

FALL 2 SESSION & EVENT GUIDE

NOVEMBER 3-DECEMBER 21
REGISTRATION OPENS OCTOBER 20



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 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. Whether they're trying a new sport, building something amazing, or making new friends, Y-Cation turns a day off from school into a memorable mini-camp experience.

November 4 & 11 • December 26, 29, 30 • January 2 & 19

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

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



WHERE WE COME TOGETHER TO LEARN, CREATE, GROW & PLAY

Safe, affordable, high-quality care for children **eight weeks to five years** with **two locations** in Wallingford.

SCHEDULE A TOUR TODAY

We are proud to offer financial assistance to those in need & accept Care4Kids.

We have **openings** in our **Transitional** & **Pre K** classrooms!

Find out more at wallingfordymca.org/ylc

Storm Club

Storm Club runs from 7:00AM-6:00PM on days when the Wallingford Public Schools are closed due to inclement weather. Your child will enjoy a jam-packed day of swimming, active play, arts & crafts, group games and more, supervised by our caring staff and surrounded by friends. Who could ask for a better day off?

With the BLOCK PLAN, purchase 3 Storm Club days at a reduced price! You can use them for any of the first 5 snow days this school year. Additional days can be purchased at a savings of \$15 off the Drop In rate. The Block Plan is considered an insurance policy and is non-refundable. You must enroll your child 24 hours prior to a Storm Club day, otherwise you will be charged the Drop In rate.

Block Plan

SAGE/ELMS Participants: \$110 (\$40)

Members: \$160 (\$55) | Community Participants: \$220 (\$70)

Drop In

SAGE/ELMS Participants: \$55

Members: \$70 | Community Participants: \$85

SWIM, SPORTS & PLAY

SWIM LESSONS

Small Group Lessons

Members: \$72

Community Participants: \$144

Household (1:2) Lessons

Members: \$184

Community Participants: \$222

Private (1:1) Lessons

Members: \$245

Community Participants: \$288

WHAT SWIM
LEVEL IS
MY CHILD?

Scan to take the
quiz or visit
wallingfordymca.org/swimlevel



		MON	TUE	WED	FRI	SAT
P/C	Stage A Water Discovery		5:25PM TP Spencer			9:00AM TP Liz
	Stage B Water Exploration	5:25PM TP Liz				9:35AM TP Liz
PRESCHOOL (Ages 3-5)	Stage 1 Water Acclimation	4:15PM TP Liz	4:50PM TP Spencer	4:00PM TP Camila <i>en español</i>		10:10AM TP Liz 11:25AM TP Paige
	Stage 2 Water Movement	6:00PM TP Liz	4:15PM TP Spencer	4:50PM TP Liz 5:10PM LP Camila <i>en español</i>		10:50AM TP Paige
	Stage 3 Water Stamina	4:50PM TP Liz	6:00PM TP Spencer	6:00PM TP Liz		10:15AM LP Paige 10:45AM TP Liz
	Stage 4 Stroke Introduction					12:00PM TP Paige
	Adaptive Beginner				4:15PM TP Jen	
	Adaptive Intermediate				4:45PM TP Jen	
YOUTH (Ages 5-12)	Stage 1 Water Acclimation	6:35PM TP Liz	5:00PM TP Alyson	4:15PM LP Liz 4:35PM TP Camila <i>en español</i>		11:20AM LP Alyson
	Stage 2 Water Movement	4:50PM LP Leslie	6:10PM TP Alyson	5:25PM TP Liz 6:30PM LP Alondra <i>en español</i>		10:45AM LP Alyson
	Stage 3 Water Stamina	4:15PM LP Leslie	6:45PM LP Alyson	5:45PM LP Alondra <i>en español</i>		9:35AM LP Alyson 11:55AM LP Alyson
	Stage 4 Stroke Introduction	5:25PM TP Leslie	5:35PM LP Alyson	6:35PM LP Liz		10:10AM LP Alyson
	Stage 5 Stroke Development					9:00AM LP Alyson
	Adaptive Beginner (Ages 6-8)				5:15PM TP Jen	
T/A	Teen & Adult		6:35PM LP Spencer	7:05PM LP Alondra <i>en español</i>		
	Private & Household Lessons	LIMITED AVAILABILITY - TIMES AVAILABLE ONLINE				

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.

Private Coaching

NEW

Designed for future Dolphins, Master's swimmers, or those training for a triathlon, private coaching sessions focus on technique and strength-based swim training. Coaching gives competitive swimmers the opportunity to work one on one with a certified coach. These sessions perfect strokes, turns, starts and finishes. Coaches will employ drills to help the swimmer achieve better and legal starts, turns, and strokes. For more information about our private coaching options, contact Meg O'Connor at moconnor@wallingfordymca.org.

Clases de Natación en Español

NEW

Estamos emocionados de anunciar que ahora ofrecemos clases de natación en español, impartidas por las señoritas Camila y Alondra. Estas clases, que se llevarán a cabo los miércoles, están diseñadas para niños, jóvenes y adultos de todos los niveles. ¡Descubre la confianza y diversión que trae aprender a nadar! Para más información, comunícate con Meg O'Connor en moconnor@wallingfordymca.org.



JOIN OUR TEAM

We're looking for certified lifeguards & you (or someone you know) could be the perfect fit



▶ Work one shift a week for a free YMCA membership!

GET CERTIFIED

Find a class at redcross.org/take-a-class

ALREADY CERTIFIED?

Apply today at wallingfordymca.org/careers

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.

November 14 • December 12

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

Members: \$30 | Community Participants: \$45
(up to 2 children. Additional children: \$10)

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! Pre-registration is required at least 24 hours in advance, as space is limited. Walk-ins are NOT permitted.

November 21 • December 5

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

Members: FREE | Community Participants: \$5



SCUBA SANTA

December 7 1:00-3:00PM

Swim with Santa, enjoy hot cocoa & cookies, a craft and a "snowball fight"! Admission is **FREE** with the donation of a non-perishable food item or new, unwrapped toy

PARTY

From swimming to floor hockey to basketball (or all three!) we're here to make sure your child has a party to remember. Have a special theme in mind or party idea? We've hosted everything from glow-in-the-dark dance parties to Nerf battles on our playscape. You bring the paper goods, decorations, food & drinks and we take care of the rest! Make it a **Deluxe Party** and we'll take care of the pizza & cake. Parties are available on Saturdays & Sundays from 12:00-2:00PM & 3:00-5:00PM.

Book your party today by calling us at 203-269-4497. For more information or to plan a CYO Party, contact Drew Barbieri at dbarbieri@wallingfordymca.org.



YOUTH SPORTS

Members: \$75 | Community Participants: \$112

Munchkin Adventure Time (Parent & Me) **NEW**

Bring your little one for some organized open play in the gymnasium with Coach Rob. You and your child will join us to play some basketball, climb around with our tunnels & mats and get some energy out in a healthy and fun way.

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

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.

M | 4:15-4:55PM | 3-5 Years | Coach Rob | Gymnasium

T | 5:00-5:40PM | 6+ Years | Coach Rob | YS Gym

Munchkin Soccer

This class is designed to teach the basics of soccer with emphasis put on dribbling, passing, and shooting.

T | 5:45-6:25PM | 3-5 Years | Coach Rob | YS 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 Rob | 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 | 5:45-6:25PM | 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 | 4:45-5:25PM | 5-7 Years | Coach Eric | Gymnasium

H | 5:30-6:10PM | 8+ Years | Coach Eric | Gymnasium



RISE Together

In partnership with Love Yours, RISE (Resilience, Inclusion, Strength, Empowerment) Together is a small group training program for middle school students with Autism Spectrum Disorder & developmental disabilities and need assistance in gaining their strength & confidence. Led by trained instructors with experience in adaptive programming, each session includes structured fitness activities, sensory-friendly exercises, and individualized support to meet each child's unique needs and abilities. Our goal is to promote physical wellness while creating a positive and inclusive space where every child can thrive. Contact Connor Terry at cterry@wallingfordymca.org for more information about this amazing program.

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, Wine Dinner and various programs investing in your families.

These funds are distributed on a sliding scale to families with a documented need in our community. Financial assistance is available for virtually all Y programs, from membership to swim lessons to child care. 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.

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.



COMMUNITY HEALTH FAIR

SATURDAY NOVEMBER 8

10:00AM-1:00PM

WEST SIDE BRANCH

8 NORTH TURNPIKE ROAD, WALLINGFORD

FLU, RSV &
COVID SHOTS
PROVIDED BY
STOP & SHOP
PHARMACY

MOBILE
MAMMOGRAPHY
PROVIDED BY
HARTFORD
HEALTHCARE

FREE & OPEN TO THE PUBLIC
OVER 30 LOCAL HEALTH & WELLNESS VENDORS!

HEALTH, WELL-BEING & FITNESS

ADULT SPORTS & RECREATION

Adult Beginner Pickleball

New to the Pickleball World? Want to learn the basics? Want to have FUN? Then join us for Adult Beginner Pickleball. Classes will focus on basic skill development through instruction and drills. The first half of class is dedicated to drills, and the second half is game play. Our volunteer instructors are not certified, but are really good at pickleball & teaching the sport - They are the perfect people to get you started on your Pickleball journey! Participants should be dressed in appropriate clothing and wear sneakers. Paddle required.

Tuesday | 10:00-11:30AM | East Side Branch Gymnasium

Members: \$75 | Community Participants: \$112



Adult Underwater Hockey

Dive into something different with Adult Underwater Hockey! This fast-paced, low-impact sport combines swimming, strategy, and teamwork—all played at the bottom of the pool. Whether you're a seasoned swimmer or just looking for a new challenge, underwater hockey is a fun and unique way to build endurance, improve breath control, and stay active. All skill levels are welcome! For more information, email Meg O'Connor at moconnor@wallingfordymca.org.

Wednesday | 6:30-8:00PM | East Side Branch

US Masters Swimming

The WFYD Master's Swim Team is 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.

Tuesday/Wednesday/Thursday | 7:15-8:15PM
Larry Hart Pool - Choate Rosemary Hall

USMS membership required to participate. 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! The next session starts in January. For more information, contact Nikki Moore at 203-269-4497 x208 or nmoore@wallingfordymca.org.

Tuesday & Thursday | 9:45-11:00AM | West Side Branch

Members: \$120 | Community Participants: \$200

LIVESTRONG at the YMCA®

LIVESTRONG at the YMCA is a national, research based program to help adult cancer survivors achieve their holistic health goals. It offers a safe, supportive environment to participate in physical and social activities that strengthen the whole person. This free program uses traditional exercise methods to ease participants back into fitness and help them maintain a healthy weight. Plus, learn about wellness, stress reduction and how to continue healthy habits after the program has ended. For more information, contact Nikki Moore at 203-269-4497 x208 or nmoore@wallingfordymca.org. The next session starts in January.

Monday & Wednesday | 12:00-1:30PM | West Side Branch

Monday & Wednesday | 5:30-7:00PM | West Side Branch

PERSONAL FITNESS

Personal Training

There is not a single path to fitness, so we're here to help you find the right path for you. Our knowledgeable personal trainers will help you assess your current fitness level, set and achieve your individual goals and move through fitness plateaus and stuck points. We have personal training options to fit every fitness level and every budget! Whether you're new to fitness or you're experienced and are looking for a challenge, our personal trainers will design training programs just for you, and will work with you one-on-one to maximize results. Training is available for members and community participants, ages 11 & up. For more information about our personal training options, contact Connor Terry at cterry@wallingfordymca.org.



WALLINGFORD FAMILY YMCA
www.wallingfordymca.org

@wallingfordy
@wallingfordy