

SPRING 2 SESSION & EVENT GUIDE

APRIL 29-JUNE 16

REGISTRATION OPENS APRIL 15

CHILD CARE & CAMP

YMCA Learning Community

In an age-appropriate environment, experienced staff provide developmentally appropriate programs for each age group. Our curriculum is based on the interests & needs of children and promotes emotional, social, physical and cognitive development.

The YMCA Learning Community at Choate is located in the Bronfman building and accommodates 80 full-time children. YLC at Choate is open Monday-Friday from 7:00AM-6:00PM.

The YMCA Learning Community at Masonicare is located in the former Child Development Center on the Masonicare Health Center campus and is designed to provide care for 49 full-time children. YLC at Masonicare is open Monday-Friday from 6:30AM-5:30PM.

School Age Growth & Enrichment

SAGE is located in all 8 elementary schools. Our hours of operation are from 6:45AM until the start of school and dismissal until 6:00PM. We are a **state licensed** facility and our caring staff provide a safe & fun environment for children. We offer healthy snacks in the morning & afternoon, assist with homework and utilize the gym or playground daily to stay active. Board games, STEM and craft projects are an integral part of the program. For more information, contact us at 203-269-4497.

Enrichment & Leadership for Middle School (ELMS)

ELMS is a **state licensed** after school program running from the end of school until 6:00PM. Teens are bused to the YMCA/Rotary Teen Center at the close of school. We also provide care when schools dismiss early, even if it's due to weather! Students may participate in sports activities at Doolittle Park & the Y, and have full use of the YMCA/Rotary Teen Center. We provide a healthy snack and support for homework, with STEM & art projects too! Every ELMS participant receives a FREE Youth or Young Adult Membership while enrolled in the program! For more information, contact us at 203-269-4497.



Camp Ulbrich Pre-Camp Y-Cation

You don't have to wait until summer for camp! Spend your days off with all your friends at Y-Cation. Your child will enjoy a day that includes small group physical activities, swimming & water play, group games, fun projects and all the magic of Camp Ulbrich.

June 18-20

7:00AM-6:00PM | Grades K-8

Members: \$70 | Community Participants: \$95

STATE LICENSED BEFORE & AFTER CARE RIGHT THERE AT SCHOOL



OPEN REGISTRATION STARTS APRIL 29



WALLINGFORD FAMILY YMCA
www.wallingfordymca.org

@wallingfordy

@wallingfordy

SWIM, SPORTS & PLAY

SWIM LESSONS

Small Group Lessons

Members: \$70

Community Participants: \$140

Household (1:2) Lessons

Members: \$184

Community Participants: \$222

Private (1:1) Lessons

Members: \$245

Community Participants: \$288



WHAT SWIM LEVEL IS MY CHILD?

Is your child comfortable swimming without a parent in the water?

YES



Will your child go underwater voluntarily?

YES



Can your child do a front & back float on their own?

YES



Can your child swim 10-15 yards on their front & back?

YES



Can your child swim 15 yards of front & back crawl?

YES



Contact Us!

NOT YET

Stage A/B

NOT YET

Stage 1

NOT YET

Stage 2

NOT YET

Stage 3

NOT YET

Stage 4

	MON	TUE	WED	THU	FRI	SAT
PARENT/CHILD	Stage A Water Discovery	5:45PM TP	4:35PM TP			10:15AM TP
	Stage B Water Exploration			5:45PM TP		8:30AM TP 10:50AM TP
PRESCHOOL (Ages 3-5)	Stage 1 Water Acclimation	4:00PM TP 5:25PM TP	5:10PM TP	5:10PM TP		9:05AM TP 11:25AM TP
	Stage 2 Water Movement	4:35PM TP	4:00PM TP	4:35PM TP		9:40AM TP 10:50AM TP
	Stage 3 Water Stamina		5:45PM TP	4:00PM TP		10:15AM LP 12:00PM TP
YOUTH (Ages 5-10)	Stage 1 Water Acclimation	6:00PM LP	4:35PM TP	5:00PM TP 6:45PM LP		9:00AM LP 11:20AM LP
	Stage 2 Water Movement	5:10PM TP 6:35PM LP	5:45PM TP	6:10PM LP		10:45AM LP
	Stage 3 Water Stamina	4:50PM LP	5:10PM TP	5:35PM LP		9:35AM LP 11:55AM LP
T & A	Stage 4 Stroke Introduction	4:15PM LP 6:20PM LP	4:00PM LP	6:20PM LP		10:10AM LP
	Teen & Adult Beginner	6:55PM LP				
	Teen & Adult Intermediate		6:30PM LP	7:20PM LP		
	Private & Household Lessons	LIMITED AVAILABILITY - DAYS & TIMES UPON REQUEST				

Classes meet once per week on their designated day & time. Schedule is subject to change. Prices listed are per swimmer. PLEASE NOTE: Make-ups/credits are not provided for skipped classes & weather related issues. Credits are not issued after the second class.

Adaptive Swim Lessons

The Y's Adaptive swim programs are designed to give children with disabilities opportunities to participate in swim lessons while focusing on developing both physical and social skills that will last a lifetime. We emphasize each person's abilities and individuality, and specifically design a swim program to foster independence while providing positive recreational and educational experiences for our participants.

Taught in our Teaching Pool with a 1:3 ratio, during lesson time there are no other programs going on in that area to help create a calm atmosphere. Our instructors have experience teaching the necessary skills at the appropriate time for children with a variety of special abilities, including: ADHD, Autism or ASD and other related developmental challenges, Down syndrome, Sensory struggles.

BEGINNER

- F | 4:00-4:30PM | 3-5 Years
- F | 5:10-5:40PM | 6-8 Years
- F | 5:45-6:15PM | 9-12 Years

INTERMEDIATE

- F | 4:35-5:05PM | 3-5 Years

DEEP Swim Lessons

Thanks to the Connecticut Department of Energy and Environmental Protection, we are proud to offer free swim lessons.

FREE SWIM LESSONS

SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).

Based on availability, qualified participants will be able to take one of our small group lessons at no cost. To qualify, participants must be aged 17 or under AND meet ONE of the follow criteria:

- Be eligible for SNAP benefits
- Recommended to the program by a State Agency or Pupil Service on behalf of the Board of Education

To register & for more information, visit wallingfordymca.org/deeplessons.

SWIM, SPORTS & PLAY

YOUTH & TEEN RECREATION

Friday Night Out

Parents, are you looking for a chance to have a date night? Why scramble for a sitter when you can bring your kids to the YMCA for Friday Night Out! This event is a great way for your kids to have fun and make new friends through a variety of age-appropriate, themed activities. Pre-registration is required at least 24 hours in advance, as space is limited.

April 26 • May 17

6:30-8:30PM | Grades K-5

Members: \$25 | Community Participants: \$40
(up to 2 children. Additional children: \$10)

Teen Center Open House

Hang out with your friends at the Teen Center! Learn to crochet, make a snack, play video & board games, listen to music, and lounge. See the Open House Event Calendar at wallingfordymca.org/TCEvents!

M | 6:30-9:00PM | Grades 9-12

T | 6:30-9:00PM | Grades 6-8

W | 6:30-9:00PM | Grades 9-12

FREE to Wallingford Residents

Youth Night

Go for a swim, play some dodgeball, shoot some hoops or just hang out at our Teen Center & have some pizza. Limited spaces are available, so register early to save your child a spot! Day of registrations and walk-ins are NOT permitted.

F | 6:30-9:00PM | Grades 6-8

FREE to Wallingford Residents | Pre-registration Required

YOUTH SPORTS

Members: \$70 | Community Participants: \$105

Munchkin Basketball

This class is designed to teach the basics of basketball with emphasis put on dribbling, passing and shooting. We introduce basic rules of the game and develop teamwork.

T | 5:00-5:40PM | 3-5 Years | Coach Drew | Youth Gym

W | 5:00-5:40PM | 3-5 Years | Coach Rob | Youth Gym

Munchkin Super Sports

A weekly dose of fun and exercise! Super Sports is an chance for your kids to experience new sports and activities in an organized pressure free environment. Activities include Soccer, Basketball, Tag Games, Dodgeball, Kickball, Gaga Ball and a participant choice week.

T | 5:45-6:25PM | 3-5 Years | Coach Drew | Youth Gym

Youth Basketball

Designed to build basic basketball skills and develop a sense of teamwork & game awareness, new skills will be introduced weekly as players build up to game playing situations.

M | 5:00-5:40PM | 6+ Years | Coach Rob | Gymnasium

W | 5:45-6:25PM | 6+ Years | Coach Drew | Gymnasium

Youth Dodgeball

A fun game for kids to play in teams, dodgeball helps kids learn how to work together while burning up lots of energy. This class will consist of various dodgeball games such as poison ball, doctor dodgeball, medic, and much more. We use kid-friendly gator skin dodgeballs for fun & safe play. Rules will be enforced that encourage chest & below hits and prohibit head shots.

M | 5:45-6:20PM | 6+ Years | Coach Rob | Gymnasium

Youth Tennis

Teaches the basics and lets children develop the skills they need to play the game. Proper strokes, volleying, serving and rules of the game will be learned. Players need to bring their own racquet.

H | 5:00-5:40PM | 5-7 Years | Coach Eric | Gymnasium

H | 5:45-6:25PM | 8+ Years | Coach Eric | Gymnasium

LET'S PARTY!

From swimming to floor hockey to basketball (or all three!) we're here to make sure your child has a party to remember. You can also make it a **Deluxe Party** and we'll take care of the pizza & cake.

Parties are available on Saturdays from 12:00-2:00PM & 3:00-5:00PM and Sundays from 12:00-2:00PM. Book your party today by calling us at 203-269-4497. For more information about Parties at the Y, or to ask about other party options, contact Garrett Stancuna at gstancuna@wallingfordymca.org.



BE A DOLPHIN

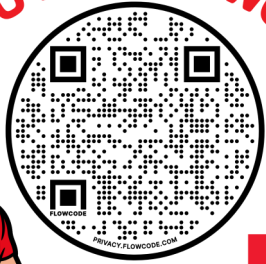
Joining the Dolphins Swim Team is your opportunity to shine in the water, make lasting friendships, and experience the thrill of competitive swimming. Whether you're a seasoned swimmer or just getting started, our team offers a supportive environment where everyone can excel.

Find out more at wallingforddolphins.com



Ready to
take the plunge
and embark on an incredible journey of personal
growth, teamwork & achievement?

ARE YOU WHISTLE WORTHY?



American Red Cross

SCAN TO LEARN MORE ABOUT OUR RED CROSS CERTIFICATION COURSES



WALLINGFORD FAMILY YMCA BELMONT STAKES WINE DINNER

BENEFITING THE 2024 COMMUNITY SUPPORT CAMPAIGN

PRESENTED BY THE BRAULT FAMILY

SATURDAY JUNE 8 5:30PM
THE FARMS COUNTRY CLUB

FEATURED WINERY

CASTELLO
Monsanto



SCAN TO FIND OUT MORE & PURCHASE TICKETS OR VISIT

WALLINGFORDYMCA.ORG/WINEDINNER

FAMILY & COMMUNITY RESOURCES

Financial Assistance

Annually, we receive support from hundreds of members, community leaders and businesses who believe in our purpose. They contribute generously to our Community Support Campaign, Road Race, and various programs investing in your families.

These funds are distributed on a sliding scale to families with a documented need in our community. Our goal is to never turn anyone away because of an inability to pay, so we depend on the generosity of our staff, volunteers, members, business partners and the greater community to help us live our cause.

As part of our partnership with the United Way of Meriden & Wallingford, we invite you to check out PowerUp! This team of Navigators guide motivated participants to get into their upskilling career path to earn a stronger income to better support their families, while connecting them to basic-need resources to keep focused on their career goals.



We also accept third-party payments and Care4Kids. For more information, please contact Kim Lilienthal at 203-269-4497 x114 or klilienthal@wallingfordymca.org. Applications can be found on our website or at either branch.

HEALTH, WELL-BEING & FITNESS

ADULT SPORTS & RECREATION

US Master's Swimming

The Orcas are organized for the purpose of cultivating the enjoyment of swimming for adults (18+) of all skill levels & abilities. Members may work out in one or more training groups under the direction of a USMS Certified Coach, or on their own through customized training plans. Members join for fun, fitness, skill development & improvement, and have the opportunity to compete.

PRACTICE TIMES

T | 7:00-8:00PM | Larry Hart Pool - Choate Rosemary Hall
H | 7:00-8:00PM | Larry Hart Pool - Choate Rosemary Hall

YMCA & USMS membership required to participate. Club membership is \$30 per month.

For more information, contact Mike O'Brien at mobrien@wallingfordymca.org!



HEALTHY LIFESTYLES

Healthy Hearts - Cardiac Rehab Phase 4

This low to moderate intensity exercise program is for those who have recently completed a supervised Cardiac Rehabilitation program. It is also appropriate for those with previous cardiovascular conditions or risk factors. Run by certified personal trainers, Healthy Hearts will teach you how to continue a safe exercise regime and how to progress independently so you can maintain your routine for life!

Participants will receive an initial assessment, which will result in a customized program developed to meet your needs & goals. With twice-weekly one hour sessions over a 12 week period, our certified personal trainers will assist you in adopting healthy lifestyle changes through regular cardiovascular exercise, strength endurance, flexibility and balance training. With risk factor modification and the emotional support of your fellow participants and our caring staff, you will feel better and maintain your health.

Continue on your path to wellness with Healthy Hearts! For more information, contact Nikki Moore at 203-269-4497 x208 or nmoore@wallingfordymca.org.