



DISCOVER YOUR Y

FALL 1

2026 PROGRAM GUIDE

August 31st – October 25th

VALLEY YMCA

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 @cccymca

 @Central Connecticut Coast YMCA

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WHY THE Y

Where there's a Y, there's a way — to achieving your goals, supporting your family, and strengthening your community. Our programs empower members to learn, grow, and reach their full potential. At the YMCA, we're here for all — to nurture youth, improve health, and build stronger communities, extending our impact far beyond our walls.

2026 FALL 1

SESSION & REGISTRATION DATES

SESSION DATES: AUGUST 31 – OCTOBER 25

REGISTRATION DATES

Facility Member: August 8

Program Participant: August 15

FACILITY HOURS

Monday – Friday
7:00AM – 6:00PM

HOLIDAY HOURS

Labor Day – CLOSED

GENERAL PROGRAM INFORMATION

Class times and fees are subject to change. If a class is scheduled to meet for fewer than the 8 weeks, the price will be adjusted at the time of registration.

Program Refund Policy: Refunds or credits for program fees will only be approved in the following instances:

1. The YMCA cancels a program or class
2. Request form must be received prior to the start of the program session*
3. After the start of the program session, only for medically documented reason*
4. Membership Y facility membership allows usage of the Main Facility, reduced rates and priority registration for programs. Community members may also register for programs at the full rate. If you are interested in taking out a membership at the time you register your child, the membership must last from the time of registration to the last day of your child's enrollment in the program. The membership will continue until you submit a termination request in writing with 72 hour notice and only after your child completes their time at program. Please contact the Y for further details on membership prices, hours and programs offered.

OUR Y TEAM

Nicole Servas, Distric Executive Director

Ryan Leworthy, District Operations Director

Stephanie Trcka, Child Care Director

Felicia Beall, Youth and Family Coordinator

The Valley YMCA is governed by our Board of Managers, which consists of volunteers throughout the Lower Naugatuck Valley.

Toni Lombardi

Javier Varas

Howard Olderman

Jaylen Daniels

Mary Ellen Price

Cameron Carre

*A \$10 administrative fee for each will be added for each credit or refund.

CENTRAL CONNECTICUT COAST YMCA

FOR A BETTER US®

We help everyone build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

More people than ever need financial assistance to take part in Y programs. Please give to our Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income. Please contact the Lakewood-Trumbull Y for more information.

DONATE FOR A BETTER US

Connect with Nicole Servas, Executive Director, nservas@cccymca.org to learn more.





MEMBERSHIP FOR ALL

The Valley YMCA provides a full range of activity, sports, childcare and camp programs that will help get you feeling great! Connect with your inner-health!

We have a wonderful community of people here at the Y! It’s a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

When you join the Y, you become part of a family of members who support the Y’s philosophy of healthy lifestyles, mutual respect, community spirit, youth leadership, and character development. Our staff is dedicated to providing the best in member service. Almost 250 people from several local communities belong to the Valley Y, creating a diverse and energetic environment we think you will really enjoy!

You’ll also get to know people in the community at large, as the Y partners with other charitable organizations in our surrounding towns on projects that benefit the common good. And, as a community service organization, the Y thrives on the camaraderie of people who help out by volunteering for events throughout the year.

We hope you will decide to join the Valley YMCA – We all need a place to belong!

Membership Category	Monthly Rate	Joiner Fee
Youth3-17*(or through the end of high school)	\$45	\$25

Membership rates are based on a sliding scale according to household income.
Please contact the Valley Y for more information

YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y—**more choices, more convenience, and more opportunities** to belong.



	Alpha Community Services Y	Bridgeport Y	Fairfield Y	Hamden/North Haven Y	Lakewood-Trumbull Y	New Haven Y Youth Center	Soundview Family Y	Stratford Y	Valley Y	Woodruff Family Y	YMCA Camp Hi-Rock
AMENITIES											
Athletic Fields							X			X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium					X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms (Family/Special Needs)							X			X	
CHILD CARE & OUTREACH											
Before & Afterschool Programs		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											
PROGRAMS											
Active Older Adult Classes			X		X		X	X		X	
Birthday Parties		X	X		X	X	X	X		X	X
Group Exercise (Land and/or Water)			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Yoga & Pilates			X		X		X	X		X	X
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team		X	X				X	X			X
Basketball		X			X	X	X				X
Dance			X	X	X					X	X
Soccer		X								X	X

For a better us[®]

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY



YOUTH DEVELOPMENT

Y VACATION CLUB

No school, and you have to work? Our vacation club has your child care needs covered! Your child will enjoy a variety of activities at either the Valley Y Child Care Center or Woodruff Family YMCA in Milford including sports, crafts and games. All children should bring a snack and lunch with water! Nut-free please! If Vacation Club is running at Woodruff Family YMCA, please bring a bathing suit and towel!

Fall 1 DATES :
Labor Day, September 7, and Indigenous Peoples Day, October 12

Registration for Fall 1 begins August 8

Full Day
7:00AM-6:00PM
Member \$50
Program Participant \$100



STEAM- CREATIVE CRAFTS

You might initially think of this as a night out for the parents, but it's really a night out for your kids! The kids, Kindergarten-5th grade, will be involved in games, arts and crafts, and structured free play. The Y will provide them with a pizza dinner. Now, on the plus side...you get to have a little down time to yourself or enjoy a night out!

10:00AM-11:00AM
Members \$40
Program Participant \$80

DATES:
Sept 5-Oct 24



YOUTH DEVELOPMENT

BEFORE/AFTER SCHOOL PROGRAM

Comprehensive state-certified after school program for youth in kindergarten through 5th grade in the Ansonia, Derby and Shelton Public School System! We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, technology, engineering, arts and math (STEAM) while infusing physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school, but in life! The Valley YMCA School Aged Child Care Programs accept Care 4 Kids for financial assistance.

Locations: Prendergast School, Mead School, Bradley School, Irving School and Sunnyside Elementary School

Before Care Hours: 7:00AM-until school starts

After Care Hours: End of school day-6:00PM

Annual Registration Fee: \$50 per child

For further information and pricing, please contact Felicia Beall, Youth and Family Coordinator, at 475-384-2098 or by email at fbeall@cccymca.org.

REGISTER NOW FOR 2026-2027 SCHOOL YEAR!



YOUTH DEVELOPMENT

TODDLER & PRESCHOOL PROGRAMS

EARLY START CT INFANT AND TODDLER PROGRAM (AGES 8 WEEKS- 36 MONTHS)

Our NAEYC-accredited program helps children build self-confidence, social skills, and positive attitudes toward learning through play. Teachers create developmentally appropriate experiences that support each child's growth in a caring classroom community, with strong partnerships between families, school, and community.

M-F | 7:30 AM - 5:30 PM

Monthly Cost \$1290 | Sliding Fee based on income

EARLY START CT PRESCHOOL PROGRAM (AGES 2.8 - 6 YEARS)

Our NAEYC-accredited preschool program supports children in building self-confidence, social skills, and a love of learning through play. Children learn at their own pace in a nurturing classroom with structured routines, choice time, and small- and large-group activities. We partner with families and the community to support each child's growth.

M-F | 7:30 AM - 5:30 PM

Monthly Cost \$903 | Sliding Fee based on income



Have questions about
our programs?

Contact Stephanie Trcka,
Child Care Director at
STrcka@cccymca.org

CENTRAL CONNECTICUT COAST YMCA

FOOD PANTRY LOCATIONS



STRATFORD YMCA
3045 Main Street
Stratford, CT 06614



VALLEY YMCA
32 Howard Avenue
Ansonia, CT 06401



WOODRUFF FAMILY YMCA
631 Orange Avenue
Milford, CT 06461



SOUNDVIEW FAMILY YMCA
628 East Main Street
Branford, CT 06405



NEW HAVEN YMCA YOUTH CENTER
50 Howe Street
New Haven, CT 06511

CENTRAL CONNECTICUT COAST YMCA



VALLEY YMCA

32 Howard Ave. Ansonia, CT 06401
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