VALLEY YMCA FAL 2 PROGRAM GUIDE
Program Registration

FALL 2 SESSION
October 23–December 17, 2023

Registration Dates
Facility Member: Monday, October 2
Program Participant: Monday, October 9

Central Connecticut Coast 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
P 203 732 7778

HOLIDAY HOURS/CLOSURES
Thanksgiving Day—Closed
Christmas Day—Closed

Board of Managers
Howard Olderman, Board Chair
Dave Pantalone
Christine Cooper
Donna Virzi Sennott
David Pellagi
Mary Ellen Price, Secretary

Your Y Staff
District Executive Director—Nicole Servas
District Operations Director—Ryan Leworthy
Youth and Family Coordinator—Felicia Beall
Child Care Director—Stephanie Trcka

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.

Register online at valleyy.org

View current schedules, programs and events on our website!
The Valley YMCA provides our community with access to extraordinary, lifesaving and enriching programs and opportunities.

We need your help, now more than ever. With our doors open to all, we support those in need. When you donate to the Valley YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community.

DONATE FOR A BETTER US.
VALLEY YMCA CHILD CARE CENTER 2023–2024

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Monthly Tuition</th>
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<tbody>
<tr>
<td>Infant/Toddler (5 days/week)</td>
<td>$1,290.00</td>
</tr>
<tr>
<td>Preschool (5 days/week)</td>
<td>$903.00</td>
</tr>
</tbody>
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Child Care Leadership Team

Stephanie Trcka, Child Care Director, Phone: 203 732 7778 Email: strcka@cccymca.org
Ryan Leworthy, District Operations Director Phone: 203 732 5527 Email: rleworthy@cccymca.org

NO SCHOOL, NO PROBLEM Y VACATION CLUB

Even though school is closed the Valley YMCA is here for your child care needs. Drop your child off with our experienced staff for a fun-filled day of games, activities, arts & crafts and more! Ages 5–12. State-licensed program. Please bring a nut-free lunch. Space is limited, preregistration is required.

Vacation Club Dates:

<table>
<thead>
<tr>
<th>Dates:</th>
<th>Indigenous People’s Day, October 9, Election Day, November 7, November 23 and 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>7:30am – 6:00pm</td>
</tr>
<tr>
<td>Location:</td>
<td>Valley YMCA, Holy Rosary Church, 10 Father Salemi Drive, Ansonia</td>
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<tr>
<td>Cost:</td>
<td>Current Before &amp; After School participant: $25 per day Membership: $43 per day Program Participant $53 per day</td>
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</tbody>
</table>
YOUTH DEVELOPMENT

BEFORE AND AFTER SCHOOL CARE

FIND YOUR HOMEWORK HELPER

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 day of school. Registration Fee is $50.00 per family. Current participants will also receive discounted rates for Y Vacation Club & Y Fun Club Days.

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

Felicia Beall, Youth and Family Coordinator
Phone: 203 732 5527
Email:fbeall@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: Saturdays 10:00-11am, Date: 10/28-12/16
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: 10/28-12/16
Age: 4-10 yrs
Fee: Member– $40. Program Participant– $80

SWIM LESSONS

Keep your child safe in and around the water. Register for swim lessons at any one of the Central Connecticut Coast YMCAs.
FUN WITH FRIENDS – Y LEADERS CLUB
CALLING ALL TEENAGERS! VIRTUAL MEETINGS ON THURSDAY 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
MAKE IT
A PLAY
DATE

Leave the kids with us, shop till you drop!

Calling all children! Join us for our Spring Session Drop and Shop events. Drop your kids off with us and we’ll take care of them while you get some weekly shopping done. We will serve a healthy snack and provide fun and engaging activities.

Preregistration is required. Ages 3–12

When: Saturdays, 10/28–12/16

Time: 9am–Noon

Where: Valley YMCA

Contact: Felicia Beall, Youth and Family Coordinator 203 878–6501 ext. 3115

Fees: Member $10 per child
      Program Participant $20 per child
MORE CHOICES  
MORE FITNESS

CLASSES AT VALLEY YMCA, AT HOLY ROSARY CHURCH

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

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.

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!