



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO YOUR NEW FAMILY Y

WESTPORT WESTON FAMILY Y Fall 2014 Program Brochure

Family Member Registration Begins Monday, August 4
Fall Session Open Registration Begins, August 11
Fall Session Begins Monday, September 8
at the Bedford Family Center

14 Allen Raymond Lane
www.westporty.org
203-226-8981

TABLE OF CONTENTS

3-6	Membership
7-8	Family Services
9-14	Aquatics
15	Water Rat Swim Team
16-18	Dance
19-24	Gymnastics
25-28	Sports & Recreation
29-32	Wellness
33-35	Group Fitness
37	Strong Kids Triathlon
37-38	Birthday Parties
38	Family Fun
39	Gala Celebration

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.

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Westport Weston Family Y

Fall 2014 Calendar

AUGUST 4	FALL SESSION FAMILY MEMBER REGISTRATION BEGINS
AUGUST 11	FALL SESSION OPEN REGISTRATION BEGINS
SEPTEMBER 7	SUMMER SESSION ENDS
SEPTEMBER 8	FALL SESSION BEGINS
SEPTEMBER 21	STRONG KIDS TRIATHLON
SEPTEMBER 24	ROSH HASHANAH – NO YOUTH CLASSES AFTER 6:00 PM
SEPTEMBER 25	ROSH HASHANAH – NO YOUTH CLASSES
OCTOBER 3	YOM KIPPUR – NO YOUTH CLASSES AFTER 6:00 PM
OCTOBER 4	YOM KIPPUR – NO YOUTH CLASSES
OCTOBER 11	CELEBRATING WHAT MATTERS OPENING GALA
OCTOBER 17-23	TRAVEL BASKETBALL TRYOUTS
OCTOBER 24	HALLOWEEN SPOOKTACULAR AT Y GYMNASTICS CENTER*
NOVEMBER 27	THANKSGIVING – FAMILY Y CLOSED
DECEMBER 1	WINTER SESSION FAMILY MEMBER REGISTRATION BEGINS
DECEMBER 7	FALL SESSION ENDS
DECEMBER 8	WINTER SESSION OPEN REGISTRATION BEGINS
DECEMBER 15	GYMNASTICS HOLIDAY SHOW AT Y GYMNASTICS CENTER*
DECEMBER 19	PIZZA WITH SANTA AT Y GYMNASTICS CENTER*
DECEMBER 24	CHRISTMAS EVE – FAMILY Y CLOSES AT 2:00 PM
DECEMBER 25	CHRISTMAS DAY – FAMILY Y CLOSED
DECEMBER 31	NEW YEAR'S EVE – FAMILY Y CLOSES AT 2:00 PM
JANUARY 1	NEW YEAR'S DAY – FAMILY Y OPEN 10:00 AM-2:00 PM
JANUARY 5	WINTER SESSION BEGINS
JANUARY 12	CAMP MAHACKENO REGISTRATION BEGINS
JANUARY 19	MARTIN LUTHER KING, JR. DAY – NO YOUTH CLASSES

*Y Gymnastics Center is located at 145 Main Street, Norwalk.

Welcome Center

Welcome to your new Family Y! Thanks to the steadfast support of our members, the tireless efforts of the volunteer leaders who guide us and the selfless contributions from hundreds of donors from throughout our community and beyond.

Your new Y, located at 14 Allen Raymond Lane in Westport, is situated on our 32-acre Mahackeno campus, longtime home of our summer day camp. The scenic property is 1.5 miles north of downtown Westport, bordered by the Saugatuck River on the east and the Merritt Parkway on the north. It's accessible via a short connector road leading from Wilton Road (Route 33) and the northbound on/off ramps at Exit 41 of the Merritt Parkway (Route 15).

Your new Y begins as a 54,000 sq. ft. building that includes a 10-lane, 25-yard lap pool and adjacent warm-water family/teaching/therapeutic pool; Health & Wellness Center with expansive views of the Saugatuck River; multi-purpose Gymnasium; three group-fitness studios; Kids' Club child watch area; five locker rooms, including one for those with dependent care; Cafe serving healthy foods and beverages for members; and other amenities of a modern, family-oriented Y facility.

This new center of community life and wellness will be known as the **Bedford Family Center**, named in honor of Y founder Edward T. Bedford and the four (and counting) generations of his descendants who continue to support our Y and its mission. Upon completion of all construction stages, the Family Y at Mahackeno will comprise 102,000 sq. ft. and is expected to include a Gymnastics Center, Child Care wing and additional program space to expand our services.

From the spacious parking lot to the warm and inviting **William L. Gault Welcome Center** and all the opportunities that await you just beyond, our new Y will allow us to continue to serve our members and entire community for generations to come. Join us!



Membership

HOURS OF OPERATION

(effective August 29)

Monday-Friday	5:30 am - 10:00 pm	Monday-Friday	5:30 am - 9:30 pm
Saturday	7:00 am - 7:30 pm	Saturday	7:30 am - 5:30 pm
Sunday	7:30 am - 6:00 pm	Sunday	7:30 am - 1:00 pm

SUMMER HOURS OF OPERATION

MEMBERSHIP TYPE & FEES

Type	Join Fee	Monthly Fee	Annual Fee
Youth (0-13)	\$25	N/A	\$250
Student (14-17)*	\$25	\$45	\$540
Adult (18-64)	\$50	\$75	\$900
Family (1 adult)**	\$50	\$100	\$1200
Senior (65+)	\$25	\$54	\$648
Senior Couple (65+)	\$50	\$86	\$1032
7th Grade Membership	N/A	N/A	N/A

*Individuals in high school age 18 are eligible for the Student rate.

**\$20/month each additional dependent adult or caregiver in the household.

Active/Reserve members of the military receive a free membership.

Financial Assistance Applications are available upon request.

The Family Y offers free membership to all 7th grade students in the Westport and Weston school districts during the school year. Youth who wish to take advantage of a 7th Grade Membership are required to complete volunteer service with the Family Y. Please inquire at the Welcome Center regarding 7th Grade Membership volunteer opportunities. See page 8 for more details.

Member Cafe

Our new Family Y will include the **Member Cafe**, made possible through the generosity of **Angela, Harrison and Mark Graham**. You'll find it just past the Welcome Center, adjacent to the entrance of the **Linda & Vince McMahon Family Gymnasium**. The cafe will serve healthy foods such as fruit, salads, sandwiches and a variety of bottled beverages, as well as coffee and tea. Whether you need a quick boost of energy before or after a group fitness class or you want to get the kids a snack or a meal as they do homework after swim practice, our cafe will have plenty of options to meet your family's on-the-go nutrition needs. Hours are Monday through Friday, 7:00 am - 7:00 pm, Saturday 7:00 am-1:00 pm. It will be closed on Sundays.

Once you've ordered your food, you'll have the choice of among three areas to relax and enjoy your meal. The Welcome Center will provide ample eating space, and both floors include open lobby areas that will be furnished with tables and chairs for you to sit and eat comfortably. The lobby areas are meant to make small groups gather together easily, so our members have a better opportunity to build stronger relationships with your family, your friends and your Y staff.

EMERGENCY CLOSINGS

For the latest updates, please call 203-226-8981 or check online, www.westporty.org.

WEATHER CANCELLATIONS

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

PROGRAM REFUNDS

All program and registration fees are non-refundable. Should the Family Y need to cancel a program, a credit for future Family Y programs will be issued to the participant. There are no refunds, proration of fees or makeup classes available for classes falling on scheduled holidays or Y closings.

PROGRAM FEE PRORATES

Program fees will be prorated 50% after the fifth week of classes.

PAYMENT INFORMATION

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, stop by the Member Services Desk for an application or download it at www.westporty.org. The Family Y reserves the right to refuse assistance to any individual.

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.

ONLINE AT 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, an events calendar and links to recent press and our "Who, What, When - and Y" blog.

Also online is our Membership Handbook, which includes complete information regarding membership policies and procedures, visitor and guest policies, payment information, changes to membership, supervision, health and wellness guidelines, water safety, our Annual Campaign. This guide is a great resource to answer any questions you may have about membership and operations at our new Family Y. There is a separate Kids' Club Handbook, which details policies for our child watch area.



MEET OUR MEMBERSHIP ENGAGEMENT DIRECTOR



BRIAN MARAZZI

203-226-8981

bmarazzi@westport.org

Brian is a life-long YMCA participant and member. Growing up at the Valley YMCA in Ansonia, Brian learned the Y's values and has made serving the YMCA his career. Over the past two decades, he has worked at the Valley, Stamford, Norwalk and the Hamden/North Haven YMCAs. Brian began his professional Y career in 2002 and has managed several departments including Aquatics, Health & Wellness, Rec Sports and Membership & Marketing. Brian is a graduate of Southern Connecticut State University with a degree in Recreation and Health & Human Services. He enjoys health and wellness and outdoor recreational activities.

GET ALL THE LATEST Y NEWS

Don't miss out on any of the great things going on at our Family Y.

Simply search for Westport Weston Family Y on Facebook.com and "Like" us to stay current with news and views about our Y -- or to tell us what you think. We share news items and photos about the Y, our members and our community every day.



Each week we email Y members and supporters an e-newsletter via Constant Contact that's chockfull of the latest happenings about our Y – its staff, members, teams and special events and opportunities. Sign up for it at www.westport.org or stop by our Welcome Center to give us your current email address.

Kids' Club

Located just past the Welcome Center, opposite our cafe, the **Nussbaum Kids' Club** is a fun and safe space just for kids to use while their parents are working out or taking a class. This kids-only club is free for Family Members age 6 weeks to 12 years who come to the Y with their parents. Youth Members, or the children of Adult Members, may use the room for a nominal fee. The Kids' Club offers quiet activities and areas made special for infants and toddlers. Our Kids' Club also features "Fort Mack," an indoor jungle gym for our older children. Best of all are the great Y staff who will supervise the children and contact the parents if needed.

There is a 2-hour time limit for the Kids' Club, and parents are required to stay in the Y at all times. Staff will contact parents for any diaper changing or other issues that may arise. Children may bring snacks (nut-free) into the room, but we cannot refrigerate or warm snacks. Space is limited in the Kids' Club and it is first come first serve. For more information about the program, swing by the Kids' Club for our handbook, visit www.westporty.org or contact Meg George.

Family Members	Free
Youth Members	\$5/visit
Children of Adult Members	\$5/visit

Monday-Friday 8:15 am-1:30 pm

Monday-Friday 3:45-8:00 pm

Saturday 7:45 am-1:15 pm

School Age Programs

AFTER SCHOOL PROGRAM

The Family Y After School Program provides a fun, safe environment for children in grades K-5 in Westport and Weston Public Schools. The program runs at Saugatuck Elementary School from the end of the school day until 6:00 pm. Students who do not attend Saugatuck Elementary will be bussed to the site by the Y. If the school has a half day, the program will run from the point of early dismissal until 6:00 pm.

Students participating in the After School Program will start each day with a healthy snack as well as quiet activities and homework help. The group will play games either in the gym or playground at Saugatuck before getting ready for pick up. Each week, the students will be brought to the Family Y for swimming and gym time. Registration has already begun for the 2014-2015 school year; students can begin at any time once registration paperwork is processed. Space is limited for this program. Service to Weston Schools will depend on the number of families interested in the program. For more information, please contact Meg George.

Monthly	Tuesday/Thursday	Monday/Wednesday/Friday	Monday-Friday
Member	\$355	\$430	\$570
Non-member	\$365	\$440	\$580

VACATION DAY SPECIALS

The Family Y Vacation Special Program runs on many of the holidays and breaks when our schools are closed. Vacation Special Days include field trips, gym time and swimming at the Y. For more information, please contact Meg George.

Fall Dates: September 25, Rosh Hashanah
November 4, Election Day

Drop off 7:00-9:00 am. Pick up 4:00-6:00 pm.

Member \$95

Non-member \$105



ROTARY INTERACT PROGRAM AT THE Y

The Family Y, Westport Sunrise Rotary Club and the Westport Rotary Club are joining together to create a Rotary Interact Program for students in grades 6-8.

Interact is a club for youth who want to connect with other young people in their community or school. Interact members have fun while carrying out service projects and learning about the world. Volunteers from Rotary as well as Family Y staff will be supervising and working with the members to plan and carry out the service projects and events.

This is a year-round program that will meet twice a month, more if a participant is elected to the leadership board. This is the first time this club will run, so participants will be able to see the full process of gaining our charter and creating the club.

For more information, please contact Meg George.
The program will be hosted at the Family Y.

MEET OUR CAMP & FAMILY SERVICES DIRECTOR



MEG GEORGE

203-226-8981
mgeorge@westporty.org

Meg George joined the Family Y in 2012. She has been working in the Y camp world since 1997 in New York and Connecticut. Meg is a graduate of Springfield College where she earned a degree in Human Services and Administration with a concentration in Y management. She greatly enjoys the outdoors and sharing that love with her campers and staff.

Teen and Youth Nights

Our popular Teen and Youth Nights will continue in our new facility with new opportunities for fun. Teen Nights for grades 6-8 and Youth Nights for grades 4-5 will be held at the Family Y from 7:30-9:30 pm. We highly suggest pre-registration for the events, but do accept at the door registration.

September

Friday, September 12

Grades 6-8

Saturday, September 27

Grades 4-5

7:30-9:30 pm

Member \$15

Non-member \$20

October

Friday, October 17

Grades 6-8

Saturday, October 25

Grades 4-5

November

Friday, November 14

Grades 6-8

Saturday, November 15

Grades 4-5

December

Friday, December 12

Grades 6-8

Saturday, December 20

Grades 4-5

Camp Mahackeno

We are eagerly awaiting the return of Camp Mahackeno to our location on Allen Raymond Lane for the summer of 2015.

Once again we will be canoeing on the Saugatuck River, playing on the fields, swimming in our outdoor pool and exploring the woodland trails. We will be enjoying archery on our new range, having lunch and activities under our two new pavilions and spreading out into our new field space.

Keep your eye out to learn more about the return of Camp Mahackeno to its longtime home!

Aquatics

THE STRITTMATTER FAMILY AQUATICS CENTER

The Family Y has long been our community's leading provider of swim instruction and water-safety education. Our Y is also a vital center for water fitness, offering people of all ages and capabilities a place to swim laps, participate in a wide range of AquaFit classes or to use our pools for personal exercise.

We are also proud to be the long-time home of the Westport Weston Family Y Water Rat Swim Team, with its distinguished coaching staff and some 200 young athletes.

Our Strittmatter Family Aquatics Center will allow us to expand upon our programs and recreational opportunities.

Our 10-lane, 25-yard **Ann Reuther Onton Lap Pool** features:

- Wider lanes for lap swimming
- New filtration system with greatly reduced chlorine residuals
- Modern air-circulation system for improved air quality for swimmers and spectators
- Convenient access to five locker rooms, including a family locker room for those with small children or family members who require assistance
- More programming space for deep water and shallow water aqua fitness classes
- Aquatic Climbing Wall – the first in the state of Connecticut
- Handicap lift

Our shallow warm-water pool features:

- Ramp for easy entry/exit into and from water as well as handicap lift
- "Splash Pad" sprinklers, deck sprays and other features for very young children donated by the **Rutherford-Fenn Family**
- In-pool tile bench with whirlpool jets
- Water basketball (two hoops at either side of pool)
- Two 20-yard lanes for lessons, lap swimming and aqua fitness classes

POOL RULES

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. Kick boards and pool 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 family locker room. Children are not allowed in the adult locker rooms. Children 8 years old or younger who have a Youth membership and are participating in a Y program may be accompanied by an adult who does not have a membership.

LAP SWIM

Circle swimming is observed. Diving is not allowed in adult lap lanes. Children under 13 years of age are not permitted in lap lanes during adult lap swim.

THERAPEUTIC SWIM

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.

OPEN SWIM

Open to families, adults or other children for playing, practicing or swimming. Two lanes are set aside for lap swimming.

MEET OUR AQUATICS DIRECTOR



NICOLE TURECHEK

203-226-8981

nturechek@westporty.org

Nicole has been a part of the Westport Weston Family Y since 2003, as a lifeguard and part-time swim instructor. After leaving to teach preschool for a few years, she returned in 2010. She enjoys working with children and being a part of the Y. Nicole also enjoys spending time with family and friends.

Swim Lessons

FALL SESSION DATES

September 8–December 7

Participants swim once per week, but may register for more than one class.

\$215 preschool

\$230 youth

Membership required for program participants.

Schedules subject to change.

PARENT OBSERVATION WEEK

During the weeks of October 13–19 and December 1–7 parents are welcome to stay and observe their child's lesson. Otherwise, parents are asked to please wait outside the pool area or in the **Cameron Lewis Bruce Observation Gallery**. You are invited to meet and greet your child's instructors the first week of class.

PARENT/CHILD SWIM CLASSES (AGES 6-48 MONTHS WITH PARENT)

The primary objective of these classes is to acquaint both the parent and the 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. Throughout these classes children will learn such skills as flotation, blowing bubbles, body positioning, kicks, and pulls. Your child will learn and progress from repetition and a trusting, patient parent. Schedules subject to change.

SHRIMP/KIPPERS (AGES 6-18 MONTHS)

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

INIA/PERCH (AGES 19-36 MONTHS)

Monday	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)

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



PRE-SCHOOL SWIM LESSONS (AGES 3-5 YEARS WITHOUT PARENT)

These classes are designed to improve basic swimming skills, introduce rotary breathing and the crawl stroke, increase endurance and emphasize water safety. Classes are divided into skill levels. Class size is such that the instructor can provide children with individual attention. Schedules subject to change.

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	9:30-10:00 am
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	3:30-4:00 pm
Wednesday	9:30 -10:00 am
Wednesday	10:30-11:00 am
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	10:50-11:20 am
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 front and back and being able to swim 15 feet without a flotation device.

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

STARFISH

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

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

Monday	2:05-2:35 pm
Tuesday	3:30-4:00 pm
Wednesday	4:35-5:05 pm
Thursday	3:15-3:45 pm
Thursday	5:00-5:30 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
Thursday	3:50-4:20 pm

YOUTH SWIM CLASSES (AGES 6-12 WITHOUT PARENT)

Each skill level builds upon the preceding level 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. Schedules subject to change.

POLLIWOG

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.

Monday	3:50-4:30 pm
Tuesday	4:05-4:45 pm
Thursday	5:00-5:40 pm
Saturday	11:25 am-12:05 pm

GUPPY

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

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	4:00-4:40 pm
Thursday	4:00-4:40 pm
Thursday	4:45-5:25 pm
Saturday	9:15-9:55 am

FISH

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	4:45-5:25 pm
Thursday	4:00-4:40 pm
Saturday	10:00-10:40 am

FLYING FISH

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

SHARK

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

PORPOISE (AGES 13-15)

Saturday	10:00-10:40 am
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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.

PRIVATE SWIM LESSONS

Members: \$45 per lesson, 30 minutes

Non-members: \$55 per lesson, 30 minutes

Members: \$85 per lesson, 60 minutes

Non-members: \$95 per lesson, 60 minutes

Monday-Wednesday 11:00 am-4:00 pm

Thursday 8:30 am-4:00 pm

Friday 8:30 am-5:30 pm

Saturday (limited) 10:00 am-12:00 pm

Sunday (limited) 9:00 am-12:00 pm

Private lessons will be scheduled around group lessons.

SEMI-PRIVATE SWIM LESSONS

For two or more participants.

Members: \$35 per child per lesson

Non-members: \$45 per child per lesson

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. By appointment only. Call Cindy at 203-526-1336 or visit angelfishtherapy.com.

LIFEGUARD CERTIFICATION (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.

Please check www.westporty.org for dates.

Members: \$350

Non-Members: \$375

LIFEGUARD RECERTIFICATION CLASS

Please check www.westporty.org for dates.

Members: \$190

Non-Members: \$210

SWIMMING FUNDAMENTALS (AGES 10-14)

A structured workout for those who wish to further develop skills already learned in swim lessons or to better prepare for advancing to swim team. You will learn proper stroke technique, fine tune all strokes, dives and flip turns. Participants must be evaluated before registering for this group.

September 9th - December 11th

Tuesday and Thursday

5:30-5:15 pm

Members \$520

SPECIAL NEEDS SWIM LESSONS

Monday 5:30-6:15 pm

Friday 4:00-5:00 pm

Friday 5:00-6:00 pm

Please contact Nicole Turechek to schedule an assessment for your child.

Adult Aquatics

MASTERS SWIM TEAM

The Westport Weston Family Y Masters Swim Team competes regularly in both YMCA and US Masters Competitions. Each member has the opportunity to participate in organized workouts and competitive swim meets. Y coaches organize ongoing practices. For more information, contact Nicole Turechek.

Tuesday & Thursday 8:15-10:00 pm

Saturday 11:15 am-12:30 pm

Monthly rate \$50 Member/\$110 Non-member

TEAM MOSSMAN TRIATHLON CLUB

Serves multi-sport 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. For more information, please email Robin Myers at ramyers@optonline.net or visit www.teammossman.com.

PERSONAL TRAINING IN THE POOL!

Get in the pool with a certified aquatic trainer for individual instruction. We can assist you with 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.

Please contact Patty Kondub at nortonpk@aol.com.

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-Friday 9:00-10:00 am

RUTH'S SENIOR AQUA FITNESS

Tuesday & Thursday 11:15 am-12:15 pm

DEEP WATER WORKOUT

Friday 6:30-7:30 pm

AQUA FITNESS: GET WET, GET FIT

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

Monday, Wednesday & Friday 6:45-7:45 am
8:30- 9:30 am

Tuesday & Thursday 6:45-7:45 am
9:00-10:00 am

Monday & Wednesday 6:15-7:15 pm
Sunday 9:15-10:15 am

ADULT INSTRUCTIONAL SWIM SEPTEMBER 8-DECEMBER 14

Learn to swim in our lesson program for adults.

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.

Monday 7:30-8:15 pm

Saturday 8:30-9:10 am

Members: \$270

Intermediate: For adults who are comfortable in the water and 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.

Monday 7:30-8:15 pm

Saturday 9:15-9:55 am

Members: \$270

V.I.P. WATER PHYSICAL FITNESS AND PRE/POST NATAL WATER EXERCISE

A safe, effective and enjoyable water exercise class for the pre/post natal woman as well as those with various conditions (MS, diabetes, Parkinsons or stroke patients). Class includes muscle strengthening, flexibility, stretching and moderate cardio segments taught by a certified water exercise instructor.

Tuesday & Thursday 10:15-11:00 am

ARTHRITIS AQUATIC PROGRAM

Ruth Sherman teaches the Arthritis Foundation Family Y Aquatic Program in our warm-water 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. Members 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
8:15-9:00 am

WATER RATS

SWIMMING

The Westport Weston Family Y Water Rat Swim Team is a year-round, nationally recognized competitive swim program. The Water Rats compete in both YMCA and USA Swimming competitions that are held locally, regionally and nationally.

Our swimmers have qualified for and been champions in Connecticut in both the age group and senior level competitions. Additionally, the Water Rats have excelled and had champions

at the Zone All-Star meet, Sectional Championships, YMCA Nationals, USA Swimming Junior Nationals, USA Swimming Nationals, US Open and USA Olympic Trial Qualifiers.

The Water Rat coaching staff is well regarded throughout the swimming community. More importantly, the staff has a love and is enthusiastic for the sport of swimming and encourages the same for our swimmers.

Mission Statement:

The Westport Weston Family Y Water Rat Swim Team embraces a team philosophy that commits to develop the highest level of competitive excellence for every swimmer, while simultaneously encouraging spirit, honesty, team pride, personal commitment and individual growth.

WATER RAT SWIM TEAM STAFF

Ellen Johnston – Director of Competitive Swimming/Head Coach – 28th year, two-time CT Coach of the Year recipient.

Betsy Matheney – Assistant Age Group Coach – 5th year, CT Age Group Coach of the Year recipient.

Kristen Finnegan – Assistant Age Group/Head 8 & under Coach – 2nd year.

Brandon Barone – Assistant Age Group Coach – 2nd year.

Caitlyn Hracs – Assistant 8 & under Coach – 1st year.

Frisk Drisoll – Assistant Senior Coach – 4th year.

Pete Mesavage – Assistant Age Group and Senior Coach – 7th year.

Please visit www.wrat.org for more Water Rat Swim Team information.

TEAM TRYOUTS

Wednesday, September 3

Details will be available on our team website, www.wrat.org. For team information, please contact Ellen Johnston at ejohnston@westporty.org.

HOME MEETS

The Water Rat Swim Team will be hosting two swim meets in the Strittmatter Family Aquatics Center this fall.

Sunday, October 19

8 & Under Meet

Saturday-Sunday, November 8-9 Freestyle Frenzy

Dance

The Westport Weston Family Y Dance Center has been providing quality Ballet, Pointe, Jazz, Hip Hop, Tap, Modern and Creative Dance for children, teens and adults for over 30 years. We offer a strong recreational and competitive dance program. Our education-based program is geared toward creating well rounded dancers with strong technique, coordination and focus. We strive to engage students physically and intellectually while helping them have fun while learning.

The Dance Center program also includes the award-winning Junior, Petite, Mini and Kinder Performing Companies. Entrance to the Junior, Petite and Mini companies is by audition. The Dance Program meets from September to June. We offer two semesters, Fall and Winter/Spring, for payment consideration. There is an end-of-the-year performance in June. Membership required for program participants.

Price:

\$300 for 45 minute and 1 hour classes

\$450 for 1 1/2 hour classes

\$150 for Junior Company Pre-Pointe

MEET OUR DANCE DIRECTOR



LILLIAN CENATIEMPO

203-226-8981

lcenatiempo@westporty.org

Lillian is a native of Connecticut and began her training locally where she participated in numerous regional and national dance competitions. Lillian, who

earned a Dance Certificate from Naugatuck Valley Community College in 2007, has taught dance at the Y Dance Center for five years. She has studied in NYC at Broadway Dance Center, concentrating on Jazz, Hip Hop, and Tap with Chris Hale, Jim Clark, Frank Hatchett, Fernando, Bette Morrow, Leslie Feliciano and Rodney Moore. Lillian has performed and choreographed in productions of 42nd Street, Damn Yankees, Annie and Annie Get Your Gun to name a few and was a member of the Terpsichorean Dance Ensemble at NVCC.

BRING A FRIEND TO DANCE WEEK!

Monday-Thursday, October 6-9

NO YOUTH CLASSES

Wednesday, September 24 - Rosh Hashanah - No classes after 6:00 pm

Thursday, September 25 - Rosh Hashanah - No classes

Wednesday, November 26 - No classes after 5:00 pm

Thursday, November 27 - Thanksgiving - No classes

DANCE CENTER DRESS CODE

Creative, Pre-Ballet, Pre-Tap, Pre-Company

Pink leotard with attached pink skirt. Pink tights and pink leather ballet shoes. Pre-Tap classes need black Mary Jane tap shoes.

All Other Ballet Classes

Black leotard, pink tights, pink leather ballet shoes, optional chiffon skirt in black or pink only to the knee. Hair secured in a bun.

Hair

All dance students are required to wear their hair secured back away from their face. Ballet students must wear their hair in a ballet bun, or for short hair, secured with a hair band.

Tap, Funky Jazz/Hip Hop

Black leotard, pink tights, black dance pants. Jazz classes need black jazz sneakers, and tap classes need black Bloch Mary Jane tap shoes.

Hip Hop (Funky Jazz/Hip Hop)

No specific uniform, but comfortable clothing, no jeans or short shorts. Students must have black dance sneakers.

Boys

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

Where to Purchase

Clothing and shoes may be purchased at Attitude Dance & Active Wear in Norwalk, Payless, or online at www.discountdance.com.



MONDAY

Funky Divas & Dudes*	
2:15-3:30 pm	
Jitterbugs	
3:30-4:15 pm	
Pre-Company	
4:00-5:15 pm	
Kinder Company	
4:15-5:45 pm	
Kidz In Motion*	
4:30-5:30 pm	
Dance Crew*	
5:15-6:15 pm	
Junior Company Ballet	
6:00-7:00 pm	
Junior Company Pre Pointe*	
7:00-7:30 pm	

TUESDAY

Twinkle Tots*	
1:45-2:45 pm	
3yr. Pre-Ballet/Pre-Tap	
2:00-3:00 pm	
Petite Company Ballet	
4:00-5:00 pm	
Kinder Hip Hop	
4:15-5:00 pm	
Petite & Junior Company	
Lyrical	
5:00-6:00 pm	
Ballet/Tap (5 & 6 yrs)	
5:15-6:15 pm	

WEDNESDAY

Dance Soup*	
2:30-3:15 pm	
4yr. Pre-Ballet/Pre-Tap	
3:15-4:15 pm	
Petite Company Tap	
4:15-5:00 pm	
Jazz Funk I	
4:15-5:15 pm	
Petite Company Hip Hop	
5:00-6:00 pm	
Jazz Funk II	
5:00-6:00 pm	
Junior Company Tap	
6:00-6:45 pm	
Junior Company Hip Hop	
6:45-7:30 pm	
Jazz I	
5:00-6:00 pm	
Y Theatre Company*	
6:00-7:00 pm	

THURSDAY

Creative Movement	
1:45-2:30 pm	
3yr. Pre-Ballet/Pre-Tap	
2:00-3:00 pm	
Wiggle, Giggle & Play*	
2:30-3:15 pm	
Off Broadway Kids, Jr.*	
3:15-4:00 pm	
Ballet II	
4:00-5:00 pm	
Mini Company Tap/Jazz	
4:00-5:00 pm	
Mini Company Ballet	
5:00-5:45 pm	
Jazz I	
5:00-6:00 pm	
Y Theatre Company*	
6:00-7:00 pm	

* New classes!

Company classes by audition or invitation only

NEW FOR THIS FALL!

TWINKLE TOTS (AGES 2 & 3)

The Twinkle Tots classes feature exciting and imaginative creative movement opportunities that also introduce beginning technical skills in ballet and tap. Students work on across the floor progressions and begin learning fun dance combinations. We choose to offer both ballet and tap because it engages the attention span of the student and combines classical, poised ballet technique with the rhythmic basics of counting and understanding musicality through tap.

WIGGLE, GIGGLE AND PLAY (AGES 2 & 3)

The Wiggle, Giggle and Play class are designed to be a social activity with children and their parents. Activities will help children work off excessive energy, become creative and develop a love of music. The classes develop both, communication, physical and listening skills. We use a variety of props including parachutes and bean bags. We also use a wide variety of musical instruments at certain times in the session. The classes are fun and energetic.

DANCE SOUP (AGES 3 & 4)

A delightful mix of Ballet and Jazz blended with creative props to inspire fantasy and theater for young dancers. This class provides an excellent dance foundation with benefits such as coordination, confidence, listening skills, comprehension, spatial awareness, rhythm and fun!

FUNKY DIVAS AND DUDES (AGES 3 & 4)

Students will learn the basic techniques of dance that incorporate the skills of jazz. Students will increase in flexibility, stamina, strength and rhythmic ability while boosting their self-esteem. Routines are taught which help students develop sequential memory.

KIDZ IN MOTION (AGES 6-9)

This class is offered to children with developmental and cognitive delays, down syndrome and slight autism. The class structure allows your child to dance, have fun, learn and grow. The Kidz in Motion program helps build self-esteem, a sense of achievement, strength, flexibility, balance and coordination. Our Kidz in Motion staff work with your child on building sensory and cognitive skills through social skills, movement/exercise/dance, memory skills, communication skills, and focus and concentration skills. Children must be able to follow basic instruction. A parent or caregiver must attend the first class.

OFF BROADWAY KIDS JR (PRE-K-1ST GRADE)

In this fun-filled program, children experience the joy of theater. The class will include storytelling, singing, dancing, improvisation, and theater games. All in an environment that encourages self-expression, team work, builds self-confidence, and performance skills. Culminates in an end-of-the-year performance at the annual Spring Recital in June.

Y THEATRE COMPANY (AGES 7 & UP)

The Y Theatre Company strives to enrich the community by creating a place for children of all ages and backgrounds to join together in a love of the stage. In an educational and nurturing environment, we inspire tomorrow's artists through performance, classroom education, and mentorship. The Y Theatre Company encourages children to embrace diversity, grow in individuality, and cultivate relationships throughout

DANCE CREW (AGES 10 & UP)

Blending Jazz technique and Hip Hop moves creates a powerful and fun style of dancing. Learn (and perform, if you choose) complete hip hop choreographies similar to those seen on TV. This is a mixed level class and can be fast paced at times, but always FUN!

JUNIOR COMPANY PRE-POINTE

A class designed to strengthen the muscles necessary to advance to pointe. The class will constantly work toward the goal of "going on pointe." The class will stress the correct body position needed to support the dancer when on pointe. Must be a current Junior Company member.

Gymnastics

**145 MAIN STREET, NORWALK
203-857-1139**

The Westport Weston Family Y Gymnastics Center emphasizes individual skill development in a safe, fun and supportive environment. Our coaching staff wants your child to have a rewarding experience and encourages children of all ages and abilities to participate.

The new Y Gymnastics Center, which opened in June, occupies a specially designed 6,500 sq. ft. space and is conveniently located midway between the Merritt Parkway and 95, a short distance from the Bedford Family Center. With its high ceilings, new equipment in the uneven bar and balance beam areas and a Tumble Track, our new Gymnastics Center is now able to provide training for elite gymnasts.

Membership required unless otherwise stated.



MEET OUR GYMNASTICS DIRECTOR

SALLY SILVERSTEIN

203-857-1139

ssilverstein@westporty.org



Sally has been with the Family Y since 1987. She holds a B.S. in Physical Education K-12 and a Minor in Music Education.

Sally grew up as a competitive gymnast and swimmer and worked at the Westport Weston Family Y as a lifeguard, gymnastic and swim instructor, counselor and waterfront director. Prior to her Director life at the Y, she taught in the Norwalk Public School System. In addition, she is coach to the Y's internationally ranked Exhibition Gymnastic Team and a regular guest choreographer, clinician, workshop speaker and Area Representative for USA Gymnastics. Sally is most proud of her family.

Y Gymnastics Center Fall Calendar of Special Events

SUNDAY, SEPTEMBER 7	CHEER WORKSHOP	AGES 8 AND UP	\$40
SUNDAY, SEPTEMBER 14-OCTOBER 19	CHEER CLINIC	AGES 7-12	\$65
SUNDAY, SEPTEMBER 28	BACK HANDSPRING CLINIC	MUST BE ABLE TO DO BRIDGE/KICK OVER	\$40
SUNDAY, SEPTEMBER 28	CARTWHEEL CLINIC	AGES 4 AND UP	\$40
MONDAY-FRIDAY, SEPTEMBER 29-OCTOBER 3	BRING A FRIEND WEEK	ALL CLASSES	Free
FRIDAY, OCTOBER 17	PARENTS NIGHT OUT	AGES 5 AND UP	\$45/MEMBERS \$55/NON-MEMBERS
FRIDAY, OCTOBER 24	HALLOWEEN SPOOKTACULAR	AGES 10 AND UNDER WITH PARENT	\$5/CHILD
SUNDAY, OCTOBER 26	CARTWHEEL CLINIC	AGES 4 AND UP	\$40
TUESDAY, NOVEMBER 4	ELECTION DAY CAMP	AGES 6 AND UP	\$45
FRIDAY, NOVEMBER 28	TURKEY TUMBLE FLOOR WORKSHOP	AGES 6 AND UP	\$40

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 Y Gymnastics Center.

September 8-December 19
Monday-Friday 9:00-11:00 am

\$10/day
No membership required

CREATIVE GYMNASTICS (AGES 3-6)

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

Monday	2:00-3:00 pm	(ages 3-4)
Monday	3:00-4:00 pm	(ages 4-6)
Tuesday	2:00-3:00 pm	(ages 3-4)
Tuesday	3:00-4:00 pm	(ages 4-5)
Wednesday	2:00-3:00 pm	(ages 3-4)
Thursday	2:00-3:00 pm	(ages 4-5)
Thursday	3:00-4:00 pm	(ages 4-6)
Friday	2:00-3:00 pm	(ages 4-5)
Friday	3:00-4:00 pm	(ages 4-6)

Fee: \$315

COMBO CREATIVE/BEGINNER (AGES 4-5)

No basic gymnastics skills are needed.

Monday 3:00-4:00 pm
Tuesday 3:00-4:00 pm
Thursday 3:00-4:00 pm
Friday 3:00-4:00 pm

Fee: \$315

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

Fee: \$315

YOUTH GYMNASTICS

Participants work on the mats, balance beam, parallel and uneven bars, and vaults, grouped according to ability. For class placement questions please contact Sally Silverstein at 203-857-1139 or ssilverstein@westporty.org. All gymnasts must wear a leotard.

September 8-December 19



NEW! BEGINNER GYMNASTICS CLASS FOR SPECIAL NEEDS (GRADES K-4)

This class will have a half-hour of structured instruction and a half-hour of open play with an instructor. Parent must attend with child. One parent for every child.

October 5-November 23
Sunday 11:00 am -12:00 pm

\$75 (no membership required)

Minimum of 5 children must enroll to run this program.

INTERMEDIATE 2-HOUR CLASS

Thursday 4:00-6:00 pm

Fee: \$400

ADVANCED 2-HOUR CLASS

Wednesday 4:00-6:00 pm

Fee: \$400

PRE-COMPETITIVE GYMNASTICS

4 hours per week. By invitation only.

Tuesday & Thursday 3:50-5:50 pm

Fee: \$730

TEEN TUMBLING 2-HOUR CLASS (GRADES 7 & UP)

Wednesday 6:30-8:30 pm

Fee: \$400

COMPETITIVE GYMNASTICS TEAM

Westport Weston Family Y competes in Regional and National level YMCA & USAG meets.

Season: September-June

Level III & IV \$3,500

Level V \$3,965

Level VI, VII & VIII \$4,000

SHOWTIME

Nationally recognized gold medal award winning exhibition gymnastic team. Tryouts are in June. To be part of this program, one must move up through the Family Y gymnastic classes. Any exceptions must be approved by Sally Silverstein after a tryout. These teams perform statewide. For tryout information contact Sally.

September – February

Saturday

Pre-team 10:30 am-12:30 pm

Advanced 8:00 am-10:30 am

Fee: \$830/season (membership required)

Showtime Exhibition Team Annual Holiday Show

Monday, December 15

7:00 pm

BOYS GYMNASTICS

Tuesday

Beginner (ages 3-4 1/2)

3:00-4:00 pm

Beginner (ages 4-7)

4:00-5:00 pm

Beginner/Advanced (ages 5-11)

5:00-6:00 pm

Friday

Beginner (ages 5-11)

4:00-5:00 pm

Fee: \$315

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

Fee: \$330

TNT HOT SHOTS

By instructor invitation only. 4 hours per week.

Monday & Wednesday 4:00-6:00 pm

Fee: \$634

GYMNASTICS PRIVATES (AGES 6 & UP)

Please contact Sally Silverstein.

Fee: \$80/hour

PARENTS NIGHT OUT

Enjoy a night out while your children have fun! Drop off and pick up in the Y Gymnastics Center. Games, craft project, fun gymnastics and a snack! Make sure your little one eats dinner at home. Pre-registration is appreciated! For more information, please contact Sally Silverstein at ssilverstein@westporty.org.

October 17

Friday 5:00-9:00 pm

Ages 5-12

Members: \$45 per child

Non-members: \$55 per child

FAMILY Y HALLOWEEN SPOOKTACULAR!

Calling all ghosts and goblins! Save the date and join the fun! Please wear a costume to the party! Family friendly activities appropriate for children up to age 10. Includes fortune telling, costume contest, Halloween craft, witch's cottage, haunted hallway and more! Please register at our Welcome Center, Y Gymnastics Center or online. Child must attend with an adult.

October 24

Friday 6:00-7:30 pm

Fee: \$5/per child

PIZZA WITH SANTA

Celebrate the holiday the Family Y way! Includes cookie decorating, craft, 2 slices of pizza, drink and cookie. Kids bring your wish lists and sit on Santa's lap! You may pre-register at our Welcome Center, Gymnastics Center or online. Child must attend with an adult.

December 19

Friday 6:00-7:15 pm

Fee: \$5 per child

CHEERLEADING WORKSHOP (AGES 8 AND UP THROUGH HIGH SCHOOL)

Study with the best! Learn jumps and work on tumbling skills with top cheer coach. All gymnasts and cheerleaders must have a signed release to participate.

September 7

Sunday 9:00-11:00 am

Fee: \$40 (no membership required)

CHEER CLINIC (AGES 7-12)

Work on jumps, stunts and tumbling skills. All participants must have a signed release to participate.

September 14-October 19

Sunday 3:00-5:00 pm

Fee: \$65 (no membership required)

BACK HANDSPRING CLINIC

September 28

Sunday 9:00-11:00 am

Fee: \$40

CARTWHEEL CLINIC

Need work on your cartwheels? Come learn your cartwheels or just clean them up! Must be currently age 4 and up to attend.

September 28 and October 26

Sunday 11:00 am-1:00 pm

Fee: \$40/day

ELECTION DAY CAMP (AGES 6 AND UP)

2 1/2 hours of gymnastics plus some games and a craft. Please bring a snack and drink. Must have a signed release to participate.

November 4

Tuesday 12:00-4:00 pm

Fee: \$45 (no membership required)

TURKEY TUMBLE FLOOR WORKSHOP

Child must have a straight cartwheel. We will work on round offs, back handsprings, walkovers and more! Two hours of tumbling fun! Please bring a snack and drink. All gymnasts must have a signed release to participate.

November 28

Friday 11:00am-1:30 pm

Fee: \$40 (no membership required)

BRING A FRIEND TO GYMNASTICS WEEK!

Bring a friend to class! Get a prize if your friend signs up for gymnastics that day!

September 29-October 3



GYMNASICS CENTER PARTIES

Birthday Parties in the Y Gymnastics Center can be loads of fun! Includes one hour of action-packed activities for children ages 2-7 with an instructor and a half-hour in an area for your guests where you provide refreshments. All guests must have a signed participation waiver. Available times are offered on Saturdays from 1:00-8:00 pm and Sundays from 12:00-3:00 pm. Weekday mornings are also available between 11:00 am-1:00 pm. Please contact Sally Silverstein at ssilverstein@westporty.org.

Members: \$230

Non-members: \$280

Limit 15 children. \$10 each additional child after 15.

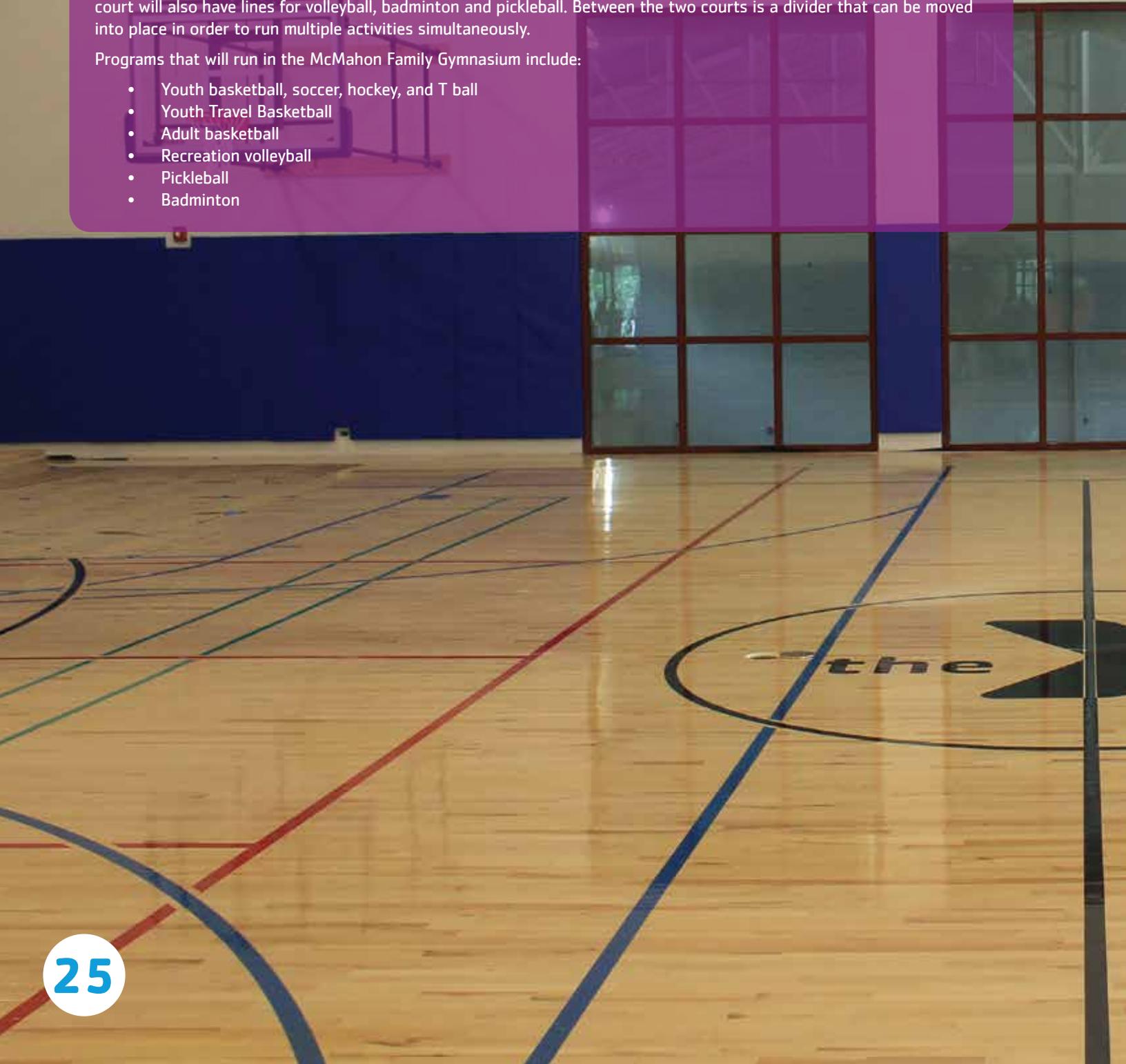
Sports & Recreation

The Vince & Linda McMahon Family Gymnasium

The Gymnasium will allow our members a full range of sports and recreation program opportunities. Located right off the Welcome Center, the McMahon Family Gymnasium features a regulation basketball court and two middle school-sized courts that run perpendicular to it. These courts will be referred to as the North Court and the South Court. Each smaller court will also have lines for volleyball, badminton and pickleball. Between the two courts is a divider that can be moved into place in order to run multiple activities simultaneously.

Programs that will run in the McMahon Family Gymnasium include:

- Youth basketball, soccer, hockey, and T ball
- Youth Travel Basketball
- Adult basketball
- Recreation volleyball
- Pickleball
- Badminton



YOUTH SPORTS & RECREATION

All Youth Sports classes will take place on the North Court in the Gymnasium.

September 8-December 7

\$100

Please see calendar for days when youth classes are not in session.

There will be no Youth Sports classes from Friday, October 10 through Sunday, October 12 due to the Family Y Gala Celebration. Missed classes will be made up in December.

PARENT & CHILD SOCCER (AGE 3)

Age 3 years with an adult partner. Skill lessons include passing, shooting, trapping and dribbling. Shin guards are encouraged.

Saturday 9:00-9:45 am

PEE WEE SOCCER (AGES 4-5)

Children will practice the fundamentals: passing, shooting, trapping and dribbling. Games will begin Week 6. Shin guards are encouraged. Parent volunteer coaches are welcome.

Saturday 10:00-10:45 am

SOCCER (AGES 6-7 YEARS)

Children will practice and refine the fundamentals: passing, shooting, trapping and dribbling. Concepts like teamwork and fair play will be emphasized. Games will begin Week 4. Shin guards are encouraged. Parent volunteer coaches are welcome.

Saturday 11:00 am-12:00 pm

SPORTS SPECTACULAR

Children will play a different sport every week. Sports include basketball, soccer, t-ball, floor hockey & more!

3-5 years old

Monday 1:30-2:30 pm

5-7 years old

Monday 4:00-5:00 pm

MEET OUR SPORTS & REC DIRECTOR



KAYLEY GALLAGHER

203-226-8981

kgallagher@westporty.org

Kayley joined the Family Y in July, 2014. Her professional relationship with the Y began in 2011 at the Wilmington

Family YMCA where she completed an internship in the sports department and went on to work for a year before moving to Boston for graduate school. Kayley received her BS in Sport Management from North Carolina State University and her MS in Nonprofit Management from Northeastern University. Kayley's passion is in youth development through sport as well as overall wellness for all community members.

PARENT & CHILD BASKETBALL (AGE 3)

Age 3 years with an adult partner. Skill lessons include dribbling, passing, shooting and defense. Age appropriate hoops will be used.

Saturday 1:00-1:45 pm

PEE WEE BASKETBALL (AGES 4-5)

Children will practice the fundamentals: dribbling, passing, shooting and defense. Games will begin as soon as all skills are covered. Age appropriate hoops will be used. Parent volunteer coaches are welcome.

Saturday 2:00-2:45 pm

BASKETBALL (AGES 6-7)

Children will practice and refine the fundamentals: , passing, shooting and defense. Concepts like teamwork and fair play will be emphasized. Games will begin Week 4. Age appropriate hoops will be used. Parent volunteer coaches are welcome

Saturday 3:00-4:00 pm

SUPER SPORTS

Super Sports is a multi-sports program designed for kids with special needs. Adult partners are welcome!

3-5 years old

Thursday 1:30-2:30 pm

5-7 years old

Thursday 4:00-5:00 pm

KARATE KIDS (AGES 5-10)

Teach your child a lifelong commitment to health and personal growth. Tang Soo Do karate provides the tools children need to strengthen their spirit, mind and body.

Thursday 5:30-6:30 pm

Studio C

\$165

FENCING

In our youth fencing program, children develop balance, coordination, footwork and blade control. Fencing is a progressive program, and each level builds on the levels that come before. Each class uses age appropriate equipment.

Beginner 1 (Ages 4-6)

Friday 4:00-4:45 pm

\$100

Beginner 2 (Ages 7-10)

Friday 5:00-5:45 pm

\$215

Beginner 3 (Ages 10+)

Friday 6:00-6:45 pm

\$215

Advanced* (Ages 11+)

Monday 6:00-7:00 pm

\$215

*Advanced Fencing requires at least one year of beginner-level fencing experience.

TUMBLIN' TOTS (AGES 2-6)

Tumblin' Tots is a family-oriented play program held in the Gymnasium on tumbling equipment. A staff person will be present to lead activities, but parent supervision is required at all times.

Monday, Wednesday, Friday 9:00-11:00 am North Court

Family Members play for free

Youth Members \$10 per session

Travel Basketball

BOYS GRADES 5-8

All teams play against area YMCA and recreational teams. Practices begin in November. Games begin in January and run through mid-March. Each team has two practices and one game per week. Uniforms are not included in the registration fees. Registration fees cover referees, tournaments, league fees, coaches and game balls.

Members: \$600

Non-members: \$750

TRAVEL TRAINING WORKSHOP

All 3 sessions will be held on the South Court

Grades 5 & 6

September 10-October 15

Group 1 Wednesday 5:00-6:00 pm

Group 2 Wednesday 6:00-7:00 pm

Grades 7 & 8

September 11-October 16

Group 1 Thursday 5:00-6:30 pm

Members \$100

Non-members \$200

TRYOUT SCHEDULE

Players must attend both tryout sessions to be considered for the team. Should conflicts arise, please contact Kayley Gallagher. Registration forms are available at the Welcome Center and at www.westporty.org.

Grade 5

Saturday, October 18 6:00-8:00 pm

Tuesday, October 21 5:00-7:00 pm

Grade 6

Monday, October 20 6:00-8:00 pm

Thursday, October 23 6:00-8:00 pm

Grade 7

Friday, October 17 5:00-7:00 pm

Sunday, October 19 3:00-5:00 pm

Grade 8

Friday, October 17 5:00-7:00 pm

Tuesday, October 21 5:00-7:00 pm

ADULT SPORTS & RECREATION

Gym Policies

- Shirts & sneakers must be worn at all times.
- Street shoes are not allowed in the Gym.
- Coffee & sports drinks are not allowed. Water is the only beverage allowed in the Gym.
- No food allowed in the Gym.
- Only staff may raise & lower the curtain divider and hoops. Please ask staff for assistance
- No swearing and or other inappropriate language.

ADULT BASKETBALL

At the Family Y, we strive to focus on Healthy Living for all of our members. We believe it is important to schedule dedicated time for adults to be able to play basketball together. All times and days are subject to change. Please refer to the Gym Schedule on www.westporty.org.

Monday-Friday	5:30-7:30 am 11:30 am-1:30 pm	2 courts 2 courts
Monday	6:00-8:00 pm	North Court
Tuesday	5:00-7:00 pm	North Court
Thursday	6:00-8:00 pm	North Court
Saturday	9:30-11:30 am	South Court
Sunday	7:00-9:00 am	2 courts

ADULT/TEEN KARATE (AGES 11+)

Learn self-discipline and self-confidence while building self-esteem through the unification of the mind, body and spirit. Beginner level class.

September 9-December 2
Tuesday 7:00-8:00 pm
Studio C

Members: \$165

SKI CONDITIONING

This six week strength class will get you in shape in time to hit the slopes!

November 6-December 11
Thursday 7:00-8:00 pm
Wellness Center
Members: \$65

VOLLEYBALL

Volleyball is open to all members. Dalton Ghetti will be returning to the Family Y to organize games.

Recreation Volleyball

Tuesday 7:00-10:00 pm South Court

Intermediate Volleyball

Thursday 7:00-10:00 pm South Court

Recreation Volleyball is free for Family Y members. Family Y staff are responsible for setting up and taking down volleyball nets. Please ask Family Y staff for assistance.

PICKLEBALL

The fastest growing racquet sport in America! All dates and times are subject to change. Please refer to the Gym Schedule at www.westporty.org.

Mon, Wed, Fri	9:00-11:00 am	South Court
Wednesday	7:00-9:00 pm	2 courts
Saturday	7:30-8:30 am	2 courts
	8:30-9:30 am	South Court
	4:00-6:00 pm	2 courts
Sunday	3:30-5:00 pm	South Court

Wellness

The Y has been a leader in promoting health and wellness programs in our local community for nearly a century. In addition to the many benefits of regular exercise, participation in Family Y fitness programs creates opportunities for friendships, self-confidence and well-being.

Our new Y will provide members new and exciting options to make healthier lifestyle choices. Located on the lower level and with expansive floor-to-ceiling views, the **Robin Tauck Wellness Center** includes a wide variety of strength and cardiovascular equipment as well as a stretching area for flexibility and functional exercises. Adjacent is a private room to be used for fitness assessments.

Just past the entry ways to our Men's and Women's Locker Rooms are three studios to be used for group fitness. Studio A and Studio B are two rooms in one, as they have been created with the capability to offer one, large program, like our popular TRX classes, or two separate programs concurrently. Across the hall is Studio C, a soothing space dedicated to spirit, mind & body workouts, from restorative yoga to pilates mat. Upstairs on the main level you'll find our cycle room, a bright, high-ceilinged space equipped with 21 Keiser M3+ Indoor Cycles, all fully adjustable and fully "wired."

Most important, our staff of fitness instructors and Certified Personal Trainers are always available to help you achieve your goals. We invite you to find your fit at our new Family Y!





MEET OUR HEALTH & WELLNESS DIRECTOR



ALEXEI BACHURETZ, CSCS

203-226-8981

abachuretz@westport.org

Alexei Bachuretz joined the Family Y team in April 2014. His YMCA career began 7 years ago at the Greater Waterbury YMCA where he worked as one of two Certified

Strength & Conditioning Specialists. Alexei worked closely with members to enhance athletic potential, improve functionality, and live healthier, happier lives through exercise. Most recently, he joins us from the Northwestern CT YMCA as the former Wellness & Aquatics Director. In his free time, Alexei competes across the state as a triathlete and Masters swimmer.

The Robin Tauck Wellness Center

The Robin Tauck Wellness Center is a 5,600 sq. ft. state-of-the-art fitness facility with scenic views of the Saugatuck River and our Camp Mahackeno grounds. Equipped with all new fitness equipment, our Wellness Center is designed to maximize functional exercise space and help everyone reach their health and wellness goals.

In the heart of the new Wellness Center floor, the Synergy360 will serve as a multi-purpose, multi-function machine. Containing pulley stations, pull-up bars, monkey bars, TRX mounts, platforms, and several options for the addition of supplemental equipment, the Synergy promotes functional exercise through multi-joint and muscle movements. This type of training provides the ultimate in cardiovascular and strength development, which leads to effective weight loss and fitness enhancement. The design of the piece creates exciting options for small-group training or an addition to your own program.

The Wellness Center also includes:

- 15 treadmills
- 15 ellipticals
- 5 Espresso exercise bikes
- 4 Life Fitness exercise bikes
- 5 Keiser M3+ cycle bikes
- 2 rowers
- 1 Upper Body Ergometer (arm bike)
- Cardio console tablets that can be used as televisions and internet devices
- Full WiFi access
- 5 large TV monitors
- A private room for fitness assessments
- Full handicap accessibility
- **LF CONNECT:** Personalize and track your workouts, and set up entertainment options to make the most of your exercise experience, right on the machine! Sync an Android smartphone, iPhone, iPod or iPad device to our Discover cardio products and bring your mobile world to your workout.

FITSTART

FitSTART is a complimentary six-week program for Y members ages 16 and up that's designed to help you improve your health and wellness the RIGHT way. Over a six-week span, a Y Wellness Coach will take you through a progressive program centered on nutrition, strength training, cardiovascular health and stress management techniques geared toward improving health and wellness. A full-body strength equipment orientation is included and performed on the first of the six appointments. After that, you'll meet with a Y Wellness Coach once per week, by appointment. Each week is devoted to different tasks you'll complete between appointments to help you work out, eat healthier, reduce stress and ultimately lose weight on your own. We will challenge and encourage you to make lifestyle changes that will help you reduce body fat and promote lean muscle growth. Sign up at the Wellness Center.

WELLNESS CENTER EQUIPMENT ORIENTATION

Not sure how to use the machines? No problem! Our Y Wellness Coaches will show you how, and even point you to the most beneficial machines if you're in a time crunch for a total-body workout. We will adjust the machines for a proper fit for your body and show you how to track your progress. We'll finish by acquainting you with our cardio equipment. Sign up for a one-hour appointment at the Wellness Center or Welcome Center.

Free with your membership:

1 Fitness Assessment + 1 Personal Training session

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 14 and up:

Family Y members ages 14 up are permitted to use the Wellness Center. All Family Y members are expected to clean off machines, mats or other exercise areas with provided "gym wipes" after use.

All Family Y members over 14 years are strongly encouraged to take advantage of a complimentary Wellness Center Orientation to learn proper technique and operation of all selectorized exercise equipment.

Enrollment in a Wellness Center Equipment Orientation can be done at the Welcome Center, the Wellness Center or by calling 203-226-8981.

PERSONAL TRAINING

Every body is different, and the recipe for your personal success is unique to you. When you work with a Certified Personal Trainer, they will first take the time to assess you which, combined with your specific goals, determine the plan you will receive. From there, you and your trainer will get closer to your goals with each session. When you work with our trainers, you can expect the ultimate in fitness expertise, direction and motivation. Working with a Personal Trainer allows you to receive workouts personalized to your body, your goals, on your time. Flexible packages are available tailored around a time line.

Share the cost! Bring a friend or two and keep your training personal at the same time! Discounted rates are available for two-on-one or three-on-one personal training sessions.

1 sessions (60 minutes) - \$75 per session
10 sessions (60 minutes) - \$65 per session

SMALL GROUP TRAINING

Small group training presents an exciting opportunity for you to experience the benefits of a trainer's motivation, knowledge and creativity while lowering your personal financial impact. When you combine that "trainer push" with the energy from the group, you can expect your best, and see the best results! Select from available times offered below (8 week sessions, minimum 4 persons).

September 22-November 14

Monday & Thursday	6:00-7:00 am
	7:00-8:00 am
	12:00-1:00 pm
	6:00-7:00 pm
Tuesday & Friday	6:00-7:00 am
	7:00-8:00 am
	12:00-1:00 pm

Members \$599

WEEKEND WARRIOR WORKOUTS

Can't make it during the week? Try one of our Weekend Warrior small group training sessions.

September 22-November 14

Saturday	7:15-8:15 am
	8:30-9:30 am
Sunday	7:15-8:15 am
	8:30-9:30 am

Members \$299

CANCER SURVIVOR FITNESS PROGRAM

The 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 muscular strength exercises. You will improve functional mobility, flexibility, endurance, and strength. Learn effective relaxation techniques while helping reduce cancer therapy side effects. The program is taught by specially trained, Certified Fitness Instructors.

CARDIAC REHAB PROGRAM

St. Vincent's Hospital is partnering with the 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.

FIT FAMILY PROGRAM

Youth ages 10-13 are welcome to 1 or 2 Wellness Center Orientations, depending on age. Youth ages 10-11 will be instructed by a Family Y Wellness Coach on usage of the cardio equipment in 1 appointment. Youth ages 12-13 will be trained on both the cardio and strength training equipment. Parents or legal guardians are also given the orientation alongside their children. Upon completion of the program, youth are permitted to use the Health and Wellness Center when wearing a designated pass and accompanied by an adult Family Y member ages 18+.

YOUTH/TEEN FITNESS TRAINING (AGES 9-12)

Learn the importance of a healthy exercise routine in this fun and educational class. A Certified Personal Trainer will guide the student through a variety of cardio/strength and flexibility exercises. This class is appropriate for those who are budding athletes or who are simply looking for a fun, healthy activity.

September 8-December 3

Monday and Wednesday 4:00-5:00 pm

Members: \$250

SPORTS STRENGTH & CONDITIONING

This program is designed for middle and high school athletes who are looking to improve their game, develop strength and cardiovascular endurance, increase flexibility and prevent injuries.

Tuesday 4:00-5:00 pm

Session I: September 9-October 14

Session II: October 21-December 2

Member: \$195

"IN SHAPE" FOR YOUTH/TEENS WITH SPECIAL NEEDS

This limited-size class will give those with special needs the opportunity to have fun and learn to work out safely and properly with a Certified Personal Trainer.

September 11-December 4

Ages 12 and up

Thursday 4:00-5:00 pm

Ages 8-11

Thursday 5:00-6:00 pm

Members: \$225

YOGA FOR KIDS (INCLUSIVE, AGES 6-12)

This inclusive yoga class is meant for kids of all abilities ages 6-12. Learn about yoga poses and how they can help make you stronger and feel great. Parents are more than welcome to join their child in the class and can do so with no additional charge.

Tuesday 4:00-5:00 pm

Session I: September 9-October 7

Session II: October 14-November 11

Member: \$90

Non-member: \$130

Group Fitness

Please visit our website, www.westporty.org for our complete Group Fitness schedule.

Cardio, Strength, Energy

Our brand new, state-of-the-art equipped Studios A & B will provide a motivating atmosphere for getting the best from yourself! Let our Certified Group Fitness Instructors push you toward your goals by building your cardio endurance, strength and energy.

BARBELL BLAST

High energy step aerobics meets barbell strength training in a fast paced combo class. Improve your cardiovascular fitness and increase your muscle definition in one class.

BARBELL CONDITIONING

Focus on strengthening your body with tried and true exercises. Participants squat, press, lunge, and curl using an adjustable barbell, plates, and body weight.

BODY SHOCK

Athletic conditioning to boost strength and endurance, sharpen agility and improve your energy. Challenge yourself like you never have before. TRX & other equipment may be included to intensify this challenge.

BOOT CAMP

Anything goes workout including bursts of HIIT (High Intensity Interval Training), Tabata drills and guaranteed sweat!

CARDIO COMBO

A rigorous full-body workout that gets your heart pumping and muscles moving. You will feel the burn in all areas of your body.

CARDIO CORE

A challenging mix of intense, dynamic core stabilizing exercises using planks, sliders, light weights & African inspired dance moves.

CARDIO SCULPT

A challenging workout to get your blood flowing followed with TRX to improve strength, balance and core.

GROUP POWER

Group Power is YOUR HOUR OF POWER! Blast all your muscles with this high-rep weight training workout!



Using an adjustable barbell, weight plates, and body weight, Group Power uses traditional barbell movements

with a unique integration of functional exercise, perfectly timed to dynamic music. Add a motivating group atmosphere and you will get the best out of your body every time.

STEP & CORE

A challenging total-body workout that incorporates step patterns with moves to strengthen your core. Guaranteed to build strength, stability, good posture and of course give you a flatter firmer tummy!

STRONG STEP

Take a classic step class, then add hand weights & body bars for sculpting intervals. 2X the intensity, 2X the fun!

TOTAL BODY CONDITIONING

A strength class that targets muscle groups using bars, hand weights, stability balls and more.

TRX

A total body fitness program that uses gravity against your body weight to improve strength, balance, flexibility and core strength.

TRX BOOT CAMP

TRX class includes cardio, upper and lower body strength work, core, and flexibility training.

ZUMBA

Ditch the workout, join the party! A dynamic and exciting class full of Latin and exotic music flavors. You'll get aerobic interval training that will tone and sculpt the body. Zumba is a fun way to get a great workout!

ZUMBA STEP

Not your mother's step class! Come see what all the fun is about.



MEET OUR GROUP FITNESS COORDINATOR



SHELLY GOLDMAN

203-226-8981

sgoldman@westporty.org

Shelly has been a Spin, Pilates and Aquatic Fitness instructor at the Family Y since 2003. She became an Ambassador for the Aquatic Exercise Association in 2009. As Group

Fitness Coordinator, Shelly is primarily responsible for scheduling, assessing, administering and developing the group fitness classes and instructors. Shelly is an active committee member of SpinOdyssey, an annual fundraising marathon to raise funds for breast cancer research. She advocates diversifying your workout and eating consciously for a healthy balance in both your body and your life.

LIGHT & LOW SERIES

Enjoy all the same classes with a lower impact, gentle yet challenging. Perfect for beginners, seniors or less conditioned participants.

LIGHT & LOW ALIGN

Find relief from the daily stresses caused by repetitive movement and muscle imbalances.

LIGHT & LOW CYCLE

A beginners' or less conditioned pace of cycling.

LIGHT & LOW INTERVALS

A low-impact cardio class with light weight intervals.

LIGHT & LOW PILATES

A beginner to moderate level introduction to Mat Pilates. These classes will be focusing on the "Fun-damentals" in a gentle progression to basic core sculpting.

LIGHT & LOW VINYASA

A moderate paced Vinyasa yoga class with a restorative ending.

LIGHT & LOW YOGA

Explore your posture and breath through relaxing poses and meditation.

CYCLING

Located on our main floor in a high-ceilinged room filled with natural light, our cycle studio features 21 Keiser M3+ Indoor Cycles. The newest model of Keiser's top-quality indoor bikes, the M3+ comes equipped with new fore and aft adjustable handlebars to fit all body types and a factory calibrated resistance system consisting of 24 gears. Monitor your heart rate (Polar compatible), pedal time, gear setting, odometer, revolutions per minute, and even your power output, right on the bike! The bikes also feature adjustable Shimano combo pedals, water bottle holders and a four-way adjustable seat position.

CYCLE

Indoor cycling class designed for people of all ages and abilities. Improves cardiovascular fitness.

CYCLE & SCULPT

Two dynamic challenges in one class! First get your blood pumping with high energy cycling, then tone and define your body with light weight sculpting.

LIGHT & LOW CYCLE

A gentle introduction to indoor cycling in a class environment. Strengthen your lower body and build endurance.

Spirit, Mind, Body

Our new studio is a dedicated space for our members to choose among our many weekly Yoga, Pilates and Y-Method classes. Our experienced, professional and caring instructors will motivate, encourage and help you to improve your quality of life. With a view of our beautiful wooded, natural surroundings, our spirit, mind & body classes will condition you to cultivate balance, focus, health and happiness into everything you do.

ASHTANGA YOGA

This form of Hatha Yoga will help realign the spine, detoxify the body and build strength, flexibility and stamina.

GENTLE YOGA

Explore asana (postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

HATHA YOGA

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

KIRTAN

Join the Bindu Band for an evening of Bhakti Yoga. Raise your voice, lift your spirits and bring yourself closer to each other and the source within ourselves. 1st & 3rd Fridays monthly.

KRIPALU YOGA

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

KUNDALINI YOGA

Works the entire nervous and glandular systems with a strengthening component for fitness, mental and spiritual health. A focus on awareness of breath will allow for deep relaxation.

LIGHT & LOW VINYASA

A moderate paced Vinyasa yoga class with a restorative ending.

LIGHT & LOW YOGA

Explore your posture and breath through relaxing poses and meditation.

MELT YOGA

Erase pain and tension in your body brought on by everyday stress, overuse and age. This exercise will help restore flexibility and balance with the use of MELT balls.

PILATES BARRE

The ballet Barre brings a twist to the traditional Pilates class.

PILATES, CORE & MORE

Advanced Pilates that builds a strong core by using the Magic Circle, Ballecore Ball, stretch loops and light weights.

PILATES MAT

Strengthen and tone through floor exercises led by a Certified Pilates instructor.

QIGONG (CHEE-GONG)

An ancient Taoist technique that generates a flow of qi (chee) between people and nature.

RESTORATIVE YOGA

This class uses props to support the body. It offers the opportunity to move from a tense, and anxious state into a relaxation mode, which repairs and restores the body.

VINYASA YOGA

This is a faster-paced class with the asanas (postures) linked together in a series of movements that are synchronized with the breath. Emphasis is placed in the breath and the transition in and out of the asanas.

YOGA FOR ALL

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

Y-METHOD

Combines resistance training with elements of yoga, ballet, Pilates, corrective exercise and postural work.

STRONG KIDS TRIATHLON



Sunday, September 21 Staples High School

Sign in and set up begins at 8:00 am.

Ages 6-9: 75 meter swim, 1 mile bike, $\frac{1}{2}$ mile run. Race starts at 9:00 am.

Ages 10-13: 50 meter swim, 2 mile bike, 1 mile run. Race starts at 10:00 am.

Ages 2-6: 100 meter dash. Sign-in begins at 10:00 am. 100 meter dash begins at 11:00 am.

Triathlon pre-registered \$25 (pre-registration ends Friday, September 19 at 6:00 pm).

Race day registration \$40

100 meter dash \$10

Triathlon participants compete for age group awards. All participants receive a medal and a t-shirt.

Proceeds from our annual events, including the Strong Kids Triathlon, benefit the Family Y's Annual Campaign, which allows our Y, a charitable nonprofit organization, to offer our programs, facilities and services to all, regardless of their ability to pay.

Register early! Once an age group is filled we cannot add spots. Forms are available at www.westporty.org. For more information, please contact Kayley Gallagher at 203-226-8981 or kgallagher@westporty.org.

Birthday Parties

Looking for ideas for your child's next party? We can help you plan many different types of parties. Let us help make your child's birthday a party to remember! Have a birthday idea that is not listed? Call the Y at 203-226-8981 and we will see how we can accommodate you! Party fees are nonrefundable.

BASKETBALL & SOCCER PARTIES

Offered on Saturday evenings and Sunday mornings. Limit 15 children. Age 7 and up only. Please email Kayley Gallagher at kgallagher@westporty.org to reserve your party.

Members: \$220

Non-members: \$260

\$10 each additional child after 15

POOL PARTIES

Your celebration begins with an hour of fun in the pool and ends with an hour of party time in one of our studios. Price includes a 2-hour party and paper goods. Ages 6 and up. To schedule a party, please email Nicole Turechek at nturechek@westporty.org.

Members: \$220

Non-members: \$260

Limit 15 children. \$10 each additional child after 15.

Family Fun

SUNDAY IS FAMILY FUN DAY

As a way to add value to our family memberships, the Family Y is reserved for families every Sunday! The Family Y is a place for families to play, learn and grow together.

FAMILY GYM

Introduce the game, practice fundamentals or just come in to play together! Each week a different sport will be set up for you and your kids to play.

12:00-2:00 pm
Gymnasium

FAMILY SWIM

At Family Swim, your kids can show off everything they've learned at Swim Lessons this session or play with our splash toys and aquatic basketball hoops.

1:00-3:00 pm
Family Pool

NATIONAL FAMILY WEEK

National Family Week is a nationwide celebration of families coming together at the Y. During National Family Week we will host daily activities that the whole family can enjoy together!

November 17-22

GYMNASICS CENTER PARTIES

Birthday Parties in the Gymnastics Center can be loads of fun! Includes one hour of action-packed activities for children ages 2-7 with an instructor and a half-hour in an area for your guests where you provide refreshments. All guests must have a signed participation waiver. Available times are offered on Saturdays from 1:00-8:00 pm and Sundays from 12:00-3:00 pm. Weekday mornings are also available between 11:00 am-1:00 pm. Please contact Sally Silverstein at ssilverstein@westporty.org.

Members: \$230

Non-members: \$280

Limit 15 children. \$10 each additional child after 15.

SPECIAL EVENTS AT OUR GYMNASTICS CENTER

Please pre-register at our Welcome Center, Gymnastics Center or online. For more information, please contact Sally Silverstein at ssilverstein@westporty.org or call 203-857-1139. The Gymnastics Center is located at 145 Main Street in Norwalk.

PARENTS NIGHT OUT

Enjoy a night out while your children have fun! Drop off and pick up in the Gymnastics Center. Games, craft project, fun gymnastics and a snack! Make sure your little one eats dinner at home.

October 17
Friday 5:00-9:00 pm

Ages 5-12

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

FAMILY Y HALLOWEEN SPOOKTACULAR!

Calling all ghosts and goblins! Save the date and join the fun! Please wear a costume to the party! Family friendly activities appropriate for children up to age 10. Includes fortune telling, costume contest, Halloween craft, witch's cottage, haunted hallway and more! Child must attend with an adult.

October 24
Friday 6:00-7:30 pm

Fee: \$5/per child

PIZZA WITH SANTA

Celebrate the holiday the Family Y way! Includes cookie decorating, craft, 2 slices of pizza, drink and cookie. Bring your wish lists and sit on Santa's lap! Child must attend with an adult.

December 19
Friday 6:00-7:15 pm

Fee: \$5 per child

WESTPORT WESTON FAMILY Y
14 Allen Raymond Lane
Westport, CT 06880
203-226-8981
www.westporty.org

Non Profit Org.
U.S. Postage
PAID
Waterbury, CT
Permit No. 118

Celebrating What Matters October 11, 2014 OpeningGala



Silent Auction begins at 5:00 pm
Dinner and dancing from 7:30 PM
Live Auction at 8:15 pm

Music by Suit Ty Thurrsty
Dinner from Ridgefield Prime
Complimentary Valet Parking

Weston's own James Naughton as Master of Ceremonies

Interior Design by Elizabeth Brosnan Hourihan/EBH Interiors LLC

Furniture and furnishings provided by Lillian August and centerpieces donated by Geiger's

For reservations, please contact

Susie Haydon at shaydon@westporty.org or 203-226-8981