

# Membership

## Table of Contents

Aquatics . . . . .	15-21, 40-44
Badminton . . . . .	52
Birthday Parties . . . . .	54
Child Care and School Age . . . . .	22-24
Dance Center . . . . .	26-27
Fencing . . . . .	53
Fitness . . . . .	28, 45-50
Group Fitness Classes . . . . .	46-47
Gymnastics . . . . .	29-31
Hafaday . . . . .	21
Healthy Kids Day . . . . .	25
<b>Healthy Living</b> . . . . .	40-53
“In Shape” for Teens with Special Needs* . . . . .	28
Karate . . . . .	33, 52
Kettlebell Training . . . . .	50
Mahackeno Outdoor Center . . . . .	38-39
Membership Information . . . . .	4-14
Nutrition . . . . .	51
Parent/Child . . . . .	16, 32
Pediatric Aquatic Therapy* . . . . .	20
Personal Training . . . . .	49-50
Racquet Sports . . . . .	52
Senior Aquatics . . . . .	42-43
<b>Social Responsibility</b> . . . . .	36-39
Special Needs Open Gym	
Funtastic Gymnastics . . . . .	31
Sports & Recreation . . . . .	33-34, 52-53
Teen Fitness . . . . .	28
Volleyball . . . . .	53
Wellness Programs* . . . . .	45
<b>Youth Development</b> . . . . .	15-34
Youth Fun Nights . . . . .	36

\*Special Needs Classes

## Spring 2011 Family Y Calendar

### February 2011

Feb 7 Spring 2011 Registration  
 Feb 20 Winter Session Ends  
 Feb 21-27 No Youth Classes  
 Feb 28 Spring Session Begins

### April 2011

Apr 18-24 No Youth Programs  
 Apr 24 Family Y Open 8:30a-12:30p

### May 2011

May 9 Summer 2011 Registration  
 May 30 Family Y Closed  
 (Memorial Day)

### June 2011

Jun 19 Spring Session Ends  
 Jun 20 Summer Hours Begin  
 Jun 27 Camp and Summer Sessions  
 Begin

## Hours of Operation

Mon-Fri 5:30a–10:00p    Saturday 7:30a–7:30p    Sunday 7:30a–5:00p

## The Westport Weston Family Y is Strengthening the Foundations of Community.

We are *men, women and children of all ages and from all walks of life joined together* by a shared passion: to strengthen the foundations of community.

With our commitment to *nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility*, the Family Y ensures that every individual has access to the essentials needed to learn, grow and thrive.

We not only promise, but also deliver, *positive personal and social change* to the communities we serve.

Though the world may be unpredictable, one thing remains certain – the Westport Weston Family Y is, and always will be, *dedicated to building healthy, confident, connected and secure children, adults, families and communities.*



# Membership

## ALL MEMBERS MUST PRESENT MEMBERSHIP CARD!

### Your Family Y Membership

Membership at the Westport Weston Family Y entitles you to enjoy our facility at 59 Post Road East (entrance on Church Lane).

- Two gyms
- Two pools
- Whirlpool
- Saunas
- Separate Adult and Child Locker Rooms

You have priority registration for programs. You may also participate in physical, recreational, aquatic, enrichment programs and classes. For additional information, please call Member Services at 203-226-8981 x165.

### Hours of Operation

Mon-Fri	5:30a–10:00p
Saturday	7:30a–7:30p
Sunday	7:30a–5:00p

## Types of Membership

### Membership

Includes use of the entire facility including the pools, towels, the Fitness Center and all Group Fitness classes. (Must be at least 16 years old to use the Fitness Center.)

### Health Center Membership

Membership plus use of a private locker in the Health Center. Additional benefits: gym clothing, towels, steam room, sauna, exercise bike and cable TV in the Health Center.

## Disability Access

At the Westport Weston Family Y we will do our best to work with individuals or parents and families to accommodate members with special needs into our programs. If you need additional information or assistance, please contact David Cohen at 203-226-8981 x109.

## Companion Locker Room

The Westport Weston Family Y has a Companion Locker Room down the hall from the Boys' and Girls' Locker Rooms. This is designed for individuals who may need the assistance of a companion. For access, please see one of our representatives at the Member Services Desk.



# Membership

## Payment Information

All new members pay a \$50 joining fee (\$25 for seniors, students, and youth). Memberships on a bank draft continue on a recurring monthly basis and do not end at the end of a year. Members requesting to cancel their memberships must do so in writing, 30 days in advance. Membership will terminate 30 days after the next draft (10th of the month). No refunds.

## Financial Assistance

The Westport Weston Family Y is a community-based organization and does not turn away residents due to lack of ability to pay for memberships or programs. To apply for financial assistance for a Family Y membership, contact the Senior Director of Membership at 203-226-8981 x161 or stop by the Member Service Desk for an application. The Family Y reserves the right to refuse assistance to any individual.



## Guest Fees

Non-members may purchase a single-use Guest Pass. Photo identification will be requested. A guest may use up to three guest pass receipts towards the purchase of an annual membership. Guests are afforded the same privileges as members and are expected to conform to the Family Y's rules and regulations.

Adult and Family: \$20  
Senior, Student, Active/Reserve Military and Youth: \$10

- The Family Y accepts checks, cash, or Visa/MasterCard/Discover for single payment.
- The Family Y accepts checks, cash, Visa/MasterCard/Discover and Bank Draft for monthly payment.
- **\$30 service charge for returned checks.**
- **\$30 service charge for insufficient funds on debit cards.**



## Membership Rates

### Memberships

Paid Monthly	Effective 3/1/11
Youth (0-15) . . . . .	\$ 22 . . . . . \$ 23
Student (16-22) . . . . .	\$ 42 . . . . . \$ 43
Adult (23-64) . . . . .	\$ 62 . . . . . \$ 64
Family I . . . . .	\$ 75 . . . . . \$ 77
Family II . . . . .	\$102 . . . . . \$105
Senior (65+) . . . . .	\$ 46 . . . . . \$ 47
Senior Couple . . . . .	\$ 72 . . . . . \$ 74
Health Center Membership (Private locker room)	
All Members . . . . .	\$ 40 . . . . . \$41

(in addition to membership fee)  
*Active Members of the Military receive a 100% discount on all rates.*

*Family I assumes one adult.*

*Family II assumes two adults.*

*Family assumes all dependents living in a single household and children up to age 21.*

# Membership

## Membership Cards

Membership cards with bar-codes are issued to all members. **Members must always bring their membership card when using the Family Y and pass the card through the bar-code reader at the Member Service Desk to enter the Family Y.**

**Non-member guests MUST bring a valid picture ID and purchase a guest pass to use the Family Y.**

The entrance to the Family Y is located on Church Lane. The Family Y reserves the right to deny admittance to anyone without a valid Family Y membership card. Members allowing the use of their membership card by others are subject to revocation of membership.

## General Rules of Conduct

The Westport Weston Family Y is a membership organization that values caring, honesty, respect and responsibility. In joining, members subscribe to Family Y policies and are expected to abide by the following guidelines and other rules as posted in the building.

**Supervision:** When families are present at the Family Y or the Mahackeno Outdoor Center, parents are responsible for the supervision of their children unless the children are enrolled in a scheduled, supervised activity. Parents are expected to help enforce Family Y rules.

## Membership suspension/revocation:

Membership may be revoked or suspended if members engage in vandalism, theft, unnecessary physical roughness in sports or activities, use obscene language while at the Family Y, act in an abusive or intimidating manner to other members or staff, or act contrary to the Y's core values of caring, honesty, respect, and responsibility.

Staff are responsible for enforcing Family Y guidelines and have the right to bar members from the facility/program for violation of rules. Suspension or revocation of membership privileges will occur only after consultation with the CEO or his designee. No refunds of fees will be made for revoked or suspended memberships.

## Proper Attire

Athletic shoes and attire are required for fitness and recreational activities. Members are asked not to wear athletic shoes or boots directly from the street into exercise areas. Black-soled shoes and non-athletic footwear are not allowed on the courts, gym floors, or in the Fitness Center. No rollerblades may be used in the building. Coats and street clothes must be stored in the locker rooms.



# Membership

---

## Valuables

The Family Y is not responsible for lost or stolen valuables. Personal locks may be used while participants are in the building, but must be removed daily. At the Bedford/Weeks Complex, lockers for valuables are available near the service desk. There is a 25 cent charge per use. Kit lockers are also for rent. There are also mini-lockers available in the Women's and Men's Locker Rooms. These are token operated and free of charge. Tokens are available at Member Service Desk.

## Lost & Found

The Family Y will hold lost and found articles for five days. If unclaimed, they will be given to families in need or worthwhile charities.

## Equipment

Equipment may be taken out at the Member Service Desk (Bedford/Weeks complex) with a membership card.



## Responsibilities & Accident Insurance

The Family Y does not carry medical/accident insurance. Risks are assumed by the user of the facility and program participants.

## Alcohol

No alcoholic beverages are permitted.

## Food

Food is allowed in the Weeks Pavilion Member Lounge only.

## No smoking

Smoking is prohibited on all Y property.

## YMCA of the USA "AWAY" Program

Members of the Westport Weston Family Y may visit other Ys participating in the "AWAY" (Always Welcome At the Y) program. Each Y sets its own policy, but most honor out-of-state Y membership gratis, and in-state for a reduced fee. An AWAY sticker is imprinted on your membership card. In addition, reciprocal relationships have been established with many Ys throughout Connecticut.

## Registering for Recreation, Fitness, Aquatic and Enrichment Programs

All classes have ongoing registration on a first come, first served basis. See page 15 for complete details of swim registration procedure. Most Family Y programs require the participants to be members of the Family Y. Program registration will not be accepted unless membership is current and extends through the end of the program.

# Membership

---

## **PROGRAM POLICIES & INFORMATION**

### **Program Refunds**

Should the Family Y need to cancel a program, a full refund or credit will be issued to the participant.

### **Program Fee Prorates**

Program fees will be prorated after the fifth week of classes (fall and spring only.)

### **Holiday Cancellations**

There are no refunds or proration of fees, or makeup classes available for classes falling on scheduled holidays or Y closings.

### **Weather Cancellations**

No makeups, refunds or credits will be made for cancellations or closings due to inclement weather.

### **Emergency Closings**

In case of emergency closings, call 203-226-8981, or check our website [www.westporty.org](http://www.westporty.org).

### **Program Withdrawals**

Program refunds or credits are only available for documented medical reasons and are prorated from the period that the corresponding program director is notified in writing. Should you choose to

withdraw from a program for other reasons, you must notify the corresponding program director two weeks before the start of the program session in writing to qualify for a credit or refund. All refunds carry a 25% service charge. This is waived when receiving a credit to be used at the Family Y. Please be aware that specific Family Y programs such as Child Care and summer camps may have alternate refund/credit policies. Please consult the registration applications for each to determine the details.

### **Registration Fees**

All program and registration fees are non-refundable.

### **Makeup Policy**

Participants register for classes on an ongoing basis and as specified in the Family Y brochure. Attendance in classes is the responsibility of the participant. Makeup classes cannot be provided or the participant allowed to attend a different class during the week if the absenteeism was caused by the participant. Refunds/credits issued only if absence was due to medical reasons.

### **Locker Rooms**

At the Bedford/Weeks Complex, infants and individuals under age 19 are not allowed in the adult locker rooms. Adults accompanied by children who require supervision must use the youth locker rooms located on the first floor or the companion locker room. Mothers may not bring boys age 5 or older into the girls' locker room and fathers may not bring girls age 5 and older into the boys' locker room. Children of this age should be encouraged to dress themselves in the locker room designated for their gender.

## **Registration Begins on Monday, Feb 7**

- Go to [www.westporty.org](http://www.westporty.org) and click on **Registration**
- Stop by Member Services – Church Lane Entrance
- Send a Fax – 203-221-8390 (registrations processed at the end of each day)

**Check start/end dates for your program**

# Membership \_\_\_\_\_

## Membership Information

Member # \_\_\_\_\_

• Complete this form or apply online at [www.westportny.org](http://www.westportny.org)

Asterisk (\*) indicates required information. Incomplete applications will not be processed. If requested information is Not Applicable, please indicate 'N/A'.

\*Name \_\_\_\_\_

\*Street Address \_\_\_\_\_

\*City, State, Zip \_\_\_\_\_ \*Email \_\_\_\_\_

Our member software allows us to send you INSTANT confirmation of your member registration.

\*Date of Birth \_\_\_\_\_ \*Sex \_\_\_\_\_

\*Home Phone (     ) \_\_\_\_\_ Work (     ) \_\_\_\_\_

Employer Name \_\_\_\_\_

Profession \_\_\_\_\_ Position \_\_\_\_\_

\*Spouse/Partner Name *(if joining)* \_\_\_\_\_ \*Spouse Date of Birth \_\_\_\_\_ \*Sex \_\_\_\_\_

\*Name(s) of Children *(if joining)*

1. \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

2. \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

3. \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

4. \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

Type of Membership \_\_\_\_\_ Cost \_\_\_\_\_

***Members must bring membership cards to access building!***

# Membership \_\_\_\_\_

## Emergency Contact

\*Name \_\_\_\_\_

\*Relation \_\_\_\_\_

\*Home Phone (     ) \_\_\_\_\_ \*Cell (     ) \_\_\_\_\_

## Strong Kids Campaign

YES, I would like to contribute to the Strong Kids Campaign in my monthly payment.

Please charge my account an additional (check one):  \$5    \$10    \$20    \$50    Other \$ \_\_\_\_\_ per month.

YES, I would like to contribute now with my annual membership in the amount of \$ \_\_\_\_\_ .

YES, my employer has a Matching Gift Program. Please contact me for details.

## Payment Information

Note: Memberships require a Joiner Fee of \$50 (Adult or Family) or \$25 (Senior, Student, or Youth) which must be included in your payment.

Enclosed is a Check # \_\_\_\_\_ payable to the Westport Weston Family Y in the amount of \$ \_\_\_\_\_ .

Please charge my Visa /MasterCard / Discover # \_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

I understand that the Westport Weston Family Y (the "Family Y") is a non-profit organization which makes its facilities and programs available to persons only on the condition that they agree to assume complete responsibility for any injury or damage. In consideration of use of Family Y facilities, and/or acceptance as a Family Y member or guest or into any Family Y program(s), I/we (and any family member who hold Family Y membership through me/us) hereby release and agree to hold harmless the Family Y, its officers, directors, employees and staff, from any claim for damage or loss (including but not limited to physical injury and property damage that may be incurred by me/us, or any such family member, or any of our guests), as a result of the use of any facility or participation in any program(s) of the Family Y. I/We certify that I/we and such family members and guests have been determined by a medical doctor to be physically capable to undertake all programs and activities in which I/we or they participate. I/We agree to abide and to require and such family members and guests to abide by all rules and policies established by the Family Y. A 25% service charge will apply to all membership cancellations excluding medically documented reasons or relocation of residence out of state. I agree that my photograph can be used by the Family Y unless I notify the photographer at the time my picture is being taken.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Spouse Signature (if joining) \_\_\_\_\_ Date \_\_\_\_\_

**Fax it:** 203-221-8390 • **Mail it:** Family Y, PO Box 190, Westport, CT 06881 • **In Person:** At the Member Services Desk

# *Membership* \_\_\_\_\_

## **Draft Authorization Agreement**

Member Name \_\_\_\_\_

Recurring Monthly Payment \_\_\_\_\_

## **Bank Draft Information**

Bank Name \_\_\_\_\_

Bank City, State, Zip \_\_\_\_\_

Bank Transit/ABA No. \_\_\_\_\_

Bank Account No. \_\_\_\_\_

Account Type     Checking     Savings

*Please attach a voided check from your account.*

# Membership

---

## Credit Card Information (MC/VISA/DISCOVER only)

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Day Phone (     ) \_\_\_\_\_ Evening (     ) \_\_\_\_\_

The undersigned hereby agrees and authorizes the Westport Weston Family Y to process charges to the above credit card/bank account on a recurring monthly basis in the amount noted above. Said monthly charges shall continue until Member notifies the Family Y, in writing, to cancel such charges. The Family Y requires a minimum of 30 days notice of intention to cancel membership and/or program privileges. Membership will be canceled 30 days after the last draft which occurs on the 10th of the month.

***If membership is reinstated, all initial joining fees apply.***

Member acknowledges that scheduled price increases may be automatically processed. The Family Y will mail notice of increases 30 days before they take effect.

Member agrees to provide updated credit card/bank information upon request. The Family Y needs updated information to continue to process monthly payments. Member understands that failure to provide valid credit card/bank information to the Family Y will result in immediate suspension of membership privileges.

Member agrees that this authorization is binding and irrevocable.

**Authorized Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
(Bank Draft/Credit Card)

***Call the Family Y for more information 203-226-8981.***

---

### FOR OFFICE USE ONLY

Processed by \_\_\_\_\_ Date \_\_\_\_\_

Total Payment Processed \_\_\_\_\_ Receipt # \_\_\_\_\_

# Registration

---

## Program Registration Form

• Register Online (recommended) • Please register only one person per form • Registration begins on Monday, February 7, 2011

Asterisk (\*) indicates required information. Incomplete applications will not be processed. If requested information is Not Applicable, please indicate 'N/A'.

### Participant Information

\*Participant Name \_\_\_\_\_ \*Member  Yes  No  
All programs, except those with Member and Non-Member rates, require membership

\*Street Address \_\_\_\_\_

\*City, State, Zip \_\_\_\_\_

\*Age \_\_\_\_\_ \*Date of Birth \_\_\_\_\_ \*Email \_\_\_\_\_

\*Home Phone (     ) \_\_\_\_\_ Work (     ) \_\_\_\_\_

### Program Information

Program Name \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Second Choice \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Do you want to be waitlisted for your first class, if both are full?  Yes  No

Program Name \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Second Choice \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Do you want to be waitlisted for your first class, if both are full?  Yes  No

Program Name \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Second Choice \_\_\_\_\_ Day/Time \_\_\_\_\_ Fee \_\_\_\_\_

Do you want to be waitlisted for your first class, if both are full?  Yes  No

**Total Fees** \_\_\_\_\_

*Provide Payment Information on Back*

# Registration \_\_\_\_\_

## Payment Information

Asterisk (\*) indicates required information. Incomplete applications will not be processed. If requested information is Not Applicable, please indicate 'N/A'.

\*Participant Name \_\_\_\_\_

Enclosed is my check payable to the Westport Weston Family Y (please issue a separate check for each program)

Please charge my VISA/MasterCard/Discover in the amount of \$ \_\_\_\_\_  
VISA/MasterCard/Discover # \_\_\_\_\_ Exp. Date \_\_\_\_\_

\*Signature \_\_\_\_\_

### **Your check or credit card will not be processed until a participant is registered in a program. Please allow up to 10 days for processing.**

I understand that the Westport Weston Family Y (the "Family Y") is a non-profit organization which makes its facilities and programs available to persons only on the condition that they agree to assume complete responsibility for any injury or damage. In consideration of use of Family Y facilities, and/or acceptance as a Family Y member or guest or into any Family Y program(s), I/we (and any family member who holds Family Y membership through me/us) hereby release and agree to hold harmless the Family Y, its officers, directors, employees and staff, from any claim for damage or loss (including but not limited to physical injury and property damage that may be incurred by me/us, or any such family member, or any of our guests), as a result of the use of any facility or participation in any program(s) of the Family Y. I/We certify that I/we and such family members and guests have been determined by a medical doctor to be physically capable to undertake all programs and activities in which I/we or they participate. I/We agree to abide and to require and such family members and guests to abide by all rules and policies established by the Family Y. A 25% service charge will apply to all membership cancellations excluding medically documented reasons or relocation of residence out of state. I agree that my photograph can be used by the Family Y unless I notify the photographer at the time my picture is being taken.

***No credits or refunds for withdrawals. See website or program brochure for details.***

\*Your Signature \_\_\_\_\_ \*Date \_\_\_\_\_

**Fax it:** 203-221-8390 • **Mail it:** Family Y, PO Box 190, Westport, CT 06881 • **In Person:** At the Member Services Desk

---

### FOR OFFICE USE ONLY

Processed by \_\_\_\_\_ Date \_\_\_\_\_

Total Payment Processed \_\_\_\_\_ Receipt # \_\_\_\_\_