Our adaptive program is for individuals with a disability impacting their fitness health. Disabilities may include multiple sclerosis, stroke, amputation, cerebral palsy, blindness, and much more.

For more info, please contact our adaptive sports coordinator, Katie Wright, at [Katie.Wright@ghymca.org](mailto:Katie.Wright@ghymca.org) or 860.793.9631.

## MASSAGE THERAPY

Stressed from work? Sore from training? Let our licensed massage therapists help! Call the branch for info and pricing on everything from deep tissue to sport rehabilitation massages!

Alison Barto, LMT: 203-312-4320

Maureen Nelson, LMT: 860-558-9520

Ben Romann, LMT: 860-329-9838

## BADMINTON (ages 18+)

**Wed: 6-9pm, Sun: 8-11am**

Full session 1 day: \$60 | Full session 2 days: \$120

## ADULT VOLLEYBALL LEAGUE (ages 18+)

**Tues: 6-9PM**

Members: \$36 | Program members: \$68

## SWIM LESSONS (Birth–adult)

In the first lesson we will sort participants in each class into preschool levels 1–4 and youth levels 1–6 based on skills. Visit [ghymca.org/swimlessons](http://ghymca.org/swimlessons) to see the levels and skills that you or your child will learn.

### 6 months–3 years — 30 minute classes

Members: \$49 | Program Members: \$98

**Level A (6 months–1.5 years):** Wed: 9:45am, Thurs: 5:15pm, Sat: 10:30am

**Level B (1.5–3 years):** Wed: 9:45am; Thurs: 5:15am; Sat: 9:50am, 10:30am; Sun: 10:30am

### 3–5 years — 30 minute classes

Members: \$51 | Program Members: \$102

Mon: 9:45am, 6pm; Tues: 11am, 4:15pm; Wed: 6pm; Thurs: 9:45am, 6pm; Fri: 5:45pm; Sat: 9:50am, 11:10am; Sun: 11:15am

### 6–12 years — 45 minute classes

Members: \$56 | Program Members: \$112

Mon: 5pm; Tues: 5pm; Wed: 5pm; Thurs: 4:15pm; Fri: 6:30pm; Sat: 9am, 11:50am

### 13–adult — 45 minute classes

Members: \$56 | Program Members: \$112

**Beginner:** Sat: 8:15am

**Intermediate:** Wed: 10am; Sat: 8:15am

## PORPOISE CLUB (ages 11–15)

Members: \$70 | Program members: \$140  
Saturdays 9–10:15am

A club for youth who have completed our swim lesson structure. Kids will learn lifesaving, safety, competitive skills, snorkeling, diving.

## PRIVATE SWIM LESSONS

Five 30-minute private swim lessons

Members: \$120 | Program Members: \$240

Mon: 4:15pm, 6:45pm; Tues: 6pm; Wed: 6:45pm; Thurs: 5pm, 6:45pm; Fri: 5:05pm

If none of these times works for you, please contact Alycia Williams to schedule a session.

Contact Aquatics Director Alycia Williams at [Alycia.Williams@ghymca.org](mailto:Alycia.Williams@ghymca.org) or 860-793-9631.

## PROGRESSIVE SWIM LESSONS

Members: \$75 | Program members: \$150

A 6-week training session for swimmers working to make the Tigersharks Swim Team. Students must have completed at least swim level 5.

Sat: 12–12:35pm

## TIGERSHARKS SWIM TEAM

**Evaluations will be held August 13–August 17**

Registration for past swimmers opens August 1. For new swimmers, registration opens after evaluations are complete and the child receives a welcome letter.

Practice begins September 18, at which time the schedule will be released.

Please contact Alycia Williams to schedule a try out.



## COMING SOON! ADAPTIVE SWIM TEAM

A no-pressure swim team for kids ages 5–12 with behavioral, developmental or physical disabilities.

To find out more, contact Alycia Williams.

## AQUA ARTHRITIS WATER FITNESS

Drop in: Members: Free | Program members: \$4

Tues & Thurs: 10:45–11:30am

## AQUA BUDDIES (ages 4–10)

Members: \$120 | Program members: \$240

Wed: 5:30–6pm, Fri: 4:30–5pm

An adaptive swim lesson program for children with behavioral, developmental or physical disabilities.

The class is taught by ABA certified staff or volunteers, and includes water acclimation, floating, stroke development and safety.



# YOUTH DEVELOPMENT

## YOUTH SPORTS TEAMS (year round)

### MOUNTAIN GOATS CLIMBING TEAM

Grades 4-9

Join us and compete locally against other YMCAs and gyms. Events include speed climbing, bouldering, technical climbs and relay teams. Monthly tuition covers practices and meets.

#### Practice schedules:

**Level 1 Rockies:** Mon & Wed 5pm

**Level 2 Cascades:** Mon & Wed 6:15pm

Rockies: \$55/month | Cascades: \$75/month\*

\*Children must become members of the YMCA to participate.

For info, please contact [Tim.Gabbard@ghymca.org](mailto:Tim.Gabbard@ghymca.org).

**The team runs September-June, but join any time!**

### NEW!! ARCHERY TEAM

Ages 8-16

Join us and compete locally against other YMCAs and gyms. Learn the art and safety of using a bow and arrow! Monthly tuition includes fees for practices, field trips, competitions.

#### Practice schedules:

Mon, Wed, Fri: 5-7pm

Members: \$60/month\*

\*Children must become members of the YMCA to participate.

For info, please contact [Tim.Gabbard@ghymca.org](mailto:Tim.Gabbard@ghymca.org).

**The team runs Fall I, Spring II, Summer I and Summer II, but join any time!**



## ROCK CLIMBING (Fall I & II)

**Preschool Rockers (ages 4-5):** Wed: 4pm, Sat: 11am

**Kid Rockers (grades 1-4):** Tues: 6pm, Sat: 10am, Sun: 1pm

**Teen Rockers (grades 5-8):**Thurs: 6pm

Members: \$55 | Program Members: \$110

## MARTIAL ARTS (Fall I & II)

**Intro to Pent Sho Do Class (ages 5+):**

Mon: 5pm, Thurs: 5pm

Members: \$85 | Program Members: \$170

**Intermediate (ages 5+, prereq: high white belt)**

Mon: 5:45pm, Thurs: 5:45pm, Sat: 12:15pm

Members: \$130 | Program Members: \$230

**Advanced (ages 15+, prereq: yellow belt):**

Mon: 6:30pm, Thurs: 6:30pm, Sat: 12:15pm

Members: \$130 | Program Members: \$230

**Youth and Family Judo (ages 8+):**

Mon: 6-7pm

Members: Free | Program Members: \$80

## GYMNASTICS CLASSES (Fall I & II)

**Tumblers Parent & Child (age 1.5-2.5):** Sat: 9am

**Tuckers (age 3):** Sat: 9:45

**Tiny Tot Tumblers (ages 4-5):** Sat: 10:30am

**Future Flippers (ages 6-7):** Sat: 11:15am

Members: \$50 | Program Members: \$100

## TRAINING FOR KIDS & TEENS (Fall I & II)

A safe, structured fitness program for kids and teens that will involve age-appropriate strength training during the week with a metabolic training day on the weekend. This program meets 3 times per week.

**Ages 10-12:** Tues: 4:30pm, Thurs: 4:30pm, Sat: 10am

**Ages 13-15:** Mon: 4:30pm, Wed: 4:30pm, Sat: 11am

Members: \$179 | Program Members: \$259

Contact Chris Hibbs for info at [Chris.Hibbs@ghymca.org](mailto:Chris.Hibbs@ghymca.org)

For all inquiries regarding Youth Development programs and teams, contact director Tim Gabbard [Tim.Gabbard@ghymca.org](mailto:Tim.Gabbard@ghymca.org) or 860-793-9631 x127.



# YOUTH DEVELOPMENT

## ARCHERY (Fall I only)

**Mites (ages 7-9):** Tues: 5:30pm

**Rookies (ages 10-14):** Thurs: 5:30pm

Members: \$50 | Program Members: \$100

## TBALL (Fall I only)

**Parent & Me (ages 2-4):** Sun: 9am

**Mites (ages 4-6):** Sun: 10am

**Rookies (ages 7-9):** Sun: 11:15am

Members: \$50 | Program Members: \$100

## OUTDOOR SOCCER (Fall I only)

**Parent & Me (ages 2.5-3):** Sat: 9am

**Mites (ages 4-5):** Sat: 10am

**Rookies (ages 6-8):** Sat: 11:15am

Members: \$50 | Program Members: \$100

## INDOOR SOCCER (Fall II only)

**Parent & Me (ages 2.5-3):** Sat: 9am

**Mites (ages 4-5):** Sat: 10am

**Rookies (ages 6-8):** Sat: 11:15am

Members: \$50 | Program Members: \$100

## BASKETBALL (Fall II only)

**Parent & Child (ages 2.5-4):** Tues: 5pm

**Mites (ages 4-5):** Wed: 5pm

Members: \$50 | Program Members: \$100

## NEW!! CHESS CLUB (Fall I & II)

**Ages 10-13:** Sat: 10am

**Ages 14-16:** Sat: 11am

Members: \$40 | Program Members: \$80

## Pre-teen/Teen Nights (Sept-May)

**Grades 6-8:** Fridays from 7-9pm

Dance, rock climb, play gym sports, swim & more!

Members: \$3 | Program Members: \$6

For all inquiries regarding Youth Development programs and teams, contact director Tim Gabbard [Tim.Gabbard@ghymca.org](mailto:Tim.Gabbard@ghymca.org) or 860-793-9631 x127.

## CHILD CARE WITH THE Y

**Here We Grow Preschool (ages 3-5):**

Monday-Friday 6:30am-6pm

\$860/month

**Infant/toddler care (ages 6 weeks-3 years):**

Monday-Friday 6:30am-6pm

\$1,025/month

**Before/after school:** Serving Wheeler, Linden & Toffolon Schools. Pick from 3 or 5 day options. Visit [ghymca.org/childcare](http://ghymca.org/childcare) for prices.

**Vacation Club (6:30am-6pm):** When school is out, the Y is in! We are offering full-day programs starting October 8.

Cost is \$55 per day per child, which includes snacks.

Stop in the Y to pick up a registration form or contact Caitlin Butkus.

Contact Caitlin Butkus at 860-793-9631 ext 132. [Caitlin.Butkus@ghymca.org](mailto:Caitlin.Butkus@ghymca.org) for more info on child care.



## BIRTHDAY PARTIES

Celebrate your birthday at the Y! Choose from the pool, climbing wall, or gym. The YMCA hosts parties for kids ages 5+ on Saturdays and Sundays. Our staff will set up, organize games & activities, offer assistance during the party and clean up! Call 860-793-9631 or email [tim.gabbard@ghymca.org](mailto:tim.gabbard@ghymca.org) for pricing and scheduling.

**REFUND POLICY:** Unless otherwise noted, classes run for 7 weeks. You pay for 6 and the 7th week is a free bonus or serves as a make-up. If the YMCA cancels a program, a credit/refund of the program fee will be issued to you. Withdrawal from programs must be submitted in writing prior to the second class. After the second class of a program, refunds/credits are only provided for medical reasons with a doctor's note. All deposits for the purpose of securing a spot in a program are non-refundable.