

SPRING I SESSION & EVENT GUIDE

MARCH 1-APRIL 18

SWIM, SPORTS & PLAY

YOUTH SPORTS

Members: \$60 | Community Participants: \$90

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. Masks are required.

M | 5:00-5:40PM | 5-8 Years | Gymnasium

Youth Super Sports NEW

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. Masks are required.

WE | 5:00-5:40PM | 5-8 Years | 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. Masks are required.

TH | 5:00-5:40PM | 5-7 Years | Gymnasium

TH | 5:45-6:25PM | 8+ Years | Gymnasium

DOLPHINS SWIM TEAM CLINICS

Members: \$148 | Community Participants: \$222

Introduction to Competitive Swimming NEW

Prepare for your career as a Dolphin! Participants will increase stamina & endurance while maintaining excellent stroke mechanics, develop other competitive swimming skills and learn about swimming as part of a healthy lifestyle. Evaluation must be completed by current swim instructor or swim team head coach before registering.

MO & WE | 4:00-4:30PM | 6-12 Years | Lap Pool

WHAT SWIM LEVEL IS MY CHILD?

Can your child respond to verbal cues & jump on land?

YES →

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 →

Stage 5 Stroke Development

NOT YET

Stage A Water Discovery

NOT YET

Stage B Water Exploration

NOT YET

Stage 1 Water Acclimation

NOT YET

Stage 2 Water Movement

NOT YET

Stage 3 Water Stamina

NOT YET

Stage 4 Stroke Introduction



LEADERS IN CHILD CARE

We're the **largest child care provider** in Wallingford, connecting kids from **8 weeks old to grade 8** to what they need to learn, grow & thrive.

ENROLL YOUR CHILD TODAY

YMCA Learning Community

From infants to Pre-K, we are here to provide the early learning childcare needs of your family. Located at Choate and Masonicare, here at YLC, children learn through play in a secure, predictable and stimulating environment with developmentally appropriate materials and activities. Contact Emily Walter at 203-269-4497 x401 for more information.

School Age Growth & Enrichment

With sites in every Wallingford elementary school, our before & after school programs enrich children and support families. We offer financial assistance and accept Care 4 Kids. For more information, contact us at 203-269-4497.

Camp Ulbrich Y-Cation

Camp doesn't have to end just because summer is over! Spend your days off with all your friends at Y-Cation. Participate in fun games, swimming, projects and so much more.

February 15 • April 12-18 | 7:00AM-6:00PM | Grades Pre K-8

Members: \$55 | Community Participants: \$80



WALLINGFORD FAMILY YMCA
www.wallingfordymca.org

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 @wallingfordymca
 @wallingfordy

SWIM, SPORTS & PLAY

SWIM LESSONS

Small Group Lessons

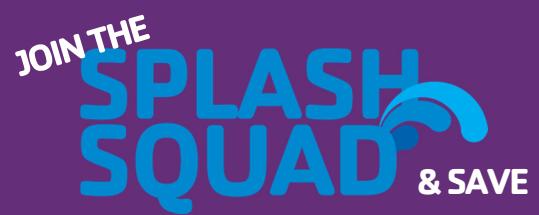
Members: \$74 (SS: \$59.20) | Community Participants: \$111 (SS: \$88.80)

Private (1:1)

Members: \$240 (SS: \$216) | Community Participants: \$282 (SS: \$253.80)

Household Lessons (1:2)

Members: \$180 (SS: \$162) | Community Participants: \$216 (SS: \$194.40)



For only \$50 for YMCA Members and \$75 for Community Participants, your child can be a part of our Splash Squad. You'll save 10% on Private & Household Lessons and 20% on Small Group Lessons for all of 2021!

MAKE A SPLASH AND JUST KEEP SWIMMING

		MON	TUE	WED	THU	FRI	SAT	SUN
PARENT/CHILD	Stage A/B Water Exploration (6-36 Months)	5:00-5:30PM Teaching Pool	5:00-5:30PM Teaching Pool				8:15-8:45AM Teaching Pool	
PRE SCHOOL	Stage 1 Water Acclimation	3:00-3:30PM Teaching Pool	4:20-4:50PM Teaching Pool	5:00-5:30PM Teaching Pool			9:00-9:30AM Teaching Pool	
	Stage 2 Water Movement	3:40-4:10PM Teaching Pool	5:40-6:10PM Teaching Pool	5:40-6:10PM Teaching Pool			9:40-10:10AM Teaching Pool	
	Stage 3 Water Stamina	4:20-4:50PM Teaching Pool	6:20-6:50PM Teaching Pool	6:20-6:50PM Teaching Pool			10:20-11:50AM Teaching Pool	
YOUTH	Stage 1 Water Acclimation	5:40-6:10PM Teaching Pool	7:40-8:10PM Teaching Pool				10:20-11:50AM Lap Pool	
	Stage 2 Water Movement	6:20-6:50PM Teaching Pool	3:00-3:30PM Teaching Pool	7:00-7:30PM Teaching Pool			9:40-10:10AM Lap Pool	
	Stage 3 Water Stamina	7:00-7:30PM Teaching Pool	3:40-4:10PM Teaching Pool				9:00-9:30AM Lap Pool	
ADULT	Stage 4 Stroke Introduction		7:00-7:30PM Teaching Pool	7:40-8:10PM Teaching Pool			11:00-11:40AM Lap Pool	
	Stage 5 Stroke Development						11:40-12:20PM Lap Pool	
PRIVATE	Teen/Adult Beginner	7:40-8:10PM Teaching Pool						
	Private & Household Lessons			3:00-3:30PM 3:30-4:00PM 4:00-4:30PM 4:30-5:00PM	3:00-3:30PM 3:40-4:10PM 4:20-4:50PM 5:00-5:30PM 5:40-6:10PM 6:20-6:50PM 7:00-7:30PM		9:00-9:30AM 9:40-10:10AM 10:20-10:50AM 11:00-11:30AM 11:40-12:10PM 12:20-12:50PM 1:00-1:30PM	

Classes meet once per week on their designated day & time.

PLEASE NOTE: The Y does not provide make-up classes for individuals who miss a class. Make-ups and credits are not issued for weather related issues. Refunds or credits will not be issued after the second class.