



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# ALL TOGETHER STRONGER

Serving the Shoreline for generations to come.  
VALLEY-SHORE YMCA

# 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



#1

The leading cause of preventable death among children is drowning. Each year, we provide over 200 kids in our community with free swim and water safety lessons during SPLASH week.



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 the school year 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.



7 in 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.



800

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



Over \$100,000

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



1 in 3

households in the town of Westbrook earn less than the cost of living. That means financial support is critical 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

1937  
The first dedicated  
Girls Club is formed.

1944  
County Y helps  
factories restructure  
during WWII

1950  
Baby boom increases  
youth programs  
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.

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  
educational topics & career  
clinics.

1947  
County Y's first summer  
day camp begins

1957  
First Board of  
Directors is formed

1975  
Valley-Shore Y is  
Formed  
Ribbon cutting signals official  
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.

2013  
"Hope is Power"  
begins  
Free program for individuals  
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:  
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[VSYMCA.ORG](http://VSYMCA.ORG)



## VALLEY-SHORE YMCA

201 Spencer Plain Road  
Westbrook, CT 06498  
860.399.9622

[VSYMCA.ORG](http://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

