



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR REACHING
**NEW
GOALS**

VALLEY YMCA

WINTER I PROGRAM GUIDE

January 1 – February 24, 2019

HERE FOR YOU

PROGRAM REGISTRATION

Winter I: January 1 - February 24
Facility Members: December 11
Community Members: December 18

Winter II: February 25 - April 21
Facility Members: February 4
Community Members: February 11

VALLEY YMCA

12 State Street
Ansonia, CT 06401
P 203 736 9622 F 203 736 1438
W www.valleyy.org

FACILITY HOURS

Mon-Thurs 5:30am-9:00pm
Friday 5:30am-8:00pm
Saturday 6:30am-3:00pm
Sunday 8:00am-3:00pm

HOLIDAY HOURS/CLOSURES

New Years Eve Day Dec 31 5:30am - 6:00pm
New Years Day Jan 1 8:00am - 2:00pm
Easter Sunday April 21 Closed

CELEBRATION PARTIES

Enjoy your birthday party or any other celebration with the Valley YMCA's multiple party rooms, 6-lane 25 yard pool, or 6-hoop basketball court. Please call in advance to schedule a date. Full payment must be made to confirm the celebration date.

For information or to schedule a celebration party

Free Introductory Training

As a New Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) Sessions so that we can help you get started. We would be happy to sign you up, visit the Member Service Desk to sign up today.

YOUR YMCA STAFF

Interim District Executive Director: Joshua Royce

Operations Director: Mark LaFortune

Preschool Child Care Director: Barbara Eckner

District Facilities Director: Kurt Kapusta

Member/Program Services Coordinator: Joan Shortell

Aquatic Coordinator: Ian Gatavaski

School Age & Camp Coordinator: Julie Mott

YMCA PROGRAM CREDIT/ REFUND POLICY

Refunds For Program Fees Will Only Be Approved In The Following Instances:

- The YMCA cancels a program (Not weather related)
- Request Form is received prior to the start of the Session.
- After the start of the session, only for medically documented reasons.
- There will be a \$10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US... IS A POSSIBILITY

Annual Campaign

The Y.™ For a better us.

When you donate to the Valley YMCA Annual Campaign, you make the communities of Ansonia, Derby, Shelton, Seymour, and Oxford better and the “us” who live in them stronger.

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y’s core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families 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.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

DONATE FOR A BETTER US.

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YOUTH DEVELOPMENT

VALLEY YMCA CHILD CARE CENTER 2019

LEARN THROUGH PLAY at our state-licensed Child Care Center

- Located at 32 Howard Avenue in Ansonia.
- Full-time child care for infants, toddlers, and preschoolers.
- Ansonia School Readiness Site for 20 Preschoolers (Sliding Fee Scale).
- Program highlights include science, music and movement, and a variety of learning centers (literacy, drama, blocks, art, and writing).
- Outdoor playground includes a play structure, sand/water table, music center with cosmic roof, and tricycle track with pretend gas station and drive-through.
- Hours of operation from 7:00am to 6:00pm, Monday-Friday.

FULL TIME CARE MONTHLY TUITION

Infant/Toddler (5 days/week) \$1,200.00

Preschool (5 days/week) \$875.00

A non-refundable registration fee of \$50.00 is required in order to hold your child's space for all programs. Monthly/weekly payments will be scheduled for automatic draft from a credit card or bank account for your convenience. Space

CHILD WATCH

The Valley YMCA offers a safe and fun supervised environment for our members with a Family Membership. Your child will play and enjoy activities while you exercise on-site.

Ages: 6 months – 12 years

Times: 5:15pm – 8:45pm

Days: Mondays, Tuesdays, Wednesdays, Thursdays

Cost: Free with Family Membership

MARTIAL ARTS

Children will improve in areas of focus, discipline, confidence, and respect, while participating in healthy exercise. Benefits for adults include getting fit, stress relief and learning self defense. Youth and adult levels available.

5-6 years: Fridays 6:00pm – 6:35pm

7-13 years: Fridays 6:45pm – 7:30pm

14-17 years: Wednesdays 6:00pm – 6:45pm

18 & Over: Wednesdays 7:00pm – 8:00pm

VACATION DAY CHILD CARE

The Y Vacation Club is a great place for children ages 5-12 to have fun during day-long or week-long breaks from school! Children will enjoy swimming, crafts, and games in our state-licensed program. We will also be offer YMCA swim lessons during the Holiday Break Vacation Fun Days.

Vacation Club Dates:

February 2019 Vacation Break; Spring 2019 Vacation Break

Dates: Contact the Y for exact program dates

Time: 7:30am – 6:00pm

Location: Valley YMCA, 12 State Street, Ansonia

Cost: **Members:** \$43 per day **Community Members:** \$83 per day

Current Before & After School participants: \$25 per day

Winter I: January 1 – February 24, 2019

Winter II: February 25 – April 21, 2019

YOUTH DEVELOPMENT

BEFORE AND AFTER SCHOOL CARE 2018 - 2019

FUN WITH FRIENDS

The Valley YMCA understands that kids need a safe, enjoyable place to go before and after school. Our Before and After School Child Care programs keep kids busy while having fun. Whether your child is interested in arts and crafts or sports and games, our staff is trained to provide a well-rounded, quality program that will nurture each child's development. Our state licensed programs follow the school schedule starting on the first day of school and ending on the last day of school. Registration Fee is \$50.00 per family. YMCA members receive a 10% discount for siblings registered in the same program. Current participants will also receive discounted rates for Vacation Fun Days. Membership must be valid at time of registration and remain active throughout the school year. Monthly rates are determined by dividing annual fee by 10 (half days & school vacations are factored in to the monthly fee). The number of school days will vary per month but monthly rate is the same September through June. Contact the Valley Y for more information.

ANSONIA

Before and After Care Programs for students attending Mead and/or Prendergast School

Before Care held at Prendergast School
After Care held at Mead School

Students attending Prendergast School are transported to Mead School in the afternoon and students attending Mead School are transported from Prendergast to Mead in the morning via Ansonia Public School buses.

BEFORE SCHOOL (BEGINNING AT 7am)

5 days per Week: \$120 per month; non-member: \$180
4 days per Week: \$110 per month; non-member: \$165
1-3 days per Week: \$85 per month; non-member: \$127

AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$232 per month; non-member: \$348
4 days per Week: \$212 per month; non-member: \$318
1-3 days per Week: \$172 per month; non-member: \$258

DERBY

After Care Program for students attending Bradley School

Program Held At Bradley School

AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$232 per month; non-member: \$348
4 days per Week: \$212 per month; non-member: \$318
1-3 days per Week: \$172 per month; non-member: \$258

SHELTON

Before and After Care Programs for students attending Perry Hill, Long Hill and Sunnyside Schools.

Program Held At Sunnyside School

Students attending Long Hill and Perry Hill Schools will be transported via Shelton Public School Buses.

BEFORE SCHOOL (BEGINNING AT 7am)

5 days per Week: \$120 per month; non-member: \$180
4 days per Week: \$110 per month; non-member: \$165
1-3 days per Week: \$85 per month; non-member: \$127

AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$208 month; non-member: \$312
4 days per Week: \$188 month; non-member: \$282
1-3 days per Week: \$158 month; non-member: \$237



Winter I: January 1 - February 24, 2019

Winter II: February 25 - April 21, 2019

MORE INFORMATION ONLINE AT WWW.VALLEYY.ORG

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group 6 months - 3 years

Parent* & Child

Stages A-B

SWIM STARTERS

Stage A / Water Discovery

Parents* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Thursdays, Stage A 11:00am

AGE GROUP

STAGE

6 months - 3 years

SWIM STARTERS

Stages A-B

Parent* & Child

3 years - 5 years

SWIM BASICS

Stages 1-4

Preschool

SWIM STROKES

5 years - 12 years

SWIM BASICS

Stages 1-6

School Age

SWIM STROKES

12+ years

SWIM BASICS

Stages 1-6

Teen & Adult

SWIM STROKES

SWIM STARTERS

Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Saturdays, Stage B 9:55am

YOUTH DEVELOPMENT

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
Jump, push, turn, grab.

Age Group:

3 years - 5 years **Preschool**

5 years - 12 years **School Age**

12+ years - Teen & Adult

Stages 1-3

SWIM BASICS

Stage 1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Preschool Mondays, 4:10pm

Wednesdays, 4:10pm; 5:20pm

Saturdays, 8:30am; 9:40am; 10:50am

School Age Thursdays, 4:00pm

Saturdays, 9:05am, 11:15am

SWIM BASICS

Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Preschool Mondays, 5:20pm

Wednesdays, 4:45pm

Saturdays, 8:30am; 9:55am; 11:15am

School Age Thursdays, 4:35pm

Saturdays, 10:15am

AGE GROUP

STAGE

6 months - 3 years

SWIM STARTERS

Stages A-B

Parent* & Child

3 years - 5 years

SWIM BASICS

Stages 1-4

Preschool

SWIM STROKES

5 years - 12 years

SWIM BASICS

Stages 1-6

School Age

SWIM STROKES

12+ years

SWIM BASICS

Stages 1-6

Teen & Adult

SWIM STROKES

SWIM BASICS

Stage 3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Preschool Mondays, 4:45pm

Saturdays, 10:30am

School Age Tuesdays, 4:15pm



CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

YOUTH DEVELOPMENT

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4-6

SWIM STROKES

Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

Preschool Monday, 5:55pm

School Age Saturdays, 9:05am

Teen & Adult Tuesdays, 7:00pm

SWIM STROKES

Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age Thursdays, 5:10pm

Saturdays, 10:30pm

Teen & Adult Tuesdays, 7:00pm

AGE GROUP

STAGE

6 months - 3 years

SWIM STARTERS

Stages A-B

Parent* & Child

3 years - 5 years

SWIM BASICS

Stages 1-4

Preschool

SWIM STROKES

5 years - 12 years

SWIM BASICS

Stages 1-6

School Age

SWIM STROKES

12+ years

SWIM BASICS

Stages 1-6

Teen & Adult

SWIM STROKES

SWIM STROKES

Stage 6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

School Age Tuesdays, 5:05pm

Saturdays, 10:30am

Teen & Adult Tuesdays, 7:00pm



OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

YOUTH DEVELOPMENT

PRIVATE/SEMI-PRIVATE SWIM LESSONS:

Packages can be purchased by the following options

	Private	Semi-Private
1 - 30 minute lesson	Fee: \$ 35.00	Fee: \$22.50 each student
2 - 30 minute lessons	Fee: \$ 65.00	Fee: \$42.50 each student
4 - 30 minute lessons	Fee: \$125.00	Fee: \$80.00 each student

The Valley YMCA is pleased to offer swimming instruction for individuals of all ages and abilities that prefer one-on-one attention. Classes are scheduled according to pool and participant availability. Private instruction is a Members only privilege.

For more information, contact Welcome Center at
P 203 736 9622 or E jqatavaski@cccymca.org

Y STANDS FOR YOUTH

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13 who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth members will learn proper technique, safety and etiquette of gym fitness. Schedule your appointment today at the Member Welcome Center. Inquire at the Welcome Center Desk to schedule your appointment today!

PARENT'S NIGHT OUT

Children will enjoy a night of games, music, crafts, swimming and more. We offer 3 hours of supervised fun and activities along with a snack while parents have an evening out on the town.

Registration: Closes 2 days before the event. Dates are subject to change.

Days & Times: **Second Friday of Every Month:** 6:00pm – 9:00pm

Fees: **Members:** \$10 per child **Community Members:** \$15 per child

Ages: 4-12 years

FAMILY FUN NIGHTS

Family Fun Nights are a great way to spend an evening with your family. Activities may include arts & crafts, movie nights, scavenger hunts, open family swim, games and more! Come join us for tons of family fun! Pre-registration is required. Dates subject to change. Please confirm date when registering.

Days & Times: **Last Friday of Every Month:** 6:00pm – 8:30pm

Fees: **Members:** Free **Community Members:** \$5 per child

Ages: All ages welcome

YOUTH DEVELOPMENT

BOOKING AND COOKING

Booking and Cooking is an 8 week program geared toward reading a book each week and preparing a healthy meal or snack that corresponds with the reading. Space is limited so register right away!

Day: Saturdays 10:30am

Register with the Welcome Center Desk

SUMMER DAY CAMP

The Valley YMCA offers a fun, state licensed Summer Camp for children aged 5-15. Each day children engage in captivating activities lead by a team of qualified Camp counselors. At the Y, kids learn important life lessons such as team building, good sportsmanship, and the importance of self-esteem all while having a great time!

Register at the Valley YMCA starting February 1, 2019. There are a limited number of openings this year, so early registration is recommended. Refer to our camp brochure for more information

COME VISIT US ON ANY OF THE FOLLOWING DATES FOR OUR OPEN HOUSES!

Dates: March 16, 2019; April 27, 2019; June 1, 2019

Time: 10:00am - 1:00pm

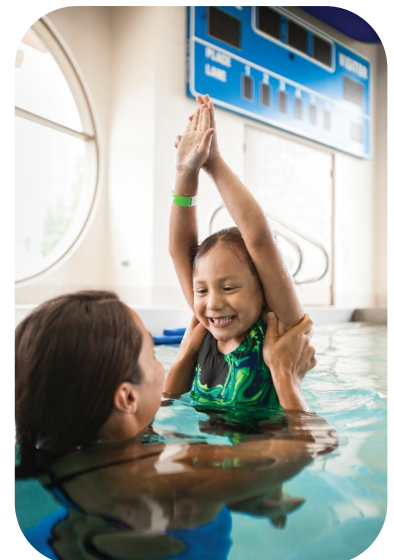
STROKE CLINIC

Stroke Clinic is a challenging and education experience for any child who enjoys swimming and has an interest in learning about competitive swimming. Participants must have knowledge of the basic strokes and have a desire to learn. New members are encouraged to join!

Dates: April 2019

Days: Monday - Friday

Time: Beginner/Intermediate 5:30 - 6:30
Advanced 6:30 - 7:30



HEALTHY LIVING

ADULT FITNESS CLASSES ARE FREE FOR FACILITY MEMBERS

Refer to Fitness Class Schedule for days and class times (available online or at our Welcome Center)

BODY SCULPTING

This overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls.

BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.

DEEP WATER FIT

A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20-30 min cardio with resistance training at shallow end in the pool.

EXPRESS CLASS

A 30 minute workout consisting of a warm-up, cardio/strength and a cool-down.

EASY DOES IT

Designed for seniors, beginners and "Ready to Be Fit" participants. Includes low impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

SILVERSNEAKERS® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

INDOOR CYLCING

An Instructor led class takes place on an ultra smooth stationary bike. The combination of music, motivation and your fellow riders makes this class unique. Join us for an invigorating cardio workout.

STRENGTH TRAIN TOGETHER

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

ACTIVE TOGETHER

This class gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

SILVERSNEAKERS® Muscular Strength

Move through a variety of exercises designed to increase muscular strength, range of movement, and skill required during activities for daily living. Hand held weights, elastic tubing, and a ball are offered for resistance and a chair is used for seated and standing support.

SILVERSNEAKERS® SILVERSPLASH

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

STEP & SCULPT

This class incorporates step combinations followed by strength and resistance exercises plus a cool-down and stretches.

WATER FIT

Non-swimmers are welcome to this fun class which emphasizes Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

YOGALATES

A synergy between the Yoga and Pilates. Leaves you energized.

ZUMBA® FITNESS

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

MUSCLE & CORE

Strength training using free weights, stretch bands, and medicine balls. Along with sitting or lying on a stability ball to encourage core strength throughout. Followed by stretching.

BODY WEIGHT TRAINING

A complete total body workout with no equipment except for a mat. Standing and seated movement with no impact and great results

HEALTHY LIVING

FREE BLOOD PRESSURE SCREENINGS

Blood pressure is one the most important screening because high blood pressure can have no symptoms. High blood pressure can greatly increase your risk of heart disease and stroke.

Dates: By Appointment; Contact Welcome Center Desk to schedule

PERSONAL TRAINING



Personal training allows you to safely reach your goals in fitness and health. With the support of a certified personal trainer, you can train to improve your overall health and wellbeing.

The Valley YMCA can help you become successful with your health and fitness goals through the following: Individualized Training, Group Personal Training, Core Training, Overall Conditioning and Cardio Training, Endurance Training, Strength Training, Flexibility and General Nutrition.

	Individual Training	Group Training (2 participants)
1 Sessions:	\$65.00	1 Sessions: \$88.00
3 Sessions:	\$172.00	3 Sessions: \$240.00
5 Sessions:	\$280.00	5 Sessions: \$455.00

ADULT SWIM LESSONS

This program is for adults 13 and older who want to learn how to swim. Emphasis is on personal safety, stroke technique, basic rescue and aquatic fitness. It is never too early or too late to learn how to swim.

Tuesday: 7:00pm-7:45pm

WELLNESS & STRENGTH CENTERS AGE REQUIREMENTS

YMCA Fitness staff are available to instruct youth on how to safely and effectively use our cardiovascular equipment (10-13 years old) and our strength equipment (12-13 years old). Upon completion, youth will be able to use the equipment in our Wellness Centers when accompanied by a Y member who is 18 years of age or older.

Youth ages 9 and younger may not enter the Wellness or Strength Center unless they are there to participate in a program or class specifically designed for them.

Winter I: January 1 - February 24, 2019

Winter II: February 25 - April 21, 2019

HEALTHY LIVING

SilverSneakers®

The Valley YMCA is pleased to offer the SilverSneakers Fitness Program. SilverSneakers is the nation's leading exercise program designed exclusively for older adults and is available at no cost (beyond any monthly premium) to eligible Medicare health plan and group retiree members. Eligible members have a complimentary membership to the Valley YMCA.

To find out if you are eligible for SilverSneakers, please contact the Welcome Center at P 203 736 9622 or visit www.silversneakers.com

BETTER WITH FRIENDS

REFER A FRIEND!

When they join as a **new member**, **YOU** will receive a **Free Month Membership!**

We know how much you enjoy the Y. Share your experiences with your friends, co-workers and family! When they join, we have a special **Thank You** gift for **YOU - a Free Month Membership!** See Member Services for the Details! It's really that simple.

Encourage your friends to join the Y! It's **EVEN** better with friends!



YMCA Walkers Club

Join us for the Y's Walking Club! The club will meet once per week with a YMCA coach. Walking or running can often be a solitary athletic pursuit, but when you join a YMCA walking or running club, you join others who want to enjoy the motivation and encouragement of others. You can even train for events as a team! So lace up your sneakers and hit the trail together.

When:	Mondays
Time:	5:30pm
Place:	YMCA - Outdoors Weather Permitting
Cost:	\$20

YMCA WALKING CLUB SHIRT WITH REGISTRATION!

ADULT SWIM LESSONS

This program is for adults 13 and older who want to learn how to swim. Emphasis is on personal safety, stroke technique, basic rescue and aquatic fitness. It is never too early or too late to learn how to swim.

Tuesday: 7:00pm-7:45pm

MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact the Welcome Center for more information.

SOCIAL RESPONSIBILITY

NEW! SUPPORTING WELLNESS TOGETHER

12 WEEK WEIGHT LOSS PROGRAM

With the Help of the YMCA, reach your weight loss goals with the help of the YMCA! We will provide you with the tools, knowledge and group support to help support your weight loss goals. Contact the YMCA today to register and start your journey to a healthier you.

Dates: Mondays January 21, 2019 - April 9, 2019

Time: 5:30pm

Contact Mark LaFortune with any questions at mlafortune@cccymca.org

Lifeguard Training

In order to participate in our American Red Cross Lifeguard Training courses you must be 15 years old and pass a pre-test. Participants will learn the skills and knowledge necessary to prevent aquatic emergencies and how to prevent drowning and other incidents. Participants will be certified in Lifeguarding, First Aid, AED, O2 Administration, and CPR for the professional rescuer. Minimum of 6 people. Course runs 8-10 weeks.

Dates: TBA

To confirm start date contact Welcome Center
at P 203 736 9622 or E jqatavaski@cccymca.org

Fee: Members: \$250 **Community Members:** \$350



Members-in-Residence

Single room housing is offered for gentlemen 18 years and older. Fees are paid weekly.

Income verification, background check, and references are required. Applications are available at the Welcome Center. Participants in the program are encouraged to use the facilities and enjoy the benefits of a Y membership.

Contact Bryan Sapione at P 203 736 9622 or E bsapione@cccymca.org

MORE INFORMATION ONLINE AT VALLEY.Y.ORG