



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

**STAY ACTIVE  
BE HEALTHY  
TOGETHER**



**Spring I February 26 - April 21**

**Spring II April 22 - June 16**

**VALLEY YMCA**

# HERE FOR YOU

## PROGRAM REGISTRATION

### Facility Members:

Spring I February 11

Spring II April 7

### Community Members:

Spring I February 18

Spring II April 14



## VALLEY YMCA

12 State Street

Ansonia, CT 06401

P 203 736 9622 F 203 736 1438

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

## FACILITY HOURS

Mon-Thurs 5:30 am-9:00 pm

Friday 5:30 am-8:00 pm

Saturday 6:30 am-3:00 pm

Sunday 8:00 am-1:00 pm

## HOLIDAY HOURS/CLOSURES

Open Good Friday, April 6.

5:30 a.m.-1:00 p.m.

Closed Easter Sunday, April 8, 2012

Closed Memorial Day May 28, 2012

## MEMBERSHIP FOR ALL

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

Please contact the Y for more information.

### YOUR YMCA STAFF

Executive Director: Alan C. Mogridge

Sr Program Director/Child Care Services: Margaret Norris

Aquatics Director: Mark LaFortune

Facilities Director: Randy Carrier

Membership/Program Services Coordinator: Joan Shortell

Child Care Coordinator: Caitlan Kane LaHaza

Preschool Coordinator: Barbara Eckner

Membership Coordinator: Ryan Gleason

Rates and schedules are subject to change.

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

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**View current schedules, programs and events on our website!**

# 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.
- 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 6:30a.m. to 6:00p.m.



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

## Part-Time Preschool Tuition:

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

Tuition is based upon 10 month school year.

## 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. Tuition is based upon 10 month school year. Monthly payments will be scheduled for automatic draft from a credit card or bank account for your convenience.

For more information, please contact the Child Care Center at P 203 732 7778.

Space is limited, register now!



# YOUTH DEVELOPMENT

## BEFORE AND AFTER SCHOOL CARE 2012–2013

### FUN WITH FRIENDS

The Valley YMCA understands that kids need a safe, enjoyable place to go before and after school. Our Before School 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 day of school. For more information, contact Caitlan LaHaza, 736-9622 x376. Registration opens April 1, 2012 for 2012–2013 School Year.

### 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 7 AM)

5 days per Week: \$118 per month; non-member: \$140  
4 days per Week: \$108 per month; non-member: \$130  
1-3 days per Week: \$83 per month; non-member: \$105

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

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: \$193

### DERBY

After Care Program for students attending Bradley School

#### Program Held At Bradley School

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

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: \$193

For more information, please contact our Child Care Coordinator at P 203-736-9622 x 376 or [ckane@cccymca.org](mailto:ckane@cccymca.org)

### 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 7 AM)

5 days per Week: \$118 month; nonmember: \$140  
4 days per Week: \$108 month; non-member: \$130  
1-3 days per Week: \$83 month; non-member: \$105

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

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 I : February 26 – April 21

Spring Session II : April 22 – June 16

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

# YOUTH DEVELOPMENT



## YOUTH SWIM LESSONS

Fees for the following classes are:  
\$55 Facility Members; \$110 Community Members

### AGES 6 TO 36 MONTHS

#### SKIP (Parent & Child)

Parents learn to work with their children in the water. Class focuses on safe water exploration and water adjustment with the help of fun songs and games. 1:10 class ratio

Fridays 11:30; Saturdays 10:30

### AGES 32 MONTHS TO 5 YEARS

#### PARENT AND PIKE (Beginner)

Instructors work with parents on nurturing a smooth transition from parent & child classes to YMCA group lessons. Class emphasizes safe swim lesson skills and the core values of the Y. 1:6 class ratio

Saturdays 11:00

### AGES 3 TO 5 YEARS

#### PIKE (Beginner)

Class focuses on pool safety, water adjustment, proper breathing, and developing independent movement for basic arm strokes and kicking. 1:6 class ratio

Mondays 3:45; Tuesdays 3:45; Saturdays 8:30, 9:55, 11:15

#### EEL (Intermediate Beginner)

For children who advance from Pike, are comfortable submerging, and can consistently swim on their back and front for at least 5 feet without flotation. 1:6 class ratio

Mondays 4:15; Tuesdays 5:00; Saturdays 8:30, 9:55, 11:15

#### RAY (Advanced Beginner)

For children who advance from Eel and are able to swim on their front and back for at least 15 yards. Instructors focus on proper stroke development and stroke endurance. 1:6 class ratio

Wednesdays 3:45; Saturdays 8:30, 9:55

## YOUTH SWIM LESSONS

Fees for the following classes are:  
\$65 Facility Members; \$130 Community Members

### AGES 6 TO 12 YEARS

#### POLLIWOG (Beginner)

Instructors work with students on water adjustment skills to learn basic swimming skills. This class is meant to develop non-swimmers into advanced beginners. 1:8 class ratio

Thursdays 4:15; Saturdays 9:05, 10:30

#### GUPPY (Advanced Beginner)

Participants work on developing stronger freestyle and backstroke. Children in this class must be able to swim at least 15 yards on their front and back without assistance or flotation, and fully submerge. 1:8 class ratio

Tuesdays 4:15; Saturdays 9:05, 10:30

#### MINNOW (Intermediate)

Children in the Minnow classes are able to swim 25 yards of freestyle, backstroke, and beginning breaststroke with no assistance or flotation. These swimmers will learn more advanced techniques and increase endurance as well as be introduced to butterfly. 1:8 class ratio

Wednesdays 4:15 Saturdays 11:30

#### FISH (Advanced)

Swimmers in Fish are able to continuously swim 50 yards of all four strokes. Instructors dedicate their time to the enhancement of endurance and the emphasis of a healthy lifestyle through swimming. 1:10 class ratio

Saturdays 9:05

For more information, please contact Mark LaFortune,  
Director of Aquatics, at  
203 736 9622 or  
mlafortune@cccymca.org



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# HEALTHY LIVING

## ADULT FITNESS CLASSES ARE FREE FOR FACILITY MEMBERS

### AERO STEP

Class offers a combination of hi/lo impact aerobics and STEP training. Abdominal work and flexibility included. Try this exciting high energy workout!

Saturdays 10:00 am

### AQUACISE

Non-swimmers are welcome to this fun class which emphasizes flexibility, muscular strength and endurance. Held in shallow end of pool.

Mondays, Wednesdays, Fridays 10:30 am; Thursdays 6:45 pm

### DEEP HYDROCISE

A deep water workout using several supportive devices which are also used for resistance to gain a moderate to high intensity aerobic workout, as well as upper and lower body strengthening. Held in deep end of pool.

Wednesdays 7:00 pm

### CARDIO KICKBOXING

Cardiovascular workout using boxing punches and kicks.

Thursdays 6:30

### FIT & FUNCTIONAL

Focuses on cardiovascular endurance, strengthening core muscles, balance and flexibility using stability balls.

Tuesdays 5:45 pm

### PILATES MAT

Holistic fitness incorporating very specific breathing with floor exercises for core muscle groups. Improve flexibility, strength and posture

Mondays 6:30

### Y FITNESS COMBO

Cardiovascular workout as well as muscle strengthening and toning. Great for active older adults.

Mondays, Wednesdays, Fridays 9:00 am

### Y WORKOUT

Choreographed workout session focusing on strength, flexibility and muscle toning.

Mondays, Wednesdays, Thursdays 5:30 pm

### YOGA

Yoga combines deep breathing with gentle stretches and "postures". Helps relieve pain, stress and tension while improving flexibility.

Wednesdays 6:30 pm; Saturdays 8:45 am

### ZUMBA

Ditch the workout, join the party!

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Sundays 9:00 am ; Mondays 7:30 pm ; Tuesdays 7:00 pm ;  
Wednesdays 7:30 pm; Thursdays 7:30 pm

### 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.

Tuesdays, Thursdays 9:00 am

### 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.

Tuesdays, Thursdays 9:45 am

HEALTH, WELL-BEING & FITNESS

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# YOUTH DEVELOPMENT

## VALLEY YMCA SPRINTERS SUMMER SWIM TEAM & STROKE CLINIC

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. Season begins Wednesday May 30 and ends July 27. Facility Member: \$165

**Pre-season Stroke Clinic (emphasis on stroke technique, starts & turns)** will be offered Monday, Wednesday & Friday 5:30-6:30 p.m. starts April 23 ends May 18. Facility Member: \$90 Community Member: \$180

For more information, please contact Mark LaFortune, Aquatics Director, at 203-736-9622 or mlafortune@cccymca.org.

**Yellow Group:** Beginner swimmers and/or younger swimmers

**Green Group:** Improving swimmers. Swims all four of the strokes. Also includes younger swimmers (10 and under) with competitive experience.

**Blue Group:** Experience in competition. Swims all four strokes. Most swimmers in this group should be at least 10 years of age.

Group	Day	Time
Yellow/Green	Mon, Wed, Fri	5:30pm-6:30pm
Blue	Mon, Wed, Fri	6:15pm-7:45pm
	Tues, Thurs	5:30pm-7:15pm
Red	Mon, Wed, Fri	5:30pm -7:15pm
	Tues, Thurs	5:30pm -7:15pm
Gold	Mon, Wed, Fri	6:15pm-7:45pm
	Tues, Thurs	5:30pm-7:30pm



## 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 at least three weeks in advance to schedule a date. Full payment must be made to confirm the celebration date. To schedule a celebration party, please contact, Mark LaFortune, Aquatics Director at P 203 736 9622 or mlafortune@cccymca.org. Children 6 or under must each be accompanied by an adult in the pool.

Saturdays 12:00 pm to 2:00 pm or 2:30 pm to 4:30 pm  
(1 hour pool or gym, then 1 hour in our party room.)

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

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

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

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# YOUTH DEVELOPMENT

## Karate

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 reality based self-defense. Instructors: Chris Sansonetti and Dana McEachem. Mr. Sansonetti is a 4th Degree Black Belt and a PDR certified self-defense instructor.

### Little Ninjas (5 to 6 Years)

Tuesdays & Thursdays - 7:00 pm to 7:30 pm

Facility Members: \$60 for one night, \$100 for two nights

Community Members: \$70 for one night, \$125 for two nights

### Beginner and Advanced (7 to Adult)

Beginners: Tuesdays & Thursdays - 7:30 pm to 8:15 pm

Advanced: Tuesdays & Thursdays - 8:15 pm to 9:00 pm

Facility Members \$75 for one night, \$130 for two nights

Community Members \$85 for one night, \$150 for two nights

### Kids Sports Night **NEW!!**

**Kids age 8-13 will have a great time playing basketball, floor hockey, waffle ball and other games with their friends. A YMCA instructor will lead the kids and help to ensure that everyone has fun while learning and playing different sports. This is a non-competitive program, all levels of ability are encouraged to play.**

**Wednesdays: 7:00 pm-8:00 pm**

**Facility Members: FREE**

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



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**SWIM, SPORTS & PLAY**

# HEALTHY LIVING

## PRIVATE/SEMI PRIVATE SWIM LESSONS: 4 30-minute classes

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. For more information, contact Mark LaFortune, Aquatics Director at P 203 736 9622 or mlafortune@cccymca.org.

### Fees:

One person: Facility Member \$90.00; Community Member \$150.00

Two people: Facility Member: \$65.00 each; Community Member \$115.00 each

## ADULT SWIM LESSONS

This program is for adults who want to learn to swim. Emphasis is on personal safety, stroke technique, basic rescue and aquatic fitness. Instructor: Charles "Uncle Charlie" Migani .

Wednesdays                      7:00 pm to 7:45 pm  
Fees:                                      Facility Member \$65.00,  
    Community Member \$130.00

## PERSONAL TRAINING

Learn new techniques, improve your motivation, build skills, review your fitness program.

For more information, please contact Ryan Gleason, CSCS, at P 203 736 9622 or rgleason@cccymca.org.

Choose from one to three visits per week. Appointments are flexible.  
Fees:

- 1-one hour session:    \$ 30.00
- 5-one hour sessions:    \$ 140.00
- 10-one hour sessions: \$ 250.00



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# SOCIAL RESPONSIBILITY

## 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 Chris Phipps at P 203 736 9622 or [cphipps@cccymca.org](mailto:cphipps@cccymca.org) for more information.

## 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. Please Contact Mark LaFortune, Aquatics Director, at P 203 736 9622 or [mlafortune@cccymca.org](mailto:mlafortune@cccymca.org) for more information.

Dates and fees TBD

Non-refundable \$25.00 fee for pre-test required (included in program cost)

## MEMBERSHIP FOR ALL

Membership rates on a sliding scale based upon household income.

Please contact the Y for more information.



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HELPING OTHERS

# 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.

## SUMMER FUN CLUB: June 18 through August 17

The Valley YMCA offers a fun, state licensed Summer Camp for children aged 5-12. 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!

Camp Registration begins **March 1st**. 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.

### Summer Preschool/Kindergarten Themes

(Program held at 32 Howard Avenue, Ansonia)

Week 1 (6/25-6/29) - Sea Life

Week 2 (7/02-7/06) - Community Helpers

(Note: No Class on July 4, 2012)

Week 3 (7/09-7/13) - Things That Go

Week 4 (7/16-7/20) - Travel Around the World

Week 5 (7/23-7/27) - Farm Life

Week 6 (7/30-8/03) - Food and Nutrition

Week 7 (8/06-8/10) - Shadow and Light

Week 8 (8/13-8/17) - Seasons

Week 9 (8/20-8/24) - Nature

Week 10 (8/27-8/31) - Science Discovery

### Options Available

- \$50/week-2 days/week (9:00 am-12:00 pm)
- \$75/week-3 days/week (9:00 am-12:00 pm)\*
- \$150/week-5 days/week (9:00 am-3:00 pm)\*

\*Rate reduced for Week 2 only for 5 half day (\$60)and 5 full day (\$120).

### Healthy Kids Day 2012

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.

□ When: Saturday April 28, 2012

□ Time: 10:00am-1:00pm

□ Fun Time Activities

□ Fun Fitness Activities

□ Healthy Lifestyle Snacks

□ Special Guests

### VALLEY YMCA

12 State Street, Ansonia, CT 06401

P 203 736 9622 F 203 736 1438

[www.valleyy.org](http://www.valleyy.org)

