WINTER WELLNESS

VALLEY SHORE YMCA
2020 WINTER PROGRAM GUIDE

January 4, 2020 to February 21, 2020
WELCOME

HOURS

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:
April 12, 2020: CLOSED
May 25, 2020: CLOSED
July 4, 2020: CLOSED

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Monthly Membership Rates</th>
<th>New Member Join Fee</th>
<th>Monthly Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (0-12)*</td>
<td>$15</td>
<td>$21</td>
</tr>
<tr>
<td>Teen (13-18)</td>
<td>$20</td>
<td>$22</td>
</tr>
<tr>
<td>Young Adult (19-24)</td>
<td>$20</td>
<td>$32</td>
</tr>
<tr>
<td>Adult (24-64)</td>
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<td>$58</td>
</tr>
<tr>
<td>Senior Adult (65+)</td>
<td>$35</td>
<td>$46</td>
</tr>
<tr>
<td>Family</td>
<td>$70</td>
<td>$89</td>
</tr>
</tbody>
</table>

*ALL MEMBERS & VISITORS UNDER 13 YEARS OR NOT YET IN 8TH GRADE MUST BE ACCOMPANIED BY AN ADULT MEMBER.
NEW FORMAT FOR 2020!

Partner up with a trusted friend or loved one and get ready to join this fun weight loss competition! Teams of team will compete in a 12 week program that will motivate you to lose weight, tone up and create healthy lifestyle habits. Each week, participants will be held accountable through weekly weigh ins, challenges, group meetings and special events.

DATES:
The Fun kicks off on Sunday January 12 and continues through to Saturday April 4, 2020

PRIZES:
The partners with the greatest amount of points will become the Shoreline Partner Slimdown Challenge Champions! Each partner will each win a $50 Amazon Gift Card.

Earn Points:
Teams of two will earn 10 point for every % of body weight lost. In addition, teams earn points through completing cardio and strength workouts and participating in weekly challenges!

Cost $200  Valley Shore Y Members: $100

Contact Ellen at enichele@vsymca.org with any questions.
HEALTH AND WELLNESS

WELLNESS FOR ALL

The Y is focused on healthy living, and one big component of that is wellness. There are lots of reasons why people choose to be active and exercise, and the Y is ready to help you reach your goal, whatever it may be!

PERSONAL TRAINING

Receive the personal attention, motivation and expertise you need to achieve your health and fitness goals with YMCA Personal Training. After assessment of your current level of fitness and health history, a YMCA personal trainer will help you to set realistic health and fitness goals. Once your goals are set, a plan can be implemented and the trainer will provide the motivation, support and knowledge to help you achieve those goals.

Personal trainers will design a program to best match your fitness goals, hold you accountable, and keep you motivated to reach your fitness goals! Whether you prefer land-based exercise or water workouts, our trainers can personalize a plan based on your lifestyle.

Contact Ellen Nichele for more information, 860.399.9622 ext. 121 or enichele@vsymca.org.

GROUP EXERCISE CLASSES

Experience the incredible energy that only group classes can give you! Group exercise is one of many ways the Y supports members in achieving their health and wellness goals. Group Exercise Programs improve health, encourage social interaction and with motivating music, are one of the most enjoyable ways to move and feel great. Highly trained staff members lead the programs and often tailor them to the specific needs of the community. With over 80 Classes to choose from each week, we cater to all fitness levels. All classes are included in your YMCA membership! Visit our website at vsymca.org to see a complete lineup of classes.

CHRONIC DISEASE PREVENTION CLASSES

The Valley Shore Y is committed to reduce the impact of chronic disease in our community. Through collaboration with other community organizations, the Y is able to deliver innovative health and wellness services to prevent symptoms and combat chronic disease. Classes include:

Move For Better Balance, Hope is Power and Delay the Disease.

Contact Ellen Nichele, 860.399.9622 ext. 121 or enichele@vsymca.org for more information.

PICKLEBALL

Pickle Ball is a fun sport that contains elements of badminton, tennis and ping pong. All skill levels are welcome! No experience necessary! No equipment required, paddles and balls provided. A fun and active way to socialize!

Tuesdays and Thursdays 2 to 4 PM
Fridays 7 - 8:30 AM
NEW RENOVATION

We are very excited about our NEW Amazing Kids’ Room! We have added some great features to the room and our program, including a new indoor play structure for children 4 yrs old & up, enriching STEM activities and a more welcoming space! Children can enjoy our fun, interactive play area while their adult guardian uses the gymnasium, fitness area or pools.

PARTICIPATION RULES

Thank you for respecting and following our updated rules:

- Child Watch is available FREE to all Valley Shore YMCA Adult, Youth & Family members who are participating onsite.
- Guests and visiting YMCA members pay $3 per child per visit ($7 Family Max).
- Child Watch cares for children age 6-weeks to 9 years.
- There is a two-hour limit per day.
- There is a 20 child limit to the room.
WELLNESS ORIENTATION

We want our members to get the most out of their experiences at the Y. In order to help you achieve your fitness goals, we like to learn more about you and exactly what it is you’re hoping to achieve at the Y. We offer a FREE orientation session that will help us get acquainted with you, and to help you get familiar with the many wellness solutions we offer. Let us help you take the first step towards better health and fitness!

KIDS’ NIGHT OUT!

For Children Ages 8 - 11

Begins on Friday September, 20

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

Fee: $10    VSY Member Fee: $5

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

AMERICAN RED CROSS CERTIFICATIONS

Adult CPR/AED and First Aid

American Red Cross Adult CPR, AED and First Aid Training. Meets the needs of non-EMS Personnel, workplace responders, school staff as well as the general public. Learn the basics of becoming the first link in the Chain of Survival, and understand your role as a potential preserver of life. Course completion provides a 2 year certification. Courses offered monthly.

Pre-Registration and payment before class is required.

Course Fee: $90

Courses all start at 5:00 PM

Dates: Jan. 14, April 7, July 21, Oct. 13

*Child CPR & First Aid can be done upon request.

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:

Caitlin Koshoffer

860.399.9622 x110

Every day, the Y strengthens communities for kids, adults, seniors and families.

When you donate to the Y, you help us provide kids and families on the shoreline with the programs and services they need to thrive.
**YOUTH SWIM LESSONS**

The YMCA Swim Lesson program uses a skill-based approach designed to meet the needs of our participants. The swim lesson curriculum allows for both standardization and flexibility. Member discounts apply to Valley Shore Y members only. 10 Minute Free Swim Evaluation if anyone is unsure of what level to put their child into!

**PARENT & CHILD: SWIM STARTERS**

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and comfortable building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**Winter Session**

**Beginning Saturday, January 4**

**7 Weeks - One Day Per Week**

- **Mondays:** 5:00 - 5:30 pm
- **Fridays:** 9:30 - 10:00 am, 5:00 - 5:30 pm
- **Saturdays:** 9:00 - 9:30 am, 9:45 - 10:15 am

**Cost:** $140  
**VSY Member Cost:** $84
SWIM BASICS – PRE-K & BEGINNER YOUTH

Level 1 – Water Acclimation
Level 2 – Water Movement
Swimmers will become comfortable getting their face wet, submerging under the water, floating on their back & front for a minimum of 10 seconds, jumping into the water & returning to the wall without assistance. Swimmers will also learn to swim independently in correct body position and technique.

SWIM STROKES – INTERMEDIATE YOUTH LEVELS

Level 3 – Water Stamina
Level 4 – Stroke Introduction
Students swim independently without use of a flotation. Swimmers will learn to swim freestyle (front crawl) and breaststroke, while also learning to take a breath on their own, through side breathing and breaststroke breathing. Swimmers should be comfortable swimming at least 10 yards with their face in the water & comfortable swimming 15 yards without assistance, taking a breath on their own & continuing to progress forward.

YOUTH SWIM STROKE CLINICS
Stoke Clinics will focus on stroke technique, using the skills swimmers have learned in previous swim lessons; breathing, adding side breathing to their freestyle and lifting to breathe to their breaststroke; stamina and building endurance; and breaking strokes down to really perfect their strokes. This class aims to be similar to our class previously called Advanced Youth 5&6.

PRE-K LEVELS

Fee: $140  VSY Member Fee: $84
Beginning Saturday, January 4, 2020
7 Weeks - One Day Per Week

Pre-K 1 & 2
Mon.:  3:30 - 4:00 pm  5:00 - 5:30 pm
Tues.: 4:15 - 4:45 pm
Wed.:  5:00 - 5:30 pm
Thur.: 9:45 - 10:15 am  3:30 - 4:00 pm
Fri.:  9:45 - 10:15 am  3:30 - 4:00 pm  5:00 - 5:30 pm
Sat.:  9:00 - 9:30 am  9:45 - 10:15 am  10:30 - 11:00 am

Pre-K 3 & 4
Mon.:  3:30 - 4:00 pm
Tues.: 5:00 - 5:30 pm
Wed.:  3:30 - 4:00 pm
Thur.: 10:30 - 11:00 am  4:15 - 4:45 pm
Sat.:  9:00 - 9:30 am  10:30 - 11:00 am

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

At the Y, you can gain the skills and confidence you need in the water through private or semi-private swim lessons based on your individual comfort level and ability.

PRIVATE LESSON COST:
Guest: $205  VSY Member Cost: $160

SEMI-PRIVATE TOTAL GROUP COST:
Guest: $305  VSY Member Cost: $220
SWIM TEAMS

MINI-MARLINS (AGES 5-10)
This is a noncompetitive team designed for children who still need to learn how to swim all four strokes. Swimmers will learn how to swim butterfly, backstroke, breaststroke, freestyle, and how to perform flip turns and starts.

January 4 - February 20, 2020
Fee: $98 VSY Member Fee: $98
Tuesdays: 4:30 - 5:15 pm
Thursdays: 4:30 - 5:15 pm
Saturdays: 11:15 - 12:00 pm

MARLINS SWIM TEAM (AGES 6-18)
The VSY Marlins are one of the top USA Swimming competitive age group programs in the region, with a high percentage of our swimmers going on to higher levels of competition. The swim team is composed of boys and girls ranging in age from 6 to 18. Membership in this group is a both a challenging and rewarding experience.

Practice Schedule (Pool):
Marlins: Mondays - Fridays 4:30pm - 5:15pm
Age Group: Mondays - Fridays 5:30pm – 7:00pm
Seniors: Mondays – Fridays 5:15pm - 7:15pm

Dry Land Schedule:
Marlins: Mondays & Wednesdays 5:15pm - 5:45pm
Age Group: Mondays & Wednesdays 5:00pm – 5:30pm
Seniors: Mondays & Wednesdays 4:30pm - 5:15pm

Please email Head Coach Teddy at vsymarlins@gmail.com with any questions.
WHERE KIDS EXCEL AFTER THE BELL

The Y makes the most of your child’s after school time by offering active learning opportunities designed to engage and expand young minds. Housed in large, open spaces inside local schools, YMCA After School Care gives your child the opportunity to get to know their schoolmates better as they engage in active play and collaborate on fun projects. In the process, they’ll continue to develop the physical, educational, emotional, and social skills which are proven keys for success.

As a leader in youth development, the Valley Shore YMCA serves over 200+ children ages 5-12 on a daily basis providing safe, quality, affordable after school care in seven schools along the shoreline. Enrollment is open to any child ages 5-12 years old who is a student of the school/district in which the site is located.

PROGRAM SITES

DAISY INGRAHAM - BEFORE & AFTER SCHOOL CARE
KATHLEEN GOODWIN - BEFORE & AFTER SCHOOL CARE
OLD SAYBROOK MIDDLE - AFTER SCHOOL CARE
LEWIN G JOEL, JR. - BEFORE & AFTER SCHOOL CARE
CHESTER ELEMENTARY - AFTER SCHOOL CARE
DEEP RIVER ELEM. - AFTER SCHOOL CARE
ESSEX ELEMENTARY - BEFORE & AFTER SCHOOL CARE

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 advanced notice. Monthly tuition must be set up on auto-draft payment plan. Please call 860-399-9622 ext. 118 with questions.

BEFORE SCHOOL CARE

Days: Monday - Friday
Times: 7:00 am

Monthly Tuition

5 days: $178.00
4 days: $143.00
3 days: $107.00
2 days: $71.00
1 day: $36.00

DROP IN RATES

After Care: $20/Day
Early Dismissal: $30/Day

SCHOOL VACATION CAMP

NO SCHOOL - NO WORRIES!

Our Vacation Days are for students in grades K-5 and take place on most scheduled school holidays. Drop-off is between 7:00 and 9:00 and pick-up is between 4:00 and 6:00. Each day your child will enjoy swimming, gym time, a craft or project and other fun activities.

Your child should bring a bathing suit and towel and a nut-free lunch. Kids should wear comfortable clothes as well as sneakers with socks.
MEMBERSHIP & BENEFITS

JOIN THE Y AND ENHANCE YOUR LIFE.
- A welcoming and family friendly environment
- Over 80 FREE adult group exercise classes per week
- A 25 yard, heated, indoor pool
- Full size basketball court
- Racquetball Court
- Dry Saunas
- FREE Child Watch (babysitting)
- FREE Wellness Orientation with a Personal Trainer

CONTACT INFORMATION

Valley Shore YMCA
www.vsymca.org
860.399.9622

AREAS OF FOCUS

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That’s because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

CHILD PROTECTION SCREENING

The safety of the children who use our facility has always been a top priority. The Valley Shore YMCA uses the BIB System to screen all members and the Raptor System to screen all visitors to identify and prevent unwanted visitors from entering our YMCA. If a potential threat is identified, these systems will send an instant alert to designated management staff. If necessary, law enforcement will be notified. We appreciate your continued support in protecting all children who use our Y.