



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WHAT'S NEXT

## CELEBRATION & AWARDS 2026



DONATE  
ONLINE TO  
OUR ANNUAL  
GIFT CAMPAIGN



SCAN HERE OR  
GO TO OUR  
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 is very much at work in our community strengthening the shoreline through wellness, belonging, and opportunity for all. The Y is more than a place for programs; for many, it's an essential part of their health, their family support system, and their connection to community.

2025 was a milestone year for the Valley Shore YMCA, and a powerful reminder of what's possible when a community comes together. We welcomed more members than ever before and achieved a record number of visits, with more than 20,000 additional visits compared to 2024. That growth isn't just a number; it represents thousands of moments of connection, progress, and support happening every day in our facility.

With that momentum, we reinvested directly back into the member experience by putting over \$125,000 into facility improvements to keep the Y safe, welcoming, and ready for the future. From repaving our front entrance and sidewalks, to installing a new HVAC unit serving our Child Watch area, to refinishing the gymnasium floor, among many additional upgrades, we focused on improvements that make a real difference for the people who walk through our doors.

We're also proud that 171 new donors stepped forward in 2025 to support the Y and the impact we create across the shoreline. Because of that generosity, we expanded access and deepened our community reach, such as, welcoming 141 children into FREE swim lessons during SPLASH Week, helping more kids gain confidence and life-saving water safety skills.

Supporting families remains at the heart of our work, and this year we were excited to open a new Before and After School site at Essex Elementary School, creating more options for working parents and more enriching spaces for kids to grow.

Beyond our walls, our impact continued to grow. Our Community Garden donated 2,600 pounds of fresh produce to support the Shoreline Soup Kitchen and Pantry in Westbrook, helping ensure local neighbors have access to fresh, healthy food. Our Cedar Lake Triathlon Series had a fantastic season, with races reaching full capacity and introducing a new Super Sprint option to help first-time athletes build confidence and join the sport in a supportive way.

None of this happens without you, our donors, members, volunteers, board leadership, and staff. Thank you for believing in the Y and helping us build a stronger community and a better "us."

As we gather for our What's Next Annual Celebration & Awards Meeting, we celebrate what we've accomplished together in 2025 and we look ahead with excitement for what's next. The Valley Shore YMCA is here for the shoreline community today, tomorrow, and for generations to come.

With gratitude,

**Tony Sharillo**  
CEO, Valley Shore YMCA

**Bob Merrick**  
CVO, Valley Shore YMCA

# MEMBERSHIP INFORMATION

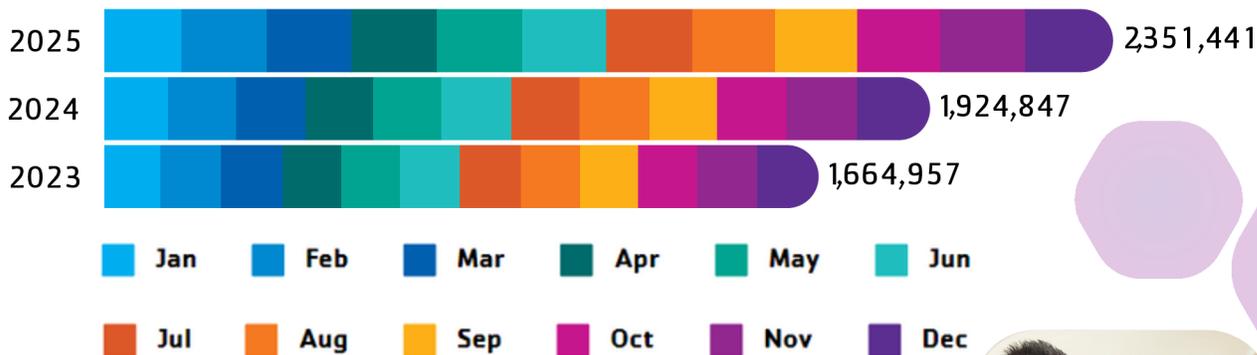
VALLEY SHORE MEMBERSHIP AGE-GROUP BREAKDOWN



VALLEY SHORE MEMBERSHIP USED BY OVER **6,900** INDIVIDUALS IN 2025

RECORD BREAKING **251,000** INDIVIDUAL FACILITY VISITS IN 2025

MEMBERSHIP REVENUE GROWTH SUMMARY



- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

## MEMBER SURVEY FEEDBACK

This YMCA has something for everyone! Not to mention the staff are fantastic! In addition, the price is reasonable especially when you compare to other fitness facilities. It's really been one of the better decisions I've made in recent years.

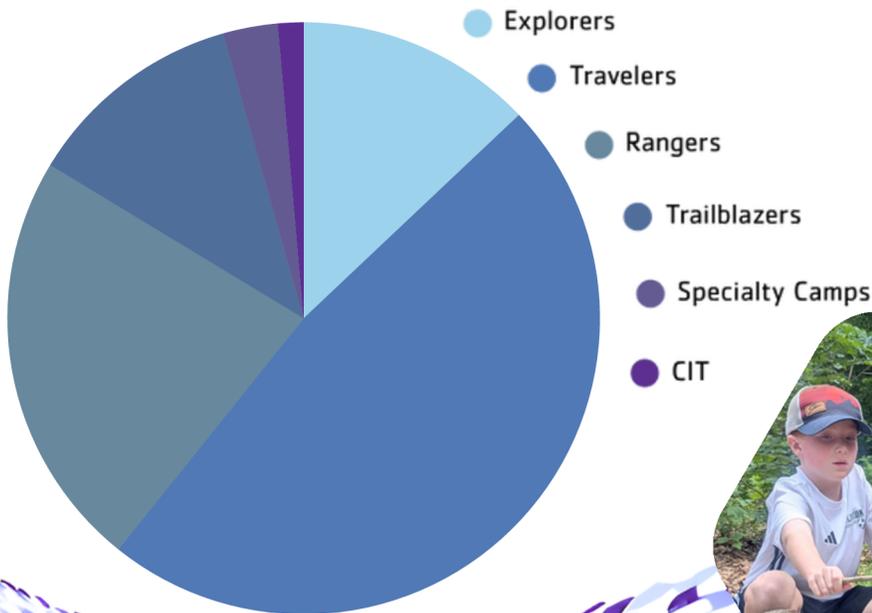


# 2025 SUMMARY



**2025** 1314 Registrations  
 295 Individual Children Served  
 10 Farm2Table Participants  
 14 Counselor in Training Sessions

**AGE GROUP BREAKDOWN 2025**



**SPLASH  
WEEK**  
ANNUALLY  
PROVIDING OVER  
**140**  
FREE SWIM  
LESSONS

**RACE4CHASE**  
TEACHING OVER  
**30**  
CHILDREN  
TO DEVELOP A  
FOUNDATION OF  
ATHLETICISM

**KID'S  
NIGHT OUT**  
ENGAGING  
WITH  
**1,300**  
CHILDREN

**FOR YOUTH  
DEVELOPMENT**

**353**  
YOUNG MINDS  
ENGAGED AND  
EXPANDED  
THROUGH  
BEFORE AND  
AFTER SCHOOL  
CARE

The Y does so much for the Shoreline Community regardless of ability to pay. Well worth supporting.

**MEMBER SURVEY FEEDBACK**

Just excellent in every dimension—facilities, programs, and staff. Special shout out to the swimming school—excellent partitioning of its use.

**FARM 2 TABLE  
SUMMER CAMP**  
**10**  
CAMPER  
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

### MEMBER SURVEY FEEDBACK

The YMCA is a joyful place. The instructors are well trained and love their jobs. They enjoy their classes, they are happy & very professional. As soon as you enter the YMCA you are greeted with a smile and Good Morning! I recommend the YMCA to everyone.

**MOVE FOR BETTER**  
**BALANCE WITH OVER**

**20**

**MEMBERS**  
LEARNING SKILLS FOR  
FALL PREVENTION  
AND ENHANCING  
OVERALL PHYSICAL  
HEALTH

**FOR HEALTHY LIVING**

# VALLEY SHORE YMCA HEALTHY LIVING AND WELLNESS



**PERSONAL TRAINING**  
FOR OVER  
**292**  
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.



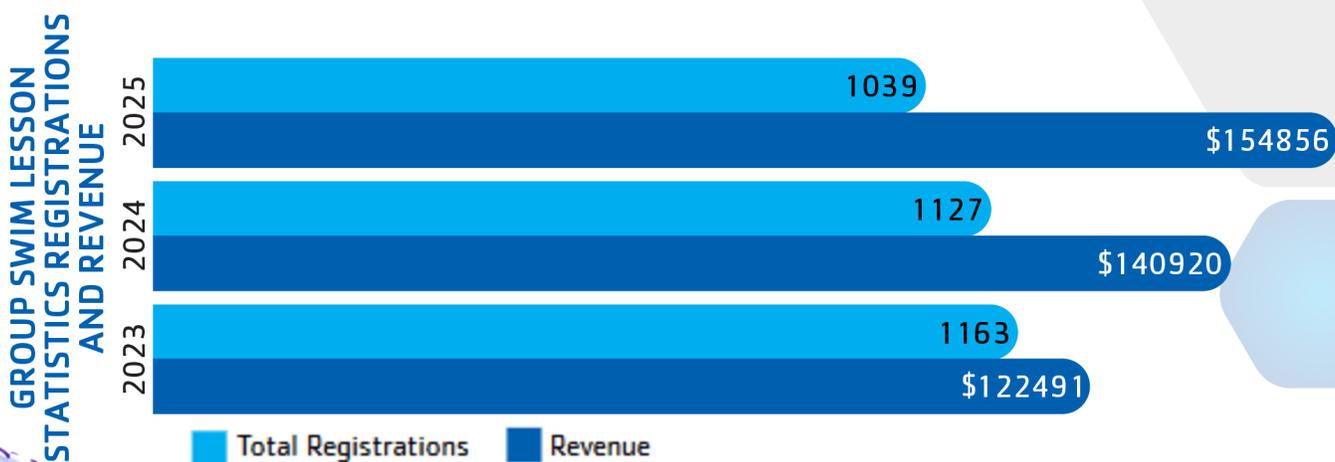
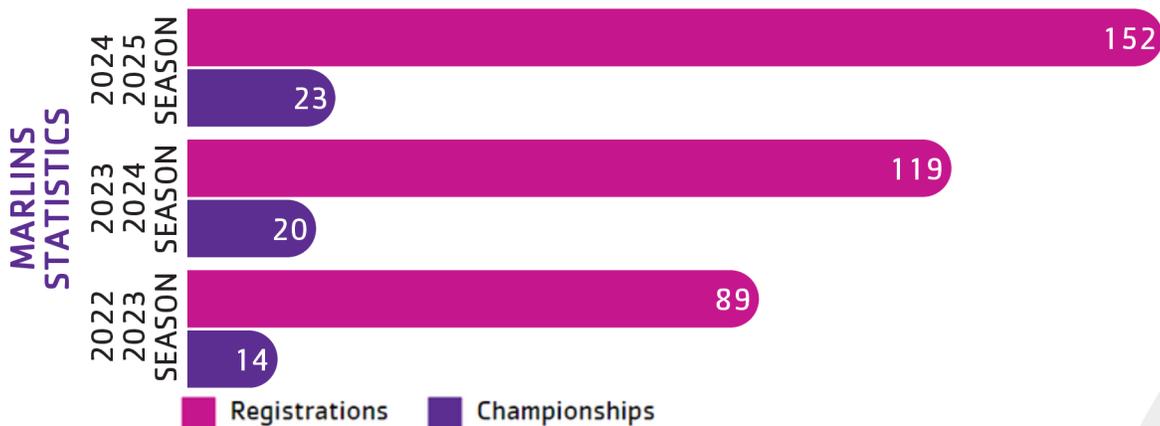
## Tai Ji Quan: Move for Better Balance

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  
**420**  
REGISTRATIONS  
HELPING DEVELOP  
KIDS AND ADULTS  
BECOME STRONG  
SWIMMERS



# INCLUSIVE PROGRAMMING

At the Valley Shore YMCA, everyone belongs, and we work intentionally to make sure people of all ages and all abilities feel welcomed, supported, and empowered. It's part of our mission and a reflection of the community we serve. Through strong school partnerships and dedicated community organizations, we create opportunities for individuals to build confidence, develop independence, and live healthier lives, both inside our facility and beyond it.

## HIGH SCHOOL TRANSITION PROGRAM PARTNERSHIPS

We work with four local high school transition programs, welcoming over 20 students as volunteers where they gain meaningful work experience and build life skills in a supportive environment. Students also have opportunities to stay active and connected through access to YMCA spaces like the Lee Pool and Brady Wellness Center.



Y-BE-FIT  
SUPPORTING OVER

40  
STUDENTS

IN PARTNERSHIP  
WITH VISTA LIFE  
INNOVATIONS

## Y BE FIT WITH VISTA LIFE INNOVATIONS

In partnership with Vista Life Innovations, our Y Be Fit Program helps nearly 30 participants learn how to use the YMCA independently, building confidence, comfort, and routines that support lifelong health and wellness.

HAVING OVER

21  
STUDENTS

REGISTER FOR OUR  
ADAPTIVE SWIM  
LESSONS

## ADAPTIVE SWIM LESSONS AND WATER SAFETY ACCESS

We're proud to provide Adaptive Swim Lessons for:

- Montville School System
- Lighthouse School
- Miracle League of Southeastern CT



## SPECIAL OLYMPICS PARTNERSHIPS

The Valley Shore YMCA is honored to support four Special Olympics teams, helping athletes train, connect, and thrive:

- Cycling
- Basketball
- Swim
- Soccer

## JOIN US AND MAKE A LASTING IMPACT

"Leon has always loved the water. However, it wasn't until joining swimming lessons that he's really blossomed, to enjoy his newfound independence in the water. At first he clung to us, but thanks to the time and patience of the wonderful staff, Leon has gained so much confidence in the water. We are looking forward to signing him up for lessons again in April! Also, I think starting a special Olympics swim team would be amazing!"



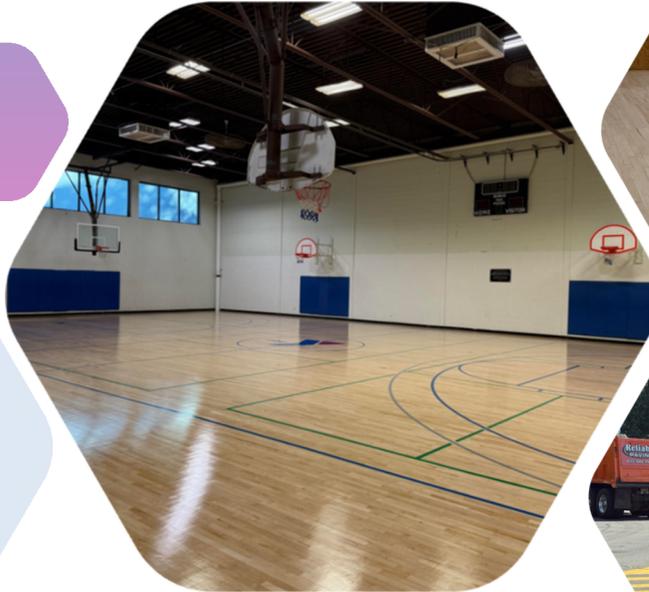
# CAPITAL PROJECTS & FACILITY IMPROVEMENTS

## INVESTING IN OUR FUTURE

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.

### PROJECTS COMPLETED IN 2025

- Asphalt Work
  - Front Entrance
  - Front Sidewalks
  - Gravel Lot Millings Added and Graded
- Hardwood Floors Re-finished
  - Gymnasium
  - Racquetball Court
  - Group Ex Studio
- Pool
  - Drained and Washed
  - Lights Replaced
  - Sand Filter Cleaned
  - Painted South Wall
- New Front Sidewalk Lights Service Installed
- Gymnasium Hallway
  - Painted
  - Floors Stripped and Waxed
- Men's Locker Room Shower Door Framed Restored
- Pavilion Cleaned and Power Washed
- Sports Performance Center (SPC)
  - Doors Installed Teen Room/SPC
  - New Squat Racks Delivered
- Two New PTACS Units Installed
  - Britney's Office
  - Conference Room
- Exterior and Interior Lock Replacement



### MEMBER SURVEY FEEDBACK

I have been a VSYMCA member for 10+ years and truly enjoy the facilities offered. The facility constantly looks to upgrade the equipment and class offerings. Keep it up!!

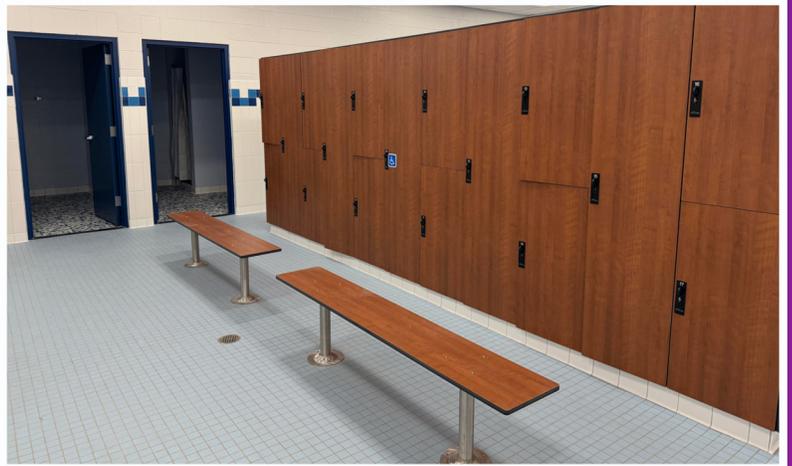
These capital improvements reflect the Valley Shore YMCA's ongoing mission to create a healthier, more connected community. Thank you to everyone who contributed to making these projects a success!

# 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.

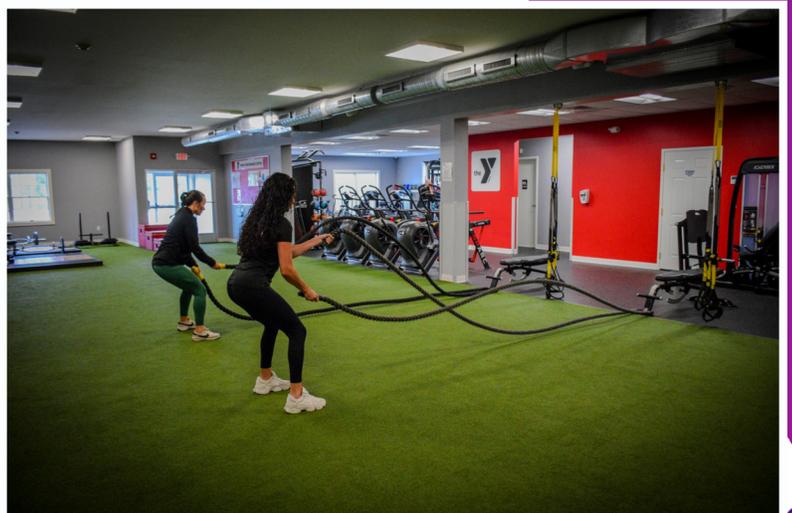
## Adult Locker Rooms

Our adult locker rooms are original to the 1975 building and are overdue for a full refresh. This project will modernize these high-use spaces to better serve today's members with improved layouts, updated finishes, and enhanced privacy, while ensuring full ADA accessibility. The result will be safe, welcoming, and functional locker rooms that match the quality and feel of the rest of our renovated facility, strengthening the overall member experience and helping our Y remain a place where everyone can feel comfortable and supported.



## Sports Performance Center

The new Sports Performance Center will create an inclusive training environment for athletes of all ages and abilities, from youth and high school athletes to adults, weekend warriors, and adaptive athletes. Located in currently underutilized lower-level space, it will support new programming such as strength and conditioning for school teams, one-on-one training, small-group youth athlete development, Olympic lifting clinics, and open gym hours. Just as important, this space will expand the Y's ability to serve community partners like Special Olympics and Miracle League, ensuring more people can build confidence, strength, and lifelong healthy habits in a setting designed for their goals and needs.



### Access for All: Elevator and Lower-Level Bathroom Remodel

Access for All will remove key barriers in our building by adding an elevator to the lower level, remodeling the lower-level bathroom, and installing a ramp to the Sports Performance and Spin Centers to meet ADA standards. These improvements will better connect members and program participants to the full YMCA campus, while creating a more comfortable, dignified experience for individuals with mobility challenges, older adults, families, and anyone who benefits from accessible design. By improving navigation and upgrading restrooms, we'll ensure our facility more fully reflects the YMCA's commitment to welcoming everyone.

## MORE ABOUT WHAT'S NEXT



### State of the Art Spin Center

A dedicated, state-of-the-art Spin Center will elevate one of our most popular fitness experiences while adding flexibility for how and when members ride. This space will feature modern equipment, immersive sound, and an engaging screen setup, plus on-demand programming so members can use the studio even when a live class isn't scheduled. By creating an energizing, purpose-built environment, the Spin Center will strengthen healthy living at the Y and give members another high-quality way to stay active, motivated, and connected.



### Community Room

A new Community Room will meet a growing need on the shoreline: welcoming, flexible space where people can gather, learn, and connect. This multi-use room will allow the YMCA to host our own learning series and community programs, while also opening our doors to partner organizations and local groups looking for meeting space. It will serve staff, volunteers, members, and participants alike, strengthening relationships, encouraging collaboration, and reinforcing the Y as a true community hub.



# 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, through a will, trust, retirement plan, life insurance beneficiary designation, or a life-income gift.

2025 BALANCE  
**\$67,750**  
FROM 3 DONORS

### NAVIGATOR DONATIONS



SCAN QR CODE  
TO DONATE

### GIFTING LEVELS (CUMULATIVE):

- BEACON OF HOPE: \$ 500,000 +
- HARBOR SUPPORTER: \$ 100,000 - \$ 499,999
- COMMUNITY CAPTAIN: \$ 50,000 - \$ 99,999
- CREW ADVOCATE: \$ 10,000 - \$ 49,999
- SHORELINE CHAMPION: \$ 1,000 - \$ 9,999

FOR MORE INFORMATION:  
CONTACT DEVELOPMENT DIRECTOR  
**DAVE PUTNAM**  
DPUTNAM@VSYMCA.ORG  
860-399-9622 EXT 211

# 2025 ANNUAL SUPPORT CAMPAIGN

## DONOR LIST

Abraham, Lynn  
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Allen, Brigid  
Ambrosino, Erin  
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Anderson-Baker, Julia  
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Armstrong, John  
Ashworth, Kent  
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Bombria, Thomas  
Boms, Gail  
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Rankin, Kathleen and Donald  
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Rincon, Emma  
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Roegiers, Maryanne  
Rogin, Norma  
Roy, Carol  
Rutlin, Patricia  
Salm, Joan  
Salonia, Gary

### ANNUAL CAMPAIGN DONATION GROWTH

\$55,391 in 2025

\$49,213 in 2024

\$40,823 in 2023

**THE POWER OF US**  
TOGETHER WE GIVE POSSIBILITY  
ANNUAL SUPPORT CAMPAIGN

True, William  
Tully Chapman, Lucia  
Uihlein, Ann  
Urban, Frank and Nancy  
Valentin, Nada  
Walden, Charles  
Walsh, Karen  
Walters, Sue  
Webb, Susan  
Weiner, Ethan  
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Wilcox, Ann  
Wilson, Ursula  
Windt, Mary  
Winstead, David

Saxner, Robert  
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Singer, Isabelle  
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Skluth, Myra  
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Stiller, Robert and Susan  
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Swain, Timothy  
Tate, Jennifer  
The Fish Tale  
Tirinzonie, Janice  
Tredinnick, Susan

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DeBlieux, Michael  
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Fudge, Maureen  
Hayden, Zachary  
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Marsh, Jane  
Old Saybrook Lions Club

Order of Malta- American Assoc.  
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Terrace Association, Grove Beach  
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Verchot, Francis  
Waddock, Jacquelyn  
Weintraub, Ronald  
Wertheim, Sheila  
Westbrook Council of Beaches  
Wojcicki Family



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Reavely, Richard  
Schaefer, Leslye  
Seidman, Sandy  
Teegan, Deborah  
True, William  
Weintraub, Ronald  
Whelen, Sonny

## UNRESTRICTED GIFT DONOR LIST

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Benevity American Online Giving Foundation  
Community Foundation of Middlesex County  
NADA Foundation  
Old Saybrook Chamber of Commerce  
Reliable Paving LLC  
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Brucker, Paul  
Fleming, James  
Maloney, Thomas  
Rourke, Joyce  
Willison, Carolyn  
Wright, Trent

## RESTRICTED GIFT DONOR LIST

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Cornelia Bessie Memorial Foundation  
DEMCO LLC  
Dominion Energy  
Essex Community Fund  
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Glaras, Donna  
Judge, Donna and Margotta, Keith Charitable Fund  
Kitchings Family Foundaion  
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The Rockfall Foundation

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Labonte, Anne Marie  
Lanoue, Michae  
Manuel, Nedl  
Merrick, Robert  
Stebbins, Rick  
Stemmer, Daniel  
Thurston, Martin

### TOTAL DONATIONS

A.G.G., RESTRICTED,  
AND UNRESTRICTED

RAISING OVER

**\$168,710**

IN 2025  
FROM 193  
DONORS

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@vsmca.org](mailto:dputnam@vsmca.org) with any corrections.

# GOLF CLASSIC DONORS

**PRESENTING SPONSOR:**  
Whelen Engineering

## MAJOR SPONSORS:

Brady Family Foundation  
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One Digital  
Brown and Knapp

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Sullivan Financial  
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Gage Law Firm  
Jane and Todd Wisialowski

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Anastasio, John  
Ang, Kathleen  
Anwari, Patricia  
Apicella, Lenny and Joe  
Apicelli, Alane  
Aresco, Mario  
Ashburn, Cherry  
Avena, Joseph  
Balavender, Alan  
Ballotte, Neil  
Barker, Steven  
Bazinet, Christopher  
Bazinet, Katherine  
Bazinet, Richard  
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Brown, Ken  
Brown, Kenneth  
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Callahan, Brooke  
Callahan, Patrick  
Calvert, Zachary  
Carswell, David  
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Callahan, Patrick  
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Caturano, Karen  
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