



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

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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. And Open Fencing Available for experienced Fencers.



**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.



### 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 3rd- CLOSED  
Thanksgiving Day- November 22nd- Open 6:00 - 11:00am  
Christmas Eve- December 24th - Open 5:00am - 3:00pm  
Christmas Day - December 25th - CLOSED



Fall 2018



Valley Shore YMCA  
Fall Youth & Family Program Guide

REGISTRATION OPENS: August 15th

Fall 1 Session: September 8 – October 26  
Fall 2 Session: October 29 – December 16

# SAFE SWIMMERS START HERE

## GROUP SWIM LESSON FEES

7 Week Session, 1 Class Per Week  
**Member: \$70 Non-Member: \$119**

### PARENT & CHILD LESSONS ages 6-36 months

Thursday: 10:15-10:45am (Level A&B)  
 Friday: 9:45-10:15am (Level A&B)  
 Saturday: 9:00-9:30am (Level A & B)  
 Saturday: 9:40-10:10am (Level A & B)

### PRESCHOOL LESSONS ages 3-5

#### Beginner—Levels 1 & 2

Monday: 3:35-4:05pm  
 Wednesday: 3:30-4:00pm  
 Thursday: 9:45-10:15am; 3:40-4:10pm; 5:00 - 5:30pm  
 Friday: 10:30-11:00am; 3:40-4:10pm; 5:00-5:30pm  
 Saturday: 9:00-9:30am; 10:30-11:00am

#### Intermediate—Levels 3 & 4

Monday: 3:35-4:05pm  
 Friday: 5:00-5:30pm  
 Saturday: 10:30-11:00am

### SWIM LESSON DESCRIPTIONS

**Parent & Child (6-36 months):** Accompanied by a parent, infants (Level A) and toddlers (Level B) learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences while parents learn about water safety and drowning prevention

**Preschool (3-5yr):** Beginner swimmers (Levels 1, 2) will increase comfort with underwater exploration, learn basic self-rescue skills, and forward momentum. Advanced swimmers (Level 3, 4) will learn additional self-rescue skills, stamina, and basic stroke technique

**Beginner & Intermediate Youth (6-12yr):** Beginner swimmers (Levels 1, 2) will increase comfort with underwater exploration, learn basic self-rescue skills, and forward momentum. Intermediate swimmers (Levels 3, 4) will learn additional self-rescue skills, stamina, and basic stroke technique

**Advanced Youth (6- 12yr):** Advanced level swimmers (Levels 5, 6) having mastered the fundamentals, students learn additional water safety skills, and build and refine stroke technique.

**Adults:** It's never too late to learn the lifesaving skill of swimming. Designed for swimmers of all levels to increase their confidence, skills, and endurance.

Need more info? Our Aquatics Team is here to help.  
 860.399.9622 x110 or swim@vsymca.org

## 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](mailto:vsymarlins@gmail.com)

### PRE-TEAM GROUPS

Pre-Team groups are perfect for children who may want to join a swim team but need to learn all four strokes. Or the swimmer that wants to swim without the pressure of competing.

#### MINI-MARLINS ages 5-10

Pre swim team for younger children.  
 T & TH: 4:15-5:00pm  
**Members: \$125 Non-Member: \$185**

#### MARLINS PRE-TEAM ages 11-18

Pre swim team for older children.  
 M & W: 4:15-5:00pm  
**Members: \$125 Non-Member: \$185**

### 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 Katie 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 Katie at 860.399.9622 x 303 to book your party!

## VALLEY SHORE FENCING

Sept. 12- Oct. 31

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. There will be time allotted at the end of each class for bouting.

Wednesday: 7:15-8:15pm  
**Member: \$200 Non-Member: \$300**

#### Open Fencing

Wednesday: 6:00 - 8:30pm  
 Come and enjoy the opportunity to free fence for the evening. Bring some friends with you and make an evening of it. Scoring machines will be set-up, please bring your own equipment.

**Member: \$10 per night (pay at front desk)**

#### Private Lessons

Private lessons in all three weapons are available. You will be assigned to a coach based on skill and coach availability. Slots fill up fast so do not delay. Please contact head coach Jim Barnett at [fencing@vsymca.org](mailto:fencing@vsymca.org)  
**Five pack of 30 minute lessons: \$175**

#### One Class Trial

Youth - Wednesday: 6:00 - 6:45pm  
 Adult - Wednesday: 7:15-8:15pm  
**Member: \$25 Non-Member: \$3**



### 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

### AMERICAN RED CROSS CERTIFICATIONS



**Lifeguard Recertification Course \$175**  
 A Re-Certification Course for current American Red Cross Certified Lifeguards  
 Dates TBA Call 860.399.9622

**Adult CPR/AED and First Aid \$80**  
 Sept. 26th 5:00 - 9:00pm  
 Nov. 7th 5:00 - 9:00pm  
 Dec. 12th 5:00 - 9:00pm

**CPR for the Professional Rescuer \$120**  
 Nov. 6th & 7th 5:00 - 9:00pm

#### WORK SITE CPR CLASSES

Does your company or staff need CPR / 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

## 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 '18 - '19

### School's Out Full Day Care Program

#### Fall Vacation Club

October 8th - Columbus 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

For Children Ages 8 - 11  
 Begins on Friday September, 21  
 No KNO on Nov. 23 & Dec. 28



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.