

WINTER SESSION & EVENT GUIDE

JANUARY 5-FEBRUARY 22

MEMBER REGISTRATION OPENS **DECEMBER 22**
COMMUNITY PARTICIPANT REGISTRATION OPENS **DECEMBER 29**

CHILD CARE & CAMP

5 PROGRAMS • 13 SITES • 80 YEARS OF CHILDCARE EXPERIENCE

For the times you can't be there, the Y supports your efforts to nurture the healthy growth of your child with safe, affordable, high-quality care so you can have peace of mind while you work to help your family succeed.

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.

December 26, 29, 30 • January 2 & 19 • February 16 & 17

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

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

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



WALLINGFORD FAMILY YMCA
www.wallingfordymca.org

 @wallingfordy

 @wallingfordy

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			THU	SAT			SUN
P/C	Stage A/B Water Discovery & Exploration	11:00AM	TP	Mike	5:25PM	TP	Camila	5:25PM	TP	Liz		9:00AM	TP	Liz	
PRESCHOOL (Ages 3-5)	Stage 1 Water Acclimation	10:00AM	TP	Mike	4:50PM	TP	Camila	4:15PM	TP	Liz		9:35AM	TP	Liz	
								6:35PM	TP	Liz		10:10AM	TP	Liz	
	Stage 2 Water Movement	10:30AM	TP	Mike	4:15PM	TP	Camila	4:50PM	TP	Liz		10:50AM	TP	Paige	
					6:00PM	LP	Camila								
	Stage 3 Water Stamina							6:00PM	TP	Liz		11:25AM	TP	Paige	
YOUTH (Ages 5-12)	Stage 4 Stroke Introduction											12:00PM	TP	Paige	
	Stage 1 Water Acclimation				5:00PM	TP	Alyson	4:15PM	TP	Leslie		11:20AM	LP	Alyson	
	Stage 2 Water Movement				6:10PM	TP	Alyson	5:25PM	TP	Leslie		10:45AM	LP	Alyson	
	Stage 3 Water Stamina				6:45PM	LP	Alyson	4:50PM	LP	Leslie		9:35AM	LP	Alyson	
												11:25AM	LP	Alyson	
T/A	Stage 4 Stroke Introduction				5:35PM	LP	Alyson	6:00PM	LP	Leslie		10:10AM	LP	Alyson	
	Stage 5 Stroke Development											9:00AM	LP	Alyson	
	Teen & Adult				6:35PM	LP	Camila	6:35PM	LP	Leslie					
	Private & Household Lessons	3:00PM			4:15PM			4:15PM			4:15PM	8:30AM			9:00AM
		3:30PM			4:45PM			4:45PM			4:45PM	9:00AM			9:30AM
		4:00PM			5:15PM			5:15PM			5:15PM	9:35AM			10:00AM
		4:30PM									5:45PM	10:00AM			10:30AM
		5:00PM									6:15PM	10:10AM			11:00AM
		5:30PM									6:45PM	10:30AM			11:30AM
											7:15PM	10:50AM			12:00PM
												11:00AM			
												11:25AM			
												11:30AM			
												12:00PM			

Classes meet once per week on their designated day & time. Schedule is subject to change. Prices listed are per swimmer. PLEASE NOTE: The Y does not provide make-ups/credits for individuals who miss a class and weather related issues. Credits are not issued after the second class.

INTRODUCTION TO

HIGH SCHOOL RUGBY

Introduction to High School Rugby

Beginning in January, Wallingford YMCA is offering Indoor Rugby in partnership with Midstate Rugby Club, a youth rugby organization serving Wallingford and surrounding towns. The program is open to high school boys & girls grades 9-12. Drills and games will focus on running, passing, catching, tackle technique and conditioning. Open to new and current players. No experience necessary! All are welcome as Midstate Rugby its roster for the Spring 2025 season. We recommend this class to prepare for competitive rugby in the Constitution League for high school students.

Sessions run from Sunday, January 11 to Sunday, March 15. Class limit is 30. Each participant will receive a t-shirt.

Sunday | 10:00-11:30AM | Grades 9-12

Members & Community Participants: \$120



SWIM, SPORTS & PLAY

YOUTH ARTS & HUMANITIES

Members: \$80 | Community Participants: \$120

Kids Theater **NEW**

Over the course of seven weeks, students will learn beginning acting skills, including what acting is, how to do it, and how to let go and have fun. By the end of the class, they will be able to perform a scene with their friends.

H | 4:45-5:30PM | 5-9 Years | Miss Ashley | Comm. Room

Middle School Performance Workshop **NEW**

This workshop-style class guides students in preparing for school and community auditions by working on monologues or scenes with friends, while receiving feedback from staff and peers. By the end of the class, students will gain confidence, improve their acting skills, and develop a clear understanding of auditioning and setting up a scene in theatre.

F | 4:45-5:30PM | Grades 6-8 | Miss Ashley | KinderHouse

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.

January 30 • February 27

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

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

Grand Gala

Tell Grandma to put on her dancing shoes and ask Grandpa to practice his boogie because you're headed to the Grand Gala grandparent & grandchild dance! All family members are welcome to register & attend to enjoy music, dancing, crafts and light refreshments. It's also the first day of our Scholastic Book Fair!

February 14 | 6:00-8:00PM

\$6 per guest

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.

January 16 • February 20

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

Members: FREE | Community Participants: \$5

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 & Sundays from 12:00-2:00PM & 3:00-5:00PM. 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 Rob Newton at 203-269-4497 x124 or rnewton@wallingfordymca.org.



YOUTH SPORTS

Members: \$80 | Community Participants: \$120

Adaptive Movement & Friends **NEW**

This adaptive play class offers a welcoming, sensory-friendly space where youth on the spectrum can move, explore, and have fun at their own pace. Guided activities encourage social connection, friendship-building, and confidence in a supportive environment.

M | 5:45-6:25PM | 3-5 Years | Coach Rob | Gymnasium

Advanced Youth Tennis **NEW**

This class is designed for experienced players who already have strong fundamental skills and are ready for a faster-paced, more challenging training environment. Through advanced drills, footwork, and match-play strategy, athletes will refine their technique, build confidence, and prepare for competitive or team-level play.

H | 6:00-6:40PM | 10+ Years | Coach Eric | 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

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

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

Munchkin Super Sports

A weekly dose of fun and exercise! Super Sports is a 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 | 5:00-5:40PM | 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 | 5:00-5:40PM | 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.

W | 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 | 4:30-5:10PM | 5-7 Years | Coach Eric | Gymnasium

H | 5:15-5:55PM | 8-10 Years | Coach Eric | Gymnasium

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.

HEALTH, WELL-BEING & FITNESS

ADULT SPORTS & RECREATION

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.

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. 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. For more information about our PT options, contact Connor Terry at cterry@wallingfordymca.org.

Run Coaching **NEW**

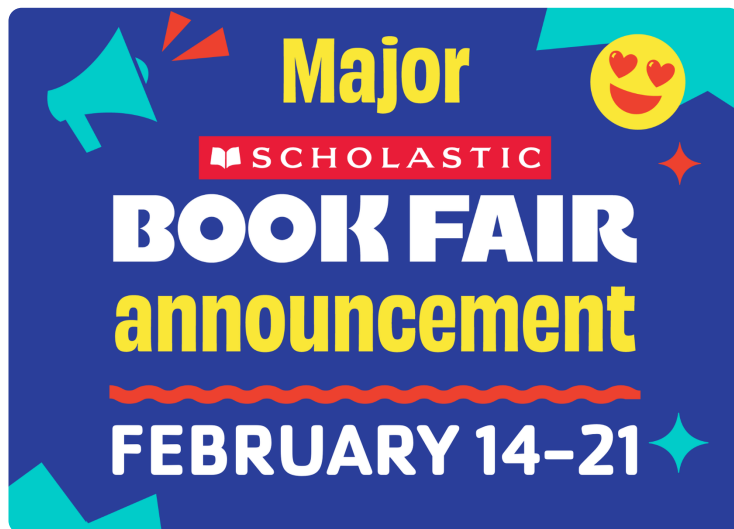
Train smarter with a personalized 12-week run plan tailored to your goals, schedule, and experience level—from running for fitness or a 5K to ultra distances. The program includes a one-on-one onboarding Zoom call, ongoing coach support, plan adjustments as you progress, and guidance on pacing, fueling, hydration, and optional gait analysis. Levels range from beginner to Marathon, and Ultra athletes, with training expectations matched to your current running base. Contact Cat Aniballi at caniballi@wallingfordymca.org for more information.

Members: \$525 | Community Participants: \$600

Women WIELD **NEW**

Enhance your fitness journey with Women WIELD (Wellness - Insight - Empowerment - Life - Discovery). Our eight week women's wellness and empowerment program will help you to understand and address the unique needs of women, helping you achieve your health goals more effectively. By the end of this program, you will be equipped to navigate your wellness journey with confidence. Join us to embrace a holistic approach to women's health. For more information, contact Emily Hatch at ehatch@wallingfordymca.org.

Members: \$280 | Community Participants: \$360



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! 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.

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

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

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. Contact Connor Terry at cterry@wallingfordymca.org for more information about this amazing program.

Thursdays | 4:00-5:00PM | West Side Branch

StayStrong **NEW**

StayStrong is a personalized twelve-week exercise program designed as the next step in participants' journey to recovery and strength. Created specifically for LiveSTRONG at the YMCA graduates, this program builds on the foundation they have already established, guiding participants toward greater physical and mental well-being. For more information, contact Aubrey Davis at adavis@wallingfordymca.org.

Monday & Wednesday | 1:00-3:00PM | West Side Branch

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