



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT'S NEXT

CELEBRATION & AWARDS



DONATE
ONLINE TO
OUR ANNUAL
GIFT CAMPAIGN



SCAN HERE OR
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WEBSITE

VALLEY SHORE YMCA
201 SPENCER PLAINS RD
PO BOX 694
WESTBROOK, CT 06498

www.vsymca.org
(860) 399-9622

THANK YOU

from our CEO and CVO

Dear Friend of the Y,

The mission of the Valley Shore YMCA has always been to strengthen our community, and in these past few years, that mission has never been more evident. The resilience, creativity, and unwavering dedication of our members, donors, and staff have propelled us forward, allowing us to reimagine what the Y can be for the shoreline community.

Since our last Annual Meeting, we have not only persevered through challenges but emerged stronger than ever. We opened the Brady Wellness Center in 2022—an inviting, state-of-the-art space designed to foster health, connection, and belonging for all. At the end of 2024, we proudly unveiled our Family-Friendly Locker Room, ensuring that every family has a welcoming and accessible space to enjoy the Y together.

Our Y services and programs continue to touch lives in meaningful ways:

- A record breaking facility usage of over **226,000 visits**.
- **Hope is Power** supports cancer survivors on their journey to recovery.
- **Delay the Disease** empowers individuals with Parkinson's to regain strength and confidence.
- **Swim programs** provide over 1,100 children and adults with life-saving water skills.
- **Camp Shore** has welcomed more than 1,300 campers, helping them build friendships, resilience, and a love for the outdoors.
- Our **Community Garden** has donated over 22,000 pounds of fresh produce to the Shoreline Soup Kitchen and Pantries, ensuring local families have access to healthy food.

None of this would be possible without the generosity of our donors, the dedication of our volunteers, the vision of our board, and the hard work of our staff. We are deeply grateful for your continued belief in our mission.

As we look ahead, we are filled with excitement for the future. The opening of our Family-Friendly Locker Room is not just the completion of a project—it's the foundation for what's to come. With your support, we will continue to expand, innovate, and ensure that the Y remains a place where everyone belongs.

Thank you for being part of this incredible journey. Here's to the next 100 years of strengthening our shoreline community!

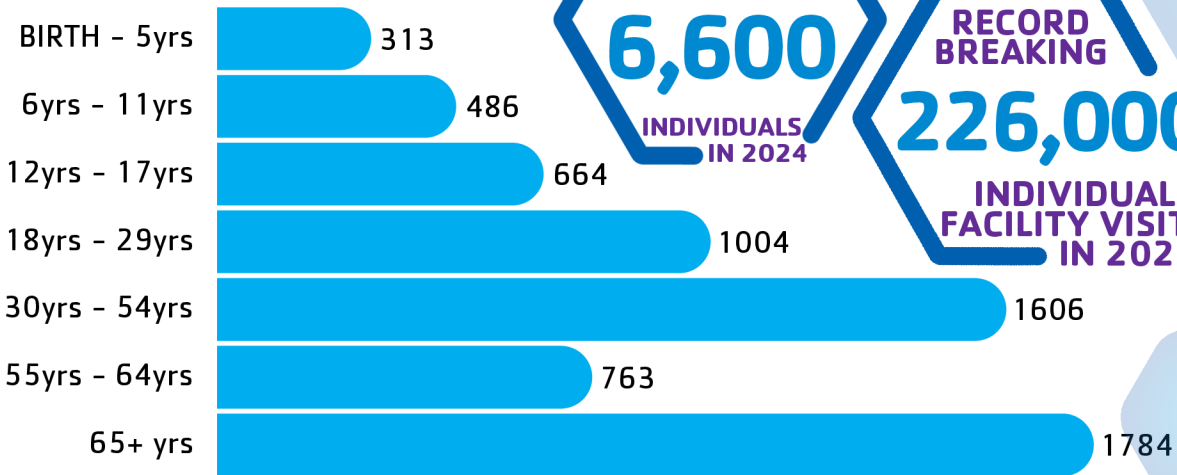
With gratitude,

Tony Sharillo
CEO, Valley Shore YMCA

Bob Merrick
CVO, Valley Shore YMCA

MEMBERSHIP INFORMATION

VALLEY SHORE MEMBERSHIP AGE-GROUP BREAKDOWN



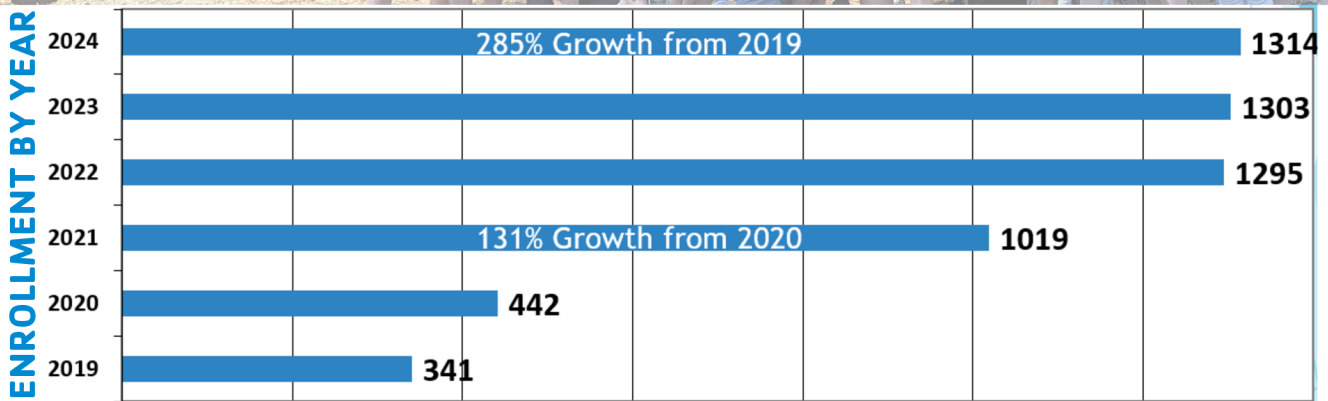
VALLEY SHORE MEMBERSHIP USED BY OVER
6,600
INDIVIDUALS IN 2024

RECORD BREAKING
226,000
INDIVIDUAL FACILITY VISITS IN 2024

MEMBERSHIP REVENUE GROWTH SUMMARY



2024 SUMMARY



NEW! Low Ropes Course

Addition of a whale watch, peanut butter pit, wild wozy, tire traverse, mohawk walk, and swinging log to adventure elements.

NEW! Shade Structure

Addition to provide relief from the sun at the outdoor GAGA pit.

NEW! Outdoor Classroom Space

Nestled along the orange trail, this new area offers a setting for summer SAIL math, literacy, ESL, and STEM lessons.

NEW! Additional Outdoor Changing Stalls

Situated at the pavilion, these 8 changing stalls will enhance convenience for campers preparing for swim, easing transition times and reducing indoor bathroom traffic.

NEW! Trail Marking Signs

Expanded trails now flow better and are marked with color-coded signs to guide adventurers. This not only enriches the camper experience but also improves Emergency Response for the YMCA.



SPLASH WEEK
ANNUALLY PROVIDING OVER
110
FREE SWIM LESSONS

RACE4CHASE
TEACHING OVER
27
CHILDREN
TO DEVELOP A FOUNDATION OF ATHLETICISM

KID'S NIGHT OUT
ENGAGING WITH
1,100
CHILDREN

200
YOUNG MINDS

ENGAGED AND EXPANDED
THROUGH BEFORE AND AFTER SCHOOL CARE

CAMP SHORE SAIL
PARTNERED WITH CLINTON SCHOOLS FOR
240
SESSIONS

FOR YOUTH DEVELOPMENT

FARM 2 TABLE SUMMER CAMP
12
CAMPERS TO LEARN THE IMPORTANCE OF GARDENING

AQUACISE
FOR OVER
50
MEMBERS

ACCESS TO 100%
JOINT FRIENDLY
WORKOUTS

DELAY THE DISEASE
ENABLING OVER

33

MEMBERS
ACCESS TO THE #1
PARKINSON'S
EXERCISE
PROGRAM

HOPE IS POWER
PROVIDING

33

MEMBERS
A QUARTERLY
12-WEEK
PROGRAM FOR
CANCER
SURVIVORS

Y-BE-FIT
SUPPORTING OVER

40
STUDENTS

IN PARTNERSHIP
WITH VISTA LIFE
INNOVATIONS

MOVE FOR BETTER
BALANCE WITH OVER

20
MEMBERS

LEARNING SKILLS FOR
FALL PREVENTION
AND ENHANCE
OVERALL PHYSICAL
HEALTH

FOR HEALTHY LIVING

VALLEY SHORE YMCA HEALTHY LIVING AND WELLNESS



PERSONAL TRAINING
FOR OVER
165
MEMBERS
HELPING DEVELOP
TEENS AND ADULTS
IN THEIR FITNESS
JOURNEY

GROUPEX
CLASSES WITH OVER
2,900
REGISTRATIONS
PER MONTH
HELPING MEMBERS
DEVELOP A
STRONGER SPIRIT,
MIND, & BODY



Delay the Disease

Delay the Disease™ is an evidence-based fitness program designed to empower individuals with Parkinson's Disease (PD) and other neurological disorders. Through structured exercise routines focused on strength training and targeted movement, participants can address disease-specific physical challenges. This program has been shown to improve mobility, reduce rigidity, minimize fatigue, and decrease the risk of falls—helping individuals maintain independence and confidence in their daily lives.

Hope Is Power

Each year, the Valley Shore YMCA serves 36 cancer survivors in our Hope Is Power program, a 12-week exercise program designed to support adult cancer survivors of all ages and fitness levels. Under the guidance of specially trained health and wellness staff, participants engage in small-group exercise sessions at no cost. This program helps rebuild strength, improve endurance, and restore function lost due to cancer and its treatment. Additionally, it fosters emotional well-being and self-confidence by providing a supportive community for survivors.



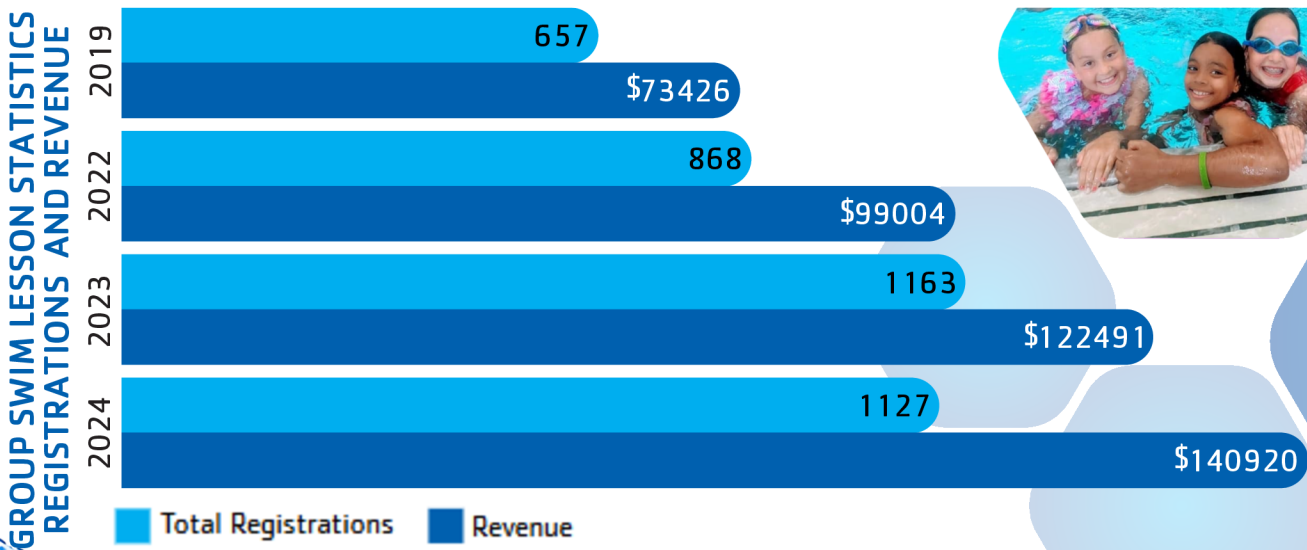
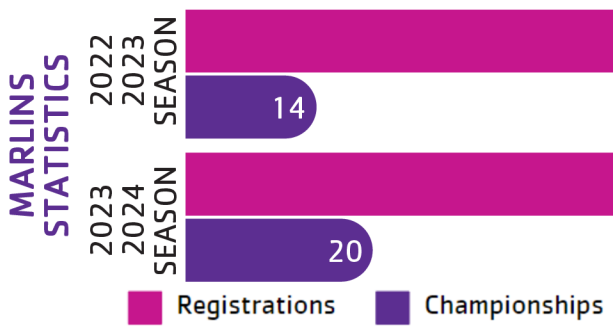
Tai Ji Quan: Move for Better Balance

Falls are a leading public health concern for adults over 65 and individuals with chronic conditions such as heart disease. Tai Ji Quan: Move for Better Balance is a research-based program designed to reduce fall risk and enhance overall physical well-being. Using Tai Chi principles and movements, the program helps participants improve balance, muscle strength, flexibility, and mobility—boosting confidence in everyday activities.

WATER SAFETY AND AQUATICS

GROUP SWIM LESSONS
 FOR OVER
1,100
 REGISTRATIONS
 HELPING DEVELOP
 KIDS AND ADULTS
 BECOME STRONG
 SWIMMERS

PRIVATE SWIM LESSONS
 FOR OVER
190
 REGISTRATIONS
 HELPING DEVELOP
 KIDS AND ADULTS
 BECOME STRONG
 SWIMMERS



MORE THAN A GYM



2025 HONOREES

Community Citizens of the Year

Judy Sullivan & Helen Bosch

Community Partners of the Year

GSB & Miranda Creative

Family Members of the Year

The Gelven Family
Marc, Erica, Rachel, & Sara

VSY Employee of the Year

Heidi Gargano

Sturges Redfield Award

Announced at Event

Distinguished Service Award

Announced at Event

FACILITY IMPROVEMENTS

REINVESTING IN THE YMCA

At the Valley Shore YMCA, we are committed to improving our facility to ensure a safe, welcoming, and high-quality space for our members and the community. Over the past few years, we began to reinvest in critical infrastructure projects to enhance our spaces, improve energy efficiency, and ensure the longevity of our facility.

2022 – Aeon Unit Replacement Project

In 2022, we replaced our aging Aeon HVAC unit which serves our Brady Wellness Center. This significantly improved climate control and energy efficiency within our facility removing the need of refrigerant to cool that large space which is quickly becoming obsolete due to environmental impact and regulatory changes.

2023 – Pool Painting & Maintenance Project

In 2023, we completed a comprehensive pool painting and maintenance project to ensure a clean, safe, and visually refreshed aquatic environment. This work not only improved the pool's appearance but also extended the life of the pool's surface, creating a more enjoyable experience for our swimmers and water-based programs.



2023 – Water Main Replacement Project

Reliable infrastructure is essential for our daily operations, and in 2023, we undertook a major water main replacement project. This investment improved water flow and pressure throughout the facility, ensuring a reliable, safe, and efficient water supply for our facility and members.



2024 – Exterior Doors Replacement Project

Improving safety and accessibility continue to be top priorities our YMCA. In 2024, we replaced multiple exterior doors throughout the facility to enhance security, improve energy efficiency, and provide a more welcoming entrance for all who walk through our doors.

2024 – Pool Pump Replacement Project

In 2024, we discovered significant damage to the impeller blade inside our circulator pump, requiring a full replacement of the pump and surrounding plumbing. Thanks to our recently established Repair and Replacement Fund, we were able to respond swiftly, completing the replacement within a week.



Through these facility improvements, we are reinforcing our commitment to serving the shoreline community with a high-quality, well-maintained, and safe YMCA. Thank you to our donors, members, and partners for making these essential projects possible!

CAPITAL PROJECTS

INVESTING IN OUR FUTURE



Brady Wellness Center & Lobby Renovation

In 2022, the Valley Shore YMCA celebrated the grand opening of the Brady Wellness Center, a state-of-the-art fitness space designed to foster a welcoming environment for people of all ages and fitness levels. This project also included a full renovation of the lobby, creating a more open and inviting entrance for members and guests. The campaign, which began in 2015, was driven by the generosity of the community, including lead donor Bob Brady, whose matching gift challenge helped make this vision a reality. Despite the challenges of the COVID-19 pandemic, the YMCA remained committed to completing this project, reinforcing our mission of promoting health and wellness for all.

Family-Friendly Locker Room

The Valley Shore YMCA proudly unveiled its Family-Friendly Locker Room in 2024, a modern facility designed to enhance accessibility, safety, and convenience for families and individuals. This space provides a private and inclusive environment for families—who make up one-third of the Y's membership—while also supporting key programs such as swim lessons, summer camps, and the Marlins Swim Team.

This milestone was the result of years of planning and community support, dating back to the YMCA's 2017 capital campaign. Thanks to the dedication of our donors, volunteers, and partners, this project strengthens our commitment to providing a welcoming experience for all members.



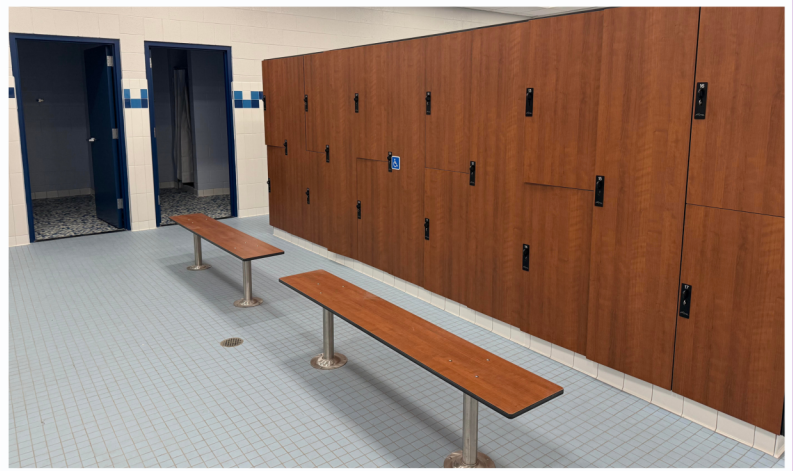
These capital improvements reflect the Valley Shore YMCA's ongoing mission to create a healthier, more connected community. Thank you to everyone who contributed to making these projects a success!

BECOME A PART OF WHAT'S NEXT

The Valley Shore YMCA is embarking on a transformative journey to reimagine the facility to continue to serve our community's changing needs. The What's Next campaign supports six exciting projects designed to improve accessibility, and community wellness for all ages and abilities.

Adult Locker Rooms

Our newly renovated adult locker rooms will prioritize privacy, safety, and accessibility, meeting the highest ADA standards. By providing modern, accessible spaces, we enhance the YMCA experience for our 10,167 local households, including the 22% with residents who have disabilities.



Sports Performance Center

Athletes of all ages and all abilities deserve a place to train, grow, and achieve. The Sports Performance Center will be a first-class facility supporting everyone from weekend warriors to Special Olympians, elevating wellness and athletic excellence in our community.



MORE ABOUT WHAT'S NEXT

Community Room

Imagine a hub where local organizations gather to host events, speaker series educate neighbors, and friendships are formed. Our flexible Community Room will foster a sense of togetherness and provide a space for shared growth and connection.

Childcare Center

Families with young children need reliable support, and our new Early Childcare Center answers the call. This space is tailored to meet the demands of working families while feeding into our beloved preschool and aftercare programs, ensuring a strong foundation for future generations.

Egan Cycle Center and Spin Studio

Cycling enthusiasts can rejoice! Whether you're looking for high-energy spin classes or a dedicated space for triathletes, our new Spin Studio and Cycle Center will deliver world-class experiences. With advanced equipment and programs, you'll find your rhythm and your community here.



NAVIGATOR ENDOWMENT SOCIETY

The Navigator Endowment Society ensures the continued impact of the Valley Shore YMCA for generations to come. Contributions directly sustain the programs and services that make the Y a vital resource for all ages and abilities.

FOR MORE INFORMATION:

CONTACT DAVE PUTNAM AT DPUTNAM@VSYMCA.ORG

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We worked carefully to ensure the completeness and accuracy of this list. We apologize for any mistakes, misspellings or omissions. Please contact Dave Putnam at dputnam@vsymca.org with any corrections.

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