



Valley Shore YMCA
201 Spencer Plains Road
Westbrook, CT 06498
vsymca.org

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Valley Shore YMCA
860.399.9622
vsymca.org

SUMMER PROGRAM GUIDE



SUMMER
FUN
STARTS
HERE

SMILE THIS SUMMER! SUMMER MEMBERSHIP SPECIALS!

Convenient 30 day memberships for your summer wellness needs!

MEMBERSHIP TYPE	30 DAY RATE
YOUTH (0-12)	\$25
TEEN (13-18)	\$28
YOUNG ADULT (19-24)	\$35
ADULT (25-64)	\$75
SENIOR ADULT (65+)	\$55
FAMILY (2 ADULTS & CHILDREN UNDER 25)	\$110
WEEKLY PASSES	WEEKLY RATE
INDIVIDUAL	\$24
FAMILY (2 ADULTS & CHILDREN UNDER 25)	\$40

2017 Monthly Membership Rates	New Member Fee	Monthly Payment
Youth (0-12)*	\$15	\$19
Teen (13-18)	\$20	\$20
Young Adult (19-24)	\$20	\$29
Adult (24-64)	\$60	\$53
Senior Adult (65+)	\$35	\$42
Family (2 adults & children under 25)	\$70	\$85
Children 12 and under must be accompanied by an adult if not in a program.		

Facility Hours:

Monday-Friday: 5:00am – 9:30pm
Saturday: 7:00am – 6:30pm
Sunday: 7:30am – 2:00pm

Amazing Kids Center Hours:

Monday - Friday: 8:45am – 12:00pm
Monday - Thursday: 5:00pm – 7:45pm
Saturday: 8:00am – 12:00pm

Holiday Hours:

Independence Day (July 4th) CLOSED
Labor Day (September 5th) CLOSED

SUMMER
TIME
FUN TIME



Valley Shore YMCA

Summer Youth & Family Program Guide

REGISTRATION OPENS June 5th

Summer 1 Session: June 26 - July 23 (4 Weeks)
Summer 2 Session: July 24 - August 20 (4 Weeks)



26th Annual Valley Shore YMCA Golf Classic

Join us for a great afternoon of golf and camaraderie all to support the charitable work of the YMCA. This modified scramble tournament is held at Clinton Country Club on Monday, July 24.

\$250 per person
For sponsorship opportunities contact:
Tony Sharillo at the Y. 860.399.9622x107 or tsharillo@vsymca.org

SUMMER SWIM LESSONS

Schedules change during the summer, so we are offering a variety of swim lesson options to fit most conveniently into your lifestyle.

If your child needs a swim level evaluation, please call 860.399.9622x110

4 Lessons per Week for 1 Week (Monday – Thursday)

Give your child the best lesson experience by signing up for four lessons in one week. Choose multiple weeks to increase the results.

Cost: Members \$40 Non Members \$68

* Week 2 Not Available

Available Weeks:

Week 1: M-Th June 26 – June 29

Week 2: Not Available*

Week 3: M-Th July 10 – July 13

Week 4: M-Th July 17 – July 20

Week 5: M-Th July 24 – July 27

Preschool Lessons Ages 3 –5 years

9:30 – 10:00am

3:45 – 4:15pm

Youth Lessons Ages 6–12 years

4:20 – 5:00pm

2 Lessons per Week for 4 Weeks

A convenient way to get 7 or 8 high quality lessons over 4 weeks.

Session 1: June 26 – July 23 (*No class, Mon. July 3 or Tues, July 4)

Cost: Member \$70 Non Member: \$119

Parent & Child (6–36 mos.) M & W 10:10 – 10:40am

Preschool (3–5y) M & W 3:45 – 4:15pm

Preschool (3–5y) T & TH 10:10 – 10:40am

Youth (6–12y) M & W 4:20 – 5:00pm

Session 2: July 24 – Aug. 20

Cost: Member \$80 Non Member: \$136

Parent & Child (6–36 mos.) M & W 10:10 – 10:40am

Preschool (3–5y) M & W 3:45 – 4:15pm

Preschool (3–5y) T & TH 10:10 – 10:40am

Youth (6–12y) M & W 4:20 – 5:00pm

Saturday Only Lessons for 4 Weeks

Our classic and popular Saturday morning option.

Cost: Members \$40 Non Members \$68

Available Weeks:

Session 1: July 1 – July 22 Session 2: July 29 – Aug. 15

Parent & Child Ages 6 mos. – 36 mos.

9:00 – 9:30am or 9:40 – 10:10am

Preschool Lessons Ages 3 –5 years

9:00 – 9:30am or 10:30 – 11:00am

Youth Lessons Ages 6–12 years

Beginner/ Intermediate: 9:40 – 10:20am or 10:30 – 11:10am

Advanced: 9:40 – 10:20am

Private or Semi-Private Swim Lessons

Private Lessons 1 on 1 or Semi Private 2–3 on 1. Instruction available for children 3 years and older and adults. Sold in blocks of four only.

Private: **Member \$120 Non-Member \$205**

Semi-private: **Member \$180 Non-Member \$305**

*Please call 860.399.9622 x 110 to schedule

Lessons at Your House

Let the YMCA come to you! That’s right, if you have a pool and would like to have high quality professional lessons conveniently in your back yard, we’d be happy to do it. Sold in blocks of four only.

Private: **Member \$180 Non-Member \$245**

Semi-private: **Member \$180 Non-Member \$305**

*Please call 860.399.9622 x 110 to schedule



Mini– Marlins (ages 7 –11)

Great for advanced swimmers who may be interested in competing at the team level. Must be able to swim 50 yds. freestyle and backstroke.

Cost: Members \$92 Non Members \$142

Available Weeks:

Session 1: June 26 – July 23

Session 2: July 24 – Aug. 20

Mini-Marlins (7–11y) T & Th 4:15 – 5:00pm

Marlins Swim Team

Swim team encourages the growth of children ages 8–18 as swimmers, competitors and individuals. The team competes in Y meets and Connecticut swimming events statewide. Season begins in the Fall. To join the Marlins contact the head coach, Teddy Weeks at vsymarlins@gmail.com

CELEBRATE WITH US

Birthday Parties

Host your next birthday party at the Y!



YMCA BIRTHDAY PARTIES

Take the stress out of planning your child’s next birthday party. Let us help you plan it, staff it, lead it and most importantly clean up.

Saturday: 2:00 – 4:00pm Pool or Gym Party

Saturday: 2:00 – 5:00pm Gym & Swim Party

Pool Or Gym Party: **Member \$250 Non-Member: \$300**

Gym & Swim Party: **Member \$275 Non-Member: \$330**

Custom parties and themes available upon request. Call Lisa at 860.399.9622 x 303 to book your party!



YMCA Camp Shore

Space is filling quickly at YMCA Camp Shore at the Valley Shore YMCA.

Our high quality, on-site summer camp features great traditional camp experiences along with exciting specialty camp opportunities.

Campers can choose from:

Mega Adventure	Fort Building	Mega Science
Gymnastics	Little Chefs	UK Soccer
Adventure Camp	Farm to Table Camp	MORE...

Available to children entering grades K – 8

One week sessions available June 26 – August 25

Extended hours available ...as early as 7:00am and as late as 6:00pm

AMERICAN RED CROSS CERTIFICATIONS



Lifeguard Training \$325

Full Red Cross Lifeguard Certification Course

June 15, 19, 20,21 1:00pm – 8:00pm

Lifeguard Recertification Course \$175

TBD– please call for dates and times

Adult CPR/AED and First Aid \$80

June 14; 5:30 – 9:30pm

CPR for the Professional Rescuer \$120

TBD– please call for dates and times.

Call Ann Uihlein at 860.399.9622

WORK SITE CPR CLASSES

Does your company or staff need CPR and/or First Aid Training? We can conduct classes at your site on your schedule.

Call for more info and pricing:

Patrick Connelly 860.399.9622 x113



**Soccer camp at
Camp Shore
July 10 – 14**

SCHOOL AGE PROGRAMS

**REGISTRATION FOR
2017 – 2018**

BEFORE & AFTER SCHOOL CARE

Our quality program is held in area schools and our staff model YMCA values as they provide homework help, lead physical activities, games, crafts and more.

Offer at these site:

A	Daisy Ingraham (K–4)
B	Kathleen Goodwin (K–3)
C	Old Saybrook Middle (4–6)
D	Lewin G. Joel, Jr. (K–3)
E	Chester Elementary (K–6)
F	Abraham Pierson (4–5)
G	Deep River Elem. (K–6)
H	Essex Elementary (K – 6)

Before School Care

Locations: A,B,D,H

Days: Monday – Friday

Time: 7:00am

Monthly Tuition: 5 Days \$168; 4 days \$135;
3 days \$101; 2 days \$67; 1 day \$34

After School Care

Locations: A,B,C,D,E,F,G,H

Days: Monday – Friday

Time: dismissal – 6:00pm

Monthly Tuition: **Locations: A,B,C,D,E,G,H**
5 days \$262; 4 days \$210;
3 days \$157; 2 days \$105; 1 day \$52

Locations: F

5 days \$281; 4 days \$225;
3 days \$168; 2 days \$108;1 day \$56

Monthly tuition is based upon the number of calendar days in a school year and is inclusive of weather related closings, absences and holidays. Registration is for the entire school year and may be cancelled or changed with 30 days advance notice. Monthly tuition must be set up on an auto-draft payment plan. Please call ext. 118 with questions.



Two levels of running groups

Level 1: Beginner Running

Safely work you way up to a 5K in 12 weeks. This program prepares you to complete a road race at your own pace and injury free: all ages are welcome. There will be leaders at all of the runs so no one ever has to run alone.

Level 2: Level 2 Running

This program is for anyone who has past running experience and would like to become a better and faster runner. Workouts will vary and will include longer runs, speed work, hill repeats and a faster running pace.

Contact Tony Sharillo for more info: tsharillo@vsymca.org

Register online at vsymca.org