



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG BODIES. STRONGER BONDS.

Come in for your FREE FitPath Wellness Assessment, and join us for our family, senior and community events!

**WHEELER REGIONAL FAMILY YMCA
SPRING PROGRAM GUIDE**

SPRING SESSION I: February 25–April 14, 2019

SPRING SESSION 2: April 22–June 9, 2019

Registration Begins: January 21, 2019

SPRING SESSION 1:
February 25–April 14, 2019

SPRING SESSION 2:
April 22–June 9, 2019

MEMBER REGISTRATION: January 21, 2019

OPEN REGISTRATION: January 28, 2019

Facility Hours:

Monday–Friday | 5:30AM–9:00PM

Saturday | 8:00AM–7:00PM

Sunday | 8:00AM–4:00PM

Wheeler Regional Family YMCA
149 Farmington Avenue
Plainville, Connecticut

860-793-9631

WheelerYMCA.org

Facebook.com/wheelerymca

YMCA MEMBERSHIP OPTIONS

Y Kids | 6 weeks–11 years: 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

Visit ghymca.org/join

for more information, pricing and to schedule a tour!
Financial assistance is available to those who qualify.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

As of January 1, the Wheeler Regional Family YMCA offers several membership options for seniors: Silver Sneakers and Renew Active by United Healthcare, both of which are free membership options for seniors 65+ whose insurance includes the program. The Y will also offer AARP Medicare Supplement by United Healthcare, which allows for a 50% discount off the Y's senior or senior couple rate. We also offer senior rates for those whose insurance does not cover a membership.

We also have several new senior programming and social opportunities available, including pickleball, game days, land and water exercise classes, seminars and more. Visit ghymca.org seniors to see all of our current options! If you have an feedback on our offerings, please email lisa.reinhardt@ghymca.org

PICKLEBALL

Drop-In

Tuesdays/Fridays: 11:00AM–12:30PM

Members: FREE | Non-Members: \$5 drop in fee

"COFFEE AND CONVERSATION" SERIES

Tuesdays | 9:30–10:30AM

SENIOR MEMBER ORIENTATIONS

Make an appointment to tour our facility and learn about exercises and programs designed for seniors.

Call Katie Wright to schedule your orientation and tour.

860-793-9631 x118

katie.wright@ghymca.org

Coming this spring:

WEEKLY WALKING CLUB



DID YOU KNOW?

THE COMMUNITY CAMPAIGN CHANGES LIVES

At the Y, no child, adult senior, active older 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.

AARP | Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company

RenewActive
by UnitedHealthcare

SilverSneakers
by Tivity Health

HEALTH & WELLNESS

SLIMDOWN SPRING 2019 STARTS FEBRUARY 18!
Visit ghymca.org/slimdown for info and to register

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 [. . .](#)
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. Find the class schedule on our website or at various locations throughout the Y.

TRX

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!

Check our website for days and times

Members: \$72 | Program Members: \$90

QUEENAX METABOLIC FIT

Check our website for Days and Times

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: \$72 | Program Members: \$90

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

KICKBOXING CONDITIONING

This class will take you through drills and conditioning techniques that are often used by fighters that you may see on the internet and television. Working every aspect of physical fitness, you will enjoy the fast paced and intense workout while burning many calories! Using many of the tools/equipment within the wellness center (including heavy bags), you will not grow tired of the workouts as each class will be different. This class can be performed by anyone and is not intended for those who have aspirations of becoming a professional fighter! Heavy gloves (12oz or heavier) are required.

Check our website for days and times.

Members: \$72 | Program Members: \$90

TRAINING FOR KIDS & TEENS

A safe, structured fitness program for kids and teens that will involve age-appropriate strength training and conditioning workouts. This program meets two times per week.

Ages 10-12: Tuesdays: 4:30PM, Thursdays: 4:30PM

Ages 13-15: Mondays: 4:30PM, Wednesdays: 4:30PM

Members: \$120 | Program Members: \$179

ADAPTIVE FITNESS

Tuesdays and Thursdays: 10:00-11:30AM

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 or 860.793.9631.

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 Ben Romann to get started! 860-793-9631 x118

LIVESTRONG® AT THE YMCA

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-1:00PM or 6:30-8:00PM

This program is FREE for you and your family!

For more information and to find out when our next session will be starting, contact: Ben Romann at ben.romann@ghymca.org.

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 or visit ghymca.org/diabetes for more info.

NEW CLASSES ARE ALWAYS STARTING!

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

YMCA CAMP WHEELER

REGISTRATION FOR SUMMER CAMP BEGINS JANUARY 1, 2019

CAMP KALEIDOSCOPE

...where the focus is on fun! Located at the Wheeler YMCA, Camp "K" is a week long day camp that offers terrific experiences for children entering grades K-5. Every day is filled with a variety of activities including arts and crafts, field games, rock climbing, nature, archery, swimming and water activities, theme days and character development.

Fee: \$270 per 1-week session

TEEN CAMP

...is an adventure camp specifically for students ages 11-14. Teens will take field trips at least twice a week to places that have been selected based upon the ability to teach the group leadership skills, social and cultural awareness, community service and teamwork. The other days will be dedicated to activities on-site related to the theme of that week.

Fee: \$330 per 1-week session - \$305 for week of July 4

COUNSELORS-IN-TRAINING

...is for students entering 9th or 10th grade. The focus of the Counselors-in-Training (CIT) program is to teach leadership skills, plan camp activities and train to be future camp counselors. This is a 3 week program for students who enjoy working with younger children. The first week is a learning workshop week and during weeks 2 and 3 CIT's will be placed with a counselor as an assistant and will be able to use the skills they've learned! Partial sessions are available pending director approval.

Fee: \$400 per 3-week session

SPECIALTY CAMPS

...are 1-week camps designed for campers who are looking for a variety of activities to incorporate with their traditional day camp experience. These camps are designed for children entering grades 1-5.

Fee: \$285 per 1-week session

For more information on Summer Camps, contact

Caitlin Butkus, Youth Development Director, at 860-793-9631 or Caitlin.Butkus@ghymca.org

**REGISTRATION FOR
SUMMER CAMP IS NOW OPEN!
GHYMCA.ORG/CAMP TO REGISTER**

WE ALSO HAVE A REGIONAL DAY CAMP WITH EXPANDED OFFERINGS! LEARN MORE AT CAMPCHASE.ORG



CHILD CARE WITH THE Y

HERE WE GROW PRESCHOOL

ages 3-5

Monday-Friday 6:30am-6:00pm

\$885/month

INFANT/TODDLER CARE

ages 6 weeks-3 years

Monday-Friday: 6:30AM-6:00PM

\$1,055/month

BEFORE/AFTER SCHOOL

Serving Wheeler, Linden & Toffolon Schools.

Pick from 3 or 5 day options.

Visit ghymca.org/childcare for prices.

VACATION CLUB

6:30AM-6:00PM

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 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 Caitlin.Butkus@ghymca.org for pricing and scheduling.

PRE-TEEN/TEEN NIGHTS (year round)

Grades 6-8

Fridays: 7:00-9:00PM

ALL TOWNS WELCOME! Dance, rock climb, food, play gym sports, games & more!

Members: \$3 | Program Members: \$5



**Contact Caitlin Butkus at 860-793-9631 ext 132.
Caitlin.Butkus@ghymca.org for more info on child care.**

SPORTS

GHYMCA.ORG

BASKETBALL

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

Parent and me -ages 2 & 3

Tuesdays: 5:00-5:45PM

Preschool -ages 4 & 5

Wednesdays 5:00-6:00PM

Youth -ages 6-8

Wednesdays 5:00-6:00PM

GYMNASTICS

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

Tumblers parent and me -ages 18 months-2.5 years old

Saturdays: 9:00-9:45AM

Tuckers -age 3

Saturdays: 9:45-10:15AM

Jumpers -ages 4-5

Saturdays 10:30-11:15AM

Kippers -ages 6-8

Saturdays: 11:15-12:00PM

INDOOR SOCCER

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

Parent & child -ages 2 & 3

Saturdays: 9:00-9:45AM

Preschool -ages 4 & 5

Saturdays: 10:00am-11:00AM

Youth -ages 6-8

Saturdays: 11:15-12:15PM

MARTIAL ARTS

Pent Sho Do Beginner Class -ages 5+

Mondays: 5:00PM, Thursdays: 5:00PM

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

PENT SHO DO -Intermediate

prerequisite: high white belt -ages 5+

Mondays: 5:45PM, Thursdays: 5:45PM, Saturdays: 12:15PM

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

PENT SHO DO -Advanced

prerequisite: yellow belt -ages 15+

Mondays: 6:30PM, Thursdays: 6:30PM, Saturdays: 12:15PM

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

Pent Sho Do-Advanced

Prerequisite: yellow belt-ages 15+

Mondays: 6:30pm, Thursdays: 6:30pm, Saturdays: 12:15pm

YOUTH AND FAMILY JUDO

ages 8+

Mondays: 6:00-7:00PM

Members: Free | Program Members: \$80



ROCK CLIMBING

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

Preschool Rockers -ages 4-5

Wednesdays: 4:00-5:00PM, Saturdays: 11:00AM

Kid climbing -grades 1-4

Tuesdays: 6:00-7:00PM, Saturdays: 10:00AM

Cliff Hangers -grades 5-8

Thursdays: 6:00PM

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: Mondays & Wednesdays: 5:00PM

Level 2 Cascades: Mondays & Wednesdays: 6:15PM

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

*Children must become members of the YMCA to participate. For info, please contact Caitlin.Butkus@ghymca.org. The team runs September-June, but join any time!

ADULT VOLLEYBALL LEAGUE

ages 18+

Tuesdays: 6:00-9:00PM

Members: \$38 | Program members: \$68

BADMINTON

ages 18+

Wednesdays: 6:00-9:00pm, Sundays: 8:00-11:00AM

Full Session Member Price: \$30

Full Session Program Member Price : \$35

NEW ARCHERY TEAM

starting in the spring for grades 4-12

Must be a member of the YMCA

Monthly payment of \$50 or \$75 depending on skill level

Practice twice a week and two competitions included in pricing

Team will meet from April-September

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.

For all inquiries regarding Youth Development programs and teams, contact director Caitlin Butkus -Caitlin.Butkus@ghymca.org or 860-793-9631 x132.

AQUATICS

GHYMCA.ORG

NO CLASSES THE WEEK OF APRIL 9–15 OR ON MAY 27

PARENT/CHILD SWIM LESSONS

Level A and B (6 months – 3 years)
Member \$59 | Program Member \$108

Wednesday: 9:45–10:15AM
Thursday: 5:10–5:40PM
Saturday: 10:30–11:00AM
Sunday: 10:30–11:00AM

SWIM LESSONS

Preschool: 3–5 years LEVEL 1
Member \$61 | Program Member \$112

Monday: 9:45–10:15AM
Monday: 6:00–6:30PM
Tuesday: 5:15–5:45PM
Wednesday: 5:55–6:25PM
Thursday: 5:10–5:55PM
Thursday: 6:10–6:40PM
Friday: 9:45–10:15AM
Friday: 5:45–6:15PM
Saturday: 9:00–9:30AM
Saturday: 11:10–11:40AM
Sunday: 11:15–11:45AM

PRESCHOOL: 3–5 YEARS LEVEL 2

Member \$61 | Program Member \$112

Monday: 10:15–10:45AM L2
Monday: 6:00–6:30PM
Tuesday: 5:15–5:45PM
Wednesday: 5:55–6:25PM
Thursday: 6:10–6:40PM
Friday: 10:15–10:45AM
Friday: 5:45–6:15PM
Saturday: 9:00–9:30AM
Sunday: 11:15–11:45AM

ADULT SWIM LESSONS

Member \$66 | Program Member \$122
Adult All Levels

Wednesday: 10:15–11:00AM
Saturday: 8:15–9:00AM

PRIVATE SWIM LESSONS LEVELS 1–3

5 – 30 minute lessons. Other Private Lesson times available please contact Alycia Williams. For times not listed, please fill out a private lessons request form, which is available at the Welcome Center and wheelerymca.org.

Member \$130 | Program Member \$250

Monday: 4:30–5:00PM
Monday: 6:45–7:15PM
Tuesday: 6:00–6:30PM
Tuesday: 6:35–7:05PM
Wednesday: 6:35–7:05PM
Friday: 5:05–5:35PM
Sunday: 11:50 AM–12:20PM

PRIVATE SWIM LESSONS LEVELS 4–6

5 – 30 minute lessons. Other Private Lesson times available please contact Alycia Williams. For times not listed, please fill out a private lessons request form, which is available at the Welcome Center and wheelerymca.org.

Member \$130 |
Program Member \$250

Wednesday: 7:10–7:40PM
Thursday: 6:50–7:20PM
Saturday: 10:30–11:00PM

PRIVATE SWIM LESSONS PER APPROVAL

YOUTH 6–12 YEARS LEVELS 1–3

Member \$66 |
Program Member \$122

Monday: 5:10–5:55PM
Tuesday: 4:14–5:00PM
Wednesday: 5:00–5:45PM
Friday: 6:30–7:15PM
Saturday: 9:40–10:25AM
Saturday: 11:50–12:35PM
Sunday: 10:00–10:45PM
Stages 4, 5 and 6 only

YOUTH 6–12 YEARS LEVELS 4–6

Member \$66 |
Program Member \$122

Tuesday: 4:14–5:00PM
Thursday: 4:15–5:00 PM
Friday: 5:00PM–5:45PM
Saturday: 9:40–10:25AM
Saturday: 11:50–12:35PM
Saturday: 10:30–11:15AM
Level 5/6 only

AQUA BUDDIES

Member \$120 | Program Member \$240

Fridays 4:30–5:00PM

AQUA BUDDIES is an adaptive swim lesson program specially modified for children ages 5–10 years old that have behavioral, developmental, or physical. This class will be lead by ABA certified staff and volunteers. Lessons include water acclimation, instruction on floating, stroke development, as well as water safety. Participants will have the opportunity to improve core strength, coordination, range of motion as well as social behavior while having fun in the pool.

PORPOISE CLUB

ages 11–15

Member \$70 | Program Member \$140

Saturday: 9:00–10:15AM

This club is for youth who have completed the YMCA swim levels 1–6. This class will enhance their existing skills and teach them more including: Lifesaving skills, personal safety and personal growth, competitive skills, snorkeling/skin diving, water sports, and volunteering opportunities.

AQUA ARTHRITIS WATER FITNESS

Tuesdays & Thursdays: 10:45–11:30AM

Drop in classes: Member Free |
Program Member: \$4

ADAPTIVE SWIM TEAM

Would you be interested?
Please contact Alycia Williams

The Swim Team is a no-pressure swim team for ages 5–12. That means no pressure for kids AND parents! Your family will enjoy an individual and team sport without the constant push and pressure of winning. It's all about having fun!

AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

Members \$200.00 |
Program Members \$250.00

Call for available classes

American Red Cross CPR and First Aid Classes available please call Alycia Williams to schedule a date at (860) 793-9631



Contact Aquatics Director
Alycia Williams at
Alycia.Williams@ghymca.org
or 860-793-9631.



DID YOU KNOW THAT MEMBERS SAVE BIG ON OVERNIGHT CAMP AT THE Y?
Chose from our two world class camps, Camp Jewell or Camp Woodstock, and **SAVE UP TO \$350!** Call our Welcome Centers for more info, or visit CampJewell.org and CampWoodstock.org



**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.

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.