



FIND CONNECTION. FIND YOUR Y.

FALL 11 PROGRAM GUIDE

The YMCA connects people to a great sense of purpose and to each other to make our community stronger.

VALLEY YMCA

For a better us.®

HERE FOR YOU



PROGRAM REGISTRATION

FALL II SESSION

October 24– December 18, 2022

Registration Dates

Facility Member: Monday, October 3

Program Participant: Monday, October 10

VALLEY YMCA

Holy Rosary Church
10 Father Salemi Drive
Ansonia, CT 06401
P 203 732 5527
W www.valleyy.org

Valley YMCA Child Care Center
32 Howard Ave
Ansonia, CT 06401

HOLIDAY HOURS/CLOSURES

Thanksgiving– Closed
Christmas Eve– Closed
Christmas– Closed

CENTRAL CONNECTICUT COAST YMCA STATEMENT OF DIVERSITY & INCLUSION

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has an equitable opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand. For a better us.

BOARD OF MANAGERS

Howard Olderman, Board Chair
Dave Pantalone
Christine Cooper
Jeff Gampel
Donna Virzi Sennott
Mary Ellen Price, Secretary

YOUR Y STAFF

District Executive Director–Nicole Servas
District Operations Director–
Ryan Leworthy
Child Care Director–Barbara Eckner

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.



**FIND YOUR REASON
TO GIVE.
FIND YOUR Y.
For a better us.®**

Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

When you donate to the Valley YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

All contributions to the YMCA provide direct financial assistance for ALL who need it.

FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.

Connect with Nicole Servas at nservas@cccymca.org to learn more.

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YOUTH DEVELOPMENT

VALLEY YMCA CHILD CARE CENTER 2022-2023

Child care programs help youngsters gain self-confidence and social skills while developing positive attitudes about school and learning. Our programs are NAEYC accredited and state-licensed allowing parents to go to work with peace of mind knowing that their children are being cared for in a safe, structured and fun environment. We are committed to providing a safe, loving environment for your child and aspire to meet his/her needs while promoting physical, social, emotional and cognitive development.

FULL TIME CARE MONTHLY TUITION

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

Preschool (5 days/week) \$875.00

Child Care Leadership Team

Barbara Eckner, Childcare Director

Ryan Leworthy, District Operations Director

Phone: 203 732 7778

Email: beckner@cccymca.org



Phone: 203 732 5527

Email: rleworthy@cccymca.org

VACATION CLUB

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.

Vacation Club Dates:

Dates: Columbus Day, October 10, Election Day, November 8, November 23 and Holiday Recess, December 26-30

Time: 7:30am – 6:00pm

Location: Valley YMCA, Holy Rosary Church, 10 Father Salemi Drive, Ansonia, CT 06401

Cost: **Current Before & After School participant:** \$25 per day
Members: \$43 per day **Program Participant** \$53 per day

SWIM LESSONS

Keep your child safe in and around the water. Register for swim lessons at any one of the Central Connecticut Coast YMCAs. For more information visit cccymca.org



YOUTH DEVELOPMENT

BEFORE AND AFTER SCHOOL CARE 2022-2023

FOREVER LEARNING- REGISTER NOW!

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 of 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 Y Vacation Club & Y Fun Club 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, 203-732-5527.

We currently have programs in Ansonia, Derby and Shelton School Systems. This includes Before and Afterschool at Prendergast and Mead Schools in Ansonia, Afterschool at Bradley School in Derby, and Before and Afterschool at Sunnyside Elementary in Shelton.

Child Care Leadership Team

Ryan Leworthy, District Operations Director
Phone: 203 732 5527
Email: rleworthy@cccymca.org

Barbara Eckner, Child Care Director
Phone: 203 732 7778
Email:- beckner@cccymca.org

CREATIVE CRAFTS

Every child needs to feel creative. Arts and Crafts boost self-esteem, encourages self-expression and enhances decision-making skills. We all need more of that!

Day: Wednesdays 4:00-5:30pm, Date: 10/26-12/14

Age: 5-9 yrs

Fee: Member- \$40. Program Participant- \$80

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.

Day: Saturdays, 10:30am-12:00pm, Date: 10/29-12/17

Age: 4 - 10 yrs

Fee: Member- \$40. Program Participant- \$80

FRESH START PROGRAM

Our Environmental Education programs combine indoor and outdoor components with stories, crafts, hikes and activities for the best hands-on exploration and learning.

Day: Thursdays 4:00-5:30pm, Date: 10/27-12/15

Age: 5 - 12 yrs

Fee: Member- \$40. Program Participant-\$80

MULTI-SPORTS

This instructional sports class is geared for 5 to 9 year olds who want to try variety of different sports. Sports include Baseball, Basketball, Soccer, Street Hockey, and Flag Football. Held at Valley YMCA at The Holy Rosary Church

Day: Tuesdays 4:00-5:30pm, Date: 10/25-12/13

Age: 5-9 yrs

Fee: Member- \$40. Program Participant- \$80

YOUTH DEVELOPMENT

FUN WITH FRIENDS – Y LEADERS CLUB CALLING ALL TEENAGERS! VIRTUAL MEETINGS ON WED. AT 6:15PM

Leaders Club provides high school students with extensive leadership training, offering opportunities for service to the YMCA and the community. Leaders Club also serves as a recruiting program for future Y professionals!

We are here to develop leaders, fostering with them a culture of service in addition to knowledge and training that will help them better serve others and shape a healthy and productive life for themselves. Leaders Club meets once a week virtually, until the time we can meet in person. Leaders Club provides a safe, genuine place for high schoolers and helps direct their energy to positive outcomes.

If you are interested in this great program please contact District Operations Director Ryan Leworthy at the Valley YMCA at rleworthy@cccymca.org or Nicole Servas, District Executive Director at the Woodruff Family YMCA at nservas@cccymca.org so we can send you the log on details for the Virtual Meetings.



TOGETHERHOOD PROGRAM

Togetherhood is the Y's member-led volunteer service program and the Y's Signature Program for Social Responsibility.

Togetherhood is run by a **Togetherhood committee**, made up of Y members and community leaders working as volunteers, with the support and guidance of a **Y Staff Advisor**.

With the help of the programs resources the team will plan and execute service projects that strengthen communities while enabling volunteers to form meaningful connections with people from diverse backgrounds.

For additional information please reach out to Ryan Leworthy, District Operations Director at 203 732 5527 or by email at rleworthy@cccymca.org.



YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is an on-demand video platform for our Y community.

YMCA360 offers 1000+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more.

These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. Instructions for access please reach out to Ryan Leworthy at rleworthy@cccymca.org Please visit ymca360.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE CHOICES MORE FITNESS

NEW CLASSES AT VALLEY YMCA, AT HOLY ROSARY CHURCH

Starting the week of October 10, 2022

YMCA Active Older Adult (AOA) members can enjoy a variety of free classes that help you to stay healthy. Our fitness classes are designed for all abilities! To register please email Ryan Leworthy, rleworthy@cccymca.org, Jennifer Fleischer, jfleischer@cccymca.org or call us at 203-878-6501

Mondays:

12:30pm- Muscle, Core and More with Rosa- Strength training which may use free weights, stretch bands, and balls encouraging core strength throughout.

Wednesdays:

12:30pm- AOA Stretch and Stability with Robyn- Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints. This class is designed specifically for fall prevention.

Fridays:

12:30pm- Easy Does It with Rosa- Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and 'ready to be fit' participants.

Not a member? No problem! Please contact Ryan Leworthy, rleworthy@cccymca.org, at 203 732 5527 or Jennifer Fleischer, jfleischer@cccymca.org at 203 878 6501 on how to get started with the classes!



VALLEY YMCA

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