

**WE BUILD
LIFELONG
SUCCESS**



**FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**WHEELER REGIONAL FAMILY YMCA
SUMMER PROGRAM GUIDE**

Summer SESSION I: June 17—July 21, 2019

Summer SESSION 2: July 22—August 25, 2019

Registration Begins: May 13, 2019

SUMMER SESSION 1: June 17–July 21, 2019

(no programs held on July 4)

SUMMER SESSION 2: July 22–August 25, 2019

MEMBER REGISTRATION: May 6, 2019

OPEN REGISTRATION: May 13, 2019

Facility Hours:

Monday–Friday | 5:30AM–9:00PM

Saturday | 7:00AM–6:00PM

Sunday | 8:00AM–4:00PM

Wheeler Regional Family YMCA

149 Farmington Avenue

Plainville, Connecticut

860-793-9631

WheelerYMCA.org

Facebook.com/wheelerymca

IT'S EASIER THAN EVER TO JOIN THE Y!

With no contracts, our simple monthly dues help us provide quality, healthy programs for you and your whole family to enjoy! If you cannot afford our dues, we offer financial assistance based on income.

Family 1 Parent \$86 | 1 adult and any children sharing the same address

Family 2 Parents \$96 | 2 adults and any children sharing the same address

Family membership includes 2 hours of babysitting per day*, family time on the rock wall and in the gymnasium*, pool access*, major discounts on programs and overnight camps, 50+ free group exercise classes each week, and so much more. *at available locations

Y Kids \$26 | 6 weeks–11 years: for program use only

Adult \$62 | ages 30–64

Youth \$26 | ages 12–18

Couple \$89 | ages 30–64

Young Adult \$41 | ages 19–29

Senior \$56 | ages 65+

Senior Couple \$83 | ages 65+

Visit ghymca.org/join

to learn more and become a member

CORPORATE MEMBERSHIP

The YMCA and your company can partner to offer a holistic wellness program for your employees. From a discounted rate, to a full program to encourage health and wellness, we do it all! Call us to discuss bringing the Y to your employees!

Contact the Membership Team or call our Welcome Center.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

Senior Membership Options:

- Silver Sneakers: Free
- Renew Active: Free
- AARP Medicare Supplement: Half-off stated rate
- Senior: \$56*
- Senior Couple: \$83*

*Financial Assistance is available

Senior Programs:

We offer a variety of programs designed with seniors in mind, including land and water-based exercise classes; pickleball; educational seminars; game days; and so much more!

Visit GHYMCA.org/seniors or visit our Welcome Center to see our Senior Class Schedule.

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 Summer:

WEEKLY WALKING CLUB



AARP | Medicare Supplement Plans
insured by **UnitedHealthcare Insurance Company**

RenewActive[™]
by UnitedHealthcare

SilverSneakers[®]
by Tivity Health

FINANCIAL ASSISTANCE PROVIDED WITH HELP FROM OUR COMMUNITY CAMPAIGN

The YMCA's Community Campaign provides financial assistance to ensure that all members of our community can take part in our life-changing programs and services regardless of their ability to pay. By supporting the Community Campaign, you can:

- Help children living in underserved communities by providing a safe-haven where they can enjoy being a kid and develop into the young adults of tomorrow;
- Offer a support system for children, adults, and seniors to nurture their social, emotional, cognitive, and physical development through programming and experiences; and
- Improve the physical and spiritual quality of life for cancer survivors through the LIVESTRONG® at the Y program.



INTRODUCING THE Y TRAINING CLUB

“Become Stronger Together!”

Join the Y Training Club Group Training Program

- Set and reach your goals!
- Get motivated
- Develop camaraderie
- SEE RESULTS!
- Have Fun
- Trainers lead you through effective and challenging workouts
- Group train and stay motivated
- Attend UNLIMITED workouts each week
- Mondays, Tuesdays, Thursdays, Fridays | 5:45am, 9:30am, & 7:00pm and Saturdays 9:00am

Contact Ben Romann for costs, details and how to sign up!!

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! 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

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

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.

Next session starts August 8

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!

6-WEEK NUTRITIONAL LECTURE SERIES

This is a 6 week, personal, interactive and in-depth program that focuses on realistic and practical lifestyle changes to promote good eating and exercise habits. Nutritionist and personal trainer Kyle Powell covers everything from calories to crunches, including a grocery store tour and a cooking demonstration. This program is great for people of all ages, and the small group aspect of the program allows for fun group activities to solidify your understanding of the material. Topics include calories, weight loss and fad diets, nutrition labels, Big Y trip, protein and fat.

Tuesdays | 6:00pm-7:00pm

with Kyle Powell, BS Nutrition/CPT

Members: \$72 | Non-Members \$90

YMCA CAMP WHEELER

GHYMCA.ORG/CHILDCARE

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: \$250* 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

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 2-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 Kelly Houston, Youth Development Director, at 860-793-9631 or kelly.houston@ghymca.org

*discounted rates for week of July 4



REGISTRATION FOR
SUMMER CAMP IS NOW OPEN!
GHYMCA.ORG/CAMPWHEELER

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

OVERNIGHT CAMP AT THE YMCA

SAVE \$350 AS A MEMBER!

Camp Jewell and Camp Woodstock are the YMCA of Greater Hartford's two world-class overnight camps. Our 2 gorgeous properties in Colebrook and Woodstock have lakes, woods, and as much fun as possible! Family members of the YMCA can save \$350 with the code MemberBenefit. To learn more, visit CampJewell.org and CampWoodstock.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 FOR SCHOOL AGE

Serving Wheeler, Linden & Toffolon Schools.

Pick from 3 or 5 day options. Visit ghymca.org/childcare for prices.

BEFORE/AFTER SCHOOL FOR PRE-K

Serving Wheeler, Linden & Toffolon Schools

5 day option only \$450/month

Space is limited

VACATION CLUB

6:30AM-6:00PM

When school is out, the Y is in! We are offering full-day programs starting October 14.

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.

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

SPORTS

MARTIAL ARTS

Session 1 & 2

Intro to Pent do Class

ages 5+

Monday | 0:00 pm

Thursday: 5:00pm

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

Intermediate

ages 5+

prereq: high: high white belt

Monday | 0 :45pm

Thursday | 5:45pm,

Saturday | 12:15pm

Members: \$110 | Program Members: \$220

Advanced

ages 15+

prereq; yellow belt

Monday | 6:30pm

Thursday | 6:30pm

Saturday | 12:15pm

Members: \$110 Program Members: \$220

YOUTH AND FAMILY JUDO

ages 8+

Mondays: 6:00–7:00PM

Members: Free | Program Members: \$80

ROCK CLIMBING

Session 1&2

Preschool Rockers

ages 4-5

Wednesday | 4pm

Saturday | 11:00am

Kid Rockers

grades 1-4

Monday | 5:00pm

Tuesday | 6:00pm

Saturday | 10:00am

Sunday | 1:00pm

Teen Rockers

grades 5-8

Thursday | 6:00pm

MOUNTAIN GOAT CLIMBING TEAM

Grades 4-9

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

Members: \$55 Program Members: \$75

Monthly tuition fees for practices & meets.

For info, please contact kelly.houston@ghymca.org.

The team runs September-June but join anytime!



BASEBALL/T-BALL

Session 1 & 2

Mites

ages 4-5

Saturday | 9am

Rookies

ages 6-8

Saturday | 10am

Pros

ages 9-12

Saturday | 12pm



BADMINTON

Session 1 & 2

Badminton Program

Co-ed Ages 18 & up

Wednesday | 8:00am- 11:00 am

Sunday | 6:00pm- 9:00 pm

Members: \$30 | Program Members: \$35

Badminton -Drop In

Friday | 5:00pm-7:00 pm

Members: \$3.00 | Program Members: \$3.00

Youth and Adult Badminton Coaching

Co-ed Ages 18 & up

Friday | 5:00pm-7:00 pm

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

BIRTHDAY PARTIES

Celebrate your child's birthday at the Y! Choose from the pool, climbing wall or gym. The YMCA host parties for kids ages 5+ on Saturdays and Sundays. Our staff will set up, organized games & activities, offer assistance during the party and clean up! You won't have to lift a finger!

Call 860-793-9631 or email our Birthday Coordinator at Jessica.Masco@ghymca.org



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

AQUATICS

GHYMCA.ORG/SWIMMING

No classes on July 4

Swim Lessons

PARENT/CHILD SWIM LESSONS

Level A and B (6 months – 3 years)

Member: \$78 | Program Member: \$144

Tuesday and Thursday | 5:10pm–5:40pm

Monday and Wednesday | 9:45am–10:15am

Member: \$43 | Program Member: \$86

Saturday | 10:30am–11:00am

Sunday | 10:30am–11:00am

PRESCHOOL: 3–5 YEARS LEVEL 1

Member: \$81 | Program Member: \$148

Tuesday and Thursday | 9:45am–10:15am

Monday and Wednesday | 5:00pm–5:30pm

Tuesday and Thursday | 5:50pm–6:20pm

Member: \$51 | Program Member: \$102

Saturday | 9:00am–9:30am

Saturday | 10:30am–11:00am

Sunday | 11:10am–11:40am

PRESCHOOL: 3–5 YEARS LEVEL 2

Member: \$81 | Program Member: \$148

Tuesday and Thursday | 10:20am–10:55am

Monday and Wednesday | 5:00pm–5:30pm

Tuesday and Thursday | 5:50pm–6:20pm

Member: \$51 | Program Member: \$102

Saturday | 9:00am–9:30am

Sunday | 11:10am–11:40am

YOUTH 6–12 YEARS LEVELS 1–3

Member: \$88 | Program Member: \$162

Monday and Wednesday | 5:40pm–6:25pm

Member: \$88 | Program Member: \$162

Saturday | 11:10–11:55am

Sunday | 9:45–11:00am

YOUTH 6–12 YEARS LEVELS 4–6

Member: \$88 | Program Member: \$162

Tuesday and Thursday | 4:15pm–5:00pm

Member: \$53 | Program Member: \$106

Saturday 9:40–10:25am

ADULT SWIM LESSONS

Member: \$66 | Program Member: \$122

Adult All Levels

Wednesday | 10:15–11:00AM

AQUA ARTHRITIS WATER FITNESS

Tuesday and Thursday | 11:00am–11:45am

Drop in classes:

Member: \$free | Program Member: \$4

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

Summer classes are twice a week and you pay for 8 lessons. If there are any cancellations we will schedule a makeup on the last week. If we do not have any makeup classes needed there is no class on the last week.

Instructors will let participants know before the last week of classes.

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



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 YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CAMP CHASE



SUMMER OUTDOOR MEMBERSHIP

CAMP CHASE SUMMER OUTDOOR MEMBERSHIP
– included with membership, or buy a Camp Chase
summer membership for \$100/\$150
(discounted for Burlington residents through May)

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.