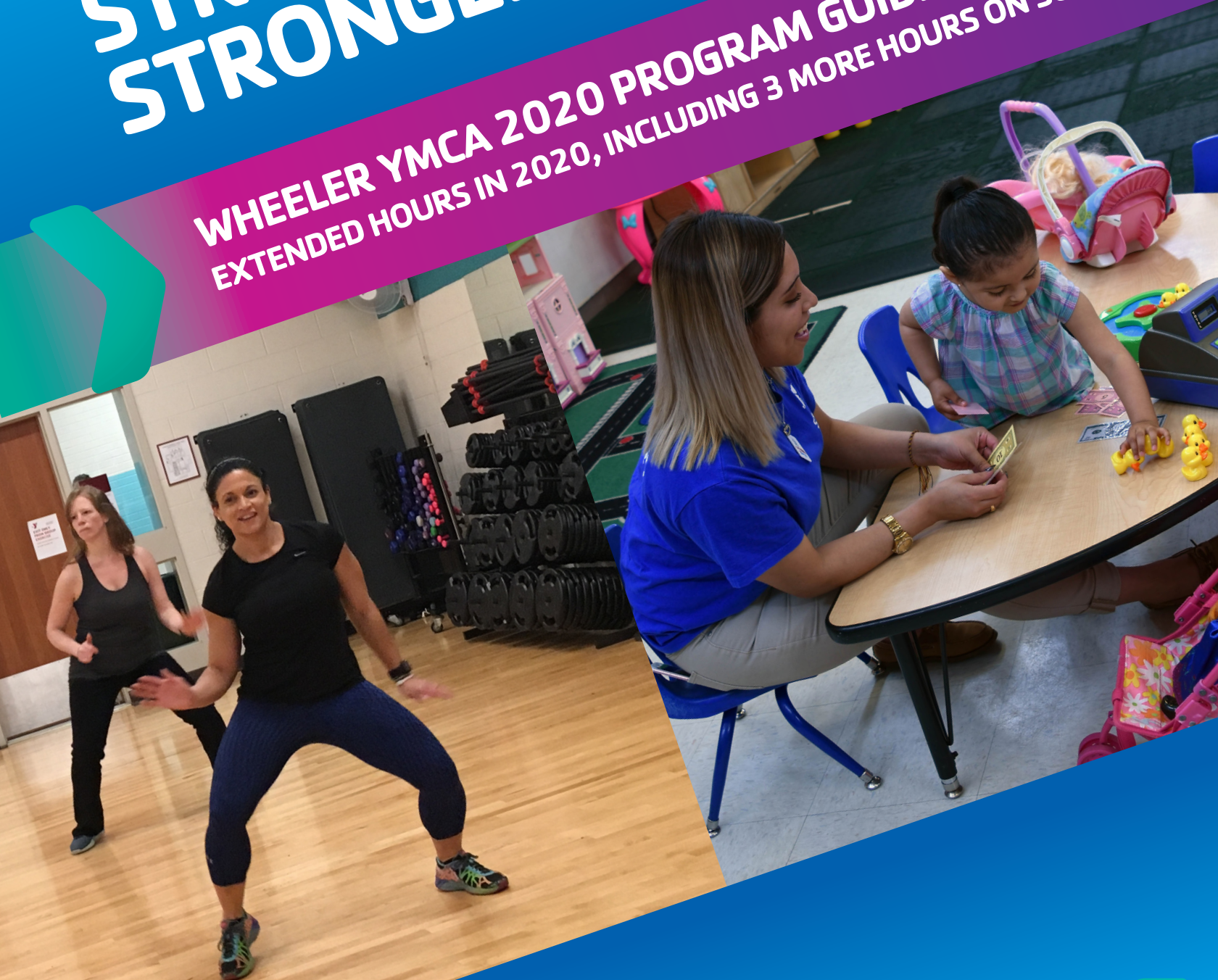




FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG BODIES. STRONGER BONDS.

WHEELER YMCA 2020 PROGRAM GUIDE
EXTENDED HOURS IN 2020, INCLUDING 3 MORE HOURS ON SUNDAYS!



WHEELERYMCA.ORG
WE BUILD LIFELONG SUCCESS



WE BUILD LIFELONG SUCCESS

GHYMCA.ORG/JOIN

SIX YMCAs, ONE MEMBERSHIP

GHYMCA.ORG/LOCATIONS

2020 Session & Registration Dates

WINTER: 1/6-2/16, registration starts 12/2/19
SPRING 1: 2/24-4/5, registration starts 1/20
SPRING 2: 4/13-5/24, registration starts 1/20
SUMMER 1: 6/15-7/19, registration starts 5/11
SUMMER 2: 7/20-8/23, registration starts 5/11
FALL 1: 9/14-10/25, registration starts 8/10
FALL 2: 11/2-12/13, registration starts 8/10

GHYMCA.ORG

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.

FIND THE CATEGORY THAT IS RIGHT FOR YOUR FAMILY!

Family 1 Parent | \$86
1 adult & dependent children (under age 23) sharing the same address
Family 2 Parents | \$96
2 adults & dependent children (under age 23) sharing the same address
Y Kids/Youth \$26 | 6 weeks-18 **Couple** \$89 | ages 30-64
Young Adult \$41 | ages 19-29 ***Senior** \$56 | ages 65+
Adult \$62 | ages 30-64 ***Senior Couple** \$83 | ages 65+

*Seniors who have Silver Sneakers or Renew Active qualify for a free membership.



Rates subject to change with 30-days notice.

Visit ghymca.org/join to learn more and become a member

CORPORATE MEMBERSHIP

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

Contact workplacewellness@ghymca.org or call Lisa Reinhardt at 860-595-3025.

JOIN OUR YMCA TEAM—WE'RE HIRING!

Employment and volunteer opportunities available. We are always looking for lifeguards, personal trainers, head teachers, youth sports coaches, and other positions.

Visit ghymca.org/employment to apply!

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community.

Visit ghymca.org/volunteer to find out more.

PROGRAM 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 non-refundable.

WHEELER REGIONAL FAMILY YMCA

149 Farmington Avenue
Plainville, CT 06062
860-793-9631
WheelerYMCA.org

OPEN 4.5 HOURS
PER WEEK
MORE IN 2020!

- Mon-Thurs 5am-9pm
- Fri 5am-8pm
- Sat-Sun 7am-6pm*

*Memorial Day-Labor Day: Sat-Sun 7am-4pm

FINANCIAL ASSISTANCE PROVIDED
WITH HELP FROM OUR ANNUAL CAMPAIGN

As a community benefit organization, the YMCA wants to ensure that ALL members of our communities have access to our facilities and programs. That is why we offer financial assistance for membership, child care, sports, swim lessons, summer camp, and more. All funds come from generous donations made to our Annual Campaigns.

Please call our Welcome Centers today and we'd be happy to go over your options with you!

In 2019, the branches of the YMCA of Greater Hartford provided \$2.35 million in program Financial Assistance.

2020 ANNUAL CAMPAIGN

The YMCA is a place where everyone is welcome regardless of race, age, religion or financial standing. Each year, the Annual Campaign raises funds for families and individuals who can't otherwise fully afford YMCA programs and services.

Annual Campaign contributions are invested in people to provide resources to support those in need. 100% of the money raised goes to programs and services for children, teens, adults, families and seniors, and funds raised in each community stays in that community.

For more information on how you can support the Annual Campaign, go to ghymca.org/donate.

ANNUAL EVENTS AT THE WHEELER YMCA

- O'Mazing Race Scavenger Hunt
- Healthy Kids Day
- Rick Varsell Memorial Spin-a-Thon
- Iftar Dinner
- International Day
- Navrati
- Halloween at the Y
- Breakfast with Santa

THIS BOOKLET COVERS ALL
OF 2020, SO HOLD ON TO
IT! FOR DETAILS ON TIMES,
COST AND REGISTRATION,
VISIT US ONLINE!

	DT	FV	HL	IV	WLR	WG
Wellness Center	•	•	•	•	•	•
Fitness Machines	•	•	•	•	•	•
Free Weight Area	•	•	•	•	•	•
Turf Area	•				•	
Functional Training Area		•		•		•
Group Exercise Room & Classes	•	•	•	•	•	•
Cycle Studio/Classes	•	•	•	•	•	•
Mind-Body Studio	•	•				
Boxing Studio	•					
Lap Pool	•	•	•	•	•	
Warm Water Pool		•	•	•	•	
Water Playground			•	•	•	
Sauna & Steam Room	•	•	•	•	•	•
Whirlpool	•	•	•	•	•	
Gymnasium & Indoor Courts		•	•		•	•
Rock Wall		•			•	•
Gymnastics Center		•				
Outdoor Basketball Court				•	•	•
Babysitting Room(s)		•	•	•	•	•
Teen Center/Tech Center		•	•		•	•
Outdoor Trails			•	•		
Conference Rooms	•	•	•	•	•	•
Family Locker Rooms	•	•	•	•	•	•
Adult Locker Rooms	•	•	•	•	•	•
Locker Rentals	•	•		•		
Towel Service	•					
Subway Restaurant/Food Court	•	•				
Programs & Services	DT	FV	HL	IV	WLR	WG
Group Exercise Classes	•	•	•	•	•	•
Specialized Small Group Training	•	•	•	•	•	•
Water Exercise Classes	•	•	•	•	•	•
Personal Training	•	•	•	•	•	•
Nutrition Counseling		•	•	•	•	
Adult Sports		•	•	•	•	•
Senior Fitness Classes/Activities	•	•	•	•	•	•
Pickleball		•	•	•	•	•
LiveSTRONG	•	•	•	•	•	•
Adaptive Programs		•		•	•	•
Lifeguard, CPR Certifications	•	•	•	•	•	
Licensed Childcare		•		•	•	•
Infant Care				•	•	
Preschool				•	•	
Before and After School Care		•		•	•	•
Vacation or Snow Day Care		•		•	•	•
Birthday Parties & Rentals	•	•	•	•	•	•
Summer Camp - Preschool		•	•	•	•	•
Summer Camp - Elementary		•	•	•	•	•
Summer Camp - Preteen/Teens		•	•	•	•	•
Summer Learning - YBELL						•
Youth Swim Lessons	•	•	•	•	•	•
Adult Swim Lessons	•	•	•	•	•	•
Private Swim Lessons	•	•	•	•	•	•
Competitive Sports/Swim Teams		•	•	•	•	
Preschool Activities & Sports		•	•	•	•	•
Youth Sports		•	•	•	•	•
Archery		•	•	•	•	
Soccer		•	•	•	•	•
T-Ball		•	•	•	•	•
Basketball		•	•	•	•	•
Martial Arts		•		•	•	•
Gymnastics		•			•	
Rock Climbing		•			•	•
Other Sports		•	•	•	•	•
Youth Activities	•	•	•	•	•	•
Leaders Club			•	•		•
Youth & Government						•
Drama, Dance, Other Activities	•	•		•		•
Kids Night Out/Teen Nights		•	•	•	•	•

THERE'S SOMETHING
FOR EVERYONE

MEMBERSHIP IS AN AMAZING VALUE!

INCLUDED WITH YOUR MEMBERSHIP*

*See location availability in the matrix to the left

- 50+ FREE group exercise classes each week
- 2 hours per day of FREE babysitting while you work out
- Swim and play games in our indoor pools
- Use of all YMCA of Greater Hartford facilities/branches
- Seasonal use of Camp Chase Outdoor Center, with hiking trails, outdoor pool, courts, giant slide, bouncing pillow, sports & more!
- Nationwide membership at all participating Ys
- Early registration & big discounts for programs and classes
- Access to Kids Night Out events and member-only family nights
- Work out in the fitness center with kids ages 12+, or take a family-friendly group exercise class

DID YOU KNOW?!

The YMCA is a non-profit, community benefit organization that provides financial assistance for programs and membership. GHYMCA.org/donate

THINGS TO KNOW:

Members can use all YMCA of Greater Hartford facilities

Member must use home branch 51% of the time.

Nationwide Membership

Visit participating YMCAs across the country.

Your health insurance may pay for your membership

Or at least some of it! Many health insurance companies reimburse for memberships to fitness facilities, including YMCAs. Call your insurance company for details.

No membership contracts EVER!

Just provide 30-days written notice when you wish to cancel. Be a member on YOUR terms.

YMCA OF GREATER HARTFORD
THE Y IS IN YOUR COMMUNITY:

Full Facility Branches

Downtown Hartford 90 State House Square, Hartford 860-522-4183	Hale 9 Technology Park Drive Putnam, CT • 860-315-9622	Wheeler 149 Farmington Avenue Plainville, CT • 860-793-9631
Farmington Valley 97 Salmon Brook Street, Granby 860-653-5524	Indian Valley 11 Pinney Street Ellington, CT • 860-871-0008	Wilson-Gray 444 Albany Avenue Hartford, CT • 860-241-9622

Program Branches - visit us online for programming & amenities!

East Hartford 770 Main Street, East Hartford 860-289-6612	Glastonbury 95 Oakwood Drive, Glastonbury 860-633-6548	West Hartford/Tri-Town 12 North Main Street, West Hartford • 860-521-5830
--	---	--

GHYMCA.ORG

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

50+ FREE GROUP EXERCISE CLASSES WEEKLY

[GHYMCA.org/grouplex](https://ghymca.org/grouplex)

The YMCA offers a large variety of group exercise classes led by trained, motivating, and energetic instructors. Try cardio, strength and conditioning, group cycling, yoga and Pilates, Pound and Zumba, water exercise, and more. There's no pre-registration or fee for most of our group exercise classes, so check the schedule, drop into a class, and start working out. All classes are FREE with a YMCA membership.

SENIOR PROGRAMMING

[GHYMCA.org/seniors](https://ghymca.org/seniors)

Stay active and get fit in our senior fitness programs. Learn how to get started and reap the benefits of exercise for seniors. The Y offers a variety of senior-focused classes, Senior Strength, Balance and Flexibility, Cardio Dance, Tai Chi, Water Fitness and Silver Sneakers programming. Seniors also can attend regular seminars and programs geared specifically towards keeping seniors strong and healthy!

* Seniors who have Silver Sneakers or Renew Active qualify for a free membership.

RenewActive™
by UnitedHealthcare

SilverSneakers®
by Tivity Health

PICKLEBALL

[GHYMCA.org/adult-sports](https://ghymca.org/adult-sports)

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net.

Fee: FREE for members | \$6 for non-members

Schedule: Tuesdays and Fridays 11am-12:30pm

SMALL GROUP TRAINING PROGRAMS

[GHYMCA.org/specialtyclasses](https://ghymca.org/specialtyclasses)

Join us for specialized dynamic small group training programs. Training programs that create transformational and inspiring fitness experiences for a diverse audience of exercisers. Programs include: TRX Suspension, Kickboxing Conditioning, Queenax Metabolic Fit, Training for Seniors, Yoga Workshops, and more.

Y TRAINING CLUB

[GHYMCA.org/health](https://ghymca.org/health)

Join the Y Training Club Group Training Program. Set and reach your goals! Get motivated, develop camaraderie and SEE RESULTS! The Y TRAINING CLUB is a small group training program where you attend unlimited workouts each week and get a chance to work out in a fun, positive group environment while being led by our amazing trainers.

Schedule:

Monday, Tuesday, Thursday, Friday | 5:45am, 9:30am, 7pm
Saturday | 9am



PERSONAL TRAINING

[GHYMCA.org/personaltraining](https://ghymca.org/personaltraining)

YMCA Personal Training is by-appointment, with both hour and ½ hour options. Our personal trainers are educated professionals with years of experience who can help anyone on their terms, including working professionals, new moms, seniors and athletes. YMCA personal trainers come from different backgrounds like our members do, and we take great care in matching members with the right trainer. Save money with packages, ranging from 4-52 sessions! Personal training sessions are available 1-on-1 or with a small group.

NUTRITION COUNSELING

[GHYMCA.org/personaltraining](https://ghymca.org/personaltraining)

We offer personal, interactive and in-depth nutrition programs that focuses on realistic and practical lifestyle changes to promote good eating and exercise habits. Our nutritionist covers everything from calories to crunches. This program is great for people of all ages. Programs range from one-on-one counseling, group workshops and periodic lectures for everyone. Topics include calories, weight loss and fad diets, nutrition labels, protein and fat.

ABOUT OUR WELLNESS CENTER

[GHYMCA.org/wheeler](https://ghymca.org/wheeler)

The 4000-square-foot Wellness Center features more than 60 pieces of state-of-the-art cardio equipment including treadmills, elliptical machines, upright and recumbent bikes, step mills and rowers; various weight-lifting equipment and barbell half racks with all the bells and whistles. We have all of the equipment you need to perform your own personal exercise routine. In addition, there is a large turf area for all purpose exercising and stretching.

Package Services Refund Policy

All Personal Training, Nutrition Counseling and Private Lesson packages have a 12 month expiration from date of purchase. Packages or any unused sessions may be transferred to another individual one time and used within the original 12 month period. Refunds may be requested in writing within 30 days of purchase. When refunding partial packages within 30 days, used sessions are charged at the single session rate.

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

FITPATH

[GHYMCA.org/fitpath](https://ghymca.org/fitpath)

FREE introduction to wellness at the Y

Our goal is to help you make the most of your membership and be successful at the Y. The FitPath is a time for you to sit down with a Wellness Coach to discuss your fitness background and how you move. Then we can show you how to use the equipment you're most interested in, discuss a plan of action, and suggest which exercise classes will best meet your needs.

Remember, the FitPath is only one part of your overall My Y Journey orientation! We plan to take you around the building and introduce you to all the Y has to offer, and then devise a weekly plan to help you get the most out of your membership!

LIVESTRONG AT THE YMCA

[GHYMCA.org/livestrong](https://ghymca.org/livestrong)

Last year, an estimated 22,000 new cases of cancer were diagnosed in Connecticut. Did you know that the YMCA helps the state's adult cancer survivors by offering the LiveSTRONG program, a free, 12-week program designed to help our community's survivors improve their strength and overall quality of life? This health and exercise program helps those at any point after diagnosis to achieve their holistic health goals. LiveSTRONG at the Y offers group-based physical activity and well-being programming and provides a supportive community.

Sessions start in January, April and September

WEIGHT LOSS AT THE Y

THE YMCA WEIGHT LOSS PROGRAM - COMING FALL 2020

[GHYMCA.org/weightloss](https://ghymca.org/weightloss)

YMCA's Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes.

THE GREAT HARTFORD SLIMDOWN

[GHYMCA.org/slimdown](https://ghymca.org/slimdown)

This 10-week weight loss competition that involves a team of 4, weekly workouts and weekly challenges. Have fun while losing weight! Offered two times a year, the Great Hartford Slimdown is a way to lose pounds while engaging in a little friendly competition.

ADAPTIVE FITNESS

[GHYMCA.org/adaptive-fitness](https://ghymca.org/adaptive-fitness)

Our Adaptive Fitness program is for individuals with a disability impacting their fitness health. Disabilities may include, but are not limited to, multiple sclerosis, stroke, amputation, cerebral palsy, or blindness.

Schedule:

Tuesdays and Thursdays 10-11:30am, or by appointment

MASSAGE

[GHYMCA.org/spa](https://ghymca.org/spa)

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!

YOUTH FITNESS PROGRAMS

[GHYMCA.org/specializedclasses](https://ghymca.org/specializedclasses)

TRAINING FOR KIDS (ages 10-12) or TRAINING FOR TEENS (ages 13-15)

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.

SUPER DUPER SUSPENSION TRAINING

Youth will experience functional suspension training in this fun 30 minute class 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. This program meets one or two times per week.

Contact Information - Health & Wellness

General: 860-793-9631 x118 or chris.hibbs@ghymca.org
Special Populations: 860-793-9631 or katie.wright@ghymca.org
LiveSTRONG: 860-793-9631 or ben.romann@ghymca.org

myzone® HEARTRATE MONITOR

MyZone is an innovative, wearable, heart rate-based system that uses wireless technology to accurately monitor physical activity. It is 99.4% accurate, allowing for maximized success. It is great for anyone who wants a gamified and motivating experience. MyZone monitors heart rate and calories in real time, which you can monitor on your cell phone or on our LIVE DISPLAYS in our Wellness Center & Group Ex rooms.



LEARN TO SWIM AT THE Y!
HAVE FUN WITH A SPLASH OF CONFIDENCE!

Every day children and adults learn to swim at the Y! Swimmers 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 so that participants get personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your needs and your schedule.

VISIT GHYMCA.ORG/SWIMLESSONS FOR SCHEDULES

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
LEVELS A-B LEVELS 1-4 LEVELS 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

GROUP SWIM LESSONS

GHYMCA.org/swimlessons

We offer group swim lessons for people of all ages and abilities! Choose the appropriate lessons, and learn more about our programming, scheduling and prices online.

LEVEL A: WATER DISCOVERY

Parent/Child

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

LEVEL B: WATER EXPLORATION

Parent/Child

In stage B, parents work with their children to explore body positions, floating, blowing, bubbles, and fundamental safety and aquatic skills.

LEVEL 1: WATER ACCLIMATION

Preschool, School Age

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

LEVEL 2: WATER MOVEMENT

Preschool, School Age

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

LEVEL 3: WATER STAMINA

Preschool, School Age

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

LEVEL 4: STROKE INTRODUCTION

Preschool, School Age

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

LEVEL 5: STROKE DEVELOPMENT

School Age

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

LEVEL 6: STROKE MECHANICS

School Age

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

TEEN/ADULTS AGES 13+

Develop comfort in the water. Students will learn how to swim-float-swim, front glides, back floats, and exits. Students will also work on jumps, push, turn, grab.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

GHYMCA.org/privateswimlessons

We offer private and semi-private 30-minute swim lessons to fit your schedule. Lessons are for any age and skill level. Purchase a single class, or a package of 6 or 12 sessions. Contact us to schedule your lesson!

PORPOISE CLUB

GHYMCA.org/swimming

A club for kids ages 11-15 who have mastered YMCA swim levels 1-6. This class will enhance their existing skills and teach them: Lifesaving skills, personal safety and personal growth, competitive skills, snorkeling/skin diving, water sports, and volunteering opportunities. Swimmers will focus on endurance swimming, and perfection of all strokes.

WATER FITNESS CLASSES

GHYMCA.org/waterexercise

We have several weekly, FREE water exercise classes! Find our schedule and class descriptions online.

TEST. MARK. PROTECT.

GHYMCA.org/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.

CERTIFICATIONS & TRAININGS

GHYMCA.org/certifications

- American Red Cross Lifeguarding Certification (and recertification course)
- CPR, AED, basic first aid (and recertification course)

EMPLOYMENT OPPORTUNITIES!

GHYMCA.org/careers

Apply today to join our team of lifeguards and instructors!



TIGERSHARKS SWIM TEAM

The Wheeler Regional YMCA Tigersharks Swim Team is committed to providing an enjoyable experience for swimmers of all abilities. We strive to teach and improve stroke techniques so our swimmers can achieve their personal best. Our goal is to build sportsmanship, character, skills, friendships and health in our swimmers everyday lives.

Our Tigersharks, which is designed for youth ages 5-18, has two seasons: Spring/Summer that starts in May, and Fall/Winter that starts in September. Registration and tryouts start in April and September. The Tigersharks competes in YMCA and USA Swimming leagues. Children must be able to swim one length on their front and one length on their back to be eligible for the team.

There are 6 different practice groups for our team. Our beginner groups learn the fundamentals for competitive swimming. Our intermediate group allows swimmers to advance their knowledge and skills. Our advanced group is more complex and challenging.

To learn more about our team, visit us online at teamunify.com/ctwryt

SPORTS, PARTIES, ACTIVITIES

GHYMCA.ORG/SPORTS

BASKETBALL

[GHYMCA.org/basketball](https://ghymca.org/basketball)

Schedule: Winter, Spring 1

- Parent/child, ages 2-3
- Preschool, ages 3-5
- Youth, ages 6-8
- Clinic, ages 10-18

MARTIAL ARTS

[GHYMCA.org/martialarts](https://ghymca.org/martialarts)

Schedule: Year round

- Intro to Pent Sho Do, ages 4+
- Intermediate Pent Sho Do, ages 5+ (prerequisite: high white belt)
- Advanced Pent Sho Do, ages 15+ (prerequisite: yellow belt)

SOCCER & T-BALL

[GHYMCA.org/soccer-and-tball](https://ghymca.org/soccer-and-tball)

Schedule: Spring 2, Fall 1, days & times TBD

- Parent/child soccer, ages 2-3
- Preschool soccer, ages 3-5
- Youth soccer, ages 6-8
- Parent/child t-ball, ages 2-3
- Preschool t-ball, ages 3-5
- Youth t-ball, ages 6-8

TUMBLING/GYMNASTICS

[GHYMCA.org/gymnastics](https://ghymca.org/gymnastics)

Schedule: Spring 2, Fall 1, days & times TBD

- Parent/child
- Preschool

ARCHERY

[GHYMCA.org/archery](https://ghymca.org/archery)

Schedule: Winter, Spring 1

- Ages 7-8
- Ages 9-11
- Ages 12-14

ROCK CLIMBING CLASSES

[GHYMCA.org/rockclimbing](https://ghymca.org/rockclimbing)

Schedule: Year round

- Preschool rockers, ages 4-6
- Kid rockers, grades 1-4
- Teen Rockers, grades 5-8

MOUNTAIN GOAT CLIMBING TEAM

[GHYMCA.org/rockclimbing](https://ghymca.org/rockclimbing)

Schedule: Year round

Ages: 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.

OTHER SPORTS - ADULTS

[GHYMCA.org/other-sports](https://ghymca.org/other-sports)

BADMINTON, year round

- Badminton program, ages 18+
- Youth & Adult Badminton Coaching, ages 7+

VOLLEYBALL LEAGUE, year round

- Volleyball League ages 18+

PICKLEBALL, year round

- Pickleball ages 18+

BIRTHDAY PARTIES & FACILITY RENTALS

[GHYMCA.org/parties-rentals](https://ghymca.org/parties-rentals)

Celebrate your child's birthday at the Y! Choose from various themes such as a Splash party, Climbing Wall, Sports, Zumbini or Dance party. The YMCA host parties for kids ages 5+ on Saturdays and Sundays (Ages 5 and under are welcome for all themes except splash and climbing wall) . Our staff will set up, organized games & activities, offer assistance during the party and clean up! You won't have to lift a finger!

KIDS NIGHT OUT, MIDDLE SCHOOL NIGHTS & FAMILY NIGHTS

[GHYMCA.org/activities](https://ghymca.org/activities)

KIDS NIGHT OUT

Schedule: Twice per month

Fee: \$33 for the first child, \$12 for each additional child

Enjoy date night or time to yourself! Drop your kids off at the Y for games, a movie, and dinner. Don't forget to take yourself out for dinner and a movie (even Rated R!) too!

MIDDLE SCHOOL NIGHTS

Schedule: Fridays 7-9pm

Fee: Members: \$3 | Non-members: \$6

A place and time for teens to be themselves. Music, pizza, sports and activities! This is for kids in grades 6-8.

FAMILY NIGHTS

We love to provide opportunities for families to spend time together at Wheeler YMCA! We host a number of free family nights throughout the year for our members including family bingo, trivia nights, glow parties, outdoor yoga, camp game nights and more! Keep an eye out on our Facebook page and flyers around the facility for more information about family nights in 2020.



Contact Information - Sports & Activities

- General sports & activities, rock climbing team: 860-793-9631 or kelly.houston@ghymca.org
- Kids Night Out: 860-793-9631 or caitlin.butkus@ghymca.org

CHILD CARE

GHYMCA.ORG/CHILDCARE

WHEELER INFANT & TODDLER CARE

[GHYMCA.org/infant-toddler-care](https://ghymca.org/infant-toddler-care)

We serve children ages 6 weeks-3 years

The YMCA of Greater Hartford uses the Early Learning Development Standards (ELDS) for both our toddler and preschool children developed by the Connecticut Department of Education. These standards align with the Common Core, preparing children for kindergarten and life after.

Location: Wheeler Regional Family YMCA
149 Farmington Avenue, Plainville

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

Monthly Fees: \$1,100*

BEFORE & AFTER SCHOOL CARE

[GHYMCA.org/schoolage-childcare](https://ghymca.org/schoolage-childcare)

The YMCA's Before and After School program is licensed by the Connecticut Office of Early Childhood. We offer a curriculum for elementary-aged children that teaches confidence, encourages self-expression and enriches social development.

We accept Care 4 Kids and offer financial assistance.

Locations:

- Linden School
- Toffolon School
- Wheeler School

Grades: We offer care for pre-K children and school age children

Hours: Before school care: 7am-start of school day | After school care: end of school day-6pm

Monthly fees for 2020-2021 school year*

- Pre-K care (held at the Wheeler YMCA): 5 days per week only, check online for pricing
- School age care: 3 day option, see prices online
- School age care: 5 day option, see prices online

NO SCHOOL DAYS

[GHYMCA.org/no-school-day](https://ghymca.org/no-school-day)

YMCA provides care for school aged children during school vacations and holidays. Children will go on field trips and enjoy special activities. This is a state-licensed program. Current medicals must be on file with the Y office.

2020 Dates:

- January: 20
- February 17, 18
- April 10, 13, 14, 15, 16, 17
- October 12
- November 3, 11
- December 28, 29, 30

Grades: K-6

Locations:

Hours: 6:30am-6pm

Fee: \$65 per child per day, snacks included*

***Note: All fees listed are for the 2020-2021 school year, starting in September. If you wish to join a program before September, call for pricing and availability.**

WHEELER PRESCHOOL

[GHYMCA.org/preschool](https://ghymca.org/preschool)

We serve children ages 3-5

The Wheeler YMCA offers a state-licensed, nationally-accredited school readiness preschool program. The goal of our programs is to nurture young people by providing a safe place to learn, develop trusting relationships and build self-confidence. The YMCA of Greater Hartford uses Early Learning Development Standards developed by the Connecticut Department of Education, which align with Common Core, preparing children for kindergarten and life.

Location: Wheeler Regional Family YMCA
149 Farmington Avenue, Plainville

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

Monthly Fees: \$935*



SNOW DAYS

[GHYMCA.org/snow-days](https://ghymca.org/snow-days)

The Wheeler YMCA strives to provide care when the public schools are closed due to inclement weather. If the YMCA is able to safely provide care, we will!

Grades: K-6

Locations:

Hours: 6:30am-6pm

Fee: \$65 per child per day, snacks included*

Contact Information - Child Care

860-793-9631 or caitlin.butkus@ghymca.org

LOCAL & REGIONAL DAY CAMP

GHYMCA.ORG/CAMPING

CAMP WHEELER GHYMCA.org/campwheeler

Traditional Camp

Ages: 3-15
Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm
Dates: June 15-August 21; camp runs on 1-week sessions

Camp at the Wheeler Regional Family YMCA in Plainville offers a beautiful outdoor play space, Gaga pit, basketball court, nature trail and more. In our full-facility, our campers enjoy our pool, gymnasium, climbing wall and indoor play rooms. All our campers are Leaders of the Pack and Camp Wheeler Wolves staff are the guardians of our campers. They are committed to helping them develop to their fullest potential in spirit, mind and body while teaching our YMCA core values of honesty, responsibility, respect and caring. These values are taught to our campers every day in every activity.

Preschool Camp

Ages: 3-4
Schedule: Half day camp day (ages 3-4): 9am-12pm | Full day camp day (age 4 only): 9am-4pm
Dates: June 22-August 21; camp runs on 1-week sessions
Our scampers campers enjoy camp activities like the older kids, and have a great time doing it!

Teen Camp

Ages: grades 6-8
Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm
Dates: June 22-August 21; camp runs on 1-week sessions
Teen Camp is based on the Traditional Camp model, with a wide variety of activities. Teen campers get to experience all our most popular camp activities (climbing, archery, swim, sports etc.), but the activities have been adapted to engage and challenge teenagers. Teen campers will attend 2 weekly trips to fun destinations while learning life skills, team building and developing new friendships.

Leadership Camp (Counselors in Training)

Ages: grade 9
Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm
Dates: June 15-August 21; camp runs on 2-week sessions
Counselors in Training (CIT) gives teens a hands-on experience to assist our traditional day camp groups, complete special projects and help to run camp activities.

Specialty Camps

Ages: grades 1-5
Schedule: Camp Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm
Dates: June 15-August 21; camp runs on 1-week sessions

- STEM Camp
- Basketball Camp
- Girl Power Camp
- Swim Camp
- Soccer Camp
- Dance Camp
- Lego Camp
- Music & Theater Camp
- Animal Planet Camp
- Spy Kids
- All Sports Camp

CAMP CHASE – 15 Canton Road (Rte. 4), Burlington Traditional Day & Preschool Camp (ages 3-15), Sports Camps (archery, soccer, fishing), Leadership Camp

CampChase.org/day-camp

Ages: 3-15
Schedule: Half-day: 9am-12pm (can attend before camp care) | Full Day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm
Dates: June 15-August 21; camp runs on 1-week sessions

Camp Chase is about discovery and outdoor exploration. Campers discover nature, find new talents, try new activities like archery and bouldering, participate in crafts, swimming lessons, sports, and more, and gain independence while making lasting memories.

Free busing available from several towns for day camp, including from the Wheeler YMCA



OVERNIGHT CAMPS

GHYMCA.ORG/CAMPING

CAMP JEWELL

CampJewell.org
SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp (New in 2020: 1 or 2 week sessions), Horseback Riding Camp (day and overnight), Teen Adventure Camp, Leadership Camp

YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Mother-Daughter Horseback Weekends, Women's Wellness Weekends, Retreats, Conferences, Team-Building, School Trips

Camp Jewell, located in the foothills of the Berkshires in Colebrook, is more than a place for kids to get away from home, make new friends, and have fun. It provides children a community of caring adults who build self-respect and a safe environment where kids can be kids. We offer tiered pricing and financial assistance to meet your needs. Call us today!

CAMP WOODSTOCK

CampWoodstock.org
SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp, Leadership Camp
YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Retreats, Conferences, Team-Building, School Trips
Welcome to The Friendship Camp! Summer camp is all about the kids, and our primary goal is to provide a safe and welcoming environment for our campers. We hire and train counselors who easily connect with each individual camper and provide countless opportunities for campers to make friends and build relationships. We are known as The Friendship Camp for good reason: Campers have been making lifelong friendships at Camp Woodstock since 1922!
We offer tiered pricing and financial assistance to meet your needs. Call us today!



SUMMER MEMBERSHIP

GHYMCA.ORG/CAMPING

CAMP CHASE – 15 Canton Road (Rte. 4), Burlington

Summer membership, outdoor facilities, and swim lessons

CampChase.org/outdoor-center

Members of the YMCA can use our wonderful facilities on nights and weekends between Memorial Day and Labor Day! Swim in our outdoor pool, use the playground, try out our soft court for basketball and volleyball, jump on our giant pillow, hike our trails, and do so much more! **Not a member of the YMCA? No problem! We offer summer memberships (discounted for Burlington residents), and day passes.**

Other year-round programming: Retreats, conferences, team building, school trips, and more

CampChase.org/groups-rentals

Camp Chase, on the border of Burlington and Farmington, is located on 78 acres with facilities that will make your special event even better. We can host school end-of-year picnics, company picnics, family reunions, birthday parties, church socials and local Scout events.

NON-PROFIT
U.S. POSTAGE
PAID
HARTFORD, CT
PERMIT # 142



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA, for **Youth Development**: empowering young people to reach their full potential, for **Healthy Living**: improving individual and community well-being, for **Social Responsibility**: giving back and inspiring action in our communities. 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 by providing financial assistance (based on income) for programs and membership.

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.

WHEELER YMCA 2020 PROGRAM GUIDE

EXTENDED HOURS IN 2020, INCLUDING 3 MORE HOURS ON SUNDAYS!



**WE BUILD
LIFELONG SUCCESS**

149 Farmington Avenue, Plainville, CT 06062
WheelerYMCA.org
860-793-9631