



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **SPRING INTO SUMMER**

**Spring April 22 - June 16, 2013**

**Summer June 24 - August 18, 2013**

**VALLEY YMCA**

# HERE FOR YOU

## PROGRAM REGISTRATION

Spring: April 22–June 16, 2013

Facility Members: March 30

Community Members: April 6

Summer: June 24–August 18, 2013

Facility Members: June 1

Community Members: June 8

## VALLEY YMCA

12 State Street

Ansonia, CT 06401

P 203 736 9622 F 203 736 1438

Web: [www.valley.org](http://www.valley.org)

## FACILITY HOURS

Mon–Thurs 5:30am–9:00pm

Friday 5:30am–8:00pm

Saturday 6:30am–3:00pm

Sunday 8:00am–3:00pm

## HOLIDAY HOURS/CLOSURES

May 27 (Memorial Day)

5:30am – 1:00pm

July 4 (Independence Day)

5:30am – 1:00pm

Shut Down Week

August 25 – 31

September 2 (Labor Day)

5:30pm – 1:00pm

Rates and schedules are subject to change.

## YOUR YMCA STAFF

Executive Director: Alan C. Mogridge

Senior Program Director: Margaret Norris

Program Director/Fitness/Aquatics: Mark LaFortune

Preschool Child Care Director: Barbara Eckner

Facilities Director: Randy Carrier

Membership/Program Services Coordinator: Joan Shortell

School Age Child Care Coordinator: Caitlan LaHaza

Preschool Coordinator: Sarah Coppola



## MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact the Y for more information.

## YMCA PROGRAM CREDIT/REFUND POLICY

Refunds for program fees will only be approved in the following instances:

- ◆ The YMCA cancels a program.
- ◆ Request Form is received prior to the start of the session.
- ◆ After the start, only for medically documented reasons.
- ◆ There will be a \$10.00 administration fee for each refund/credit, unless the YMCA cancels the class.

**REGISTER ONLINE at [www.valley.org](http://www.valley.org)**

# MAKE A DIFFERENCE

Being part of the Y says something great about you! It demonstrates your commitment to your health, the health of your family and the health of your community.

## YMCA STRONG KIDS

The Y reaches out to children and families in the community to provide opportunities that they might not otherwise have. Your support of our STRONG KIDS CAMPAIGN provides the funds needed to make programs available, provide recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

**Every gift counts, and every dollar raised, goes directly to the Valley YMCA Strong Kids Campaign to help families in our community.**

Come by the Welcome Center to make a difference today!

**OUR MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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# YOUTH DEVELOPMENT

**LEARN THROUGH PLAY** at our state-licensed Child Care Center located at 32 Howard Avenue in Ansonia.

- Full-time child care for infants, toddlers, and preschoolers.
- Ansonia School Readiness Site for 20 Preschoolers (Sliding Fee Scale).
- Part-Time preschool program and Kindergarten before and after school program.
- Program highlights include science, music and movement, and a variety of learning centers (literacy, drama, blocks, art, and writing).
- Outdoor playground includes a play structure, sand/water table, music center with cosmic roof, and tricycle track with pretend gas station and drive-through.
- Hour of operation from 6:30am to 6:00pm, Monday—Friday.

## FULL TIME CARE WEEKLY TUITION

	2 Days	3 Days	5 Days
Infant/Toddler	\$120.00	\$180.00	\$250.00
Preschool	\$ 90.00	\$135.00	\$180.00



## PART TIME CARE TUITION

Two days (half day)	\$150 per month (\$1,500/year)	9:00am – 12:00 Noon
Three days (half day)	\$220 per month (\$2,200/year)	9:00am – 12:00 Noon
Three days (all day)	\$425 per month (\$4,250/year)	9:00am – 3:00pm
Five days (half days)	\$360 per month (\$3,600/year)	9:00am – 12:00 Noon

Tuition is based upon a 10 month school year (September through June).

## KINDERGARTEN ENRICHMENT PROGRAM

Combining play with academics, children can learn, grow, and thrive in a safe environment. Before and After School Care is offered for children attending Mead and Prendergast Kindergarten half day programs. Hours of care will be set to meet your specific needs.

Up to three hours per day:	\$360.00 per month
Up to six hours per day:	\$540.00 per month
Up to eight hours per day:	\$700.00 per month

Non-refundable registration fee of \$50.00 is required in order to hold your child's space for all programs. Monthly/weekly payments will be scheduled for automatic draft from a credit card or bank account for your convenience.

Summer Kindergarten Program also available for children graduating Kindergarten in June or entering Kindergarten in September.

For more information, please contact the Child Care Center at P 203-732-7778 or E [beckner@cccymca.org](mailto:beckner@cccymca.org)

Space is limited, register now!



# YOUTH DEVELOPMENT

## BEFORE AND AFTER SCHOOL CARE 2013– 2014

### FUN WITH FRIENDS

The Valley YMCA understands that kids need a safe, enjoyable place to go before and after school. Our Before and After School Child Care programs keep kids busy while having fun. Whether the child is interested in arts and crafts or sports and games, our staff is trained to provide a well-rounded, quality program that will nurture each child's development. Our state licensed programs follow the school schedule starting on the first day of school and ending on the last of day of school. Registration Fee is \$50.00 per family. YMCA members receive a 10% discount for siblings registered in the same program. Members will also receive discounted rates for Vacation Fun Days. Membership must be valid at time of registration and remain active throughout the school year. Monthly rates are determined by dividing annual fee by 10 (half days & school vacations are factored in to the monthly fee). The number of school days will vary per month but monthly rate is the same September through June. Contact Caitlan LaHaza for more information at P 203 736 9622 x376 or E [ckane@cccymca.org](mailto:ckane@cccymca.org)

### ANSONIA

Before and After Care Programs for students attending Mead and/or Prendergast School

**Before Care held at Prendergast School**  
**After Care held at Mead School**

Students attending Prendergast School are transported to Mead School in the afternoon and students attending Mead School are transported from Prendergast to Mead in the morning via Ansonia Public School buses.

#### BEFORE SCHOOL (BEGINNING AT 7am)

5 days per Week: \$118 per month; non-member: \$144  
4 days per Week: \$108 per month; non-member: \$134  
1-3 days per Week: \$83 per month; non-member: \$109

#### AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$230 per month; non-member: \$258  
4 days per Week: \$210 per month; non-member: \$238  
1-3 days per Week: \$170 per month; non-member: \$196

### DERBY

After Care Program for students attending Bradley School

**Program Held At Bradley School**

#### AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$230 per month; non-member: \$258  
4 days per Week: \$210 per month; non-member: \$238  
1-3 days per Week: \$170 per month; non-member: \$196

### SHELTON

Before and After Care Programs for students attending Perry Hill, Long Hill and Sunnyside Schools.

**Program Held At Sunnyside School**

Students attending Long Hill and Perry Hill Schools will be transported via Shelton Public School Buses.

#### BEFORE SCHOOL (BEGINNING AT 7am)

5 days per Week: \$118 per month; non-member: \$144  
4 days per Week: \$108 per month; non-member: \$134  
1-3 days per Week: \$83 per month; non-member: \$109

#### AFTER SCHOOL (SCHOOL DISMISSAL TO 6pm)

5 days per Week: \$206 month; non-member: \$236  
4 days per Week: \$186 month; non-member: \$216  
1,2,3 days per Week: \$156 month; non-member: \$186



CHILD CARE

Spring Session April 22-June 16; Summer June 24-August 18

MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)

# YOUTH DEVELOPMENT

Refer to Swim Lesson Schedule for days & class times (available online or at the Welcome Center Desk)

## YOUTH SWIM LESSONS

Fees for the following classes are:

Facility Members: \$58; Community Members: \$115

### AGES 6 TO 36 MONTHS

#### Shrimp 1:10 class ratio

Children in this class must be at least 6 months old and should have strong head control. (6-8months)

#### Kipper 1:10 class ratio

Children in this class must be at least 9 months old, and should sit unassisted and stand with support. (9-12 months)

#### Inia 1:10 class ratio

Children in this class must be 13 months old, and should be able to stand unsupported and walk with assistance. (13-18 months)

#### Perch 1:10 class ratio

At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent. The goal for this level includes propelling oneself through the water and the transition to the preschool swim levels. (19 - 36 months)

### PRESCHOOL CLASSES

### AGES 3 TO 5 YEARS

#### Pike 1:6 class ratio

Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety.

#### Eel 1:6 class ratio

Children must be able to swim five feet with face in the water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool.

#### Ray 1:6 class ratio

Participants must be able to swim 15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills.

#### Starfish 1:6 class ratio

Swimmers must be able to swim 25 yards with rhythmic breathing for front crawl and no floatation. Starfish will improve on their endurance for front crawl, back crawl, and sidestroke while being introduced to the arm and leg movements for breaststroke.

## YOUTH SWIM LESSONS

Fees for the following classes are:

Facility Members: \$68; Community Members: \$135

### PROGRESSIVE CLASSES

### AGES 6 TO 12 YEARS

#### Polliwog 1:8 class ratio (Beginner swimmer)

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating.

#### Guppy 1:8 class ratio (Advanced beginner)

Children must be able to swim 15 yards

without flotation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency.

#### Minnow 1:10 class ratio (Intermediate)

Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn breaststroke movements.

#### Fish 1:10 class ratio

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly.

#### Flying Fish 1:10 class ratio

Swimmers must be able to complete a continuous 100 yards in freestyle and breaststroke, 50 yards of continuous of breaststroke, and 25 yards of butterfly.

#### Shark 1:10 class ratio

Swimmers must be able to complete a continuous 100 yards (with open turns) of freestyle with breathing to both sides, backstroke, and breaststroke. Participants must also be able to swim 50 yards of continuous butterfly with good technique. Sharks will focus on increased endurance, learning flip-turns, racing starts, and introduction to the 200IM (Individual Medley).

### AGES 13 AND UP

#### Teen/ Adult 1:8 class ratio

This class is for teens and adults who have not had swimming lessons before or who are not comfortable in the water. Basic swimming skills and personal water safety skills are taught.

For more information, please contact Welcome Center at

P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

# HEALTHY LIVING

## ADULT FITNESS CLASSES ARE FREE FOR FACILITY MEMBERS

Refer to Fitness Class Schedule for days and class times (available online or at our Welcome Center Desk)

### BODY SCULPTING

This overall muscle conditioning workout increases strength, endurance and stamina using weights, tubing, body bars, bands and exercise balls.

### BOOT CAMP

A high intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.

### CARDIO INTERVAL & STRENGTH

An excellent way to burn more calories, build endurance quickly and make workouts more interesting. Interval training involves alternating high intensity exercise with recovery periods.

### CARDIO KICKBOXING

This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower yourself.

### CARDIO STRENGTH

An excellent way to burn more calories, build strength quickly and make workouts more interesting. Interval training involves alternating high intensity exercise with recovery periods.

### DEEP WATER FIT

Deep Water Fit: A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20-30 min cardio with resistance training at shallow end in the pool.

### EXPRESS CLASS

A 30 minute workout consisting of a warm-up, cardio/strength and a cool-down.

### EASY DOES IT

Designed for seniors, beginners and "Ready to Be Fit" participants. Includes low impact cardiovascular exercise, muscle conditioning with resistance equipment, agility training and stretching.

### SILVERSNEAKERS® Muscular Strength

Move through a variety of exercises designed to increase muscular strength, range of movement, and skill required during activities for daily living. Hand held weights, elastic tubing, and a ball are offered for resistance and a chair is used for seated and standing support.

### SILVERSNEAKERS® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### SILVERSNEAKERS® SILVERSPLASH

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

### STEP & SCULPT

This class incorporates step combinations followed by strength and resistance exercises plus a cool-down and stretches.

### WATER FIT

Non-swimmers are welcome to this fun class which emphasizes Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

### YOGA

Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

### YOGALATES

A synergy between the Yoga and Pilates. Leaves you energized.

### ZUMBA® FITNESS

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

For more information, please contact

Welcome Center at

P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

HEALTH, WELL-BEING & FITNESS

Spring Session April 22-June 16; Summer June 24-August 18

MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)

# YOUTH DEVELOPMENT

## PRIVATE/SEMI-PRIVATE SWIM LESSONS:

Packages can be purchased by the following options

	Private	Semi-Private
1 - 30 minute lesson	Fee: \$30.00	Fee: \$20.00 each student
2 - 30 minute lessons	Fee: \$55.00	Fee: \$37.50 each student
4 - 30 minute lessons	Fee: \$105.00	Fee: \$72.50 each student

The Valley YMCA is pleased to offer swimming instruction for individuals of all ages and abilities that prefer one-on-one attention. Classes are scheduled according to pool and participant availability. Private instruction is a Members only privilege.

For more information, contact Welcome Center at P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

## PARENT'S NIGHT OUT

**Ages:** 4-12 years

Children will enjoy a night of games, music, crafts, swimming and more. We offer 3 hours of supervised fun and activities along with a snack while parents have an evening out on the town.

**Registration:** Ends 2 days before the event.

**Days & Times:** 6:00pm – 9:00pm

Fridays: April 26, May 24, June 21, July 26, August 23, September 27

**Fee:** Members: \$10 per night

## FAMILY FUN NIGHTS

Family Fun Nights are a great way to spend an evening with your family. Activities may include arts & crafts, movie nights, scavenger hunts, open family swim, games and more! Come join us for tons of family fun!

Pre-registration is required.

**Days & Times:** 6:00pm—9:00pm

Fridays: April 19, May 10, June 7, July 19, August 9, September 13

**Fee:** Facility Members: Free; Community Members: \$5 per child

## HEALTHY KIDS DAY 2013

Healthy Kids Day is an annual National YMCA initiative to get children and families in our communities moving and leading a more active lifestyle! The Valley Y will once again be celebrating Healthy Kids Day this year with lots of activities, games and prizes. Bring the whole family out for some fun and wellness. Saturday, April 27, 2013 10:00am-1:00pm at the Valley YMCA.

FUN TIME ACTIVITIES, FUN FITNESS, HEALTHY LIFESTYLE SNACKS, SPECIAL GUESTS!

Spring Session April 22-June 16; Summer June 24-August 18

MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)



# YOUTH DEVELOPMENT

## SUMMER FUN CLUB: June 24 through August 23

The Valley YMCA offers a fun, state licensed Summer Camp for children aged 5-15. Every day children engage in captivating activities lead by a team of qualified Camp Counselors.

At the Y, kids learn important life lessons such as team building, good sportsmanship, and the importance of self-esteem all while having a great time!

Register at the Valley YMCA any time. There are a limited number of openings this year, so early registration is recommended. Refer to our camp brochure for more information.

### COME VISIT US:

**Open House Dates: Saturday, April 20 (10am—12pm); Saturday, May 12 (10am—12pm)**

## SPRINTERS SUMMER SWIM TEAM

Beginning May 2013

This team is open to all boys and girls interested in individual and team competition. Everyone participates and acquires a sense of achievement. The Valley YMCA competes in the Yankee Cluster Swimming League. Individuals will be placed into practice groups according to ability with the potential to advance into the next group should their performance indicate such. During meets, individuals will compete by age groups. All swimmers must be facility members.

Facility Member: \$165

For more information, please contact Welcome Center at  
P 203-736-9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org).

## CHILD WATCH

**Ages:** 6 months – 12 years

**Times:** Mondays, Wednesdays, Thursday 5:15pm - 8:45pm (stay tuned more days and times to come)

The Valley YMCA offers a safe and fun YMCA staff supervised area where parents with a Family Membership can leave their children to play and enjoy activities while you exercise on-site.

**Cost:** Free with Family Membership

## CELEBRATION PARTIES

Enjoy your child's birthday party and other celebrations with the Valley YMCA's 6-lane, 25 yard pool or 6-hoop basketball court. Please call in advance to schedule a date. Full payment must be made to confirm the celebration date. For information or to schedule a celebration party, please contact:

Welcome Center at P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

**Saturdays or Sundays:** The Pool or Gym can be rented for one hour between the hours of 12:00pm—3:00pm  
**(1st hour pool or gym, then 2nd hour in our party room.)**

**Fees:** (Based on a two-hour time slot)

**Member:** \$95 for 10 participants maximum; \$8 each additional person

**Community Member:** \$125 for 10 participants maximum; \$10 each additional person

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MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)

# HEALTHY LIVING

## ADULT SWIM LESSONS

This program is for adults 13 and older who want to learn how to swim. Emphasis is on personal safety, stroke technique, basic rescue and aquatic fitness.

Wednesdays: 7:00pm to 7:45pm

Facility Members: \$68.00

Community Members \$135.00

## PERSONAL TRAINING

Personal training allows you to safely reach your goals in fitness and health. With the support of a certified personal trainer, you can strengthen your core, lose weight and improve your overall health and wellbeing.

The Valley YMCA can help you become successful with your health and fitness goals through the following: Individualized Training, Group Personal Training, Core Training, Overall Conditioning and Cardio Training, Endurance Training, Strength Training, Flexibility, General Nutrition

For more information, please contact  
The Welcome Center at  
P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)



## VALLEY YMCA SUNSET 5K RACE

**When:** June 12, 2013 7:00pm

**Where:** Prendergast School

Join us for our annual 5K Road Race and 2 mile Fitness Walk located at Prendergast School (59 Finney Street, Ansonia). All proceeds benefit the Strong Kids Campaign which provides the funds needed to make programs available, provide recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

For Information and a Race Application Contact Welcome Center at

P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

Sign up online at [hitekcracing.com](http://hitekcracing.com) or at the YMCA Welcome Center Front Desk

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**MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)**

# HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS

## Silver Sneakers®

The Valley YMCA is pleased to offer the SilverSneakers Fitness Program. SilverSneakers is the nation's leading exercise program designed exclusively for older adults and is available at no cost (beyond any monthly premium) to eligible Medicare health plan and group retiree members. Eligible members have a complimentary membership to the Valley YMCA.

To find out if you are eligible for SilverSneakers, please contact the Welcome Center at

P 203 736 9622 or visit [www.silversneakers.com](http://www.silversneakers.com)



## SWIM FIT

Ages: 18 and up

Whether you are a novice or an elite swimmer, the Valley Y's 'Swim Fit' program can improve your swimming skills as well as provide an atmosphere for competitive swimming. These coached practices are designed to enhance your swimming skills, make you more efficient in the water, and increase your overall fitness level through weekly practices.

Tuesday & Thursday:	7:30pm – 9:00pm	Coached
Friday:	5:30am – 7:00am	Coached biweekly
Sunday:	9:00am – 10:30am	Non-Coached

Fees: Members: \$75.00 per session Community Members: \$150.00 per session



## BETTER WITH FRIENDS

### REFER A FRIEND!

When they join as a **new member**, **YOU** will receive a **Free Month Membership!**

We know how much you enjoy the Y. Share your experiences with your friends, co-workers and family! When they join, we have a special **Thank You** gift for **YOU – a free month membership!** See Member Services for the Details! It's really that simple.

Encourage your friends to join the Y! It's **EVEN** better with friends!

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**MORE INFORMATION ONLINE AT [WWW.VALLEYY.ORG](http://WWW.VALLEYY.ORG)**

# SOCIAL RESPONSIBILITY

## YOU BELONG

Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.

### Community CPR/AED COURSE

**Ages:** 15 and up

This course allows individuals who meet the age requirement the ability to be part of a CPR/AED course to become certified in adult, child, and infant CPR. This course is excellent for individuals such as new mothers, teens who baby sit, and anyone interested in learning a new skill. Please see dates below.

**Dates:** Saturday: March 30, 2013      9:30am – 2:30pm

Saturday: May 25, 2013      9:30am – 2:30pm

Saturday: July 27, 2013      9:30am – 2:30pm

**Fees:** Members: \$110.00      Community Members: \$160.00

### Lifeguard Training

In order to participate in our American Red Cross Lifeguard Training courses you must be 15 years old and pass a pre-test. Participants will learn the skills and knowledge necessary to prevent aquatic emergencies and how to prevent drowning and other incidents. Participants will be certified in Lifeguarding, First Aid, AED, O2 Administration, and CPR for the professional rescuer. Minimum of 6 people. Course runs 8-10 weeks; 9am—1:00pm

**Dates:** Tentative start will be Sunday, April, 14, 2013

To confirm start date contact Welcome Center  
at P 203 736 9622 or E [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org)

**Fee:** Members: \$300      Community Members: \$375



### Members-in-Residence

Single room housing is offered for gentlemen 18 years and older. Fees are paid weekly.

Income verification, background check, and references are required. Applications are available at the Welcome Center. Participants in the program are encouraged to use the facilities and enjoy the benefits of a Y membership.

Contact Alan Mogridge at P 203 736 9622 or [amogridge@cccymca.org](mailto:amogridge@cccymca.org)

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HELPING OTHERS