



**FRIENDS
FLIP FLOPS
LEARNING
FUN
EXPLORE
SUMMER
PLAY RELAX GROW
2017 PROGRAMS & EVENTS**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHEELER REGIONAL FAMILY YMCA

**Summer Session 1:
June 19, 2017 – July 23, 2017**

**Summer Session 2:
July 24, 2017 – August 27, 2017**

**Member Registration Begins: May 1, 2017
Open Registration Begins: May 8, 2017**

Membership & Facility

Y Kids (6 weeks-11-for program use only)

Youth (Ages 12-18)

Young Adult (Ages 19-29)

Adult (Ages 30-64)

Couple

Senior (Ages 65+)

Senior Couple

Family 1 parent (1 adult and any children sharing the same address)

Family 2 parents (2 adults and any children sharing the same address)

Ask about our promotion this month!

Contact wheeler.membership@ghymca.org for more information, pricing and to schedule a tour!
Financial assistance available for those who qualify.

Hours of Operation

FACILITY

Monday-Friday	5:30 AM-9:00 PM
Saturday	8:00 AM - 7:00 PM
Sunday	8:00 AM - 4:00 PM

AMAZING KIDS/CHILD WATCH

Monday-Friday	8:30 AM-1:00 PM
Monday-Friday	3:30 PM-8:00 PM
Saturday & Sunday	8:00 AM-1:00 PM

YOUTH DEVELOPMENT CENTER

Monday-Thursday	3:30 PM-8:00 PM
Friday	3:30 PM-7:00 PM
Saturday	8:00 AM-1:00 PM
Sunday	8:00 AM-1:00 PM

SAVE THE DATES!

Member Appreciation Days:

May 5, June 24, July 20, August 20

Join us for fun, themed days to appreciate you, our members! We'll have free samples, chair massages, specials and more! The June 24th date will be held at Wheeler AND Camp Chase!

Memorial Day Hours:

We will be open from 8:00am-2:00pm on May 29

Independence Day Hours:

We will be open from 8:00am-2:00pm on July 4

Blood Drives: July 6 on the Save a Life Bus

Register at redcrossblood.org

Visit Us At These Summer Events:

Plainville Family Funfest, Plainville Relay For Life, Wings and Wheels, Rockwell Park Festival, Balloon Festival & more!

Annual Support Campaign 2017

The 2017 Wheeler Annual Support Campaign is well underway. As of March 2017 we have raised \$47,518 towards our \$132,000 2017 goal. These funds provide access to the Y for those who cannot afford it. In 2016, we raised \$127,750 and awarded well over \$400,000 to individuals, families and seniors in the surrounding communities. We would like to thank everyone who has contributed so far to ensure everyone has access to the Y regardless of their ability to pay. If you would like to share your story on how the Y's Annual Campaign fund has supported you, or if you would like to get involved, please speak to our front desk today or contact francine.coleman@ghymca.org.

CONTACT US!

860.793.9631

www.wheelerymca.org

wheeler.membership@ghymca.org

 www.facebook.com/wheelerymca

Health and Wellness



Summer Session Starting in July Morning and evening sessions available

FREE 12 week program for Cancer Survivors and their families, designed to help build back strength, endurance, flexibility and balance. For more information, or to register, contact Sheryl Harle at sheryl.harle@ghymca.org or 860-793-9631

Adaptive Fitness

Tuesdays and Thursdays
10:00—11:30 AM

This class is for individuals with a disability significantly impacting their health, fitness, and functionality. Each week, two trainers will give you special attention and use creative thinking to help you with a workout that meets your needs.

Xtreme Fit

Member \$78 Program Member \$110

Have you reached a plateau? Are you bored with your current fitness program? Xtreme is for you! This is where group exercise gets a little more personal! A certified personal trainer will work with you in a small group of 4-6 people to take you to your next level of fitness by using a combination of strength, fitness, and functional body movements to keep your body guessing what's next. *See Website for Schedule

*Minimum 4 participants needed to run class

Tween Strength

Mondays or Thursday
3:30-4:30 PM
Ages 10-15

This class is designed to instruct teen/tweens on the proper use of equipment, proper exercise technique and flexibility to help them develop healthy lifestyles. Children ages 10-15 may use the Wellness Center with a parent upon completion of this program. Class meets once a week and parents must attend the first class with their child.

YMCA Child Development Program

Before-After School Care 2017-2018 School Year Tuition

TOWN		SCHOOLS SERVED	
Plainville		Wheeler, Linden and Toffolon Schools	
SCHEDULE	AM ONLY	PM ONLY	BOTH
Mon-Fri	\$273 per month	\$322 per month	\$448 per month
3 Day Option	\$222 per month	\$273 per month	\$365 per month

HERE WE GROW PRESCHOOL

Ages 3 – 5 years
Monday-Friday 6:30am-6:00pm
Fees: \$840 per month

Our full-day preschool program fosters growth and development by providing a balance of activities that encourage physical and intellectual development while creating a positive social and emotional well-being. Caring and experienced teachers make this an exciting place for children to grow and learn.

Just Kids

Ages 3-11 years
Two Saturday's a month, the YMCA offers Just Kids – a program for children ages 3-11 (or 5th grade) under the supervision of our YMCA Child Development staff. See Welcome Center for registration form and dates.

SMALL SMILES NURSERY SCHOOL 2017-2018 School Year

Ages 3 years
Tues & Thurs
9:00-11:30am
Fees: \$162 per month

Ages 4 & 5 years
Mon, Wed & Fri
9:00-11:30am
Fees: \$192 per month

INFANT & TODDLER

Ages 6 weeks – 3 years
Monday-Friday 6:30am-6:00pm
Fees: \$995 per month

This program has all the qualities you need in a positive child care setting. Well-trained, professional staff give your child the attention and care that they need in a nurturing home-like environment. New skills are encouraged for each child as they progress through the developmental stages.

Families with more than one child enrolled in a YMCA Child Development program are given a 10% discount on the lower priced program. The sibling discount does not apply if that family is receiving financial assistance. All YMCA Child Development programs are licensed by the State of Connecticut Office of Early Childhood.



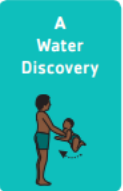
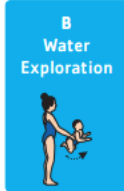
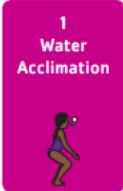
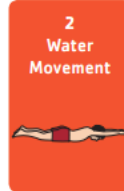

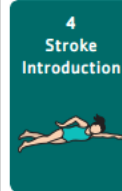
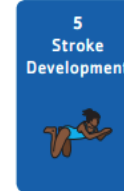
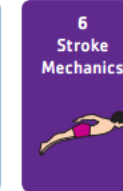
NOTE SESSION LENGTHS

SUMMER SESSION I: JUNE 19-JULY 23 • SUMMER SESSION II: JULY 24-AUGUST 27

MEMBER REGISTRATION: MAY 1, 2017 • OPEN REGISTRATION: MAY 8, 2017

Aquatics

We will now be following the new swim lesson program in conjunction with YMCA of the USA. For your convenience, we will continue to register by age group. Children will be placed in levels on the first day of the session.

SWIM STARTERS Parent* & child lessons		SWIM BASICS (Safety Around Water) Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle		
A Water Discovery 	B Water Exploration 	1 Water Acclimation 	2 Water Movement 	3 Water Stamina 	4 Stroke Introduction 	5 Stroke Development 	6 Stroke Mechanics 
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

SUMMER SESSION I ONLY

**JUNE 19-JULY 23
5 WEEK SESSION**

PARENT/CHILD SWIM LESSONS

Water Discovery (6 months to 1.5 yrs)

Member: \$43 Program Member: \$86

Wednesday 9:45 – 10:15 AM

Thursday 5:15 – 5:45 PM

Saturday 10:30 – 11:00 AM

Sunday 10:30 – 11:00 AM

Water Exploration (1.5-3years)

Member: \$43 Program Member: \$86

Wednesday 9:45 – 10:15 AM

Thursday 5:15 – 5:45 PM

Saturday 9:50 – 10:20 AM

Saturday 10:30 – 11:00 AM

Sunday 10:30 – 11:00 AM

SWIM LESSONS

Preschool (3 – 5 yrs)

Member: \$45 Program Member: \$90

Monday 9:45 – 10:15 AM

Monday 6:00 – 6:30 PM

Tuesday 11:00 – 11:30 AM

Tuesday 4:15 – 4:45 PM

Wednesday 6:00 – 6:30 PM

Thursday 9:45-10:15 AM

Thursday 6:00 – 6:30 PM

Friday 5:45 – 6:15 PM

Saturday 9:50 – 10:20 AM

Saturday 11:10 – 11:40 AM

Sunday 11:15 – 11:45 AM

Youth (6 –12 yrs)

Member: \$48 Program Member: \$96

Monday 5:00 – 5:45 PM

Tuesday 5:00 – 5:45 PM

Wednesday 5:00 – 5:45 PM

Thursday 4:15 – 5:00 PM

Friday 6:30 – 7:15 PM

Saturday 9:00 – 9:45 AM

Saturday 11:50 – 12:35 PM

Porpoise Club

Member: \$59 Program Member: \$118

Saturday 9:00 – 10:15 AM

Designed for youths who have completed YMCA swim levels through shark (ages 11-15 yrs). *Meet in the lobby

Adult Swim Lessons

Member: \$48 Program Member: \$96

Adult Beginner & Intermediate

Saturday 8:15 – 9:00 AM

Aqua Buddies

Member: \$49 Program Member: \$98

Wednesday 4:20 – 4:50 PM

Friday 4:30-5:00 PM

An adaptive swim lesson program specially modified for children ages 5-10 years old that live with behavioral, developmental, or physical challenges. This class is led by an ABA certified and experienced staff and volunteers. Lessons include water acclimation, instruction on floating, stroke development, as well as water safety. Class ratio is 1:1

Private Swim Lessons

5- 30 minute lessons. Private lessons only available at times listed.

Member: \$120 Program Member: \$240

Monday 4:15-4:45 PM

Monday 6:45-7:15 PM

Tuesday 6:00-6:30 PM

Wednesday 6:45-7:15 PM

Thursday 6:45-7:15 PM

Friday 5:05-5:35 PM

NOTE SESSION LENGTHS

SUMMER SESSION I: JUNE 19-JULY 23 • SUMMER SESSION II: JULY 24-AUGUST 27

MEMBER REGISTRATION: MAY 1, 2017 • OPEN REGISTRATION: MAY 8, 2017

Aquatics continued

SUMMER SESSION II ONLY

JULY 24-AUGUST 27

1, 2 or 5 WEEK SESSION

SEE OPTIONS FOR DETAILS

OPTION I:

Classes will be two weeks long and participants will have 4 classes on Mon, Tues, Wed, Thurs of each week. (Friday will be used as a make-up day in case of a cancellation by the Y.)

CHOOSE YOUR WEEKS

July 24 - August 3

August 7- August 17

CHOOSE YOUR AGE GROUP & TIME

PARENT/CHILD SWIM LESSONS

Water Discovery (6 months to 1.5 years)

Member: \$49 Program Member: \$98

9:45 - 10:15 AM

Water Exploration (1.5-3years)

Member: \$49 Program Member: \$98

9:45-10:15 AM

SWIM LESSONS

Preschool (3 - 5 years)

Member: \$49 Program Member: \$98

9:45 - 10:15 AM

5:30-6:00 PM

Youth (6 - 12 years)

Member: \$56 Program Member: \$112

4:00-4:40 PM

4:45-5:25 PM

OPTION II:

Classes will meet once a week for 5 weeks from July 24-August 27

PARENT/CHILD SWIM LESSONS

Water Discovery

Member: \$43 Program Member: \$86

Saturday 10:30 - 11:00 AM

Sunday 10:30 - 11:00 AM

Water Exploration (1.5-3years)

Member: \$43 Program Member: \$86

Saturday 9:50 - 10:20 AM

Saturday 10:30 - 11:00 AM

Sunday 10:30 - 11:00 AM

SWIM LESSONS

Preschool (3 - 5 years)

Member: \$45 Program Member: \$90

Saturday 9:50 - 10:20 AM

Saturday 11:10 - 11:40 AM

Sunday 11:15 - 11:45 AM

Youth (6 - 12 years)

Member: \$48 Program Member: \$96

Saturday 9:00 - 9:45AM

Saturday 11:50 - 12:35 PM

Porpoise Club

Member: \$59 Program Member: \$118

Saturday 9:00 - 10:15 AM

Adult Swim Lessons

Member: \$48 Program Member: \$96

Adult Beginner & Intermediate

Saturday 8:15 - 9:00 AM

OPTION III:

Private Swim Lessons

Member \$96 Program Member \$192

4-40 minute classes will be held on Mon, Tues, Wed, & Thurs of each week. (Friday will be used as a make-up day in case of a cancellation by the Y.)

CHOOSE YOUR WEEK

July 24-July 27

July 31-August 3

August 7-August 10

August 14- August 17

CHOOSE YOUR TIME

6:15-6:45

6:45-7:15



YMCA CAMP WHEELER 2017

BEST. SUMMER. EVER.

Register online at www.wheelerYMCA.org or in person at Wheeler Regional Family YMCA. For more information on Camp Wheeler contact Tim Gabbard, Camp Director at 860 793 9631 x 127 or tim.gabbard@ghymca.org!

Choose from Scamper Camp (half day camp for preschool aged children), Camp Kaleidoscope, Specialty Camps, Teen Camp, and CIT/LIT Camps!



Progressive Youth Sports

All youth sports programs focus on age appropriate skills, drills and game play while promoting sportsmanship and fun! These programs encourage team building, individual development, positive self-image, and a sense of mutual respect for others.

Rock Climbing (Summer I & II)

Member: \$40 Program Member: \$80

Pre-School Rockers Ages 4-5

Wednesday 4:00 – 5:00 PM
Saturday 11:00 – 12:00 PM

Kid Rockers Grades 1-4

Monday 5:00 – 6:00 PM
Tuesday 6:00 – 7:00 PM
Saturday 10:00 – 11:00 AM
Sunday 1:00 – 2:00 PM

Teen Rockers Grades 5-8

Thursday 6:00 – 7:00 PM

Martial Arts (Summer I & II)

Introduction to Pent Sho Do
Member: \$75 Program Member: \$150
Ages 5 and up. No experience necessary
Mon and Thurs 5:00 – 5:45 PM

Intermediate Class
Member: \$110 Program Member: \$220
Ages 5 and up
Prerequisites: High White Belt
Mon and Thurs 5:45 – 6:30 PM and
Saturday 12:15 – 1:00 PM

Advanced Class
Member: \$110 Program Member: \$220
Ages 15+yr
Prerequisites: Yellow Belt and up
Mon and Thurs 6:30 – 7:15PM and
Saturday 12:15 – 1:00 PM

Baseball/T-Ball (Summer I & II)

Mites Ages 4-5

Member: \$40 Program Member: \$80
Saturday 9:00 – 9:45 AM

Rookies Ages 6-8

Member: \$43 Program Member: \$86
Saturday 10:00 – 11:00 AM

Pros Ages 9-12

Member: \$43 Program Member: \$86
Saturday 12:00-1:00 PM

Soccer (Summer I Only)

Member: \$40 Program Member: \$80

Mites Ages 4-5

Saturday 11:30-12:30 PM

Rookies Ages 6-7

Saturday 12:30-1:30PM

Pros Ages 8-10

Saturday 1:45-2:45

Adult (18+) Drop In Badminton (Co-ed)

Members \$3 Program Members \$5

Wednesday 7:00-9:00 PM
Sunday 8:00-11:00 AM



SUMMER DAY
CAMP 2017



This is going to be the
BEST SUMMER EVER!

**REGISTER TODAY TO
SECURE YOUR SPOT!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHEELER REGIONAL FAMILY YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.

149 Farmington Avenue
Plainville, CT 06062

ghYMCA.org

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.