



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR BUILDING
**FUTURE
LEADERS**

**VALLEY YMCA
FALL 1 PROGRAM GUIDE
September 2 – October 27,
2019**

HERE FOR YOU

PROGRAM REGISTRATION

FALL SESSION 1

September 2– October 27, 2019

Registration Dates

Facility Member: Monday, August 12

Community Member: Monday, August 19



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

Labor Day– OPEN 5:30am-1:00pm

CHILD WATCH HOURS

Mon-Thurs 6:00pm-7:30pm

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 the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

BOARD OF MANAGERS

Dave Pantalone, Board Chair
Howard Olderman, Vice Chair
Christine Cooper
Jeff Gampel
Cheryl Nickerson
Mary Ellen Price, Secretary

YOUR Y STAFF

District Executive Director: Josh Royce
Operations Director: Ryan Leworthy
Preschool Child Care Director: Barbara Eckner
District Facilities Director: Kurt Kapusta
Member/Program Services Coordinator: Joan Shortell
Aquatic Coordinator: Christopher Fracker
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.



Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help communities and the “us” who live in them achieve our individual and collective promise. When you donate to the Valley YMCA Annual Campaign, you make the communities of Ansonia, Derby, Shelton, Seymour, Oxford, and Beacon Falls better and the “us” who live in them stronger.

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.

<p>CHILD CARE CHILD WATCH VACATION CLUB Page 4 BEFORE & AFTER SCHOOL CARE Page 5</p>	<p>YOUTH SWIM LESSONS Pages 6, 7 & 8 PRIVATE SWIM LESSONS SWIM TEAM Page 9</p>	<p>SUMMER CAMP BOOKING AND COOKING MULTI SPORTS MARTIAL ARTS BASKETBALL Page 10 ADULT FITNESS Page 11</p>	<p>SILVER Sneakers YOUTH PROGRAM PERSONAL TRAINING Page 12</p>	<p>TOGETHERHOOD MFA Page 13 LIFEGUARD TRAINING MEMBERS-IN-RESIDENCE Page 14</p>
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YOUTH DEVELOPMENT

VALLEY YMCA CHILD CARE CENTER 2019-2020

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 is limited, register now!

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, Oct 14, Election Day, Nov 5

Time: 7:00am – 6:00pm

Location: Valley YMCA, 12 State Street, Ansonia

Cost: **Current Before & After School participants:** \$25 per day
Members: \$43 per day **Community Members:** \$53 per day

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 please contact the Welcome Center at
P 203 736 9622



YOUTH DEVELOPMENT

BEFORE AND AFTER SCHOOL CARE 2019 – 2020

ENGAGE BEYOND THE SCHOOL DAY

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.

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; Community Member: \$180

4 days per Week: \$110 per month; Community Member: \$165

1-3 days per Week: \$85 per month; Community Member: \$127

AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$232 per month; Community Member: \$348

4 days per Week: \$212 per month; Community Member: \$318

1-3 days per Week: \$172 per month; Community 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; Community Member: \$348

4 days per Week: \$212 per month; Community Member: \$318

1-3 days per Week: \$172 per month; Community 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; Community Member: \$180

4 days per Week: \$110 per month; Community Member: \$165

1-3 days per Week: \$85 per month; Community Member: \$127

AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$208 month; Community Member: \$312

4 days per Week: \$188 month; Community Member: \$282

1-3 days per Week: \$158 month; Community Member: \$237



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.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

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.

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.

Members: \$65/ Community Members: \$125

Monday: 9:00am

Saturday 8:30am

AGE GROUP

STAGE

6 months - 3 years
Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years
Preschool

SWIM BASICS
SWIM STROKES

Stages 1-4

5 years - 12 years
School Age

SWIM BASICS
SWIM STROKES

Stages 1-6

12+ years
Teen & Adult

SWIM BASICS
SWIM STROKES

Stages 1-6

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.

Members: \$65/ Community Members: \$125

Monday: 9:30am

Saturday 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: Tuesday: 4:10pm

Saturday: 9:05am, 9:40am

School Age: Thursday 4:15pm

Saturday 9:05am, 10:50am

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: Tuesday 4:40pm

Wednesday 4:45pm

Saturday 9:40am, 9:55am

School Age: Thursday 4:45pm

Saturday 10:15am

AGE GROUP

6 months - 3 years

Parent* & Child

3 years - 5 years

Preschool

5 years - 12 years

School Age

12+ years

Teen & Adult

STAGE

SWIM STARTERS

SWIM BASICS

SWIM STROKES

SWIM BASICS

SWIM STROKES

SWIM BASICS

SWIM STROKES

Stages A-B

Stages 1-4

Stages 1-6

Stages 1-6

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: Tuesday 5:10pm

Wednesday 5:15pm

Saturday 8:30am

School Age: Monday/ Friday 5:00pm

Saturday 8:30am



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 treading water and elementary backstroke.

Preschool: Friday 9:30am

Saturday 10:30am

School Age: Tuesday 5:45pm

Wednesday 5:45pm

Saturday 9:05am

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: Monday 5:30pm

Saturday 9:05am

AGE GROUP

STAGE

6 months - 3 years
Parent* & Child

SWIM STARTERS

Stages A-B

3 years - 5 years
Preschool

**SWIM BASICS
SWIM STROKES**

Stages 1-4

5 years - 12 years
School Age

**SWIM BASICS
SWIM STROKES**

Stages 1-6

12+ years
Teen & Adult

**SWIM BASICS
SWIM STROKES**

Stages 1-6

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: Thursday 5:15pm

Saturday 10:30am



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 Christopher Fracker, Aquatics Coordinator at cfracker@cccymca.org.

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.

Friday: 7:00pm-7:45pm

For more information, contact Welcome Center at P 203 736 9622 or Christopher Fracker, Aquatics Coordinator at cfracker@cccymca.org.



VALLEY Y SPRINTERS COMPETITIVE SWIM TEAM

Swim Team is open to all boys and girls interested in individual and team competition. Everyone participates and acquires a sense of achievement. The Valley YMCA competes in the Yankee Cluster Swimming League. Individuals will be placed into practice groups according to ability and age with the potential to advance into the next group should their performance indicate such. During meets, individuals will compete by age groups. All swimmers must be facility members.

For more information, contact Welcome Center at P 203 736 9622 or Christopher Fracker, Aquatics Coordinator at cfracker@cccymca.org.

YOUTH DEVELOPMENT

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.

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 & 11:30am

Age: 4 - 10 yrs

MULTI-SPORTS

This instructional sports class is geared for 5 to 7 year olds who want to try variety of different sports. Each week a different sport will be introduced. Sports include Baseball, Basketball, Soccer, Floor Hockey, and Flag Football.

Day: Tuesdays 5:00-6:00

Age: 5-7 yrs

MARTIAL ARTS

Children will improve in areas of focus, discipline, confidence, and respect, while participating in healthy exercise.

5-11 years: Wednesdays & Fridays
6:00pm-6:45pm

12-18 years: Wednesdays & Fridays
6:45pm-7:30pm

BASKETBALL

Designed for the child who has never played basketball before or who is still learning the game. Ages 5-10

The class will be instructional basketball including dribbling, passing, court awareness and team playing.

Mondays 4:30pm-6:00pm and Saturdays 10:30am-12:00pm



BRING YOUR GAME!

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.

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.

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.

AOA 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 strength ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

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.

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.

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.

DEFEND TOGETHER

A gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.



HEALTHY LIVING

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:	\$70.00	1 Sessions:	\$110.00
3 Sessions:	\$200.00	3 Sessions:	\$300.00
6 Sessions:	\$380.00	6 Sessions:	\$580.00

1 Session is equivalent to 1 hour. Sessions can be split into 30 minute increments

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!

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



SOCIAL RESPONSIBILITY



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.

Dates: Orientation will be determined in September. Stay Tuned

For additional information please reach out to Ryan Leworthy, Operations Director at 203 736 9622 or by email at rleworthy@cccymca.org.

MEMBERSHIP FOR ALL

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

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!

SOCIAL RESPONSIBILITY

Lifeguard Training/Recertification Classes

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: TBD

To confirm start date contact Christopher Fracker, Aquatics

Coordinator at cfracker@cccymca.org

at P 203 736 9622

Fee: Members: \$275 **Community Members:** \$375



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.

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 Ryan Leworthy at P 203 736 9622 or [E rleworthy@cccymca.org](mailto:rleworthy@cccymca.org)

MORE INFORMATION ONLINE AT VALLEY.Y.ORG