



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN GROW THRIVE

Spring  
Programs 2012

WESTPORT  
WESTON FAMILY Y

Registration Begins  
Monday, February 6

Classes Begin  
Monday, February 27

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



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We are also fortunate to have over 250 part-time employees and many volunteers who serve Westport Weston Family Y members every day.

# WESTPORT WESTON FAMILY Y

## Table of Contents

Aquatics	.6-16
Archery	.35, 39
Basketball	.36-37
Birthday Parties	.16, 33, 36
Camp Mahackeno	.40-41
Child Care and School Age	.18-21
Dance Center	.22-23
Fencing	.38
Fitness	.28-29
Group Fitness Classes	.25-27
Gymnastics	.32-33
Hafaday	.7
"In Shape" for Teens with Special Needs*	.24
Karate	.35, 39
Membership Rates & Information	.2-5
Parent/Child	.9, 34
Pediatric Aquatic Therapy*	.13
Personal Training	.28
Racquet Sports	.35, 37
Senior Aquatics	.16
Sports & Recreation	.35-39
Teen Fitness	.24
Volleyball	.39
Wellness Programs*	.30

\*Special Needs Classes

## Spring 2012 Family Y Calendar

### February 2012

Feb 6	Spring 2012 Registration Begins
Feb 10	Father Daughter Dance
Feb 19	Winter Session Ends
Feb 20-26	Hafaday
Feb 20-26	No Youth Programs
Feb 27	Spring Session Begins

### March 2012

March 4	SpinOdyssey
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### April 2012

April 6-8	No Youth Programs
April 8	Family Y Open 10:00 am-2:00 pm Easter

April 16-20	No Youth Programs
April 16-20	SPLASH! Week
April 28	Healthy Kids Day 9:00 am-12:00 pm

### May 2012

May 7	Summer 2012 Registration Begins
May 28	Family Y Closed in Observance of Memorial Day

### June 2012

June 17	Spring Session Ends
June 18	Summer Hours Begin
June 25	Camp and Summer Sessions Begin

## Online at [www.westporty.org](http://www.westporty.org)

Besides easy online registration for classes, programs and special activities, you can find many other things on the Family Y website: current pool and gym schedules, reminders of upcoming events, a daily calendar and links to recent press and our "Who, What, When – and Y" blog. You can also find the latest news about current operations, our annual Strong Kids Campaign and "Building What Matters," our campaign to fund and construct a modern new Y facility at Mahackeno.

# MEMBERSHIP

## Our Mission

The Westport Weston Family Y enriches the community by developing and nurturing the potential of every individual, promoting healthy living, and fostering a sense of social responsibility.

## 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).

You may also participate in physical, recreational, aquatic, enrichment programs and classes. For additional information, please call Melinda Craig, Director of Membership at 203-226-8981 x161.



## Membership Rates

	Paid Monthly	Current	As of 3/1/2012
Youth (0-15)	.....\$23	.....\$24	
Student (16-22)	.....\$43	.....\$44	
Adult (23-64)	.....\$64	.....\$66	
Family I	.....\$77	.....\$79	
Family II	.....\$105	.....\$108	
Senior (65+)	.....\$47	.....\$48	
Senior Couple	.....\$74	.....\$76	

### Health Center Membership (Private locker room)

All Members .....\$41 .....\$42  
(in addition to membership fee)

Active/Reserve 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 23.

## 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 charitable nonprofit 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 Melinda Craig, Director of Membership at x161, or stop by the Member Service Desk for an application. The Family Y reserves the right to refuse assistance to any individual.

## Hours of Operation

Monday-Friday 5:30 am-10:00 pm  
Saturday 7:30 am-7:30 pm  
Sunday 7:30 am-5:00 pm

# MEMBERSHIP

## Membership Cards

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

## Types of Membership

### Membership

Includes use of the entire facility including the pools, towels, the Fitness Center and all Group Fitness classes. (See Youth Fitness Center Policies on page 24.)

### 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.

### 7th Grade Initiative

The Family Y provides free membership to all 7th grade students in the Westport and Weston school districts. For details, visit [www.westporty.org](http://www.westporty.org) or call David Cohen at 203-226-8981 x109.

Non-member guests MUST bring a valid picture ID and purchase a Guest Pass to use the Family Y.

The main 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 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.

## 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.

## 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, and Youth: \$10

## 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 Family Y CEO Rob Reeves or his designee. No refunds of fees will be made for revoked or suspended memberships.

# MEMBERSHIP

## Registration for Spring Session Begins on Monday, February 6

- 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**

### 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

For the latest updates, please 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. Credits expire after one year. 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

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.

### 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

## 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.

## 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. Lockers for valuables are available near the Member 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 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. An AWAY sticker is imprinted on your membership card. In addition, reciprocal relationships have been established with many Ys throughout New England.

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

All classes have ongoing registration on a first come, first served basis. See page 8 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.



# AQUATICS

## Our Pools

### The Stauffer Pool

Six lanes, gradual slope, 82-degree water temperature, and moveable stainless steel bulkhead. Available for recreational and lap swimming, and instructional, fitness and competitive programs. There is a 1-meter diving board.

### The Stauffer Shallows

The shallow section of the Stauffer Pool is separated from the deep section by a bulkhead. Water Fitness, Water Therapy, Swimming Lessons, and Recreational Swims are scheduled in the Stauffer Shallows. There is a water slide available during all ages swim.

### The Brophy Pool

3 lanes, four-foot depth and 90-degree water temperature. Used for instructional programs, and available to members for recreational swimming. The shallow depth and warm water are beneficial to those who swim for therapeutic reasons.

### Pool Rental

The Stauffer Pool is available to private and civic groups for parties. Contact the Aquatics Department for details.

### Pool Rules

Pool Conduct: Showers are required before using pools. Persons with infections, diseases or open wounds are prohibited from using pools. Excessive rough-housing is not permitted in the pool area.

Equipment: Kick boards and pull buoys may be used by adults. They are not to be used as toys. Flotation devices are permitted only under direct adult supervision.

### Supervision

Non-swimmers and beginners must be accompanied and supervised by an adult. Adults accompanied by children who require supervision must use the youth locker rooms on the first floor. Children are not allowed in the adult locker rooms. Children 8 years old or younger who have a Family Y membership may be accompanied by a parent who does not have a membership.

### The Swims

Swims are divided into several categories and are defined below:

#### Lap Swim

Circle swimming is observed. Diving is not allowed in Adult Lap lanes.

### Therapeutic

The Therapeutic Swim is scheduled for those who have arthritis, back problems or some other physical condition or disability. Not a lap swim time. Please respect the rights of our Members who legitimately use this time for therapy.

### All Ages Recreational

Open to families, adults or other children for diving, playing, practicing or swimming. 2 lanes are set aside for lap swimming in the Stauffer Pool. Water slide is available in the shallow end of the pool. (No lap lanes available in Stauffer Shallows).

### Parent & Tot Swim

For parents and their children to practice what they learn in class.

### The Pool Stats

Pool	Stauffer	Brophy	Mahackeno
Length	25 yds 37 yds	17 yds	25 yds
Lap/mile	72	103 48	72
Water	82°	90°	Outdoor
Lanes	6	3	6
Depth	3.5-13 ft	4 ft	3.5-13 ft

# AQUATICS



Hafaday is primarily a swim program, with both a lesson and a free swim period each day.

It's the best way to learn to swim. Arts and crafts, music and gym time, including yoga, karate, & games round out each morning of fun. Students in swim lessons are grouped by age and ability.

Hafaday is designed for children ages 4-8. Program hours are from 8:45 am-12:30 pm.

Cost: Members \$265/week  
Non-members \$290/week

Register now.

For more information, contact Nicole Turechek, Aquatics Director, at 203-226-8981 x128 or email [nturechek@westportny.org](mailto:nturechek@westportny.org).

**At Hafaday we've been making wonderful memories for the last 34 years and invite you to be a part of the 35th season!**

**Registration is taking place now!**

#### PROGRAM DATES:

- Session 1: June 18-June 22
- Session 2: June 25-June 29
- Session 3: July 2-July 6
- Session 4: July 9-July 13
- Session 5: July 16-July 20
- Session 6: July 23-July 27
- Session 7: July 30-August 3
- Session 8: August 6-August 10
- Session 9: August 13-August 17
- Session 10: August 20-August 24

No camp on Wednesday, July 4.  
Cost for session 3 is \$210/\$230;  
add Stewie's SPLASH! Hour \$230/\$250.

**NEW!** **Stewie's  
Splash! Hour**

**Wednesdays 12:30-1:15pm**

Cost: \$20 per week  
First come first serve...  
pick your week!

Children will receive learn-to-swim gifts.



Stew Leonard III  
Children's Charities

# AQUATICS

## Fifteen-Week Session

### Session Dates:

Monday, February 27 – Sunday, June 17

Participant swims once per week for 15 weeks.

Price: \$245 preschool (per session)

\$265 youth (per session)

## First Class Meet 'n' Greet

February 27 – March 4 • Say "Hi" and meet your child's instructor.

## Parent Observation Week

March 26 – April 1 and June 4 – June 10

**No Swimming Classes Scheduled:**  
Sunday, April 8 – Easter  
Mon.–Sun., April 16–22 – Spring Recess  
Monday, May 28 – Memorial Day



## Welcome to the Pool!

For more than 100 years, the YMCA has been a leader in aquatics and water safety. The Westport Weston Family Y Swim Lesson program is designed to provide three equally important experiences for your child: The satisfaction of learning new swimming skills, the opportunity to increase physical fitness, and training in personal safety and lifesaving skills. Instruction is caring and personalized. Classes are available 7 days a week to meet your family's needs: mornings and afternoons.

Additionally, you may choose to register your child for more than one weekday swimming class if you want to spend even more time in the water this Winter. For more information contact Aquatics Director Nicole Turechek at 203-226-8981 x128 or [nturechek@westportymca.org](mailto:nturechek@westportymca.org).

## Select Your Classes

Consult the course descriptions and select the appropriate level, day and time. Please indicate a first and second choice of classes when using our printed enrollment forms. Or go to [westportymca.org](http://westportymca.org) for immediate enrollment online. Also keep in mind that parents attend and participate with their children through the "Pike I" level. If you are unsure about placement for your child, please contact Aquatics Department.

## Membership Required

All lesson participants must be members of the Family Y. Membership must be valid until the end of the session. Membership cards must be presented at the Member Service Desk each time a child comes to class. Use your membership to swim for fun outside of class!

## A Special Note To Parents

During the weeks of March 26–April 1 and June 4–June 10, parents are welcome to stay and see their child's lesson. Otherwise, parents are asked to please wait outside the pool area. You may drop off and meet your child at the door if you wish. Meet and greet your child's instructors the first week of class.

## The Family Y's Fountain of Youth

Built in 1929, our much-loved Brophy Pool is four feet deep and kept at a comfortable 90 degrees – ideal conditions for our youngest swimmers and for those who swim for therapeutic reasons.

# AQUATICS

## Parent/Child Swim Classes (ages 6–48 months with parent)

The primary objective of these classes is to acquaint both parent and child to the aquatic environment. They are designed for the child to have fun in the water, learn basic propulsive movements and personal safety under the guidance of his or her parent. Children also learn independence in the water which will prepare them for lessons without parents.

### Shrimp/Kippers (ages 6–18 months)

Introduces parents with infants to a safe aquatic environment, providing a positive hands-on experience for both. Skills such as blowing bubbles, kicking, floating and limited arm movements are introduced. All skills are done with parent holding infant at all times. This is a wonderful opportunity to build a trusting relationship with your child while participating in an enjoyable physical activity.

Wednesday 10:30-11:00 am  
Saturday 8:45-9:15 am  
Sunday 10:30-11:00 am



### Inia/Perch (ages 19–36 months)

In the Inia level we encourage a child's independence using various types of flotation supports. Proper body movements along with kicking, floating, blowing bubbles and jumping into the water are taught. Parent role modeling is highly recommended for a child at this age. Your child will learn from repetition and a trusting, patient parent. This is a great place to share new experiences and interact with everyone in the class.

Wednesday 11:00-11:30 am  
Saturday 9:45-10:15 am  
Sunday 10:00-10:30 am  
Sunday 11:30 am-12:00 pm

### Pike I (ages 3–5 years)

An extension of the Perch class for 3- to 4-year-olds. It encourages self-esteem along with independence. It teaches the basic swimming techniques and prepares the child for classes without parents. Please note: some Pike classes may be combined with Perch classes.

Saturday 9:15-9:45 am  
Sunday 11:00-11:30 am



# AQUATICS

## Pre-School Swim Lessons (ages 3-5 years without parent)

These classes are designed to improve on basic swimming skills, introduce rotary breathing and the crawl stroke, increase endurance and emphasize water safety. Class participants are divided into skill levels, and class size is such that the instructor can provide children with individual attention. Parents do not attend.

### Pike II

Instructors will focus on getting swimmers acclimated to the water, balancing in the water without a flotation device and maneuvering through the water using a barbell.

Monday	1:30-2:00 pm
Monday	2:05-2:35 pm
Monday	3:15-3:45 pm
Monday	4:25-4:55 pm
Tuesday	1:30-2:00 pm
Tuesday	2:05-2:35 pm
Tuesday	2:40-3:10 pm
Tuesday	3:30-4:00 pm
Wednesday	10:25-10:55 am
Thursday	1:30-2:00 pm
Thursday	2:05-2:35 pm
Thursday	2:40-3:10 pm
Thursday	3:15-3:45 pm
Thursday	4:25-4:55 pm
Saturday	10:15-10:45 am
Saturday	11:25-11:55 am
Saturday	12:00-12:30 pm
Sunday	10:00-10:30 am
Sunday	11:00-11:30 am

### Eel

Instructors will focus on refining body position in the water, stroke development on the front and back and being able to swim 15 feet without a flotation device.

Monday	2:05-2:35 pm
Monday	2:40-3:10 pm
Monday	3:15-3:45 pm
Tuesday	1:30-2:00 pm
Tuesday	2:05-2:35 pm
Tuesday	2:40-3:10 pm
Tuesday	4:05-4:35 pm
Wednesday	11:00-11:30 am
Wednesday	2:50-3:20 pm
Thursday	1:30-2:00 pm
Thursday	2:05-2:35 pm
Thursday	3:15-3:45 pm
Thursday	4:25-4:55 pm
Saturday	10:15-10:45 am
Saturday	11:25-11:55 am
Sunday	10:30-11:00 am

### Ray

Swimmers will no longer be wearing flotation devices at this level and instructors will teach them to swim 20 feet unassisted using the front, back and side stroke.

Monday	1:30-2:00 pm
Monday	2:40-3:10 pm
Monday	3:15-3:45 pm
Monday	5:00-5:30 pm
Tuesday	3:30-4:00 pm
Tuesday	4:50-5:20 pm
Wednesday	4:00-4:30 pm
Thursday	1:30-2:00 pm
Thursday	2:40-3:10 pm
Thursday	3:15-3:45 pm
Thursday	3:50-4:20 pm
Saturday	10:50-11:20 am
Saturday	12:00-12:30 pm

# AQUATICS

## Starfish

Swimmers will learn how to swim the full length of the pool unassisted using the front, back and side stroke. The instructors will also focus on teaching level body positions, rhythmic breathing and rotary head movement.

Monday	2:05-2:35 pm
Monday	2:40-3:10 pm
Monday	3:50-4:20 pm
Tuesday	3:30-4:00 pm
Wednesday	4:35-5:05 pm
Thursday	2:05-2:35 pm
Thursday	3:15-3:45 pm
Thursday	3:50-4:20 pm
Saturday	10:50-11:20 am

## Seahorse

Designed for those swimming at the highest level for this age group. Rotary breathing, breaststroke, backstroke, sidestroke and intro to butterfly are covered.

Monday	3:15-3:45 pm
Wednesday	3:25-3:55 pm
Saturday	12:35-1:05 pm



Our newest swim program is sure to be a big **SPLASH!**

This is a special opportunity brought to you by the Family Y and the Stew Leonard III Children's Charities.

Children will enjoy a 30 minute lesson (Monday through Thursday), followed by a special free swim on Friday. In each lesson, qualified instructors will introduce strokes and improve technique.

Your children will become more confident in the water so they may move on to participate in future swim lesson programs.

On Wednesday, Stewie the Duck will join us to teach water safety. Children will enjoy learning the safety song, along with receiving a Stewie the Duck book/DVD, age appropriate personal flotation device (PFD) and SPLASH! t-shirt.

On Friday, parents can join their children in the water for free swim during your regularly scheduled time.

**We look forward to having fun and making a big SPLASH!**



## SPLASH! Week April 16-20

- Monday-Thursday: 30 minute swim lesson
- Wednesday: Stewie the Duck will join us
- Friday: Free swim

Age groups (3-5) and (6-12)

Cost to family: only \$10

\*Children will receive learn-to-swim gifts

- 9:00-9:30 am ages 3-5
- 9:30-10:00 am ages 3-5
- 10:00-10:30 am ages 3-5 & 6-12
- 10:30-11:00 am ages 6-12
- 11:00-11:30 am ages 3-5 & 6-12
- 11:30 am-12:00 pm ages 6-12

**Space is limited. Sign up early for SPLASH! Week during April break 2012.**

For more information, please contact Nicole Turechek, Director of Aquatics at 203-226-8981 x128 or [nturechek@westporty.org](mailto:nturechek@westporty.org).

# AQUATICS

## Youth Swim Classes (ages 6-12 without parent)

Each skill level builds upon the preceding level, with seven levels covering all strokes, diving fundamentals and safety skills. Children learn at their own pace and progress to the next level when they can proficiently and safely perform the appropriate skills.

### Polliwog

Specially designed for children who still need full assistance in the pool. Water adjustment, basic elements of floating and gliding, rhythmic breathing and paddle stroke for the beginner swimmer.

Flotation devices may be used.

Tuesday	4:05-4:45 pm
Thursday	5:00-5:30 pm
Saturday	12:15-12:55 pm

### Guppy

Specially designed for children who may still need some assistance in the pool. Swimmers will learn how to swim 15 yards with minimal assistance, master rhythmic breathing and be introduced to rotary breathing techniques.

Monday	4:00-4:40 pm
Monday	4:45-5:25 pm
Tuesday	4:50-5:30 pm
Wednesday	4:00-4:40 pm
Wednesday	4:45-5:25 pm
Thursday	4:00-4:40 pm
Thursday	4:45-5:25 pm
Saturday	8:30-9:10 am

### Minnow

Specially designed for children who can swim without assistance. Swimmers will learn how to complete 1-2 lengths in the pool without stopping, master the breast stroke and be introduced to over-arm recovery and the flutter kick.

Monday	4:00-4:40 pm
Monday	4:45-5:25 pm
Tuesday	4:05-4:45 pm
Tuesday	4:50-5:30 pm
Wednesday	4:45-5:25 pm
Thursday	4:00-4:40 pm
Thursday	4:45-5:25 pm
Saturday	9:15-9:55 am

### Fish

Specially designed for children who can swim without assistance. Swimmers will learn how to swim each stroke (breast, front, back and side) 50 yards without stopping and be introduced to open turns and the dolphin kick.

Monday	4:00-4:40 pm
Wednesday	4:00-4:40 pm
Thursday	4:00-4:40 pm
Thursday	5:30-6:10 pm
Saturday	10:00-10:40 am

### Flying Fish

Specially designed for children who can swim without assistance. Swimmers will learn how to swim each stroke (breast, front, back and side) 100 yards without stopping, refine open-turns and pull-outs, and be introduced to the butterfly stroke.

Monday	4:45-5:25 pm
Wednesday	5:30-6:10 pm
Thursday	4:45-5:25 pm
Saturday	10:45-11:25 am

### Shark

Specially designed for children who can swim without assistance. Swimmers will learn how to swim each stroke (butterfly, breast, front, back and side) for up to 200 yards without stopping, master starts, flip turns, and complete a 200 individual medley.

Monday	5:30-6:10 pm
Wednesday	5:30-6:10 pm
Saturday	11:30 am-12:10 pm

# AQUATICS

## Youth Aquatics

Besides swimming lessons there are lots of opportunities for children and teens to learn a new skill, have fun in the pool and build lasting friendships.

### Special Needs Instruction

If your child cannot be mainstreamed in a group swimming lesson, please contact the aquatics department for information about alternative options at the Family Y to help your child learn to swim.

### Pediatric Aquatic Therapy

Certified aquatic occupational therapist Cindy Freedman is available to work one-on-one with children with developmental disabilities improving fine/gross motor skills, sensory processing skills, focusing and direction following skills as well as other areas of development. Appointments only. Call Cindy at 203-526-1336 or visit [angelfishtherapy.com](http://angelfishtherapy.com).



### Private Swim Lessons (any age with or without parent)

Whether you are just starting out or are an experienced swimmer, our instructors will design an individual lesson and motivate you to achieve your swimming goals. Wear your bathing suit and bring a towel and goggles if needed. Lessons are 30 minutes in length. Email Nicole Turechek at [nturechek@westporty.org](mailto:nturechek@westporty.org) for a registration sheet or call Member Services.

Members: \$45 per lesson  
Non-members: \$55 per lesson

### Semi Private Swim Lessons (any age with or without parent)

Need two or more participants to sign up. Email Nicole Turechek at [nturechek@westporty.org](mailto:nturechek@westporty.org) for a registration sheet or call Member Services.

Members: \$35 per lesson  
Non-members: \$45 per lesson

### Water Rat Swim Team

Email Senior Coach Ellen Johnson at [ejohnson@westporty.org](mailto:ejohnson@westporty.org) for information or go to [www.wrat.org](http://www.wrat.org).

### Pre-Competitive Programs

Contact John Scaldini at 203-226-8981 x117 or [coachjohnscaldini@hotmail.com](mailto:coachjohnscaldini@hotmail.com).

### High School Prep Swim Clinic (ages 13-18 years)

### Stripers (ages 9-12 years)

### Bluefish (ages 6-8 years)



# AQUATICS

## Adult Aquatics

Whether you're lap swimming, interested in a water fitness class, seeking therapy for a physical ailment, or just learning how to swim, there's a program for you in the pool. Our adult classes provide a chance for you to get in shape, learn a new skill and meet some friends along the way.

### Personal Training in the Pool!

Get in the pool with a certified aquatic trainer for individual instruction. We can assist you post physical therapy or maybe you need a personal trainer in the pool to get you on the road to better health. Your trainer can write up a program for you to do on your own, or schedule multiple sessions for one-on-one attention. Contact Patty Kondub at [pkondub@westportny.org](mailto:pkondub@westportny.org) or 203-226-8981.

### Swim Fitness

Emphasis on interval swimming, kicking, pulling and distance training. Stroke instruction also provided. Participants should be intermediate swimmers or better. Instructor-led program.

Monday, Tuesday, Wednesday, Thursday, and Friday  
9:00-10:00 am  
Membership required.

### When can you swim?

The Family Y offers numerous recreational swim times for families and children. The Stauffer pool is equipped with one water slide and a one-meter diving board. For the current schedule of open swim times for the Stauffer Pool, Stauffer Shallows, and Brophy Pool, please go to [www.westportny.org](http://www.westportny.org).

### Adult Instructional Swim February 27 – June 15

Learn to swim in our lesson program for adults. There are three different levels:

**Fear No More:** A special class for those afraid of the water. Instructors work with students in a small group to help them overcome their fears and begin to develop basic swimming skills.

**Beginner:** For adults who don't feel at ease in the water or who have never participated in swimming lessons. Non-swimmers are taught basic swimming skills and water safety.

**Intermediate:** For adults who are comfortable in the water and who would like to work on stroke development and endurance. It is perfect for those who have limited swimming skills and would like to improve their techniques.

**Beginner**  
Saturday 9:45-10:15 am  
Members: \$265

**Intermediate**  
Saturday 8:45-9:15 am  
Members: \$265

**Fear No More**  
9:15-9:45 am  
Members: \$265

## DID YOU KNOW...?

The Westport Weston Family Y is our community's largest provider of swim lessons, a vital service for safety and health in a coastal region with beaches and hundreds of private pools. Each year, some 700 children take lessons in this necessary skill. Most take swimming lessons for three to four years, growing from water safety to active recreation, to healthy lifestyle. One of our Family Y's proudest accomplishments is that since our founding in 1923, we've taught more than 32,000 kids to swim!

# AQUATICS

## Masters Swim Team

The Westport Weston Family Y Masters Swim Team competes regularly in both YMCA and U.S. Masters Competitions. Each member has the opportunity to participate in organized workouts and competitive swim meets. Mike Laux and various Masters members organize ongoing practices. For more information, contact Mike Laux at [lauxlaw@gmail.com](mailto:lauxlaw@gmail.com).

Tuesday & Thursday 8:15-10:00 pm  
Saturday 11:30 am-12:30 pm  
Membership required.



## Lifeguarding (ages 15 & up)

The Red Cross lifeguarding course emphasizes practical lifesaving skills and job-related responsibilities. Standard first aid and CPR for the professional rescuer are included. Participants must be strong swimmers.

May 19 & May 26 12:00 pm-7:00 pm  
May 20 & May 27 9:00 am-5:00 pm

Email Cesar Vargas at [cvargas@westport.org](mailto:cvargas@westport.org)  
Members: \$325 / Non-members: \$350

## Scuba

Participants should be good swimmers and must be at least 12 years of age. Tanks and regulators will be provided; mask, fins and snorkel can be purchased from the instructor, or bring your own. PADI certification will be awarded upon completion of the course. New session every 4 weeks.  
Instructor: Noel Voroba

Register: Call Orbit Marine 333-DIVE.

## Team Mossman Triathlon Club

**Serves multisport athletes of all ages and abilities in and around Connecticut, enabling them to achieve their athletic goals. We educate and inform our members, having fun while participating in all the area has to offer for training and racing, to improve the sport for all. Team Mossman has monthly meetings in the Bedford Room. Email [Ironmancrt@aol.com](mailto:Ironmancrt@aol.com) or visit [www.teammossman.com](http://www.teammossman.com) for details.**

# AQUATICS

## V.I.P. Water Physical Fitness

Join a certified water exercise instructor with specialty training for various populations (MS, Diabetes, Parkinsons, or Stroke patients) for a great class in the pool! Learn various water exercises, walking techniques, muscle strength, flexibility and stretching routines to maximize the power of water. Bad backs, hips and knees are also welcome!

Tuesday & Thursday 10:15-11:00 am  
Stauffer Shallows

## Arthritis Aquatic Program

Ruth Sherman teaches the Arthritis Foundation Family Y Aquatic Program in our 90-degree therapy Brophy pool. The class consists of specially designed exercises which can help improve joint flexibility, and relieve pain and stiffness. It is not necessary to know how to swim. Persons with severe joint problems or who have had joint surgery are encouraged to check with their doctors about the need for special precautions.

Monday, Wednesday  
& Friday 8:45-9:45 am  
Membership required.

## Pre/Post Natal Water Exercise Hour

A safe, effective and enjoyable water exercise class for the pre/post natal woman. Class includes muscle strengthening, flexibility, stretching and moderate cardio segments taught by a certified water exercise instructor whose specialties include pregnancy and postpartum programming. Program enrollment is ongoing throughout the session and will be prorated.

Tuesday & Thursday 10:15-11:00 am  
Stauffer Shallows  
Membership required.

(If you give birth before the end of the class session and discontinue the class, a credit will gladly be given.)

## Aqua Fitness: Get Wet and Get Fit!

Classes are not synchronized swimming, water ballet or lap swims. We run, jog, bicycle, cross country ski, step, row the boat and weight train against the water's resistance in a high intensity, low impact, fat burning, cardiovascular, muscle strengthening nonswimming workout.

Monday-Friday 6:45-7:45 am  
9:00-10:00 am  
Monday & Wednesday 6:15-7:15 pm  
Sunday 9:15-10:15 am  
Free with membership. Membership required.

## Ruth's Senior Aqua Fitness

Tuesday & Thursday 11:00 am-12:00 pm  
Brophy Pool  
Free with membership. Membership required.

## Deep Water Workout

Friday 6:15-7:15 pm  
Free with membership. Membership required.

### Pool Parties (7 years or older)

It's always a good time for a pool party at the Westport Weston Family Y!

Come have all your friends use our pool, bring some party hats, balloons, food and cake and enjoy a party everyone will be talking about for months!

Email Nicole Turechek at  
nturechek@westparty.org or  
call 203-226-8981 x128  
for scheduling.

Members: \$175 per party  
Non-members: \$200 per party

# HEALTHY KIDS DAY

Come join us on  
**Saturday, April 28**  
9:00am–12:00noon  
in the Lower Gym

Arts and crafts, face painting,  
moon bounce, sit in the Westport  
fire truck and police car, healthy  
snacks, and so much more!

Sponsored by  
Stew Leonard III  
Children's Charities.



# CHILD CARE

## Westport's Finest Early Learning Programs Right in Your Neighborhood

The Westport Weston Family Y Child Care provides top quality, developmentally appropriate care and education to meet the needs of families who live and work in Westport, Weston and surrounding communities.

### The Family Y is Different

There are many options available to the families of this community but the Family Y Child Care:

- Has earned NAEYC Accreditation
- Is relationship based
- Is centrally located in downtown Westport
- Has Kindergarten transportation from all Westport public schools
- Provides a child-centered, culturally rich curriculum
- Encourages strong parental involvement
- Offers financial assistance
- Literacy-rich environment
- Celebrates the development of each child into their personal best

### A Variety of Activities

- Swimming – instructional and free swim for all children
- Gym – instructional and free gym for all children
- Mahackeno – regular access to the 32-acre Mahackeno Outdoor Center and camp playground
- Creative Arts – woodworking, cooking, performance arts, music and movement

### Professional Teachers:

- Degreed, experienced teachers
- American Red Cross certified
- Designing curriculum around individual children
- Building strong partnerships with families

### Flexible Scheduling of days/hours:

- Full day and part day schedules
- Two, three and five day options
- Operating hours: 7:00 am–6:00 pm
- Year-round programming
- Full day holiday/vacation day specials for Kinderkids

### Programs include:

- Infant/Toddler (6 weeks–3 years)
- Preschool (3–5 years)
- Kinderkids (pm Kindergarten), swim lessons twice per week



### What NAEYC Accreditation Means

The Family Y's Early Learning Program is accredited by the National Association for the Education of Young Children (NAEYC) – the nation's leading organization of early childhood professionals.

The NAEYC Accreditation system was created to set professional standards for early childhood education and to help families identify high-quality preschools, child care centers and other early education programs.

To earn NAEYC Accreditation, a program must meet each of 10 NAEYC Early Childhood Program Standards. NAEYC-accredited programs are also subject to unannounced visits during their accreditation, which lasts for five years.

# CHILD CARE

## Early Learning Program

The Westport Weston Family Y Early Learning Program bases the curriculum on the individual strengths and interests of each child. Children and families are supported through:

- Open-door policy for parents
- Developmentally appropriate activities
- Healthy, safe environment
- Balanced daily schedules
- Community involvement
- A culturally sensitive environment
- A whole child approach to learning
- Policies which respect families
- Nationally accredited



## Administration

Tasha Dennison, Senior Director  
203-226-8981 x113, tdennison@westporty.org

Cheryl Polite, Administrative Assistant  
203-226-8981 x192, cpolite@westporty.org

## Room A – Pre School, x158

Melissa Hoyt, Head Teacher

## Room Infant 1 – Toddler 2, x186

Kelly Russo, Head Teacher  
Candy Martinez, Teacher

## Toddler, x191

Jacquie Quinn, Head Teacher  
Nicole Brower, Teacher  
Catie Callahan, Teacher  
Stephanie Hicka, Teacher  
Kelly Nagy, Teacher

## Room D-2 – Pre School, x190

Lynn VanDeusen, Head Teacher  
Victoria Blumm, Teacher

## Kinderkids, x190

Kelly Russo, Head Teacher  
Allison West, Teacher

## School Age: Kings Highway (203-226-1158)

Mitzi Walters, Head Teacher  
Stephanie Hicka, Teacher  
Paul Watson, Teacher

## Drivers

Charles Eaton  
Paul Watson



Enrollment forms and  
information available at  
[www.westporty.org](http://www.westporty.org)

# CHILD CARE

## Westport Weston Family Y School Age Program – School Year 2011–2012

### Early Bird Program

The Family Y Early Bird Program is a Before School program, caring for K–5th graders before the school day begins. Starting at 7:00 am, staff provide breakfast and quiet activities before the start of school. A Family Y bus transports children to school.

7:00–8:30 am or 9:00 am  
Westport Weston Family Y

Includes: Light breakfast, Games, Social/Relaxation. Before School programs are currently not available for Weston students.

### After School Program

The Family Y After School program provides a fun, safe environment for 1st–5th graders from the time the school day ends until 6:00 pm. School half days are included from dismissal time if they fall on your child’s regularly scheduled day. We offer after school programs for all Westport school age students. Space is limited to licensed capacity.

From dismissal until 6:00 pm  
Long Lots Elementary School

For all public schools in Westport and Weston

Includes: Snack, Outdoor Play, Art Activity, Table Games, Homework Help, Free Swim Lessons once a week, One Free Swim, and Cooking Activities. Includes all Westport and Weston schools.

### Special Cares After School

Every child deserves an exciting and enriching after-school experience. At the Family Y’s After School program, this includes swim lessons, art, gym, cooking, music and more; plus homework help and nutritious snacks.

The Family Y has been supporting children and families with special needs through Special Cares at Camp Mahackeno for decades. Now, we are bringing this expertise to After School.

Special Cares After School students join in as many activities as possible. Teacher to student ratio is 1:1 or 1:2, providing the student with the attention and encouragement needed to develop at his or her own pace. Contact Tasha Dennison, Senior Director of Child Care and School Age, at 203-226-8981 x113 or [tdennison@westportny.org](mailto:tdennison@westportny.org).

### Father-Daughter Dance February 10, 6:30–8:00 pm

Join us for our 2nd annual Father–Daughter Dance on Friday, February 10 in the Bedford Room. Members, \$10; Non-members, \$15. For details, contact Tasha Dennison, 203-226-8981, x113, or [tdennison@westportny.org](mailto:tdennison@westportny.org).

### School Vacation Program

The Family Y School Vacation Program provides days packed with fun activities on the days when school is in recess (see calendar for exceptions). The program is for 1st–5th graders and takes place at the Family Y. Includes: Games, Gym Time, Day Trips, Movies, Snacks, Swimming at the Family Y.

7:00 am–6:00 pm  
Westport Weston Family Y

For information contact Tasha Dennison at 203-226-8981 x113 or [tdennison@westportny.org](mailto:tdennison@westportny.org)  
Forms available at [www.westportny.org](http://www.westportny.org)





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

# **NURTURING THE POTENTIAL OF EVERY CHILD**

**Child Care and Early Learning Programs**  
**WESTPORT WESTON FAMILY Y**

- Child Care for ages 6 weeks old through 5th grade
- Gym activities, swim lessons and creative arts
- Before School, After School and School Vacation programs
- Open 7:00 am-6:00 pm • NAEYC-accredited

Call Tasha Dennison, Senior Director, 203-226-8981 x113  
59 Post Road East, Westport, CT 06881  
[www.westporty.org](http://www.westporty.org)



# DANCE

## Westport Weston Family Y Dance Center

**Michele Conklin, Director**

**Winter/Spring Semester  
January 2 – June 16, 2012  
(24-week session)**

The Westport Weston Family Y Dance Center has been providing quality Ballet, Jazz, Hip Hop, Tap, and Creative Dance for children, teens, and adults for 30 years. Under the direction of Michele Conklin, the school offers a full spectrum of programs for students ages 2 to adult. The Dance Center program also includes the award-winning Petite, Junior and Mini Companies. Entrance to the companies is by audition.

**Spring Performance: Saturday, June 9, 2012  
Bedford Middle School, Westport**



**KinderCompany, Mini Company,  
Petite Company, and Junior Company  
are not open to new registration  
during the Jan–June Session.  
Auditions will be held in June 2012.**

### **No Youth Classes**

Friday, April 6–8 – Good Friday/Easter Recess

Monday, April 16–21 – Spring Recess

Monday, May 28 – Memorial Day

### **Dance Center Policy**

The Dance Program meets from September – June. We offer 2 semesters – Fall and Winter/Spring – for payment consideration. There is an end of the year performance on June 9, 2012, which requires a non-refundable costume fee included with registration. It is the parents' responsibility to inform Michele Conklin, Dance Center Director, no later than January 16 if their child cannot participate in the end of the year performance. No new students will be accepted after this date.

Payment for the January–June semester may be paid in full at registration on December 5, 2011, or you may pay 50% at the time of registration and then the balance (50%) will be charged to your credit card or bank draft on file during the week of February 20, 2012, and the non-refundable costume fee is included.

1 time per week:	\$506
2 times per week:	\$1,012
3 times per week:	\$1,518

For more information, contact Michele Conklin at 203-226-8981 x197 or [mconklin@westportny.org](mailto:mconklin@westportny.org).

# DANCE

## Westport Weston Family Y Dance Center

### Princess Dance Camp (ages 3 & 4)

Little dancers leap and twirl through the basics of ballet and tap. A new princess and a craft project will be included each day. Basic elements of ballet and tap warm-ups and traveling steps are taught in a developmentally appropriate way. Instructor: Michele Conklin. **Please bring snack and drink. No refunds. Must have ballet shoes and tap shoes.**

June 25–June 29

Monday–Friday 10:30 am–12:30 pm

Fee: \$160/week

No membership required

### Funky Jazz/Hip Hop Boot Camp (ages 8–11)

This intense class will focus on the popular urban, funkier style of Hip Hop. Instructor: Lillian Fama. **No refunds. Contact Michele Conklin, Dance Director x197 for more information.**

July 23–July 27

Monday–Friday 3:30–5:00 pm

Fee: \$110/week

No membership required

### Tap Boot Camp

Westport Weston Family Y Dance Center Company students are invited to participate. Instructor: Lillian Fama. **No refunds.**

August 27–August 31

Monday–Friday 4:00–5:30 pm

Fee: \$110/week

No membership required

**SPRING  
PERFORMANCE**  
**Saturday, June 9, 2012**  
**Bedford Middle School**  
**Westport**

## Dance Center Dress Code

### Princess Dance Camp

Pink leotard with attached pink skirt...may be purchased at Attitude Dance Supply in Norwalk. Pink tights and pink leather ballet shoes may be purchased at any dance store or Payless. Black tap shoes also needed for Princess Dance Camp.

### Jazz, Tap

Black leotard, pink tights, black dance pants. Jazz classes need black jazz shoes, and Tap classes need Bloch Mary Jane tap shoes, which may be purchased at Attitude Dance Supply in Norwalk or online at [Discountdance.com](http://Discountdance.com).

### Hip Hop (Funky Jazz/Hip Hop)

No specific uniform but comfortable clothing, no jeans or short shorts. Street sneakers required.

### Hair

All dance students are required to wear their hair secured back away from their face.

### Boys

Black shirt, black long shorts, black lace-up tap shoes, black lace-up jazz shoes.

# FITNESS

## Youth/Teen Strength Training (ages 10-13)

With proper supervision and technique, strength training for kids has been deemed safe and effective and approved by the American College of Sports Medicine and the American Academy of Pediatrics. Benefits obtained by kids participating in a strength and conditioning program include: promotion of a healthy lifestyle, injury prevention, improvement of sports performance, physical fitness and positive self-image. In this fun and educational class a certified personal trainer will guide kids through a cardiovascular, strength and flexibility workout. This class is appropriate for kids who are budding athletes or who are simply looking for a fun and healthy activity. Fitness Center.

February 27 – June 13

Monday & Wednesday 4:00-5:00 pm

Members: \$300



## Teen Yoga

Learn basic yoga postures, breath awareness and relaxation. Teens will build confidence, gain strength, flexibility and balance. Practicing Yoga at a younger age can have lifelong benefits.

February 27 – June 11

Monday 5:00-6:00 pm

Members: \$180

## “In Shape” For Teens with Special Needs (ages 12 and up)

Class will teach cardiovascular and basic weight training for teens with special needs. Class will be taught by a certified personal trainer.

February 28 – June 12

Tuesday 5:00-6:00 pm

Members: \$280

## Spring Sports Conditioning

This strength and conditioning program is designed to help golfers and tennis players improve their game. This class will focus on core training, cardio and stretching with improved strength, flexibility, stamina, endurance and reduced risk of injury.

March 5 – April 24

Tuesday 7:30-8:30 pm

Members: \$125

## Wellness Center Youth/Teen Policy

The Westport Weston Family Y is committed to providing health and wellness opportunities for all ages. To ensure the safety of our members, the following policies will apply for ages 10 through 14.

### Ages 10-13

Must enroll and complete the Youth/Teen Strength Training program. Once completed the youth/teen must be accompanied by a parent or guardian to work out in the wellness center.

### Ages 14 and up

Teens ages 14 and up are allowed to use the fitness facility after they have completed three Fitlinxx orientations.

## Teen Advisor Hours for 7th Graders

All seventh graders must complete 3 Fitlinxx orientations before using the Wellness Center. A teen advisor will be present during these designated hours:

Tuesday 4:00-6:00 pm

Wednesday 3:30-5:00 pm

Friday 7:00-9:00 pm

Saturday 3:00-5:00 pm

Seventh Graders accompanied by a parent/guardian (member) may use the Wellness Center at any time.

# FITNESS

## Group Fitness Classes – Included with Membership

### 15 Minutes Abs

If time is a factor, try our 15 minutes of abs. Class focuses on the core muscles.

### 15 Minute Yoga Stretch

Basic yoga stretches to improve your flexibility.

### 30 Minute Stretch

Increase your flexibility and loosen up those joints.

### Ballet Barre Workout

Traditional ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding will help the beginner through advanced dancer improve with ease.

### Cardio Combo

An intense, fat burning aerobic workout. Class may include some Hi/lo movement as well as use of the step.

### Core Plus

This class will focus on strengthening the core as well as using weights for a full body workout.



### Dance Fusion

Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

### Feldenkrais

Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

### Gentle Yoga

This class will explore asana,(postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

### Half and Half

Easy to follow 30 minute low impact aerobic workout followed by 30 minutes of total body toning.

### Hatha Yoga

In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and become more sensitive to how energy moves through our body. All levels welcome.

### Kickbox Conditioning

Learn to kick, punch and jab with proper form for a great workout.

### Kripalu Yoga

Kripalu Yoga incorporates three stages of development; 1: postural alignment, 2: meditation with longer posture holding, 3: meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

### Light Low and Lively

Light intensity, low impact and lively music. This class is paced for those looking for an easy to follow, lighter cardio workout.

# FITNESS

## Group Fitness Classes – Included with Membership

### MELT Hand and Foot

Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age.

### Pilates – Beginner

Look for special class dates posted on current Group Fitness Schedules. Members will have the opportunity to learn basic pilates instruction with a certified Pilates instructor.

### Pilates Mat

A Pilates certified instructor helps you accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

### Pilates Mix

A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

### Qigong

An ancient Taoist self-healing technique that generates a healthy flow of qi between people and nature. It is this exchange of qi that creates an energy that brings about health in living beings and in the environment. All fitness levels will benefit from this practice. No previous experience necessary.

### Sheng Zhen Healing Qigong

This restorative Qigong consists of gentle meditative movements performed sitting on a chair. If you practice them with a happy heart and a concentrated mind, they will enable you to gather the powerful healing energy of the universe to reduce stress, strengthen vital energy, and improve health at all levels. All levels welcome.

### Spinning

An indoor cycling class designed for all ages and abilities, focusing on improving cardiovascular fitness. Ride at your own pace as an instructor guides you on a journey to great music.

### Step

High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced levels.

### Stretch & Strength

Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate levels.

### Sunrise Yoga

Begin your morning with vinyasa yoga and be ready to face the day ahead.



# FITNESS

## Group Fitness Classes – Included with Membership

### Total Body Conditioning

A strength conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.



### Two for One

Two instructors teaching one fun, high energy, non-stop workout. Get your heart pumping and muscles moving. This is a cardio/strength class at 2x the intensity.

### Vinyasa Yoga

This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and bring more focus and balance to one's life.

### Yoga

This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to quiet the mind and bring more focus and balance to one's life.

### Yoga – Beginner

Look for special class dates posted on current Group Fitness Schedules. Learn basic Yoga postures with a certified Yoga instructor.

### Yoga for All

This class is geared toward all ages and levels. Whether you're new to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

### Zumba

A dynamic and exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

### Zumba Gold

This class is designed for the active older adult as well as beginners and those looking for a lighter intensity Zumba class.

# FITNESS

## Fitness Center

Our Fitness Center includes state of the art strength and cardiovascular equipment and a large stretching area for flexibility and functional exercises.

All new members receive three free FitLinxx® fitness orientations with their membership. Our qualified staff will provide you with an introduction to the equipment in the Fitness Center and design a basic exercise program to get you started. Call 203-226-8981 x101 to set up your appointment.

## Personal Training at the Family Y

### Why Personal Training?

Everyone can benefit from being physically challenged in new ways to remain functional and healthy. If your body is asked to respond to different stimulus it is forced to make acclimations that can result in faster weight loss, more lean muscle mass, better core stability, balance and flexibility.

Maybe you are a beginner and new to the fitness center environment? A personal trainer helps you create a routine that matches your goals. Our personal trainers can help you become familiar with the many options available to you from medicine balls to free weights.

Many intermediate or advanced weight lifters hit plateaus in their workout. A trainer can not only make sure you are doing your current workout in a safe and effective way but can help design a new program to bring you to the next level. Our staff can help find ways to get some of those muscles you forgot you had working again!

## Pre-habilitation or Rehabilitation

A Family Y personal trainer can help you prepare yourself for surgery or medical procedures by strengthening your muscles and increasing your stamina. Post-rehabilitation, Y trainers are available to work with doctors or physical therapists to provide a smooth transition from rehabilitation to regular workouts.

If you have any questions regarding personal training or would like to make an appointment please contact Shelley Moll, Director of Health and Wellness at x198 or [smoll@westporty.org](mailto:smoll@westporty.org).



## Personal Training

Personal Training gets results. It's the best and fastest way to reach your goals. Whether you want to lose weight, get in shape, rehabilitate an injury, improve balance or sports performance, our Certified Personal Trainers make your workouts count and get you results. We'll work with your doctor or physical therapist to provide a smooth transition and get you back on track. Contact Shelley Moll, Director of Health and Wellness at x198 or [smoll@westporty.org](mailto:smoll@westporty.org).

Members: 1 hour session \$75

10 hour sessions \$650

Non-members: 1 hour session \$85

10 hour sessions \$750

## Personal Training for Two

Partners provide incentive, motivation and promote commitment. You and your workout partner meet with a trainer by appointment only. Contact Shelley Moll, Director of Health and Wellness at x198 or [smoll@westporty.org](mailto:smoll@westporty.org).

\$125 (no multiple session discount)

# FITNESS

## One-on-One Pilates Instruction

Personalized Pilates Mat instruction using techniques developed by Joseph Pilates. For more information, contact Shelley Moll at 203-226-8981 x198. Sessions are 55 minutes and are by appointment only.

Members: \$75/session  
\$650/10 sessions

## One-on-One Yoga

Personalized Yoga instruction where you'll learn to let your breath guide you as you move through traditional poses to build strength, flexibility and balance. Clear your mind, increase your concentration and learn to relax. For more information, contact Shelley Moll at 203-226-8981 x198. Sessions are 55 minutes, by appointment only.

Members: \$75/session  
\$650/10 sessions

## Pre Natal Yoga

Gentle, safe yoga postures will tone and strengthen muscles while maintaining or improving flexibility. Prepare your mind, body for labor and childbirth.

Session 1: March 1 – April 5  
Session 2: April 12 – May 17  
Thursday 10:30-11:30 am  
Members: \$85

## Post Natal Fitness Class

Bring your baby along, while you work out with other moms. What a fun way to get back in shape. This class is appropriate for babies 6 weeks up to 4 months old.

Session 1: February 28 – April 3  
Session 2: April 10 – May 15  
Tuesday 10:30-11:30 am  
Members: \$85

## NEW! Small Group Kettlebell Training

Learn a progressive series of kettlebell exercises to burn fat while increasing aerobic capacity, strength and endurance. Class limited to 4 participants and meets once a week.

Call Shelley Moll at 203-226-8981 x198 for dates and times.  
4 week session  
Members: \$99

## NEW! Small Group Training

Training in groups can provide members with an opportunity to work out with friends or make new ones. Small group training is a fun, cost-effective option for reaching your fitness goals with the guidance of a certified personal trainer.

4 week session (meets once a week)  
Members: \$99  
For details, please call Shelley Moll at 203-226-8981 x198.

## Yoga for People with MS

Contact Eric Szafran, Chapter Programs Coordinator, National Multiple Sclerosis Society, 1-860-913-2550 x243; 1-800-ctfightsms.org. It should be noted that this class is for people who are ambulatory.

Saturdays, 9:00-10:30 am  
Breslin Room



# FITNESS

## Wellness Programs

### Massage Therapy

Charlotte Youth, an independent massage therapist, rents space from the Family Y. Call member services x165 to make an appointment.

One hour massage: \$75

Half hour massage: \$50

Non-members pay this plus \$20 Family Y guest pass fee.

### Reiki

Reiki energy balances the body, mind, and spirit. During a session, the client is fully clothed on a massage table in a relaxed and comfortable environment. Reiki Master Tesa Baum places her hands gently on different parts of the body, helping energy to flow to areas that are blocked or stagnant. The positions focus on the seven major chakras or energy centers of the body. The clearer the energy flow, the more the client's health and well being can improve. As these improvements develop, there is a natural process of renewal as the body more easily rids itself of toxins, ultimately opening up more of the body to life energy. By appointment only - please call 203-226-8981 x198. One hour each session.

Wednesday 10:00 am-3:00 pm

Thursday 10:00 am-3:00 pm

Members: \$75

Non-members: \$85

### Cancer Survivor Fitness Program

The Westport Weston Family Y, in conjunction with Norwalk Hospital's Whittingham Cancer Center and the Smilow Family Breast Health Center, have partnered to offer a safe, fun and effective fitness program developed specifically for cancer survivors. This 12 week program will include cardiovascular and muscle strength exercises. You will improve functional mobility, flexibility and endurance. Learn effective relaxation techniques while helping reduce cancer therapy side effects. The program is taught by specially trained, certified fitness instructors.

For more information please contact Shelley Moll at 203-226-8981 x198.

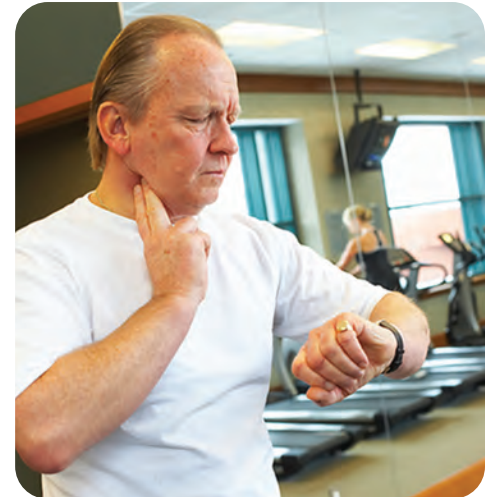
### MELT Hand and Foot Treatment

The M.E.L.T. Method is a revolutionary approach to pain-free longevity that helps you stay healthy, youthful, and active for a lifetime. Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age. This simple self treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

For more information please contact Shelley Moll at 203-226-8981 x198.

### Cardiac Rehab Program

St. Vincent's Hospital has partnered with the Westport Weston Family Y to offer a Phase 3 Cardiac Rehab Program. This 12-week program will allow cardiac patients who have completed their Phase 2 program to continue with their exercise in a medically supervised and monitored program. For more information please call Shelley Moll, Director of Health and Wellness at 203-226-8981x198 or email [smoll@westporty.org](mailto:smoll@westporty.org).



# GYMNASTICS

## Youth Gymnastics

Participants work on the mats, balance beam, parallel bars, uneven and vaults, grouped according to ability. For class placement questions call Sally Silverstein at 203-226-8981 x118. All gymnasts must wear a leotard.

February 27 – June 15

## Creative Gymnastics (Ages 3-6)

An introduction to tumbling, gymnastics skills and creative movement. Child must be age listed by January 1, 2012. Parents do not stay.

Monday	2:00-3:00 pm	(3 & 4 years)
Monday	3:00-4:00 pm	(4-6 years)
Wednesday	2:00-3:00 pm	(3 & 4 years)
Thursday	2:00-3:00 pm	(4 & 5 years)
Thursday	3:00-4:00 pm	(4-6 years)
Friday	2:00-3:00 pm	(4 & 5 years)
Friday	3:00-4:00 pm	(4-6 years)

1x wk: \$300 (membership required)



## Boys Gymnastics – Creative (ages 4-6)

Tuesday 3:00-4:00 pm  
1x wk: \$300 (membership required)

## Boys Gymnastics – Beginner/Advanced Beginner Combo (ages 5-9)

Tuesday 5:00-6:00 pm  
1x wk: \$300 (membership required)

## Boys Gymnastics (ages 9-11)

Wednesday 5:00-6:00 pm  
Fee: 1x wk: \$300 (membership required)

## Combo Creative/Beginner (ages 4-6)

No basic gymnastics skills are needed.

Monday 3:00-4:00 pm  
Thursday 3:00-4:00 pm  
Friday 3:00-4:00 pm  
1x wk: \$300 (membership required)

## Teen Tumbling 2 hour class (grades 7 & up)

Wednesday 6:30-8:30 pm  
\$360 (membership required)  
No credits or refunds for missed classes.

# GYMNASTICS

## Combo Gymnastics Classes for Beginner & Advanced Beginner (ages 5 & up)

Levels are separated by ability. Created for parent/student convenience.

Monday 4:00-5:00 pm  
Monday 5:00-6:00 pm  
Tuesday 4:00-5:00 pm  
Tuesday 5:00-6:00 pm  
Friday 4:00-5:00 pm  
1x wk: \$300 (membership required)

## Intermediate 2 hour class

Thursday 4:00-6:00 pm  
1x wk: \$360 (membership required)

## Advanced 2 hour class

Wednesday 4:00-6:00 pm  
1x wk: \$360 (membership required)

## Pre-Competitive Gymnastics

4 hours per week. By invitation only.  
Tuesday & Thursday 3:45-5:45 pm  
2x wk: \$615 (membership required)

**PARENT OBSERVATION WEEK:  
JUNE 11-15**

## Vacation Gymnastics and Swim (ages 6 & up)

Learn and improve gymnastic skills. Bring a snack and a drink. Free swim is included. Child must be able to swim without flotation device.

April 16-20  
Monday-Friday 12:00-4:00 pm  
Fee: \$165/wk; \$40/day  
(no membership required)



## Gymnastic Privates (Available to gymnasts ages 6 and up)

Contact Sally Silverstein 226-8981 x118 or [ssilverstein@westportny.org](mailto:ssilverstein@westportny.org)

Fee: \$80/hr

## Competitive Gymnastics Team

Westport Weston Family Y competes on Regional and National level YMCA & USAG. Membership required. Season: September-June

Level IV	\$2,810 per year
Level V	\$2,810 per year
Level VI	\$3,540 per year
Level VII & VIII	\$3,615 per year

## TNT Hot Shots

By instructor invitation only. 4 hours per week.

Monday & Wednesday 4:00-6:00 pm  
Fee: 2x/week \$490

## Future Stars Invitation Only

Designed for children with previous gymnastics experience who have demonstrated talent and desire to continue at a more challenging level. Children are selected and evaluated for placement by Family Y senior coaching staff.

Tuesday 4:00-5:00 pm  
1x wk: \$300 (membership required)

# GYMNASTICS



## Gymnastic Center Parties

Weekends only. Birthday parties in the Gymnastics Center can be loads of fun. Price includes one hour with instructor and one hour in a meeting room with refreshments that you provide. Limit 15 children. Ages 3-6. Party Fee Non-Refundable. Call Sally Silverstein at 203-226-8981 x118 for availability.

Members: \$220

Non-members: \$260

## SUMMER 2012

### Summer Fantasy Gymnastic & Art Program (ages 4-7)

3 hours of FUN! Gymnastics, add some games and an art project each day! Bring snack and a drink.

**No credits or refunds.**

Monday-Thursday 9:00 am-12:00 pm

Session 1: June 18-21

Session 2: June 25-28

Session 3: July 2-5

Session 4: July 9-12

Fee: \$190 (no membership required)



### Summer Gymnastic Camp (ages 6 & up)

Gymnastics, free swim and games all in an air-conditioned gym! Child must be able to swim without flotation device. Child must be age 6 by June 1, 2012. NO exceptions! Fee non-refundable. Parents please send snack and drink with child.

Monday-Friday 12:00-4:00 pm

Session 1: June 25-29

Session 2: July 2-6

Session 3: July 9-13

Session 4: July 16-20

Session 5: July 23-27

Session 6: July 30-August 3

Session 7: August 6-10

Session 8: August 13-17

Members: \$165/week  
\$40/day

Non-members: \$210/week  
\$50/day

(no membership required)

# PARENT/CHILD



## Toddler Adventure Open Gym (ages 6 months-4 years)

Focuses on fun as youngsters crawl, roll, jump and explore. Children must participate with parent or caregiver. Held in Gymnastics Center, air conditioned gym. No refunds or credits.

February 27 – June 15

Monday, Tuesday, Wednesday, Thursday, Friday  
9:00-11:00 am  
\$10/day

## Parent-Child Swim Classes

See page 9 for complete listing of classes.

## Father-Daughter Dance

Friday, February 10

6:30-8:00 pm

Members, \$10; Non-members, \$15

## Parent & Child Indoor Soccer (ages 3-5)

Prepares child for organized sports. Parents work with their child helping them to learn basic motor skills like passing, dribbling, shooting and footwork. Each new child will receive a ball. Program fee non-refundable. Upper Gym.

March 3 – June 9

Saturday 9:00-9:45 am

Members: \$200; Non-members: \$250

## Parent & Child Indoor T-Ball (ages 3-5)

Baseball Fundamentals will be the focus of this program. Program fee non-refundable. Upper Gym.

March 3 – June 9

Saturday 10:00-10:45 am

Members: \$200; Non-members: \$250

## Dribbling with Dad (ages 4-6)

A basketball program for parent and child. Lower baskets are used. Upper Gym.

March 4 – June 10

Sunday 11:00-11:45 am

Members: \$200;

Non-members: \$250



## Parent/Child Swim Classes (ages 6-48 months with parent)

### Shrimp/Kippers (ages 6-18 months)

Introduces parents with infants to a safe aquatic environment, providing a positive hands-on experience for both. Skills such as blowing bubbles, kicking, floating and limited arm movements are introduced.

Wednesday 10:30-11:00 am

Saturday 8:45-9:15 am

Sunday 10:30-11:00 am

### Inia/Perch (ages 19-36 months)

In the Inia level we encourage a child's independence using various types of flotation supports. Proper body movements along with kicking, floating, blowing bubbles and jumping into the water are taught.

Wednesday 11:00-11:30 am

Saturday 9:45-10:15 am

Sunday 10:00-10:30 am

Sunday 11:30 am-12:00 pm

### Pike I (ages 3-5 years)

An extension of the Perch class for 3- to 4-year-olds. It encourages self-esteem along with independence.

Saturday 9:15-9:45 am

Sunday 11:00-11:30 am

See page 9 for complete class descriptions.

# SPORTS & RECREATION

## Yoga Kids (ages 6-8)

This fun engaging class explores yoga poses, breathing techniques, games and relaxation exercises. Children will develop body awareness, strength, flexibility and self-confidence.

February 27 – June 11

Monday 4:00-5:00 pm

Members: \$180

## Little Lacrosse (ages 3-5)

Boys and girls gain confidence and have fun learning lacrosse skills. Cradling, shooting, throwing, catching and game play are all part of this 45 min. program.

Parents provide stick.

Limit 10 children. Lower Gym.

February 28 – April 10

Tuesday 2:00-2:45 pm

Fee: \$55/members

\$95/non-members

## Youth Floor Hockey (grades 1-3) (lower gym)

March 2 – April 13

Friday 4:00-5:00 pm

Fee: \$55/members

\$95/non-members

## Karate Kids

Teach your child to have a lifelong commitment to health and personal integrity. Tang Soo Do Karate provides the tools children need to strengthen their minds and bodies. Children who train in karate show improvement in self-esteem, confidence, and self-control, and learn respect for themselves and others. Tang Soo Do training provides the physical skills and the mental preparedness needed in confrontational interactions with others. The purpose of Tang Soo Do Karate is the development of every aspect of the self.

March 1 – June 14

Thursday 5:00-6:00 pm

Members: \$225



## Introduction to Archery (ages 7-12)

Seven weeks of fun teaching archery basics in care and use of equipment while developing self-confidence and discipline. All equipment is provided.

February 28 – April 10

Tuesday 4:00-5:00 pm

Fee: \$55/members

\$95/non-members

## Youth Indoor Tennis

The class is filled with fun games and drills designed to introduce the game of tennis to the younger player. Instructors are from Fairfield County Tennis. Lower Gym. Parent provides racquet.

February 28 – April 10

Ages 3-5 Tuesday 3:00-3:45 pm

Grades K-2 Tuesday 4:00-5:00 pm

Fee: \$55/members

\$95/non-members

## Guitar Classes

Learn guitar and play your favorite songs. Step by Step instruction. Chords, tab, scales, & more! Please provide your own instrument. Bresslin Room.

March 2 – April 13

Guitar Stars ages 5-7 Friday 4:00-5:00 pm

Beginner Guitar ages 7-12 Friday 5:00-6:00 pm

Fee: \$55/members

\$95/non-members

# SPORTS & RECREATION

## Family Y Basketball FUNDamentals

An introduction to the basics of basketball. Trophy for participants. Upper Gym.

February 27 – June 15

## Kids FUNDamentals (ages 4-5)

Low-key teaching of the basics. Dribble, shoot, pass.

Monday 2:00-3:00 pm

Friday 2:00-3:00 pm

## FUNDamentals I (grades 1-4)

Game Introduction. For first- and second-time participants.

Monday 4:00-5:00 pm

Wednesday 4:00-5:00 pm

## FUNDamentals II Junior Elite Program

Designed for children with 2 years previous experience. Upper Gym.

Thursday 4:00-5:00 pm (grades 2-3)

## FUNDamentals III (grades 5-8)

Game situations and rules will be taught. Excellent preparation for the player preparing for junior league play.

Monday 5:00-6:00 pm

**All FUNDamentals class fees:  
\$310 (membership required)**

## Youth Open Basketball (18 & under)

Open basketball in the Lower Gym is for full-court games provided 10 or more people are present.

Open basketball in the Upper Gym is for shooting purposes. No full-court games are allowed if someone just wants to shoot.

## Travel Training Workshop (boys grades 5 & 6)

February 29 – April 12

Wednesday 5:00-6:30 pm

Fee: \$100 (no membership required)

## Girls Travel Training Workshop (girls grades 5 & 6)

March 1 – April 13

Thursdays 5:00-6:15 pm

Fee: \$100 (no membership required)

## Basketball & Soccer Parties

Offered on Saturday evenings & Sunday mornings.

Limit 15 children. Age 7 and up only. **Party Fee non-refundable.** Call Sally Silverstein at 203-226-8981 x118 for availability.

Members: \$220

Non-members: \$260

## Youth Fun Nights

March 10 & May 12 • 7:30-9:30 pm

On one Saturday night per month, the Family Y is open just for students in grades 4-7!

Join friends, neighbors and classmates at the Family Y for an evening of fun!

Swim, play basketball, games, or make your own sundae.

Youth Fun Nights are a Westport institution and a great way to be with friends or meet new ones. Parent volunteers are always welcome. Please call 203-226-8981 or email [memberline@westportny.org](mailto:memberline@westportny.org) with questions. Children of volunteers get in free!

\$12 pre-purchased at the Y or on-line at [westportny.org](http://westportny.org); \$15 at the door (Family Y membership not required).

# SPORTS & RECREATION

## Racquet Sports

### Racquetball Ladder Competition

Join our Y-ladder! All levels are welcome. Starts in October and runs through May 2012. Join seasoned amateur players and rank beginners. All can benefit from some spirited competition. For more information, call Melinda Craig, Director of Membership, at 203-226-8981 x161. Members only.

### Racquetball & Squash Reservations

Members may reserve court time two days in advance every day of the week except on Fridays when a court can be reserved for Saturday, Sunday or Monday.

### Cancellations

All courts reserved for the morning hours must be cancelled the prior evening. All other courts must be cancelled at least four hours prior to the scheduled reservation.

### Eyewear

The Family Y requires the use of protective eyewear by racquetball or squash players.

### Table Tennis

Open to all members. For more information, call Melinda Craig, Director of Membership, at 203-226-8981 x161. Upper Gym.

Thursday 12:00-3:00 pm

### Adult Badminton

Open to all members. For more information, call Melinda Craig, Director of Membership, at 203-226-8981 x161. No fee. Upper Gym.

Wednesday 8:00-10:00 pm

Saturday 12:30-2:30 pm

## SUMMER 2012

### Summer Kinder Basketball/ Floor Hockey Camp (ages 5-7)

Feeling good and having fun! Drills, skills, relays, games and more! Please send snack and drink with your child. Upper Gym.

June 25-29 9:00 am-12:00 pm

Fee: \$125 (no membership required)

### Summer Basketball Camps (boys & girls ages 7-12)

One week of basketball camp fun! The camp offers sound basketball foundations for beginners and strong challenges for advanced players. We guarantee you a great basketball experience!

Session 1: June 25-29

Session 2: July 2-6

9:00 am-12:00 pm

Fee: \$155/wk (no membership required)

### Summer Teen Basketball

For players with two years experience. Travel and Rec team players encouraged. One day of drills and skills, one day real game situation playing regulation games. Limit 15 per group.

July 9 - August 16 (5 weeks)

Grades 5 and 6

Tuesdays & Thursdays 6:00-7:30 pm

Grades 7 and 8

Mondays & Wednesdays 6:00-7:30 pm

Fee: \$100 (no membership required)

# SPORTS & RECREATION

## Adult Basketball

Held in the Lower Gym. When 10 or more people are present, full-court games are played. When there are fewer than 10 people, only half-court games and open shooting are allowed.

## Introduction to Fencing (ages 11+)

Introduction to the art of fencing. Contact not allowed without protective masks and clothing. Indoor sneakers required. For fencers with less than one year experience.

February 29 – June 13  
Wednesday 4:00-4:45 pm  
Lower Gym

## Advanced Beginner Fencing (ages 11+)

Entry requires approval from instructor and minimum of six months prior instruction.

February 29 – June 13  
Wednesday 4:45-5:45 pm  
Lower Gym

## Intermediate Fencing (ages 11+)

Entry requires approval from instructor and minimum of one year of classes. Class geared towards preparing students for competition.

February 27 – June 12  
Monday 7:30-8:30 pm

Fencing Program Fees  
Members: \$260  
Non-members: \$300  
Instructor: Jamie Smith  
\*Additional equipment fee

## Fencing Privates

Available to ages 11-adult. Contact Sally Silverstein at 203-226-8981 x118.



# SPORTS & RECREATION

## Adult/Teen Karate

Learn self-discipline and self-confidence while building self-esteem through the unification of the mind, body and spirit. Tang Soo Do, a Korean martial art, emphasizes foot and hand strikes, incorporating them in forms, which allows for an organic approach to self-defense. Beginner-level class.

February 28 – June 19

Tuesday 7:00-8:00 pm

Members: \$180

## Recreational Volleyball

Provides an opportunity for everyone to play volleyball. Beginners and novices welcome.

March 1 – June 14

Thursday 8:00-10:00 pm

Members: Free

Drop-in: Non-members: \$10/night

Register at Member Services prior to play time, bring your pass to the gym.

## Power Co-ed Volleyball League

For advanced players. 18 years or older. Tuesday and Friday evenings in Lower Gym. Tryouts anytime. League includes regular play. Instructor: Dalton Ghetti.

February 28 – June 15

Tuesday 7:00-10:00 pm

Friday 7:00-10:00 pm

Drop-in: \$10

## Archery for Seniors

Learn to shoot, proper form, technique, terminology as well as scoring with a certified Archery Instructor. All equipment provided. Upper Gym.

February 28 – June 12

Tuesday 10:30-11:30 am

Fee: \$25/members; \$35/non-members



## Teen Volunteer Corp

Need volunteer hours for school? We have the data base, you supply info and interests, and we will match you up with volunteer opportunities around the Y. One-shot volunteer, or long term commitment – you tell us! Call Sally Silverstein at 203-226-8981 x118, or email her at [ssilverstein@westporty.org](mailto:ssilverstein@westporty.org) for details.

## Y's Women

The Y's Women serves women of all interests and professional levels. General membership meetings, open to members and their guests, host a wide variety of speakers on the 2nd and 4th Mondays of the month. For further information, contact Barbara Rogan at 203-226-0858.

## Y's Men

For men of retirement age, the Club meets every Thursday morning, September to May for fun, fellowship and entertainment. Various special interest groups meet regularly. For more information, call Jeff Hare at 203-254-2221.

# MAHACKENO OUTDOOR CENTER

The rustic setting for the Family Y's popular Camp Mahackeno during the summer, Mahackeno Outdoor Center is situated on 32 acres of open space and recreational areas along the banks of the Saugatuck River, just off Exit 41 of the Merritt Parkway.

## Facility Rentals

Mahackeno is available for rent. Our beautiful facility is perfect for family parties, family reunions, church, or corporate events. Please call David Cohen at 203-226-8981 x109 for more information.

## How to Get to Mahackeno

Mahackeno Outdoor Center is at 14 Sunny Lane, Westport, CT. You'll find it by turning off Route 33 near The Red Barn restaurant; proceed toward the northbound on-ramp of the Merritt, staying in the right lane. Parking is at the end of Sunny Lane. To reach the camp offices, proceed down the stone steps, cross the footbridge at Poplar Plains Brook, then walk up the next set of stone steps. The offices will be on your right. We told you it was rugged!

## School Group Rental Program

Family Y Camp Mahackeno is the perfect place to have your end of the year picnics and field days. Our facility is designed to accommodate any and all grades and classes of 20 to 300. School groups are welcome throughout the school year. Please call David Cohen at 203-226-8981 x109 for more information.

## Volunteer Opportunities

Mahackeno is very fortunate to have a dedicated group of volunteers who are committed to constantly improving the facilities. We are always striving to find groups like Boy Scouts, Girl Scouts, etc. to help beautify our facilities. If you are interested in volunteering your time call 203-226-8981 for more information.

## Mahackeno Outdoor Center Rules and Regulations

- The Outdoor Center is an alcohol-, drug-, and smoke-free facility.
- Entrance and parking is through Sunny Lane only.
- No dogs are allowed
- No fishing without permission
- Canoes are unavailable to members, and are reserved for summertime events only.
- Discard trash in all proper containers.
- You must be a member of the Westport Weston Family Y to use our facilities.
- Must check-in at office while on property.

## Woolley Bugger Fishing Club

Here's your chance to learn how to catch fish and get together with others who share your interest! The Family Y is offering youth in the area the opportunity to learn a new skill and maybe a new family tradition. The club focuses on activities related to fishing including flytying, field trips, casting instruction, guest speakers, and of course, fishing. The club is open to boys and girls, age 8 and up, and meets on a monthly basis. For more information contact Todd Stenz at [tstenz@tarqus.com](mailto:tstenz@tarqus.com).

\$110 Annual Fee



# CAMP MAHACKENO REGISTRATION FORM

Choose your two-week sessions

**LESS THAN LAST YEAR'S RATES!**

Your \$200 deposit secures your spot!

<b>ALL CAMPERS</b>	<b>CAMP MAHACKENO SCHEDULE &amp; FEES</b>				
<b>Group – grade camper will enter in Fall 2012</b>	<b>Session 1 June 25-July 6</b>	<b>Session 2 July 9-20</b>	<b>Session 3 July 23-Aug 3</b>	<b>Session 4 Aug 6-17</b>	<b>Special Events Aug 20-24</b>
Shawnee (1st grade)	\$648	\$720	\$720	\$720	\$410
Mohegan (2nd grade)	\$648	\$720	\$720	\$720	\$410
Lakota (3rd grade)	\$630	\$700	\$700	\$700	\$410
Cayuga (4th grade)	\$630	\$700	\$700	\$700	\$410
Apache (5th grade)	\$630	\$700	\$700	\$700	\$410
Rangers (6th & 7th grade)	\$693	\$770	\$770	\$770	\$410
Leaders in Training (grades 8 & 9; ages 13 & 14)	\$513	\$570	\$570	\$570	\$410
Counselors in Training (grade 10; age 15)	\$513	\$570	\$570	\$570	\$410
Special Cares	\$828	\$920	\$920	\$920	\$410

**Register Now at [www.westporty.org](http://www.westporty.org)**

# BUILDING WHAT MATTERS

## The Campaign to Fund and Construct a New Home for Our Family Y

### How We Will Fund It

Our campaign to build a new Family Y that will meet the current and future needs of our members and the entire community will require the generosity of our community's philanthropic leaders, as well as the support of equally involved and committed Y members, businesses and foundations. As of October, 2011, we have raised nearly half of the total amount needed to build a sustainable new home.

### When We Will Build It

Construction of our new Family Y is expected to begin in the fall of 2012, with the new facility open for use by the end of 2014. We will also undertake a traffic mitigation project at the Merritt Parkway Exit 41 interchange. The Town of Westport will not be responsible for the funding of the traffic mitigation project.

### How We Will Handle Traffic at the New Location

The intersection of Exit 41 and State Route 33 is an important interchange for commuters and other traffic in Fairfield County. Both the State DOT and the Transportation Commission have approved the Westport Weston Family Y's application to modify Exit 41 to improve safety and to provide for acceptable traffic flows on the surrounding roads once the new facility is opened.

### What Will Happen to the Y's Historic Home Downtown

The Family Y has an agreement to sell the current facility to a respected local private developer. The developer is exploring a number of future uses. The Family Y will remain in its current location until the new facility is completed, thereby ensuring that our service to the community will continue uninterrupted.

### What Happens If We Can't Raise the Money We Need

We are confident that Y members and other leaders in our community will express their support of our mission by making an investment in our Family Y's future. That said, we will not proceed with the construction phase of the new Family Y without a degree of certainty that we will have sufficient funds to construct a suitable, financially sustainable facility.

### WESTPORT WESTON FAMILY Y

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203-226-8981  
[www.westporty.org](http://www.westporty.org)

Non-Profit Org.  
U.S. Postage  
PAID  
Stamford, CT  
Permit No. 102

### How You Can Help

You can help by talking to your friends and neighbors about why the Y matters to you and your family – and how our new Y will allow us to help us meet the current and future needs of the entire community.

To discuss making a financial contribution to the Building What Matters capital campaign or to become a campaign volunteer, please contact Rob Reeves, Family Y CEO, at 203-226-8981, x131, or [rreeves@westporty.org](mailto:rreeves@westporty.org).

