



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

Non-Profit Org
 U.S. Postage
PAID
 Old Saybrook, CT
 Permit No. 414



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Valley Shore YMCA
 860.399.9622
 vsymca.org

YOUTH & FAMILY PROGRAM GUIDE



FENCING We now are formally the Valley Shore Fencing Club with an expanded series of group & private lessons for various ages and abilities.



Progressive Swim Lessons The YMCA has developed new progressive swim lessons to make swim instruction easier for families to observe improvements and to make sure that children are learning skills appropriate to their age and level.



Nerf Battle Royale The Y is now offering great themed parties to make your child's next birthday the best ever. Nerf Battle, Gymnastics, All Star Sports and Crafty Kids parties are all available.

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	\$70	\$85

Children 12 and under must be accompanied by an adult if not in a program.



Fencing Recreation with a point!

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:

Labor Day - September 4th - CLOSED
 Thanksgiving Day - November 23rd - Open 6:00am-11:00am
 Christmas Eve - December 24th - Open 5:00am - 3:00pm
 Christmas Day - December 25th - CLOSED



**Swimming, Gymnastics,
 Fencing and more!**

FALL 2017



Valley Shore YMCA
 Fall Youth & Family Program Guide

REGISTRATION OPENS: August 13th
 Fall 1 Session: Sept. 5 – Oct. 23 (weeks)
 Fall 2 Session: Oct. 30 – Dec. 16 (7 weeks)

REGISTRATION OPENS: August 13th: Fall 1 Session: September 5 - October 23 (7 Weeks)
Fall 2 Session: October 30 - December 16 (7 Weeks)

**STRONG SWIMMERS
CONFIDENT KIDS**

Sign up now for
YMCA Swim Lessons

REGISTER ONLINE

PARENT & CHILD LESSONS

Parent & Child (6-36 months)
Thursday: 10:15 - 10:45am
Friday: 9:45-10:15am
Saturday: 9:00 - 9:30am
Saturday: 9:40 - 10:10am

PRESCHOOL SWIM LESSONS

Preschool Lesson (3-5 years)
Beginner & Intermediate
Monday: 3:40 - 4:10pm
Monday: 5:00 - 5:30pm
Wednesday: 3:45 - 4:15pm
Thursday: 9:45 - 10:15am
Thursday: 3:40 - 4:10pm
Friday: 10:30 - 11:00am
Friday: 3:45 - 4:15pm
Friday: 5:00 - 5:30pm
Saturday: 9:00 - 9:30am
Saturday: 10:30 - 11:00am

**YOUTH SWIM LESSONS
Ages 6 - 12**

Beginner & Intermediate Youth
Monday: 4:15 - 4:55pm
Wednesday: 4:20 - 5:00pm
Thursday: 4:20 - 5:00pm
Friday: 4:20-5:00pm
Saturday: 9:40 - 10:20am
Saturday: 10:30 - 11:10am

Advanced Youth
Monday: 4:20 - 5:00pm
Thursday: 3:40 - 4:20pm
Friday: 4:20-5:00pm
Saturday: 9:40 - 10:20am

Mini-Marlins (6-11 years)
Pre swim team program
T&TH: 4:45-5:30pm
Members: \$125 Non-Member: \$185

SWIM LESSON DESCRIPTIONS

Preschool (3 - 5years): Beginner to Advanced levels. Swimmers will learn water safety, increase confidence, work on basic swim skills and stroke development.

Beginner & Intermediate Youth (6 - 12years): Designed for swimmers that are not completely comfortable in the water or who can not swim the full length of the pool. Swimmers will learn basic to intermediate skills the will help them develop confidence in and around the water. Freestyle and back-stroke will be introduced.

Advanced Youth (6 - 12years): Designed for those who already have confidence in the water and have mastered basic swim skills. Swimmers must be able to perform Freestyle and Backstroke for the full length of the pool. Swimmers will learn to increase their endurance and master Freestyle, Backstroke, Breaststroke and Butterfly.

Mini Marlins (6 - 11years): Advanced level only. Must be able to swim 50 yds. (1 lap) of Freestyle and Backstroke. Great for advanced swimmers who may be interested in competing at the team level. Swimmers will learn and practice all of the competitive strokes, diving, rules, and turns.

Adult (17years +): Any level. Designed for adult swimmers who are either not yet comfortable in and around the water or for those with various levels of swimming skills.

Have questions about aquatics?

Contact Noel Cherubino, Aquatic Coordinator
860.399.9622 x110 or ncherubino@vsymca.org

GROUP SWIM LESSON FEES
7 Week Session, 1 Class Per Week
Member: \$70 Non-Member: \$119

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 \$140 Non-Member \$205**
Semi-private: **Member \$190 Non-Member \$305**
*Please call 860.399.9622 x 110 to schedule

ADULT SWIM LESSONS

Monday: 7:00 - 7:30pm
Wednesday: 9:45 - 10:15am

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. Swimmers interested in joining the MARLINS in the Spring should contact our head coach, Teddy Weeks at vsymarlins@gmail.com

YMCA BIRTHDAY PARTIES

Our Y is now the best place to have your child's birthday. With our exciting new themes and staff to lead the action, we take the stress out of the party.

BATTLE ROYALE: Enter our Nerf Gun Battle Dome for a party that's a blast! Includes practice in our Nerf shooting range followed by 45 mins of battle and an hour in our party room. You bring the Nerf guns, we supply the ammo and safety glasses.

ALL STAR SPORTS: You can choose basketball, dodgeball, kickball or more. One hour of sports and one hour in the party room.

POOL: Splish and splash in half of the pool. One hour of swimming and one hour in the party room.

THE ULTIMATE PARTY: Yes, you can do it all!...one hour in the heated swimming pool, an hour of themed activity and an hour in the party room.

Saturday and Sunday parties available.

Please Call Lisa for times and availability.
860.399.9622 x303

Pool Or Theme Party: **Member \$250 Non-Mem.: \$300**
Ultimate Party: **Member \$300 Non-Mem.: \$350**
Other custom parties available upon request.
Call Lisa at 860.399.9622 x 303 to book your party!

GYMNASTICS

Parent & Tot (Ages 2-3)
Saturday: 10:30-11:10am
Member: \$49 Non-Member: \$77

Preschool Gymnastics
Saturday (Ages 3-4): 9:00-9:40am
Saturday (Ages 4-5): 9:45-10:25am
Member: \$63 Non-Member: \$107

School Age Gymnastics
Gymnastics (Level 1+) (Ages 6 - 10)
Saturday: 11:15-11:55am
Member: \$63 Non-Member: \$107



**En Garde!
or
Lifeguard**



**AMERICAN
RED CROSS
CERTIFICATIONS**

Lifeguard Training \$325
Full Red Cross Lifeguard Certification Course (8 classes)
Oct. 24, 26, 31 Nov. 2, 7, 9, 14, 16
5:30 - 9:30pm

Lifeguard Recertification Course \$175
A Re-Certification Course for current American Red Cross Certified Lifeguards
Nov. 7 & 9; 5:30 - 9:30pm

Adult CPR/AED and First Aid \$80
Sept. 27; 5:30 - 9:30pm
Nov. 15; 5:30 - 9:30pm
Dec. 13; 5:30 - 9:30pm

CPR for the Professional Rescuer \$120
Nov. 7 & 9; 5:30 - 9:30pm

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

FENCING

The Valley Shore YMCA Marlins Fencing Club is CT's newest and most exciting recreational fencing organization. Led by experienced and respected coaches, the VSY Marlins Fencing Club provides high quality and instruction to all levels and ages. Come and join and the fun!

Youth Beginner (ages 9-12)

Wednesday: 6:00 - 6:45pm
Member: \$150 Non-Member: \$250

Youth Intermediate (ages 11-15)

Must have 1-2 years experience, exceptions will be granted by the head coach.
Wednesday: 6:00 - 7:00pm
Member: \$200 Non-Member: \$300

High School Preseason Training Camp

Designed for High School fencers who are trying to get ready for the upcoming high school fencing season.
Wednesday: 7:15-8:15pm
Member: \$200 Non-Member: \$300

Adult Beginner/ Intermediate

An opportunity for adults that have always wanted to learn fencing, or those that have been away from the sport for a while.
Wednesday: 7:15-8:15pm
Member: \$200 Non-Member: \$300

One Class Trial

Youth - Wednesday: 6:00 - 6:45pm
Adult - Wednesday: 7:15-8:15pm
Member: \$25 Non-Member: \$35

Mommy & Me Exercise Class

This class is designed to provide an environment for moms to interact with their infants while they work off baby weight and strengthen pelvic muscles. It incorporates exercises designed for post-partum women that address some of the issues they face with their bodies due to the effect of child bearing.
New moms and their NON Crawling Infants.
Thursday 11:00 - 12:00pm
Member: FREE Non Members: \$12/class

**Did you know
the Y also...**

- Provides FREE swim instruction to all 1st graders at Daisy Ingraham School in Westbrook
- Runs Delay the Disease, a FREE program for adults with Parkinson's
- Grows fresh vegetables and donates them to the Food Pantry
- Collects school supplies for Operation Backpack
- Has a feed team at the local soup kitchen site

SCHOOL AGE PROGRAMS '17 - '18

School's Out Full Day Care Program

FALL VACATION CLUB
October 9th - Columbus Day
November 7th - Election Day
Program hours: 7:00am - 6:00pm
Open to children grades K - 6
School age participants: \$50 per day
Non-Participant: \$75 per day

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.
Offered at these sites:

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,G,H
Days: Monday - Friday
Time: dismissal - 6:00pm
Monthly Tuition: **Locations: A,B,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 \$112; 1 day \$56

There is a \$25 registration fee! 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.

KIDS NIGHT OUT

Fridays 7:00 - 9:00 pm

KIDS NIGHT OUT (Ages 8 - 12)

Begins Friday, September 22
****No KNO Nov. 25, Dec. 23, or Dec.30**

Kids need a safe, supervised and fun place to hang out and Friday nights at the Y is the perfect spot for them. Kids enjoy games in the gym, time in the pool, music, and time to just chill with their friends. Pizza, snacks and drinks are available for purchase. Friday Nights 7:00 - 9:00pm
Member: \$5 Non-Member: \$10

All children must have a completed information form on file and must be signed in each week.

