

Valley-Shore YMCA

Every day, the Y is strengthening the foundation of our community. It is our responsibility to adapt and grow in response to area needs so we can continue to serve in the greatest capacity possible. Together, we will create a vibrant hub for engagement and inclusion that unites the community and transforms lives.

OUR HISTORY

The Valley Shore YMCA began serving the Shoreline in 1917. In 1974, community leaders and partners came together to build our original permanent facility and celebrate the Valley Shore YMCA opening its doors to the Shoreline community. Forty years and four facility expansions later, the Valley Shore YMCA has grown to be one of the community's largest non-profits, serving more than 10,000 members each year.

Founded on the Y's mission to serve all people through programs that build healthy spirit, mind and body, the Valley Shore YMCA has become a community leader,

THE TIME IS NOW

As your YMCA and the CT Shoreline and Lower River Valley have evolved over the decades, the need for community assistance to achieve your YMCA's mission is evident, including the demand to improve accessibility and program delivery. Supporting your YMCA has never been more important.

EXPANDING OUR REACH

In 2015, Valley Shore YMCA members and community members from the nine towns we serve were surveyed as part of a Membership Feasibility Study. The results indicate a high demand for a new comprehensive YMCA on the CT Shoreline and will greatly enhance the opportunities available for programs and services, as well







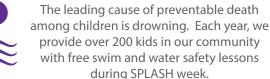
YOUR INVESTMENT MAKES A DIFFERENCE

COMMUNITY IMPACT

VALLEY-SHORE YMCA

YOUTH DEVELOPMENT







246

students from 8 schools in 7 towns participate in our afterschool program. Children are most at risk as crime victims and involvement with unsafe behavior in the hours after school.



1,566

children took part in our youth programs in the past year. Over 30% of households in the Valley-Shore are households with children.



1,120

children ages 8-12 had a safe place to have fun during one of the Y's "Kids Night Out" events in 2017.



250

children were given backpacks filled with supplies to help them start rhe schoolyear off right in September 2017.



850

campers from across our service area learned important life skills and grew their confidence during the summer of 2017.

HEALTHY LIVING



200

cancer survivors and people living with Parkinsons reclaimed their health thanks to our Hope is Power and Delay the Disease programs.



248

families received resources to reduce youth obesity and establish healthier family lifestyles through our ACT! (Actively Changing Together) program.



1,286

of our senior members are part of the Silver Sneakers program, a partnership with Medicare plans that allows them free access to our YMCA and all programs.



7in 10

of the leading causes of death are from chronic diseases, accounting for 86% of health care costs.

SOCIAL RESPONSIBILITY



2,000+

pounds of produce is produced by our community garden each year and donated to the Shoreline Food Pantry, making it easier for families in our area to have healthy food.



Over \$100,000

was provided to families and individuals annually so they could participate in our lifechanging programs and services.



800

individuals and families helped us help the community this year with financial donations and volunteer hours.



1 in 3

households in the town of Westbrook earn less than the cost of living. That means financial support is critial to helping them maintain healthy lifestyles.

A CENTURY OF SERVICE TO THE SHORELINE

1917
Founding of County Y
Many Y activities centered around supporting the soldiers of WWI

Ó

1937
The first dedicated
Girls Club is formed.

1944 County Y helps factories restructure during WWII

1950
Baby boom increases youth progrms
Programs include furniture repair & managing teens.

1966 Central office of County Y is moved to Westbrook 1976
AAUW & Y create
"Great Decisions"
Women-led discussion group
about foreign policy.

O

1992
First Golf Classic
The annual event has raised
over 1 million dollars in 25 years

2008

New Wellness Center
& Fitness Studios

Made possible by the
Brady Family Foundation.

2016
Board of Directors unanimously votes to commence a capital campaign
Reimagined YMCA for the next century of service to the Valley Shore community..

1936 County Y hosts a Youth Temperance Group

1940 Rev. Knox becomes Y Chair Programs grow to include eductional topics & career

Ó

1947 County Y's first summer day camp begins

Ó

1957 First Board of Directors is formed 1975 Valley-Shore Y is Formed Ribbon cutting signals offical opening at current site. 1982 VS-Y Expands Campaign adds a gym, racquetball courts & childcare. 2002

"Initiative 2000" adds a second pool 25-yard pool made possible by the support of the Lee family.

O 2013

"Hope is Power" begins Free program for individu with cancer

OUR MISSION

To inspire, nurture, and strengthen culturally vibrant communities through youth development, healthy living, and social responsibility.

OUR CAUSE

At the Y, strengthening the foundations of community is our cause. We focus our work in three key areas, because nurturing the potential of kids, helping people live healthier, and supporting our neighbors are fundamental to strengthening communities.

THE Y IS FOR EVERYONE. Financial assistance is available.

CONNECT WITH US

For more information about the Valley Shore Y: TONY SHARILLO| CEO 860.399.9622 x1~ or TSharillo@VSYMCA.org

VSYMCA.ORG



VALLEY-SHORE YMCA

201 Spencer Plain Road Westbrook, CT 06498 860.399.9622

VSYMCA.ORG



VALLEY SHORE YMCA

YOU DON'T NEED

SUPERPOWERS TO MAKE A DIFFERENCE

IN SOMEONE'S LIFE!

BY CHOOSING THE VALLEY SHORE YMCA, YOU ARE POSITIVELY IMPACTING **OUR COMMUNITY BY:**

YOUTH DEVELOPMENT

Increasing the engagement of youth in social-emotional development:

- Youth Swim Lessons
 - Summer Day Camp
 - Free Child Watch
- Before & After School Care

HEALTHY LIVING

Helping youth & families focus on wellness with a spotlight on fitness, education, and nutrition

- HOPE IS POWER: Cancer survivorship program
- Delay the Disease™: Parkinson's disease program
- Scholarships for YMCA memberships; providing access to all YMCA facilities & group exercise classes

SOCIAL RESPONSIBILITY

Strengthening the community through the power of the Y network

- Increasing the number of children that are safe around water
- Community Garden: Over 10 tons of fresh produce grown and given away to our local community

