

# SPRING 2 SESSION & EVENT GUIDE

## APRIL 27-JUNE 14

MEMBER REGISTRATION OPENS APRIL 13  
COMMUNITY PARTICIPANT REGISTRATION OPENS APRIL 20

### CHILD CARE & CAMP

#### YMCA Learning Community

In a nurturing, age-appropriate environment, our experienced staff deliver programs tailored to each stage of development. Our curriculum is guided by the interests & needs of children, supporting their emotional, social, physical, and cognitive growth.

YLC at Choate is located in the Bronfman building at Choate Rosemary Hall, accommodates 80 children and is open Monday-Friday from 7:00AM-6:00PM. YLC at Masonicare is located in the former Child Development Center on the Masonicare campus. The center is designed to provide care for 49 children and is open Monday-Friday from 6:30AM-5:30PM. Both of our centers are **state licensed**.



SCAN TO  
SCHEDULE A TOUR

#### 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 projects too! For more information, contact us at 203-269-4497.



YOU'RE INVITED

**TUESDAY, APRIL 28**  
**5:00-7:00PM**

Q&A with the ELMS staff  
Teen Center & Y Tours

OPEN  
HOUSE

### STATE LICENSED BEFORE & AFTER CARE RIGHT THERE AT SCHOOL



OPEN REGISTRATION STARTS APRIL 20



JOIN OUR TEAM! WE ARE HIRING

Early Childhood Lead Teachers  
Early Childhood Assistant Teachers  
Summer Camp Counselors ••• Certified Lifeguards

For our list of full time & part time opportunities, scan the code or visit [wallingfordymca.org/careers](http://wallingfordymca.org/careers)



WALLINGFORD FAMILY YMCA  
[www.wallingfordymca.org](http://www.wallingfordymca.org)

@wallingfordy  
@wallingfordy

# SWIM, SPORTS & PLAY

**WHAT SWIM LEVEL IS MY CHILD?**



Scan to take the quiz or visit [wallingfordymca.org/swimlevel](http://wallingfordymca.org/swimlevel)

## 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

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



**WFYD**



**U.S. MASTERS SWIMMING**



GROWN-UP SWIMMING™

# BE A DOLPHIN

Aspiring athletes, this is your chance to be part of a supportive community where you'll sharpen your technique, build endurance, and compete at the highest level! Whether you're a seasoned pro or just starting your swimming journey, there's a place for you on our team, no matter your age. Visit [wallingforddolphins.com](http://wallingforddolphins.com)

**SPRING/SUMMER SEASON STARTS APRIL 20**



## SWIM, SPORTS & PLAY

### YOUTH ARTS & HUMANITIES

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

#### Kids Theater

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 | 4:45-5:45PM | Grades 1-4 | Miss Ashley | KinderHouse

#### The Performance Workshop

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 | 4:45-5:45PM | Grades 5-8 | 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.

April 24 • May 15

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.

May 8

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

Members: FREE | Community Participants: \$5



#### Host your next event at the Wallingford Family YMCA!

We offer flexible rental options for groups of all sizes, including access to our basketball gymnasium and indoor pools. Whether you're planning a party, team practice, special event, or community gathering, our spaces provide a fun, safe, and welcoming environment. Contact us to learn more about availability and how we can help bring your event to life.

### YOUTH SPORTS

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

#### Adaptive Movement & Friends

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 | 3-8 Years | Coach Rob | Gymnasium

#### Advanced Youth Tennis

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

#### 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.

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

#### 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

## 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.





# GILDED GALA

AN EVENING OF GLAMOUR & GIVING  
PRESENTED BY THE BRAULT FAMILY

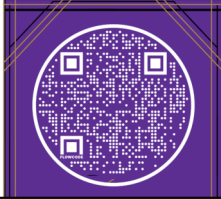
**SATURDAY JUNE 13 5:30PM**

**CHOATE ROSEMARY HALL**

HILL HOUSE DINING HALL | 333 CHRISTIAN STREET, WALLINGFORD CT

### YOUR TICKET INCLUDES

- Three Course Dinner with Beer & Wine
- Music from the Timmy Maia Band
- Silent Auction | Speakeasy Games
- Photo Booth & Complimentary Photos



**WALLINGFORDYMCA.ORG/GILDEDGALA**

## 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, Gilded Gala 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

### 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 Spring/Summer session starts May 12. For more information, contact Nikki Moore at 203-269-4497 x208 or nmoore@wallingfordymca.org.

Tuesday & Thursday | 9:30-10:15AM | 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 Spring/Summer session starts May 6.

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

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

### TRAININGS & CERTIFICATIONS

#### American Red Cross Lifeguarding Certification Courses

Learn how to prevent, protect and respond in the event of an emergency in and out of the water with American Red Cross Lifeguarding. The Red Cross Lifeguarding course content reflects the latest science and best practices, validated by the American Red Cross Scientific Advisory Council.

Upon successful completion of the Lifeguarding course, you will receive a Lifeguarding with CPR/AED for Professional Rescuers and First Aid certification, which is valid for two years and accepted nationwide. Contact Bryan Keene at bkeene@wallingfordymca.org for more information about these and other ARC courses.

INITIAL CERTIFICATION

MAY | May 5, 7, 14 & 19 | 3:00-9:00PM

Members: \$375 | Community Participants: \$400



**American Red Cross**

### 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.



**SPRING INTO SHAPE**

●●● MAY 1-31 ●●●

REVIVE YOUR ROUTINE THIS SEASON

**10% OFF**  
PERSONAL TRAINING  
PACKAGES

**25% OFF**  
FIRST MONTHLY PT  
DRAFT PAYMENT

#### Run Coaching

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 Anibaldi at canibaldi@wallingfordymca.org for more information.

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

#### Women WIELD

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. Learn about neuromuscular differences, hormonal changes and menopause all tailored to enhance your training experience and overall well being. By the end of this program, you will be equipped to navigate your wellness journey with confidence. Contact Emily Hatch at ehatch@wallingfordymca.org for more information.