

# WE BUILD LIFELONG SUCCESS



## WITH SAFETY AROUND WATER



### WHEELER REGIONAL FAMILY YMCA FALL PROGRAM GUIDE

Fall SESSION 1: September 9–October 27, 2019

Fall SESSION 2: October 28–December 15, 2019

Registration Begins: August 5, 2019

FALL SESSION 1: September 9–October 27, 2019  
FALL SESSION 2: October 28–December 15, 2019

MEMBER REGISTRATION: August 5, 2019  
OPEN REGISTRATION: August 12, 2019  
No paid programs or classes Oct 31, Nov 28–29

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  
Instagram: @wheelerymca

## VOLUNTEER AT THE Y!

We have several opportunities to participate in your community. Visit [ghymca.org/volunteer](http://ghymca.org/volunteer) to find out more.

## JOIN THE Y. JOIN A COMMUNITY.

A YMCA membership sets you on the path to good health in spirit, mind and body, helping you enjoy a full and balanced life. **With no contracts, your membership provides quality programs for you and your whole family to enjoy!** We offer financial assistance for those who meet income requirements so that everyone can feel welcome to apply for a Y membership.

### SO MUCH VALUE IN YOUR Y MEMBERSHIP!

#### 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, in the gymnasium, and in the pool; major discounts on programs and summer camp; 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

**Couple** \$89 | ages 30–64

**Youth** \$26 | ages 12–18

**\*Senior** \$56 | ages 65+

**Young Adult** \$41 | ages 19–29

**\*Senior Couple** \$83 | ages 65+

\*Seniors who have Silver Sneakers or Renew Active qualify for a free membership. Those with AARP Medicare Supplement Insurance are eligible for 50% off the listed price.

Visit [ghymca.org/join](http://ghymca.org/join)

to learn more and become a member

### CORPORATE MEMBERSHIP

Partner with the YMCA's Corporate Membership program and provide a healthy, happy workspace for you and your employees. Get discounts on membership dues, value-added health and wellness programming and more!

Contact [workplacewellness@ghymca.org](mailto:workplacewellness@ghymca.org) or call Lisa Reinhardt at 860-595-3025.

## 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](http://GHYMCA.org/seniors) or visit our Welcome Center to see our Senior Class Schedule.

## SILVER SNEAKERS CLASSES

### TRAINING FOR SENIORS EXPRESS

Training for Seniors is a FUNctional program that incorporates movements and challenges that keep exercisers motivated and engaged. Variety within this class focuses on total body fitness, flexibility and balance.

Members: \$48 | Non-Members: \$63  
Check our website for day and time

### PICKLEBALL

Drop-In

Tuesdays/Fridays: 11:00AM–12:30PM

Members: FREE | Non-Members: \$6 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](mailto:Katie.Wright@ghymca.org)

**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.

## THE Y TRAINING CLUB "Become Stronger Together!"

Join the Y Training Club Group Training Program. Set and reach your goals! Get motivated, develop camaraderie and SEE RESULTS! Trainers lead you through effective and challenging workouts with group training to stay motivated. You can 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

### 1 hour FREE introduction to wellness:

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

What you can expect:

- A series of questions so we know the reason why you are at the Y and if you have any injuries we should be aware of.
- Determine your availability and help you plan out your training week
- Educate you on our Wellness Center equipment, Group Fitness Class Schedule, and what programs we are currently offering.
- Baseline assessments
- Put you through our 8 Point Mobility Evaluation to determine how you move so we can give you areas of your body to target for improvement.
- Show you basic foundational exercises so you can feel more confident you are doing things correctly.
- Get some baseline strength assessments on exercise machines
- Give you our Warrior 20 Food List and Simple Healthy Eating Strategies to help you start to make good food choices.

## 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: \$75 | Non-Members: \$94

## KICKBOXING CONDITIONING

This class will take you through drills and conditioning techniques that are often used by fighters that you see on television. 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.

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

Check our website for day and time

## PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals with years of experience who can help anyone on their terms, including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds as our members do, and we take great care in matching members with the right personal trainer.

Your initial visit includes a review of your health history, lifestyle and goals. Your personal trainer can then help you achieve goals through one-on-one attention, accountability and expertise

**1-on-1 & group options available! Contact Ben Romann to get started! 860-793-9631 x118**

## 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: \$123 | Non-Members: \$181

## SUPER-DUPER YOUTH SUSPENSION TRAINING

Ages 10-14

Youth will experience functional suspension training using the TRX and other equipment that develops strength, balance, flexibility and core stability simultaneously. Ideal for beginners and inactive youth, as well as student athletes not participating in sports.

Members: \$48 | Non-Members: \$63

Check our website for day and time

## QUEENAX METABOLIC FIT EXPRESS

Metabolic Fit is a goal-oriented program for people seeking a lean and fit body. Intensity is king in the four-week program that focuses on high calorie expenditure and lean body mass development through intense work bouts followed by rest periods.

Members: \$48 | Non-Members: \$63

Check our website for day and time

## 6-WEEK SENIOR NUTRITION PROGRAM

Join our Nutritionist, Kyle Powell, for a 6-week program for seniors to talk about healthy eating habits and behaviors. We'll talk about everything from fad diets to calories to dining out and food labels. with Kyle Powell, BS Nutrition/CPT

Mondays | 9:30am – 10:30am

Members: \$43 | Non-Members: \$53

## 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.

with Kyle Powell, BS Nutrition/CPT

Check our website for day and time.

Members: \$75 | Non-Members \$93

# THE GREAT HARTFORD SLIMDOWN

**THE GREAT HARTFORD SLIMDOWN IS BACK FOR FALL!**

The next competition begins September 16, so start getting your teams of 4 together! **Visit [GHYMCA.org/slimdown](http://GHYMCA.org/slimdown) for more info on registering.**



# HEALTH & WELLNESS

[GHYMCA.ORG/HEALTH](http://GHYMCA.ORG/HEALTH)

## 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.

**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](mailto:Ben.Romann@ghymca.org).

## 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

## 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](mailto:Katie.Wright@ghymca.org) or 860.793.9631.

## BADMINTON

Session 1 & 2

### Badminton Program

Co-ed Ages 18 & up

Wednesday | 8:00am–11:00am

Sunday | 6:00pm–9:00pm

Members: \$33 | Non-Members: \$38

### Badminton –Drop In

Friday | 5:00pm–7:00pm

Members: \$5 | Non-Members: \$7

### Youth and Adult Badminton Coaching

Co-ed Ages 18 & up

Friday | 5:00pm–7:00pm

Members: \$33 | Non-Members: \$40

# CHILD CARE WITH THE Y

[GHYMCA.ORG/CHILDCARE](http://GHYMCA.ORG/CHILDCARE)

## 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](http://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 \$65 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.



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[Caitlin.Butkus@ghymca.org](mailto:Caitlin.Butkus@ghymca.org) for more info on child care.

**REFUND POLICY:** Classes run for 6 weeks unless otherwise noted. A full refund will only be issued for withdrawals received in writing before the 1st class. A pro-rated refund will be issued for withdrawals after the 1st class. Refunds after the 2nd class are provided only with a doctor's note for the unused portion. Deposits to secure a spot in a program or for a facility rental are always non-refundable.

# SPORTS

## MARTIAL ARTS

Session 1 & 2

### Intro to Pent do Class

ages 5+

Monday | 5:00 pm

Thursday | 5:00pm

Members: \$78 | Non-Members: \$154

### Intermediate

ages 5+

prereq: high: high white belt

Monday | 5:45pm

Thursday | 5:45pm

Saturday | 12:15pm

Members: \$115 | Non-Members: \$227

### Advanced

ages 15+

prereq: yellow belt

Monday | 6:30pm

Thursday | 6:30pm

Saturday | 12:15pm

Members: \$115 Non-Members: \$227

## 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: \$59 | Non-Members: \$80

Monthly tuition fees for practices & meets.

For info, please contact [Kelly.Houston@ghymca.org](mailto:Kelly.Houston@ghymca.org).

The team runs September-June but join anytime!

[GHYMCA.ORG/SPORTS](http://GHYMCA.ORG/SPORTS)  
[GHYMCA.ORG/ACTIVITIES](http://GHYMCA.ORG/ACTIVITIES)

## VOLLEYBALL LEAGUE

This is a 14-week, competitive league with playoffs and a championship game.

Fee: \$410

## BASKETBALL

### Parent & me

Tuesday | 5:00-5:45pm

### Pre-school

Wednesday | 5:00-6:00pm

### Youth

Thursday | 5:00-6:00pm

Members: \$53 | Non-Members: \$105



## 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](mailto:Jessica.Masco@ghymca.org)

## KIDS NIGHT OUT

twice per month

Enjoy date night or time to yourself again! Drop your kids off for games, a movie and dinner at the Y!

\$33 for first kid and \$12 for each extra kid

## MIDDLE SCHOOL NIGHTS

grades 6, 7, 8

Join us for music, food sports and activities.

Fridays | 7:00-9:00pm

Members: \$4 | Non-members: \$6

## FAMILY NIGHTS

once per month

Looking for a fun family activity? Join us monthly for Family Nights! Open to people of all ages, come for games and fun!

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

# SWIMMING

## LEARN TO SWIM!

### HAVE FUN WITH A SPLASH OF CONFIDENCE!

Every day, children learn the basics of swimming at the Y! Children enhance their skills, learn to be safe and healthy, and build their confidence with our progressive lessons, which turn beginners into experts.

The Y ensures a low instructor-to-student ratio to make sure your kids get plenty of personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your child's needs and your schedule.

To learn more about pricing and swim lesson schedules, visit [GHYMCA.org/swimlessons](http://GHYMCA.org/swimlessons), or contact Alycia Williams, director of aquatics at the Wheeler YMCA, at [Alycia.Williams@ghymca.org](mailto:Alycia.Williams@ghymca.org) or 860-793-9631.

## GROUP SWIM LESSONS CLASS SELECTOR

### STEP 1: What age group does the student fall into?

6 months-3 years	3 years-5 years	6 years-12 years	13+ years
PARENT & CHILD	PRESCHOOL	SCHOOL AGE	TEEN & ADULT
STAGES A-B	STAGES 1-4	STAGES 1-6	STAGES 1-6

All age groups are taught the same skills, but are divided according to developmental milestones.

### STEP 2: Which level is your child ready for based on his or her skills?

Can the student respond to verbal cues and jump on land?	NOT YET?	A WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET?	B WATER EXPLORATION
Will the student go under water voluntarily?	NOT YET?	1 WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET?	2 WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET?	3 WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET?	4 STROKE INTRO
Can the student swim front crawl, back crawl, and breast stroke across the pool?	NOT YET?	5 STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breast stroke across the pool and back?	NOT YET?	6 STROKE MECHANICS

# SWIM LESSONS

## PARENT/CHILD SWIM LESSONS

Level A and B (6 months – 3 years)

Member: \$59 | Non-Member: \$108

## PRESCHOOL: 3-5 YEARS LEVEL 1-3

Member: \$61 | Non-Member: \$112

## YOUTH 6-12 YEARS LEVELS 1-6

Member: \$66 | Non-Member: \$122

## TEEN & ADULT SWIM LESSONS

Ages 13+ | Adult All Levels

Member: \$66 | Non-Member: \$122

# WATER FITNESS

## AQUA ARTHRITIS WATER FITNESS

Tuesdays and Thursdays | 10:45am-11:30am

Drop in classes:

Member: \$free | Non-Member: \$4

# AMERICAN RED CROSS

## LIFEGUARD CERTIFICATION CLASS

Members: \$200 | Non-Members: \$250

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**

# PORPOISE CLUB

ages 11-15

Members: \$70 | Non-Members: \$140

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

# AQUA BUDDIES

ages 4-10

Members: \$120 | Non-Members: \$240

An adaptive swim lesson program for children with behavioral, developmental or physical disabilities. The class is taught by ABA-certified staff or volunteers.

# TEST. MARK. PROTECT.

The YMCA of Greater Hartford has a new swim test model and marking system to ensure our youngest members' safety. All children ages 16 and younger must be swim tested with our new tests. Children will then receive a green band, yellow band, or red band so that lifeguards instantly know each child's swimming ability. For information on what the tests require and how the system works, visit [ghymca.org/test-mark-protect](http://ghymca.org/test-mark-protect)

SAVE THE DATE

# CHAMPIONS FOR YOUR COMMUNITY

Thursday, October 17, 2019

Connecticut  
Convention Center  
100 Columbus Boulevard  
Hartford, CT 06103  
5:30 p.m. – 8:45 p.m.

YMCA Celebrates  
Champions  
with Honored Guests:  
Rebecca Lobo and  
Steve Rushin



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](http://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.