

Programs and Services at the Family Y



**WESTPORT
WESTON
FAMILY** 

We build strong kids,
strong families,
strong communities.

www.westporty.org
203-226-8981 x165

Mahackeno Outdoor Center
203-226-4221

Spring Summer Fall Winter

Summer 2011 | Jun 20 – Aug 28 | Registration Begins Monday, May 9

Management, Staff and Governance

Senior Management

Rob Reeves <i>CEO</i>	Melinda Craig <i>Senior Director, Membership</i>
David Cohen <i>VP Operations</i>	Latasha Dennison <i>Senior Director, Child Care and School Age</i>
Peter Curtin <i>VP Development</i>	Sally Silverstein <i>Senior Director, Sports and Recreation</i>
Shin R. Miyoshi <i>VP Finance</i>	Jacque Tumminia <i>Senior Director, Aquatics and Competitive Swimming</i>
Pat Costanzo <i>Senior Director, Property and Facilities</i>	

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	David Rosenthal	Jennie Lunde
	Vicki Smetak	

Part-Time Staff and Volunteers

We are also fortunate to have over 350 part time employees and many volunteers who serve Westport Weston Family Y members every day.

Program/Member Services and Administrative Staff

Pat Cavallaro <i>Coordinator, Member Services</i>	Shelley Moll <i>Director, Health and Wellness</i>
Michele Conklin <i>Director, Dance Center</i>	Jennifer Perrault <i>Director, Camp Mahackeno</i>
Rose DeLuca <i>Director, Database Management</i>	Joe Query <i>Director, Human Resources</i>
Steven Forlano, <i>Coordinator, Member Services</i>	John Scaldini <i>8/Under Coach, Swim Team</i>
Peter Hawkes <i>Supervisor, Property and Facilities</i>	Mark Sedlak <i>Age Group Coach, Swim Team</i>
Denise Hotch <i>Staff Accountant</i>	Scott Smith <i>Director, Communications</i>
Ellen Johnston <i>Senior Coach, Swim Team</i>	Denise Stevens <i>Accounts Payable</i>
Patty Kondub <i>Coordinator, Aquatics/Spinning</i>	Krystie Tomlinson <i>Head Coach, Gymnastics</i>
Nicole Turechek <i>Director, Aquatics</i>	Cesar Vargas, <i>Coordinator, Lifeguards</i>
	Joan Vitali <i>Administrative Assistant</i>

Board of Trustees

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	Ted Hampe	Robin Tauck
	Michael Laux	

Membership

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*Special Needs Classes

Summer 2011 Family Y Calendar

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/Hafaday Begins
- Jun 27 Camp and Summer Sessions Begin

July 2011

- Jul 4 Family Y Closed (Independence Day)
- Jul 9 33rd Point-to-Point Swim
- Jul 10 Summer Sundays Begin at Mahackeno Outdoor Center

August 2011

- Aug 8 Fall 2011 Registration
- Aug 22-26 Special Events Week – Camp Mahackeno
- Aug 26-Sep 5 Pool Shutdown
- Aug 28 Last Day of Summer Sundays at Mahackeno Outdoor Center

September 2011

- Sep 4 Summer Hours End
- Sep 5 Family Y Closed (Labor Day)
- Sep 6 Fall Session Begins

Hours of Operation

SPRING HOURS

Mon-Fri 5:30a–10:00p
Sat 7:30a–7:30p Sun 7:30a–5:00p

SUMMER HOURS (Jun 20–Sep 4)

Mon-Fri 5:30a–9:30p
Sat 7:30a–5:30p Sun 7:30a–1:00p

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.



Types of Membership

Membership

Includes use of the entire facility including the pools, towels, the Fitness Center and all Group Fitness classes. Members under the age of 16 who wish to use the Fitness Center must adhere to specific policies. See page 40.

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

Membership Rates

Memberships

Paid Monthly

Youth (0-15)	\$ 23
Student (16-22)	\$ 43
Adult (23-64)	\$ 64
Family I	\$ 77
Family II	\$105
Senior (65+)	\$ 47
Senior Couple	\$ 74
Health Center Membership (Private locker room)	
All Members	\$41

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 22.

- 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.

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 at the service desk. 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. 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.

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

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, May 9

- Go to 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

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, May 9, 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 # _____

Aquatics

8-Week Session

Session Dates: Jun 27-Aug 21
Participant swims once per week for 8 weeks.

Price: \$130 preschool (per session)
\$145 youth (per session)

First Class Meet n' Greet

Jun 27-Jul 3 • Say "Hi" and meet your child's instructor.

Parent Observation Week

Aug 1-7

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 details, please refer to www.westporty.org.

**No Swimming Classes Scheduled:
Jul 4 - Independence 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 6 days a week to meet your family's needs: mornings and afternoons.

See page 23 for pool information.



Select Your Classes

Consult the course descriptions and select the appropriate level, day and time. Please indicate a first and second choice of classes. Please 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 the 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 week of August 1-7 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.

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 with Parent)

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.

Sat 8:45-9:15a

Sun 10:30-11:00a

Inia/Perch (Ages 19-36 Months with Parent)

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.

Sat 9:45-10:15a

Sun 10:00-10:30a

Pike I (Ages 3-5 Years with Parent)

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.

Sat 9:15-9:45a

Sun 11:00-11:30a



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.

Sat 10:15-10:45a

Sat 11:25-11:55a

Sun 10:00-10:30a

Sun 11:00-11:30a



Eel

Instructors will focus on refining body position in the water, stroke development on the front, back, and side, and being able to swim 15-20 feet without a flotation device using the front, back, and side stroke.

Sat 10:15-10:45a

Sat 11:25-11:55a

Sun 10:30-11:00a

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.

Sat 10:50-11:20a

Sat 12:00-12:30p

Starfish/Seahorse

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.

Sat 10:50-11:20a

Sat 12:00-12:30p



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.

Sat 12:15-12:55p

Guppy

For children who may still need 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.

Sat 8:30-9:10a

Minnow

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

Sat 9:15-9:55a

Fish

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

Sat 10:00-10:40a

Sat 10:45-11:25a

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.

Sat 11:30a-12:10p

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.

Sat 10:45a-11:25a

Special for Summer Only!

TWO-WEEK SESSIONS

Session I: Jul 11-14, Jul 18-21 • Session II: Jul 25-28, Aug 1-4 • Session III: Aug 8-11, Aug 15-18

Swimmer swims once per day, Mon-Thu, for two weeks • Preschool: \$130; Youth: \$145

**Parents may stay to observe the second Wednesday in each session.*

Pre-School Swim Lessons (Ages 3-5 Years without parent)

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.

Mon-Thu 2:45-3:15p

Mon-Thu 3:55-4:35p

Eel/Ray

Instructors will focus on refining body position in the water, stroke development on the front and back and being able to swim 15-20 feet without a flotation device using the front, back, and side stroke.

Mon-Thu 2:45-3:15p

Mon-Thu 3:20-3:50p

Starfish/Seahorse

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.

Mon-Thu 3:20-3:50p

Youth Swim Classes (Ages 6-12 without parent)

Guppy

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.

Mon-Thu 3:55-4:35p

Minnow

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.

Mon-Thu 4:40-5:20p

Fish/Flying Fish

For children who can swim without assistance. Swimmers will learn how to swim each stroke (breast, front, back and side) 50-100 yards without stopping and be introduced to open turns and the dolphin kick.

Mon-Thu 4:40-5:20p

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 8:45a-12:30p.

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

At Hafaday we've been making wonderful memories for the last 33 years and invite you to be a part of the 34th season!

Registration has started and sessions are filling up.

For more information, contact Jacquie Tumminia, Aquatics Director, at 203-226-8981 x119 or email jtumminia@westportny.org.



Program Dates:

- Session 1: June 20–June 24
- Session 2: June 27–July 1
- Session 3: July 5–July 8
- Session 4: July 11–July 15
- Session 5: July 18–July 22
- Session 6: July 25–July 29
- Session 7: Aug. 1–Aug. 5
- Session 8: Aug. 8–Aug. 12
- Session 9: Aug. 15–Aug. 19
- Session 10: Aug. 22–Aug. 26

(No camp on Mon, July 4.
Cost for Session 3 is \$210/\$230.)

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.

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 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 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 jtumminia@westporty.org for information or go to www.wrat.org.

Tryouts: Sep 13 or 15, 4:30-5:40p
(4:00p registration)





Sunday, September 18, 2011

Registration: 8:00am

Ages 7-10: 75 meter swim, 1 mile bike, ½ mile run (Race start 9:00am)

Ages 10+: 150 meter swim, 2 mile bike, 1 mile run (Race start 10:00am)

Ages 2-6: 100 meter dash (Registration 10:00am, Race start 11:00am)

All participants receive a medal and t-shirt.

Triathlon participants compete for Age Group awards.

Triathlon: \$25 (\$30 on race day)

Dash: \$10

Proceeds will support the Strong Kids Campaign.



Aquatics

The Pools

The Stauffer Pool

6 lanes, gradual slope, 81-83 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 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.

Pool Rental

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

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 Pool Stats

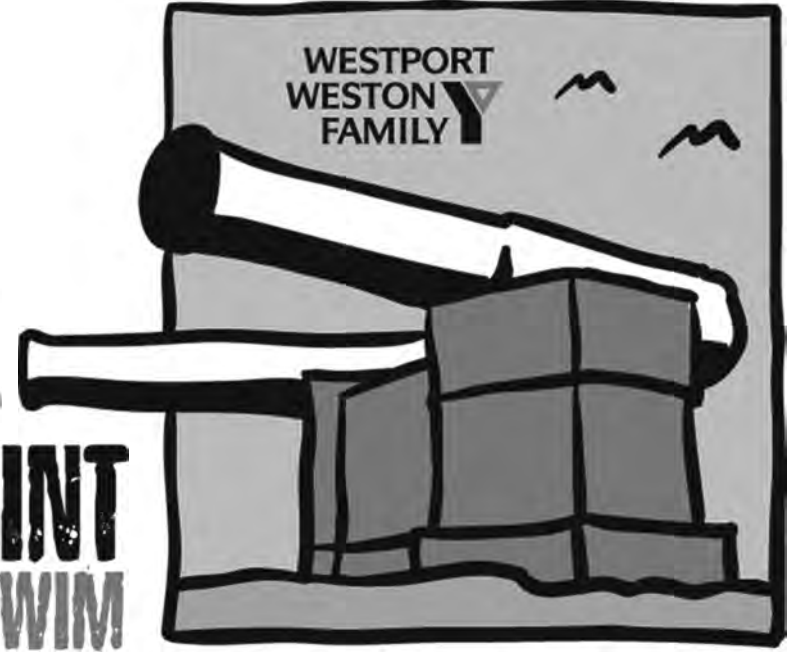
Pool	Stauffer	Brophy	Mahackeno
Length	25 yds* 37 yds*	17 yds	25 yds
Lap/mile	72	103 48	72
Water	81°-83°	90°	Outdoor
Lanes	6	3	6
Depth	3.5-13 ft	4 ft	3.5-13 ft

**Movable bulkhead. Set in long course position during December holidays and one week in June.*

33rd

ANNUAL

**POINT TO POINT
COMPO BEACH SWIM**



SUNDAY, JULY 10, 2011 • 7:30AM

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.

Adult Instructional Swim Jun 27–Aug 21

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/Intermediate
Sat 8:45-9:15a
Sat 9:45-10:15a
Members: \$145

Fear No More
9:15-9:45a
Members: \$145

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 at pkondub@westporty.org

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.

Mon, Tue, Wed, Thu, and Fri
9:00-10:00a

Membership required.

Aquatics



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.

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 the aquatics department.

Tue & Thu 8:15-10:00p

Sat 11:15a-12:30p

Membership required.

Arthritis Aquatic Program

Ruth Sherman teaches the Arthritis Foundation Family Y Aquatic Program in our 90° 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.

Mon, Wed & Fri 8:00-8:45a

Membership required.

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.

Aquatics

Look for these classes in the Fall!

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!

Coming back in the Fall!

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.

Coming back in the Fall!

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.

Classes TBD

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 Ironmanrcr@aol.com or visit www.teammossman.com for details!



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.

Mon-Fri 6:45-7:45a, 7:55-8:55a

Mon & Wed 6:15-7:15p

Sun 9:15-10:15a

Membership required.



Free with Membership

Drop-in Pricing

Non-members: \$25

Non-members: Try one class for FREE before you join the Family Y.

Child Care

Westport's Finest Early Childhood Education Programs Right in Your Neighborhood

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

Professional Teachers:

- Degreed, experienced teachers
- American Red Cross certified
- Designing curriculum around individual children

Flexible Scheduling of days/hours:

- Full day and part day schedules
- Two, three and five day options
- Operating hours: 7:00a–6:00p
- 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

The Family Y is Different

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

- 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

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



Accredited by the NAEYC Academy for Early Childhood Program Accreditation



Child Care

Developmentally Appropriate

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
- Age appropriate activities
- Healthy, safe environment
- Balanced daily schedules
- Community involvement
- A culturally sensitive environment
- Whole child approach to learning
- Policies which respect families



Administration

Latasha Dennison, *Senior Director*
203-226-8981 x113, ldennison@westporty.org
Jennifer Perrault, *Director Camp and Community Programs*
203-226-8981 x192, jperrault@westporty.org

Room A – Pre School, x158

Melissa Hoyt, *Head Teacher*
Morgan Howard, *Teacher*

Room Infant 1 – Toddler 1, x155

Nicole Brower, *Teacher*

Room Infant 1 – Toddler 2, x186

Kelly Russo, *Head Teacher*
Candy Martinez, *Teacher*

Toddler, x191

Jacque Quinn, *Head Teacher*
Catie Callahan, *Teacher*

Room C – Pre School, x159

Jamie Smart, *Head Teacher*
Kelly Nagy, *Teacher*

Room D-2 – Pre School, x190

Merlee Lange, *Head Teacher*
Amelia Foard, *Teacher*

Kinderkids, x190

Kelly Russo, *Head Teacher*
Allison West, *Teacher*

School Age: Kings Highway (226-1158)

Mitzi Walters, *Head Teacher*
Paul Watson, *Teacher*

Drivers

Charles Eaton
Thomas MacCauley
Paul Watson



Enrollment forms and information available at 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 7:00a, drop off children in the cafeteria where staff provide breakfast and quiet activities before the start of school. A Family Y bus transports children to school.

7:00-8:30a or 9:00a

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 6:00p. 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 6:00p
Kings Highway Elementary
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.



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.

7:00a-6:00p

Westport Weston Family Y

Contact for information:

Latasha Dennison 203-226-8981 x113

ldennison@westportny.org

Forms available at www.westportny.org

Early Learning Programs at the Family Y



A Continuum of Care from Infancy through Elementary School

- NAEYC-Accredited Child Care from 6 Weeks through Kindergarten
- Before and After School Programs for Elementary School Students
- Flexible Scheduling of Hours and Days (Year-Round / Mon-Fri / 7a-6p)

Call Latasha Dennison (x113) for more information about our Child Care Programs.

203.226.8981 | www.westporty.org

WESTPORT
WESTON
FAMILY 

We build strong kids,
strong families, strong communities.

Mahackeno Outdoor Center

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.

\$110 Annual Fee



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 (winter office), 203-226-4221 (summer office) for more information.

Facility Rentals

Mahackeno is available for rent. Our beautiful facility is perfect for family parties, family reunions, church, or corporate events. Please contact Mahackeno at 203-226-8981 (winter office), 203-226-4221 (summer office) for more information.

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 Mahackeno at 203-226-8981 (winter office), 203-226-4221 (summer office) 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
- 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.

CAMP



MAHACKENO

**Summer Camp
the Way it
Should Be!**

**REGISTER NOW
AT
WestportY.org**

For more information, email us at mahackeno@westporty.org
or call 203-226-8981



Join us for Open House Saturday, May 21, 12:00-2:00pm

Fitness

GROUP FITNESS CLASSES

Included with your membership

15 minute Abs

If time is a factor, try our 15 minute class, targeting 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.

Align and Stretch

With proper muscle and joint alignment, you'll find relief from the daily stresses caused by repetitive movement and muscle imbalance.

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.

Boot Camp

Challenge yourself like you have never before. This intense workout is for those looking to bring their fitness level up a

notch. Class will include cardio, strength, core and more. Take advantage of this amazing workout.

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.

MELT Hand and Foot

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

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.

Fitness

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.

Restorative Yoga

Class focuses on the joy of allowing your body to deeply relax. In this class we'll use blankets, pillows and bolsters to support the body in a variety of restorative yoga poses. These props provide the safety and comfort of complete support, enabling you to relax into a neutral state of balance that promotes healing and health.

Step

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

Stretch and Strength

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

Sunrise Yoga

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

Taiji Shen Gong

A system of gong composed of three

sections: Heaven, Earth, and Humanity. With the practice of this form, you merge with nature and build better health through the transformation of yin and yang. All fitness levels will benefit from its practice. No experience necessary.

Two for One

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

Traditional Chinese Healing Exercise

Relax your nervous system and energize your major organ systems. Revitalize your spirit and body. Expel toxins through the breath and learn to prevent illness through these simple life enhancing exercises.

Total Body Conditioning

A strength conditioning class designed to target individual muscle groups.

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 Dance

People of all ages and levels of dance movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

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.

ADULT 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 the Fitness Center at 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.

I Already Use the Machines.

Great! You are building a fantastic base to build from. Using machines has proven to be a safe and effective way to exercise. Machines hold your body in a highly stabilized environment and can help you feel healthier and stronger. A personal trainer can infuse your current workout with new and sometimes more challenging exercises. Our staff can help find ways to get some of those muscles you forgot you had working again!

Pre-habilitation or Rehabilitation

Before surgery prepare yourself 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 203-226-8981 x198 or smoll@westporty.org.

PERSONAL TRAINING

Personal training packages require membership.

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 203-226-8981 x198 or smoll@westporty.org.

1 hour session \$75

10 hour sessions \$650

1/2 hour \$55 (no multiple session discount)



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 203-226-8981 x198 or smoll@westporty.org.

\$125 (no multiple session discount)

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.

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

Babysitting Service Available While You Work Out

Babysitting is available for children 3 months to 6 years of age. This service is free for parents who participate in Y activities. Parents must remain in the

building at all times. To maintain a safe environment, no more than four children when any children are under age 3. Drop-in service is on a space available basis only. Please call ahead to check availability at 203-226-8981 x132.

Mon-Fri 8:30a-1:00p

Sat 8:00-11:00a

Members: free

Non-members: \$10

\$5 for each additional child

Fitness/Nutrition

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 and are by appointment only.

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

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 for dates and times.
4-week session
Members: \$99

Nutrition One on One

Our registered dietician will assist you in developing your own personal nutrition plan and help you achieve your individual goals. Sessions available at your convenience and available for members of all ages. For more information please call Shelley Moll @ 203-226-8981 x198.

One hour session: \$100

5 One hour sessions: \$400

The Complete Package: One on One Personal Training and Nutrition Counseling

If you're ready to make the commitment, we're ready to get you results. Each week for 12 weeks you will meet with a Registered Dietician and a Certified Personal Trainer. Our professional staff will work with you on your specific goals and needs. This is your opportunity to make positive life changes to look and feel your best.

**For more information please call
Shelley Moll @ 203-226-8981 x198.**
Members: \$1695

GROUP FITNESS CLASSES

See pages 34 and 35 for descriptions of Group Fitness Classes. You may participate in these classes at no additional charge as a benefit to your Family Y membership.

- 15 minute Abs
- 15 minute Yoga Stretch
- 30 minute Stretch
- Align and Stretch
- Ballet Barre Workout
- Boot Camp
- Cardio Combo
- Core Plus
- Dance Fusion
- Feldenkrais
- Gentle Yoga
- Half and Half
- Hatha Yoga
- MELT Hand and Foot
- Pilates Mat
- Pilates Mix
- Restorative Yoga
- Step
- Stretch and Strength
- Sunrise Yoga
- Taiji Shen Gong
- Two for One
- Traditional Chinese Healing Exercise
- Total Body Conditioning
- Vinyasa Yoga
- Yoga Dance
- Yoga for All
- Zumba
- Zumba Gold

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 \$10 Family Y guest pass fee.

Intermediate Yoga for People with MS

Sponsored by the Western CT Chapter of the National Multiple Sclerosis Society. Open to persons with multiple sclerosis. Class meets on Saturday mornings. Free of charge. For more information, class schedule, or to register call 1-800-344-4867. Bresslin Room.

Sat 9:00-10:15a

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.

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 Arlene Bloom at 203-254-9096.

Y's Men For men of retirement age, the Club meets at the Saugatuck Congregational Church every Thursday morning, September to May for fun, fellowship and entertainment. Various special interest groups meet regularly. For more information, call Jon Fox at 203-227-2679.

Youth/Teen Fitness

YOUTH FITNESS

Youth Strength Training (Ages 10-12)

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.

Jun 20–Aug 24
Mon & Wed 4:00-5:00p
Members: \$240

Teen Strength Training (Ages 13-15)

This class is open to teens at any level of fitness and athletic ability. Teens will learn safe and proper techniques of cardiovascular, strength and flexibility training. Classes will be conducted in the Fitness Center and use a variety of equipment. Upon successful completion of the program, the participant may utilize the Fitness Center without Adult Supervision.

Jun 20–Aug 24
Mon & Wed 5:00-6:00p
Members: \$240

“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.

Jun 23–Aug 25
Thu 5:00-6:00p
Members: \$200

FITNESS CENTER YOUTH 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 youth ages 12 through 15.

Ages 12-13

Must complete one of the following programs and be accompanied by a parent or guardian.

- **Three FitLinxx Orientations**
- **Youth/Teen Strength Training**

Ages 14-15

Must be accompanied by an adult or complete one of the following programs:

- **Three FitLinxx Orientations**
- **Youth/Teen Strength Training**

Teen Programs

TEEN VOLUNTEER CORP

Need volunteer hours for school?



We have the database, you supply info and interests, and we'll 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 ssilverstein@westporty.org for details.

YOUTH FUN NIGHT

7:30-9:30p

May 14

Join friends, neighbors, and classmates at the Family Y for an evening of fun! Swim, play basketball, games, or make your own sundae. On one Saturday night per month, the Family Y is open just for students in grades 4-7! Youth Fun Nights are a Westport institution and the best way to be with friends or meet new ones. Parent volunteers are always welcome. Please call Jennifer Perrault at 203-226-8981 x192. Children of volunteers get in free!

If your child with Special Needs would enjoy attending Youth Fun Night and needs assistance, please contact Jennifer Perrault at 203-226-8981 x192. She will do her best to match a youth/adult volunteer or staff with your child.

**\$12 pre-purchased at the Y
or on-line at westporty.org;**

**\$15 at the door
(Family Y
membership
not required)**

**Youth Fun
Night:
May 14
7:30-9:30p**



Sports & Recreation

RACQUET SPORTS

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.

Racquetball Ladder Competition

Join our Y-ladder! All levels are welcome. Starts in October and runs through May 2011. Join seasoned amateur players and rank beginners. All can benefit from some spirited competition. Applications are available at the Member Service Desk. Members only.

Adult Badminton

Open to all members. For more info, call the Senior Director, Membership at 203-226-8981 x161. No fee. Upper Gym.

Thu 12:00-3:00p

Sat 12:30-2:00p

Table Tennis

Open to all members. For more info, call the Senior Director, Membership at 203-226-8981 x161. Upper Gym.

Tue 1:00-4:00p



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.

Jun 21–Aug 23

Tue 7:00-8:00p

Members: \$120

Sports & Recreation

Recreational Volleyball

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

Jun 20–Aug 26

Thu 8:00-10:00p

Members: Free

Non-members: \$137 session

Drop-in: Non-members: \$15/night

Register at desk 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.

Jun 20–Aug 26

Tue 7:00-10:00p; Fri 7:00-10:00p

Members: \$137; Non-members: \$177

Drop-in: \$15

NEW! Intro to Volleyball (Ages 8-14)

Instructor: Dalton Ghetti

Dates: July 5, 12, 19, 26, 28

Time: 5-7pm

Fee: \$80

This camp focuses on developing basic volleyball skills such as serving, forearm passing, setting, hitting and blocking; understanding of game play will be addressed.

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. Lower Gym.

Jun 29–Aug 24

Wed 4:00-4:45p

Advanced Beginner Fencing (Ages 11+)

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

Jun 29–Aug 24

Wed 4:45-5:45p

Intermediate Fencing (Ages 11+)

Entry requires approval from instructor and minimum of one year of classes.

Class geared towards preparing students for competition. Bresslin Room.

Jun 29–Aug 24

Mon 7:30-8:30p

Fencing Privates

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

Fencing Program Fees

Members: \$145

Non-members: \$190

***Additional equipment fee**

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.

NEW! Touch Football Camp

Instructor: Doug Marchetti

Dates: July 6, 8, 11, 13, 15

Where: Camp Mahackeno Field

Session A: (Ages 6-8) 5; 30pm-6:30pm

Session B: (Ages 9-11) 6:30m-7:30pm

Fee: \$65 no membership required

Get ready for fall football in the summer! Learn the fundamentals & have fun doing it! Two hand touch, recreational play.

Youth Sports & Recreation

Youth Basketball (18 & Under) Open Basketball

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.



Summer Travel Basketball Training Workout (Entering Grades 5 & 6)

Jun 27–Aug 17
Mon & Wed
5:00-7:00p
Fee: \$80
No membership required

Summer Basketball Camp (Ages 5 & 6)

Jun 27–Jul 1
Mon-Fri
1:00-3:00p
Fee: \$100/wk members
\$140/wk non-members

Summer Basketball Camp (Ages 7-14) Boys and Girls

One week of basketball Camp Fun. The camp offers sound basketball foundation for beginners and string challenges for advanced players. We guarantee you a great basketball camp experience!

Session I: Jun 27-Jul 1
Session II: Jul 11-15
Session III: Aug 15-19
Mon-Fri
9:00a-12:00n
Fee: \$155/wk members
\$200/wk non-members



Basketball Privates (Available to students ages 6 and up)

Contact Sally Silverstein 203-226-8981
x118 or ssilverstein@westportny.org.

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.*

Jun 20–Aug 12

Fri 9:00-11:00a

\$10/day



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.

Jun 25–Aug 20

Sat 9:00-9:45a

Members: \$210

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.

Jun 25–Aug 20

Sat 10:00-10:45a

Members: \$210

Non-members: \$250



The Westport Weston

Family Y is a life-enriching community of members, volunteers and staff who come together from all backgrounds and stages of life to develop their spirits, minds and bodies in a warm and nurturing environment.

Come join us and start building a lifetime of Family Y memories.

Dance

The Westport Weston Family Y Dance Center



Michele Conklin, *Director*

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.*

Jun 27–Jul 1

Mon-Fri 10:30a-12:30p

Fee: \$160/wk

No membership required

**SPRING
PERFORMANCE**
SATURDAY, JUNE 11, 2011
BEDFORD MIDDLE SCHOOL

Cute and Creative (Ages 3 & 4)

Let's get moving! Dance, wiggle, jump and bend as you explore lively creative movement together. Instructor: Bethany Joy. *No refunds.*

Jun 20–Jun 24

Mon-Fri 11:00a-11:45p

Fee: \$75/wk

No membership required



Zumbatomic Little Stars (Ages 4-7) Big Stars (Ages 8-12)

Zumbatomic classes are full of high energy with routines specifically choreographed for kids. Zumbatomic helps increase a child's focus, self-confidence, and coordination. Instructor: Lillian Fama. *No refunds.*

Little Stars

Aug 8–Aug 12

Mon-Fri 10:30a-11:30a

Big Stars

Aug 8–Aug 12

Mon-Fri 11:45-12:45

Fee: \$75/wk

No membership required

Hip Hop Boot Camp (Ages 11-14)

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 information.*

Jul 11–Jul 15

Mon-Fri 10:30a-12:00n

Fee: \$110/wk

No membership required

Dance

“Beach Body” Funky Jazz/ Hip Hop (Ages 12+)

This class will focus on the popular urban, funkier style of these two dance forms. A great workout with jazz and hip hop with some cardio time to get fit for the beach!
Instructor: Bethany Joy. *No refunds.*

Jun 20–Jun 24

Mon-Fri 6:00p-7:30p

Fee: \$110/wk

No membership required

Tap Boot Camp

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

Aug 22–Aug 26

Mon-Fri 3:30p-5:00p

Fee: \$110/wk

No membership required



DANCE CENTER DRESS CODE

Princess Dance Camp, Cute and Creative

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 black Bloch Mary Jane tap shoes, which may be purchased at Attitudes Dance Supply in Norwalk or online at Discountdance.com.

Hip Hop (Funky Jazz/Hip Hop), Zumbatomic

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 ballet shoes, black lace-up tap shoes, black lace-up jazz shoes.

Gymnastics

Gymnastic Privates (Available to gymnasts Ages 6 and up)

Contact Sally Silverstein 226-8981 x118
or ssilverstein@westportny.org



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 drink. *No credits or refunds.*

Session I: Jun 20–23

Session II: Jun 27–30

Session III: Jul 11–14

Mon-Thu 9:00a-12:00n

Fee: \$190 (membership not required)

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.*

Jun 20–Aug 12

Fri 9:00-11:00a

\$10/day



Gymnastics

Gymnastic Camp (Ages 6 and up)

Gymnastics, free swim and games all in an air conditioned gym! Child must be able to swim without floatation device. Child must be 6 years old by June 1, 2011. *NO exceptions! Fee non-refundable.*

Mon-Fri 12:00-4:00p

Jun 27-Jul 1

Jul 5-Jul 8

Jul 11-Jul 15

Jul 18-Jul 22

Jul 25-Jul 29

Aug 1-Aug 5

Aug 8-Aug 12

Members: \$165/wk, \$40/day

Non-members: \$210/wk, \$50/day

Competitive Summer 2011

Gymnasts must be members of the Competitive and Pre-Competitive program to participate. Contact Krystie Tomlinson at x122.

Jun 27-Aug 10

Mon & Wed 3:00-5:00p

Fee: \$40/day

All gymnasts must show receipt to coach to participate.



Competitive and Pre-Competitive Camp Week

No credits or refunds for missed days.

Bring lunch, snack, and drink.

Aug 15-19

Mon-Fri 9:00a-1:00p

Fee: \$250 (membership required)

NEW!

Gymnastics Open Gym

Date: June 27- Aug 22

For Ages: 13 and up to Adult

Time: Mondays 5-7pm

Fee: \$10/daily drop in

NEW!

Combo Gymnastic/Dance (1 week session)

Date: Aug 22 – Aug 26

Time: 9am-11am

Ages: 6-10

Limit: 20 children

Fee: \$80/no membership required

Designed for Beginner through Intermediate level gymnasts and dancers. One hour of gymnastics and one hour of dance. New skills and combinations taught every day! Fun for all levels and ages! Held in Gymnastic Center.

Come See Us at the Westport Weston Family Y



At the Family Y, we deliver programming, activities and services to meet the needs of a diverse community . . . and no one is ever turned away, regardless of ability to play or capacity to pay.

- We offer close to 150 programs in each of our sessions, host regularly scheduled Youth Fun Nights and welcome everyone to Healthy Kids' Day
- Nearly 3,000 adults – including 425 seniors – participate in our health and wellness programs and activities
- More than 200 children are enrolled in our Child Care, Kinderkids and After School programs
- We offer year-round programs for individuals with special needs plus the Special Cares summer program at Camp Mahackeno
- 1,200 children learn how to swim in our pools each year
- We have 250 gymnasts, 150 dancers and 210 swim team members
- Our summer day camps serve more than 1,000 children, including 52 youngsters who attend Camp Mahackeno at no cost to their families
- Financial assistance for Child Care, Hafaday, Camp Mahackeno and Family Y memberships is available

**WESTPORT
WESTON
FAMILY** 

For more information about Family Y Membership, contact Member Services at (203) 226-8981 x165.

59 Post Road East | Westport CT 06880 | www.westporty.org

LOOKING FOR IDEAS FOR YOUR CHILD'S NEXT PARTY?

The Westport Weston Family Y is a great place for

Birthday Parties!

We can help you plan many different types of parties!
Let us make your child's birthday a party to remember!

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

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

Dance Parties

Dance parties are offered on weekends only.

Ages 4-6: Creative or Fairy Princess Parties.

Ages 6 and up: Hip Hop and Jazz Parties. Fee includes an hour in Dance Center with the instructor and an hour in the meeting room for cake and ice cream which you provide. Limit 15 children. *Party Fee Non-Refundable.* Call Michele at 203-226-8981 x197 for availability.

Members: \$220 / Non-members: \$260

Spinning Parties

The Spin Room is available for training sessions or parties of up to 17 people, **ages 13 years or older.** Price includes one hour with instructor. Email Patty Kondub at pkondub@westport.org for more information.

Members: \$100 / Non-members: \$150

Pool Parties

Come have all of your friends use our pool? Bring some party hats, balloons, food and cake and enjoy a party everyone will talk about for months! The fee includes 1 hour in the pool and 1 hour in one of our meeting rooms with tables and chairs provided. Pool parties are offered on Fridays, Saturdays and Sundays for children 7 years and older. Please call the Aquatics Department at 203-226-8981 x119 for more information. Limit 15 children.

Members: \$150 / Non-members: \$175

Help us help others.
Give to the

Strong Kids Campaign



The Westport Weston Family Y is a non-profit organization serving a public purpose since 1923...and no one is ever turned away due to an inability to pay.

Every dollar you donate is tax deductible and helps kids learn a skill, enhance a talent and build a lifetime of Family Y memories.

To deliver on our mission, we rely on the generosity of individuals, corporations and foundations.

Westport Weston Family Y
87 Years of Service to the Community

- Your gift of \$125...
Full course of swimming lessons for a child
- Your gift of \$250...
One-year youth membership
- Your gift of \$500...
Eight-week course of study at our Dance Center
- Your gift of \$750...
Two weeks at Camp Mahackeno
- Your gift of \$1,000...
Red Cross Babysitting Certification Course for 10 teens

Send your check, payable to the *Westport Weston Family Y*, to:

David Cohen, VP Operations
Westport Weston Family Y • P.O. Box 190 • Westport, CT 06881-0190

Or, make your donation online at www.westporty.org and click on *Strong Kids*

