



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHEELER REGIONAL FAMILY YMCA Winter/Spring Program Guide 2017-18

Winter Session: January 8, 2018 to February 25, 2018

Spring Session: February 26, 2018 to April 22, 2018

Member Registration Begins: December 4, 2017

Open Registration Begins: December 11, 2017



OUR CAUSE: STRENGTHING OUR COMMUNITY

Dear YMCA Community Member,

As we enter the season of giving thanks and being thankful, we are forever grateful for the values we hold dear to our hearts, and for the strong community support our Wheeler Regional Family YMCA has received over the past year. I would like to acknowledge our donors, volunteers, and staff for all the generous contributions we have received in 2017. Your time and gifts have made it possible for the Wheeler Y to make a difference in the lives of children and families all over town and neighboring areas. You've helped strengthen our cause, which is to strengthen our surrounding communities.

As we enter into 2018, our community campaign appeal will begin, allowing us to make a bigger impact as we grow year after year. We've seen our growth take shape in a number of different forms, including our free **LIVESTRONG** cancer survivor program, our Diabetes Prevention Program, teen leadership and advocacy programs, and, of course, in scholarships that we are able to award to families because of your support. These scholarships change the lives of families, like Brittany's:

"The scholarship means a lot to me because I am able to afford after-school and summer camp while I work, and my daughter is able to participate in engaging activities. Not many programs offer assistance, so I am grateful for the opportunity to be able to continue and work and provide for my children as a single parent."

- Brittany

Please keep the Y in your thoughts this season as we continue to help members like Brittany provide a safe environment for their kids while they work to support their families.

Have a happy, fun and safe holiday season and new year; and remember to help us spread the word of what the Y does! Special thanks to the 2017 sponsors & raffle donors for our Fitness Blitz fundraiser. We couldn't do what we do without you.

Francine Coleman, Executive Director



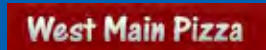
2017 Fitness Blitz Sponsors:

Presenting Sponsor: Manafort Family Foundation

Chairman's Circle: Life Fitness, Physical Therapy & Sports Medicine

President's Club: Goodwin College, West Main Pizza

Patron of Youth: Healthy Behaviors, Founders brewing



Raffle Donors: YMCA Camp Jewell | YMCA Camp Woodstock | Compassion Dental | Mathnesium of Avon | Crystal Bees Southington | Lori Cascione | Sonya Kix | Farmington Field Club | Big Y | Hair Crazy | Interstate Aviation | Abundant Health Massage | CWPM | Gail Millerick | Charming Charlie Plainville | AMC Plainville | Wheeler YMCA Staff

Are you interested in sponsoring our 2018 O'Mazing Race or Fitness Blitz? Opportunities start as low as \$250. Contact our Executive Director Francine Coleman by email at Francine.Coleman@ghymca.org.

LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. Groups meet twice per week with certified trainers to work on cardiovascular endurance, muscular strength & endurance, balance, flexibility & mind-body-spirit.

This program is FREE for you and your family!

Contact: Tammy Licki at Tammy.Licki@ghymca.org.



DID YOU KNOW? The annual campaign changes lives

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

PROGRAM ASSISTANCE

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



HEALTH & WELLNESS

1-ON-1 & GROUP 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.

BADMINTON (Ages 18+)

Wednesdays: 6-9pm

Sundays: 8-11am

Drop in: Members: \$5 | Program Members: \$6

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

ADULT VOLLEYBALL LEAGUE (ages 18+)

Tuesdays: 6-9PM

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

FITPATH

A one time, one-on-one consultation to familiarize members with our Wellness Center and health & wellness programs and facilities.

YOUTH FITPATH (ages 12+)

A one time, 1-on-1 intro to exercise in a safe and supervised environment. Youth who successfully complete the course may use the Wellness Center without supervision (must be 60 inches tall).

(FitPath & Youth FitPath are free for members)

DIABETES PREVENTION PROGRAM

Are you are 18 +years old, overweight and at high risk of developing type 2 diabetes? We can help!

During this year-long program, participants each week in a small group with a trained lifestyle coach. The coach provides participants tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

Program Fee: \$429 for one year (Includes free family membership)

Contact: Rebecca Boisvert at 860-595-3026 or Rebecca.Boisvert@ghymca.org or visit ghymca.org/diabetes for more information.

GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at wheelerymca.org

Over **50 classes** to meet YOUR workout needs. Choose from classes like Zumba, strength training, yoga and cycling.



ADULT BASKETBALL (Ages 18+)

Mondays, Wednesdays, Fridays: 12-2PM

ADAPTIVE SPORTS & FITNESS

Tuesdays and Thursdays 10-11:30am

Our adaptive sports & fitness 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, Christy Bosley, at Christy.Bosley@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!

BACK BY POPULAR DEMAND!

THE GREATER HARTFORD SLIM DOWN 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: \$55 | Program Members: \$75

10-week memberships available for additional cost.

The challenge begins in February!



PRESCHOOL & YOUTH SWIM LESSONS

We offer group swim lessons starting at 6 months with parent-and-me classes. Classes are offered every day of the week, multiple times a day, and are scheduled into groups based on age and swim level.

6 months-3 years — 30 minute classes

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

3-5 years — 30 minute classes

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

6-12 years — 45 minute classes

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

Visit ghymca.org/swimlessons for the most up-to-date times and schedules of classes.

TEEN/ADULT SWIM LESSONS (ages 13+)

Members: \$56 | Program members: \$112
(Classes are 45 minutes)

We offer beginner and intermediate classes. Visit ghymca.org/swimlessons for the most up-to-date times and schedules.

AQUA BUDDIES (ages 4-10)

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

Wed: 4:20-4:50pm, 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.

COMING SOON! ADAPTIVE SWIM TEAM

A no-pressure swim team for kids ages 5-10 with behavioral, developmental or physical disabilities.

To express interest and to find out more information, please contact Alycia Williams, our aquatics director, at Alycia.Williams@ghymca.org or 860-793-9631.

PRIVATE SWIM LESSONS

We offer private and semi-private swim lessons. Contact Alycia Williams for info on pricing and schedules at: Alycia.Williams@ghymca.org.

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.

PROGRESSIVE SWIM LESSONS

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

A 6-week training session for competitive swimmers working to make the Tigersharks Swim Team. Students must be able to swim down and back in the lap pool.

For more info contact Alycia Williams at Alycia.Williams@ghymca.org or 860-793-9631.

AQUA ARTHRITIS WATER FITNESS

Drop in: Members: Free | Program members: \$8
Full session: Program members: \$144

Tuesdays: 10:45-11:30am, 6:30-7:15pm

Thursdays: 10:45-11:30am, 6:30-7:15pm

SESSION DATES

Winter 1: January 8-February 25

Spring 1: February 26-April 22

Member registration: December 4

Open registration: December 11

No classes April 9-April 15

Closed on Easter



YOUTH DEVELOPMENT

ROCK CLIMBING

Preschool Rockers (ages 4-5): Wed: 4pm, Sat: 11am
Kid Rockers (grades 1-4): Mon: 5pm, Tues: 6pm, Sat: 10am, Sun: 1pm

Teen Rockers (grades 5-8): Wed: 5pm, Thurs: 6pm
Adult Rockers (ages 15+): Mon: 7pm, Sun: 12pm

Members: \$57 | Program Members: \$110

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 5-6pm | \$55/month

Level 2 Cascades:

Mon & Wed 6-7:30pm | \$75/month

Monthly tuition includes fees for practices & meets.

For info, please contact coach Melissa.Sardilli@ghymca.org. The team runs September-June, but join any time!



GYM DANDY (ages 1-4)

A parent/child play group. Kids explore sports and gymnastics equipment, then have story time.

Tuesdays and Thursdays 10-11am

Drop in: Members: \$5 | Program Members: \$10

ARTRAGEOUS

Explore multiple types of art! All skill levels welcome.

Ages 6-8: Saturdays 10-11am

Ages 9-11: Saturdays 11:30am-12:30pm

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

GYMNASTICS CLASSES

Tumblers Parent & Child (age 1.5-2.5): Sat: 9-9:30am
Members: \$30 | Program Members: \$60

Tuckers (age 3): Sat: 9:45-10:15am

Tiny Tot Tumblers (ages 4-5): Sat: 10:30-11:15am

Future Flippers (ages 6-7): Sat: 11:15am-12pm

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

DANCE

Try multiple forms of dance! All levels welcome.

Ages 6-8: Mon: 5-5:45pm, Wed: 5-5:45pm, Fri: 5-5:45pm, Sun: 9-9:45am

Ages 9-11: Mon: 6-6:45pm, Wed: 6-6:45pm, Fri: 6-6:45pm, Sun: 10-10:45am

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

MARTIAL ARTS

Intro to Pent Sho Do Class (all ages & levels):

Mon: 5-5:45pm, Thurs: 5-5:45pm

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

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

Mon: 5:45-6:30pm, Thurs: 5:45-6:30pm,

Sat: 12:45-1pm

Members: \$132 | Program Members: \$232

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

Mon: 6:30-7:15pm, Thurs: 6:30-7:15pm,

Sat: 12:15-1pm

Members: \$132 | Program Members: \$232

Youth and Family Judo (ages 8+):

Mon: 6-7pm

Members: Free | Program Members: \$80

INDOOR SOCCER

Parent & Child (ages 2.5-4): Sat: 9-9:45am

Mites (ages 4-5): Sat: 10-11pm

Rookies (ages 6-8): Sat: 11:15am-12:15pm

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

NEW: YOUTH VOLLEYBALL

Ages 10-13: Thurs: 5:30-6:30pm

Ages 14-16: Thurs: 6:30-7:30pm

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



YOUTH DEVELOPMENT

BASKETBALL

Parent & Me (ages 2.5-5): Tues: 5-5:45pm

Rookies (ages 6-8): Wed: 5-6pm

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



TEEN PROGRAMS

Leadership Club (grades 9-10)

Members: \$30 | Program Members: \$60

Teens get leadership training and participate in hands-on activities.

Saturdays 12-2pm

Pre-teen/Teen Nights (grades 6-8)

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

Bring your friends for activities like dance, rock climbing, gym sports, swimming & teen center access!

Every Friday from 7-9pm

CHILD CARE WITH THE Y

Small Smiles Nursery School (ages 3-5):

Monday, Wednesday, Friday 9-11:30am

Mon, Wed: \$162/month | Mon, Wed, Fri: \$192/month

Here We Grow Preschool (ages 3-5):

Monday-Friday 6:30am-6pm

\$840/month

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

Monday-Friday 6:30am-6pm

\$1,025/month

Before/after school: Serving Wheeler, Linden & Toffolan Schools. Pick from 3 or 5 day options. Visit ghymca.org/childcare for prices.

Vacation Club (6:30am-6pm): When school is out, the Y is in! We offer full-day programs Dec. 26-29, Jan. 15, Feb. 16-20 and March 30.

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

Families with more than 1 child enrolled get a 10% discount on the lower-priced program.

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.

For all inquiries regarding Youth Development programs and teams, contact director Tim Gabbard Tim.Gabbard@ghymca.org or 860-793-9631 x27.

YOUTH & GOVERNMENT

Grades 9-12

High school students get the chance to meet with experienced volunteers, politicians and attorneys and become part of the democratic process.

FEE: \$300 for one year, which includes weekly meetings and travel for mock debates

Contact the branch for info at 860-793-9631 x27.

REGISTER EARLY FOR CAMP 2018!

Camp registration opens December 17! Don't wait until the last minute to sign your child up!

Visit ghymca.org/camp for info on our 14 day camps. Visit campjewell.org & campwoodstock.org for info on overnight camps.

PROGRAM 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 for a full refund/credit 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. Withdrawal of membership or programs due to medical reasons: full credit/refund for the unused portion with a doctor's note required. All deposits for the purpose of securing a spot in a program are non-refundable.



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WHEELER REGIONAL FAMILY YMCA
a branch of the YMCA of Metropolitan Hartford, Inc.
149 Farmington Avenue, Plainville, CT 06062
ghYMCA.org



BUILD MORE THAN MUSCLE

Workout for a **CAUSE!**

Join the Y today and help support programs like youth swim lessons, early childhood education, Live**STRONG**[®] – a health and wellness program for cancer survivors, and more!

The YMCA, for **Youth Development**: nurturing the potential of every child and teen, for **Healthy Living**: improving the nation's health and well-being, for **Social Responsibility**: giving back and providing support to our neighbors. The YMCA of Greater Hartford is a non-profit, 501(c)(3) charitable organization, established in 1852, and is one of the nation's oldest YMCAs. The YMCA strives to serve all regardless of their ability to pay.

The YMCA of Greater Hartford is a charitable association open to all and committed to helping people develop their fullest potential in spirit, mind and body. This commitment is reinforced by our belief in living out universal values of caring, honesty, respect and responsibility.