



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



**BUILD MORE  
THAN MUSCLE.**

**VALLEY YMCA**

**Spring & Summer Program Guide**

**April 24 – June 18, 2017**

**June 19 – August 13, 2017**

# HERE FOR YOU

## PROGRAM REGISTRATION

**Spring:** April 24 – June 18  
Facility Members: April 3  
Community Members: April 10

**Summer:** June 19 – August 13  
Facility Members: May 29  
Community Members: June 5

## VALLEY YMCA

**12 State Street**  
**Ansonia, CT 06401**  
**P 203 736 9622 F 203 736 1438**  
**W valleyy.org**

## FACILITY HOURS

<b>Mon-Thurs</b>	<b>5:30am–9:00pm</b>
<b>Friday</b>	<b>5:30am–8:00pm</b>
<b>Saturday</b>	<b>6:30am–3:00pm</b>
<b>Sunday</b>	<b>8:00am–3:00pm</b>

## HOLIDAY HOURS/CLOSURES

<b>Easter Sunday</b>	<b>April 16</b>	<b>Closed</b>
<b>Memorial Day</b>	<b>May 29</b>	<b>5:30am–1:00pm</b>
<b>Independence Day</b>	<b>July 4</b>	<b>5:30am–1:00pm</b>
<b>Labor Day</b>	<b>September 4</b>	<b>5:30am–1:00pm</b>

## The Best Summer Ever Starts at HEALTHY KIDS DAY ! APRIL 29 10am–1pm

Join the family fun! Check out the Ansonia Police Cruiser and learn about this super important community partner. Then enter the Y for healthy eating and summer camp info. Have a massage and a youth dental screening. Pick up information from a local bank, urgent care center and chiropractor. Then enjoy a swim with your family and exciting fun-filled activities in our gym.

## Free Introductory Training

As a New Y Member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) Sessions so that we can help you get started. We would be happy to sign you up, visit the Member Service Desk to sign up today.

## YOUR YMCA STAFF

**District Executive Director:** Barbara Moore

**Operations Director:** Mark LaFortune

**Preschool Child Care Director:** Barbara Eckner

**Facilities Director:** Randy Carrier

**Member/Program Services Coordinator:** Joan Shortell

**Aquatic Coordinator:** Ian Gatavaski

**School Age & Camp Coordinator:** Julie Mott

## YMCA PROGRAM CREDIT/REFUND POLICY

Refunds For Program Fees Will Only Be Approved In The Following Instances:

- The YMCA cancels a program (Not weather related)
- Request Form is received prior to the start of the Session.
- After the start of the session, only for medically documented reasons.
- There will be a \$10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.



**WHEN YOU DONATE TO THE Y, YOU MAKE OUR COMMUNITY  
BETTER THROUGH PROGRAMS FOCUSED ON:**

**Youth Development**

You give all kids the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development – all grounded in the Y’s core values of caring, honesty, respect and responsibility.

**Healthy Living**

You help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

**Social Responsibility**

You keep our doors open to all. We bring together people from all backgrounds, and support those who need us most. Together, we take on the most urgent needs in our community and inspire a spirit of service in return. You, our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

**Every dollar donated has a lasting impact on the people in our community.  
GIVE TODAY. FOR A BETTER US.**

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# YOUTH DEVELOPMENT

## VALLEY YMCA CHILD CARE CENTER 2017-2018

**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).
- 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.
- Hours of operation from 7:00am to 6:00pm, Monday-Friday.

### FULL TIME CARE MONTHLY TUITION

Infant/Toddler (5 days/week) \$1,200.00

Preschool (5 days/week) \$875.00

A 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. Space is limited, register now!



### CHILD WATCH

The Valley YMCA offers a safe and fun supervised environment for our members with a Family Membership. Your child will play and enjoy activities while you exercise on-site.

**Ages:** 6 months – 12 years

**Times:** 5:15pm – 8:45pm

**Days:** Mondays, Tuesdays, Wednesdays, Thursdays

**Cost:** Free with Family Membership

### MARTIAL ARTS

Children will improve in areas of focus, discipline, confidence, and respect, while participating in healthy exercise. Benefits for adults include getting fit, stress relief and learning self defense. Youth and adult levels available.

5-6 years: Fridays 6:00pm – 6:35pm

7-13 years: Fridays 6:45pm – 7:30pm

14-17 years: Wednesdays 6:00pm – 6:45pm

18 & Over: Wednesdays 7:00pm – 8:00pm

## VACATION DAY FUN DAY CHILD CARE

The Y Vacation Club is a great place for children ages 5-12 to have fun during day-long or week-long breaks from school! Children will enjoy swimming, crafts, and games in our state-licensed program. We will also be offer YMCA swim lessons during the Holiday Break Vacation Fun Days.

### Vacation Club Dates:

**Dates:** April 10 – 14 & June 12 – 16

**Time:** 7:30am – 6:00pm

**Location:** Valley YMCA, 12 State Street, Ansonia

**Cost:** **Current Before & After School participants:** \$25 per day

**Members:** \$43 per day **Community Members:** \$53 per day

# YOUTH DEVELOPMENT

## BEFORE AND AFTER SCHOOL CARE 2017 - 2018

### 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 your 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. Current participants 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 the Valley Y for more information.

### 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: \$120 per month; Community: \$180

4 days per Week: \$110 per month; Community: \$165

1-3 days per Week: \$85 per month; Community: \$127

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

5 days per Week: \$232 per month; Community: \$348

4 days per Week: \$212 per month; Community: \$318

1-3 days per Week: \$172 per month; Community: \$258

### DERBY

After Care Program for students attending Bradley School

**Program Held At Bradley School**

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

5 days per Week: \$232 per month; Community: \$348

4 days per Week: \$212 per month; Community: \$318

1-3 days per Week: \$172 per month; Community: \$258

### 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: \$120 per month; Community: \$180

4 days per Week: \$110 per month; Community: \$165

1-3 days per Week: \$85 per month; Community: \$127

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

5 days per Week: \$208 month; Community: \$312

4 days per Week: \$188 month; Community: \$282

1-3 days per Week: \$158 month; Community: \$237



# YOUTH DEVELOPMENT

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

## YOUTH SWIM LESSONS

### PARENT AND CHILD 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. (6-8 months)

#### 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

### 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 backstroke, and 25 yards of butterfly.

### 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.

### MAKE-UP POLICY

Make-ups will only be given if the YMCA has cancelled your lesson (Not weather related). Credit for missed lessons will not be given if a make-up lesson was offered. All make-ups must be made during the session the lesson was missed.

For more information, please contact Welcome Center at

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



# YOUTH DEVELOPMENT

## PRIVATE/SEMI-PRIVATE SWIM LESSONS: Packages can be purchased by the following options

	Private	Semi-Private
1 - 30 minute lesson	Fee: \$ 35.00	Fee: \$22.50 each student
2 - 30 minute lessons	Fee: \$ 65.00	Fee: \$42.50 each student
4 - 30 minute lessons	Fee: \$125.00	Fee: \$80.00 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)



## Y STANDS FOR YOUTH

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13 who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth members will learn proper technique, safety and etiquette of gym fitness. Schedule your appointment today at the Member Welcome Center. Inquire at the Welcome Center Desk to schedule your appointment today!

## PARENT'S NIGHT OUT

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:** Closes 2 days before the event. Dates are subject to change.

**Days & Times:** **Fridays:** 5:00pm – 8:00pm  
May 12, June 9, July 14, August 11

**Fees:** **Members:** \$15 per child **Community Members:** \$25 per child

**Ages:** 4-12 years

## 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. Dates subject to change. Please confirm date when registering.

**Days & Times:** **Fridays:** 5:30pm – 8:00pm  
May 26, June 23, July 28, August 25

**Fees:** **Members:** Free **Community Members:** \$5 per child

**Ages:** All ages welcome

# YOUTH DEVELOPMENT

## HAVE THE BEST SUMMER EVER

### SUMMER DAY CAMP

This year at the Valley Y Summer Day Camp you can expect all of the annual favorites including swimming, field trips, sports, nature, arts and crafts, and counselor led activities. There's something for every child, all in one location! Our campers range in age from 5-15 years old. Your camper is sure to have fun, grow as a person, and make friends that will last a lifetime.

**Open House:** Saturday April 29, 2017  
**Time:** 10:00am - 1:00pm  
**Where:** Valley YMCA 12 State Street Ansonia, CT 06401



### PRE-SCHOOL TUMBLING & DANCE

Our leadership team is excited and ready to provide an invaluable experience to each of our gymnastic participants with the goal to not only have fun but, more importantly, to nurture the development of age-appropriate motor and cognitive functions.

**Age:** 2 - 6 years  
**Date/Time:** Tuesday 5:00pm

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

### STROKE CLINIC

Stroke Clinic is a challenging and education experience for any child who enjoys swimming and has an interest in learning about competitive swimming. Participants must have knowledge of the basic strokes and have a desire to learn. New members are encouraged to join!

**Dates:** April 24 - 28  
**Days:** Monday - Friday  
**Time:** Beginner/Intermediate 5:30 - 6:30



# 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)

### 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.

### 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® 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.

### AQUA POWER

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

### INDOOR CYCLING

An Instructor led class takes place on an ultra smooth stationary bike. The combination of music, motivation and your fellow riders makes this class unique. Join us for an invigorating cardio workout.

### NEW! STRENGTH TRAIN TOGETHER

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

### COMING SOON! ACTIVE TOGETHER

This class gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

### 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® 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.

### KARDIO KICKBOX

Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class.

### MUSCLE & CORE

Strength training using free weights, stretch bands, and medicine balls. Along with sitting or lying on a stability ball to encourage core strength throughout. Followed by stretching.

### BODY WEIGHT TRAINING

A complete total body workout with no equipment except for a mat. Standing and seated movement with no impact and great results

# HEALTHY LIVING

## 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 train to 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 and General Nutrition.

Individual Training		Group Training (2 participants)	
1 Sessions:	\$70.00	1 Sessions:	\$110.00
3 Sessions:	\$200.00	3 Sessions:	\$300.00
6 Sessions:	\$380.00	6 Sessions:	\$580.00

## SUNSET 5K RACE & 2 MILE FITNESS WALK

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 Annual 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.

### RACE INFORMATION

**Race Director:** Mark LaFortune  
203-736-9622

**Date:** Wednesday June 14, 2017

**Race Time:** 7:00 PM

### Pre-Registration Fees:

\$20.00 – 5K Road Race  
\$12.00 – 2 Mile Fitness Walk

### RACE FEATURES

- Wicking Sunset 5K T-Shirt for the first 200 Pre-Registered 5K Racers
- Mile splits at 1, 2, and 3
- Water station at mile 2
- Computerized timing and results by StartLine Race Services, LLC

### Race Day Registration Fees:

\$25.00 – 5K Road Race  
\$15.00 – 2 Mile Fitness Walk

### To Register

Register online [www.hitekracing.com/valleymca/](http://www.hitekracing.com/valleymca/) or at the Valley YMCA Welcome Center

You can also register on race day between 5:30pm – 6:45pm

**Entry Fees** (non-refundable):

# HEALTHY LIVING

## SilverSneakers®

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)



## 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!

## PICKLE BALL

It's not about Pickles! Pickle Ball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball (waffle ball) and composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

**Date/Time:** TBD

**Cost:** **Members:** \$40

**Community Members:** \$100

## Couch to 5K

Have you spent too much time on the couch this year? Join the Couch to 5k program and in nine weeks you can be transformed into a fitter, healthier you. Be ready to run your first 5k road race if you choose! This beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months. This will lead up to the Valley YMCA Sunset 5K & 2 Mile Fitness Walk

**When:** **Mon, Wed, Sat**

**Time:** 5:30pm

**Place:** Ansonia River Walk  
Weather Permitting

## MEMBERSHIP FOR ALL

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

Please contact the Welcome Center for more information.

# SOCIAL RESPONSIBILITY

## HEALTHY LIFESTYLES PROGRAM

A trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes of a course of 16 one-hour sessions. Topics covered include healthier eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the 16 core sessions, participant's meet monthly for added support to help maintain their progress. YMCA MEMBERSHIP NOT REQUIRED.

Join us for our Open Info Sessions which will be held at the Valley Y, see Healthy Lifestyle Program schedule

## 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.

**Dates:** TBA; Inquire with the Welcome Center and get your name onto the interest list

**Fee:** **Members:** \$250  
**Community Members:** \$350

## WELLNESS & STRENGTH CENTERS AGE REQUIREMENTS

YMCA Fitness staff are available to instruct youth on how to safely and effectively use our cardiovascular equipment (10-13 years old) and our strength equipment (12-13 years old). Upon completion, youth will be able to use the equipment in our Wellness Centers when accompanied by a Y member who is 18 years of age or older.

Youth ages 9 and younger may not enter the Wellness or Strength Center unless they are there to participate in a program or class specifically designed for them.

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

**MORE INFORMATION ONLINE AT VALLEY.Y.ORG**