



2024 FALL PROGRAMS

FUN FOR FALL

WESTPORT WESTON FAMILY YMCA

DISCOVER
FALL FAVORITES

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OPPORTUNITY FOR ALL

As an inclusive organization we welcome all who want to belong or participate in programs at our Y. We provide financial assistance to individuals and families in need regardless of their ability to pay.

Not all of our costs are covered by membership and program fees, so we rely on the generosity of our members, donors and supporters to help us to fulfill our charitable mission in the community as a 501(c)(3) charitable organization.

Financial assistance applications are available online or can be requested at the Membership Desk.





2024 FALL SESSION DATES:

TUE, SEPT 3 to SUN, DEC 15

PRIORITY REGISTRATION OPENS

Family Membership Only

SAT, AUG 3 @ 8AM

REGISTRATION OPENS FOR ALL

Adult, Youth & Community Membership

WED, AUG 7 @ 8AM

HOLIDAY/NO CLASSES:

ROSH HASHANAH:

THUR, OCT 3

YOM KIPPUR:

SAT, OCT 12

ELECTION DAY:

TUE, NOV 5

THANKSGIVING RECESS:

WED, NOV 27-SUN, DEC 1

ADDITIONAL NO CLASS DATES FOR PROGRAMS:

LEARN MORE 

OPERATING HOURS:

BEDFORD FAMILY CENTER

MON-FRI | 5:30 AM - 9:00 PM

SAT-SUN | 7:00 AM - 6:00 PM

MAHACKENO OUTDOOR CENTER

MON-FRI | 3:00 PM - 6:00 PM

SAT-SUN | 1:00 PM - 6:00 PM



The Y. For a better us.

THE Y IS FOR EVERYONE

MEMBERSHIPS

When you belong to our Y, you have access to hundreds of programs, an amazing facility and amenities, and a wonderful supportive community. We are a vibrant, inclusive, intergenerational organization that welcomes all.

BENEFITS	FAMILY* Family - 1 Adult Family - 2 Adult Senior Couple (65+)	INDIVIDUAL Adult (18-22) Adult (23-64) Senior (65+)	YOUTH** Youth (0-13) High School (14-17)
PRIORITY REGISTRATION FOR SESSION PROGRAMS	●		
STATE-OF-THE-ART WELLNESS & AQUATICS CENTER	●	●	●
50+ GROUP FITNESS CLASSES PER WEEK	●	●	●
COMPLIMENTARY KIDS CLUB	●		
MAHACKENO OUTDOOR CENTER	●	●	● <small>**Youth members must be accompanied by an adult at outdoor pool/splash pad.</small>

JOIN THE Y



HERE FOR YOU

WESTPORT WESTON FAMILY YMCA



1. BEDFORD FAMILY CENTER

- Gymnasium
- Basketball
- Pickleball
- Volleyball
- Wellness Center
- Personal Training
- Cycle & Yoga Studios
- Zone
- Tech-integrated Equipment
- Saunas & Steam Room
- Adult, Family Locker Rooms
- ADA Accessible
- Cafe & Lounge
- Aquatics Center
- 10 Lane Pool
- Warm Pool & Splash Pad
- Gymnastics Center
- Dance Center
- Child Care Center
- Free Kids Club Child Watch
- Afterschool Programs
- School Vacation Camp
- Adaptive Programs

2. MAHACKENO OUTDOOR CENTER

- Camp Mahackeno
- ## 3. PLAYGROUND
- ## 4. BECK LODGE
- Multi-Purpose Room
 - Camp Office
 - Party & Corporate Rentals

5. OUTDOOR POOL

- Heated Family Pool
- Splash Pad
- Locker Rooms

6. LEE'S POND DOCK

- Canoes
- Paddleboats

7. S'MORES FIRE PIT

8. PICNIC PAVILION AREA

- Boulder Wall
- Fire Pit
- Gaga Pit

9. BASKETBALL COURTS

10. SPORTS FIELD

11. ARCHERY & PAVILION

12. GIANT SLIDES

13. LOGS AMPITHEATER

Welcome to our vibrant, thriving Y, located on an idyllic 32-acre campus. We are dedicated to building stronger, more connected communities through youth development, healthy living, and social responsibility. Our Y provides a variety of programs, services, and initiatives that enable kids to realize their potential, offers ways for families to have fun together, and empowers people to live healthier lives. With hundreds of safe, fun and creative programs for people of all ages to choose from, your membership includes the ability to pursue your passions and interests while living an active lifestyle.

FOR HEALTHY LIVING SWIM LESSONS



STARTERS

FUNDAMENTALS

DEVELOPMENT

A	B	1	2	3	4	5	6
Water Discover	Water Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics
Parent/Child	Parent/Child	Preschool or School Age	Preschool or School Age	Preschool or School Age	Preschool or School Age	School Age	School Age

PARENT/CHILD

STAGE A | Ages 6–17 mon.

Parent is guided by instructor to learn swim cues to assist their child in learning basic beginner skills.

STAGE B | Ages 18–36 mon.

Child is comfortable in the water with parent and learning swim cues from the instructor

PRESCHOOL | Ages 3–5 | Instructor Only Stages

STAGE 1

Children with little to no experience. Will not go under water voluntarily.

STAGE 2

Child who is comfortable in the water. Cannot float on front or back on their own.

STAGE 3

Child who is starting to swim 2–3 paddle strokes. This level will work on swimming 10 yards on their front and back.

STAGE 4

Can swim 10–15 yards of front crawl and backstroke.

SCHOOL AGE | Ages 6–12

STAGE 1 & 2

Children little to no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Focus on body positioning and control directional change and forward movement.

STAGE 3

Students will focus on body position and control, directional change and forward movement. Will learn how to swim to safety form a longer distance. Rhythmic breathing and integrated arm and leg action.

STAGE 4

Students will develop stroke technique in front crawl and back crawl, and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.

STAGE 5

Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.

STAGE 6

Students will refine stroke technique on all major strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

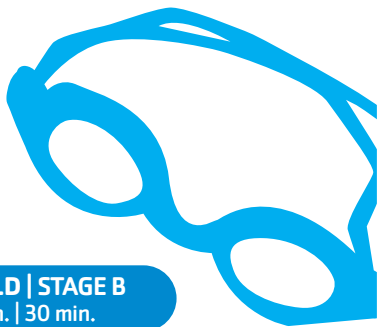
*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, caregivers, grandparents or other.

EXPLORE



FOR HEALTHY LIVING SWIM LESSONS

STRONG SWIMMERS CONFIDENT KIDS



It is our mission to build more confident swimmers and instill water safety. We offer group and private swim lessons for any age or stage.

PARENT/CHILD | STAGE A

Ages 6-17 mon. | 30 min.

TUE: 10:10 AM **SAT:** 9:20 AM

WED: 9:35 AM **SUN:** 9:55 AM

FRI: 9:35 AM

PARENT/CHILD | STAGE B

Ages 18-36 mon. | 30 min.

TUE: 9:35 AM **SAT:** 9:55 AM

WED: 10:10 AM **SUN:** 9:20 AM

FRI: 10:10 AM

PRESCHOOL | STAGE 1 - Ages 3-5 | 30 min

MON:

1:30 PM, 2:40 PM, 3:10 PM,
3:45 PM, 4:20 PM

TUE:

9:35 AM, 2:40 PM, 3:10 PM,
4:20 PM, 5:30 PM

WED:

10:45 AM, 2:05 PM,
3:10 PM, 4:55 PM

THU:

10:00 AM, 2:05 PM, 2:40 PM,
3:45 PM, 4:20 PM, 5:30 PM

FRI:

11:15 AM

SAT:

9:20 AM, 9:55 AM, 11:05 AM

SUN:

8:45 AM, 10:30 AM, 11:40 AM

PRESCHOOL | STAGE 2 - Ages 3-5 | 30 min

MON:

1:30 PM, 2:05 PM, 3:10 PM,
4:20 PM, 5:30 PM

TUE:

10:10 AM, 2:05 PM, 3:10 PM,
3:45 PM, 4:20 PM, 4:55 PM

WED:

9:35 AM, 10:10 AM, 2:05 PM,
2:40 PM, 3:45 PM, 4:20 PM,
5:30 PM

THU:

2:40 PM, 3:10 PM,
4:20 PM, 4:55 PM

SAT:

8:45 AM, 9:55 AM, 10:30 AM
11:05 AM, 12:15 PM

SUN:

8:45 AM, 9:20 AM, 10:30 AM,
11:05 AM, 11:40 AM

PRESCHOOL | STAGE 3 - Ages 3-5 | 30 min

MON:

2:05 PM, 3:45 PM, 4:55 PM

TUE:

2:45 AM, 2:40 PM, 3:45 PM,
4:55 PM, 5:30 PM

WED:

2:40 PM, 3:10 PM, 5:30 PM

THU:

2:05 PM, 3:10 PM, 3:45 PM,
4:55 PM

FRI:

10:45 AM

SAT:

8:45 AM, 9:20 AM, 10:30 AM,
11:40 AM

SUN:

9:20 AM, 9:55 AM, 11:05 AM

PRESCHOOL | STAGE 4 - Ages 3-5 | 30 min

MON:

2:40 PM, 4:55 PM

TUE:

2:05 PM, 3:45 PM

WED:

4:20 PM

THU:

5:30 PM

SAT:

11:40 AM

SUN:

9:55 AM

FOR HEALTHY LIVING SWIM LESSONS

SCHOOL-AGE | STAGE 1 & 2 - Ages 6-12 | 45 min

MON:
3:45 PM, 5:25 PM

WED:
3:45 PM, 4:35 PM

SAT:
9:20 AM, 11:50 AM

TUE:
3:45 PM, 4:35 PM

THU:
3:45 PM, 5:25 PM

SUN:
8:45 AM, 10:25 AM

SCHOOL-AGE | STAGE 3 - Ages 6-12 | 45 min

MON:
3:45 PM, 5:25 PM

WED:
3:45 PM, 4:35 PM

SAT:
9:20 AM, 11:50 AM

TUE:
3:45 PM, 4:35 PM

THU:
3:45 PM, 5:25 PM

SUN:
8:45 AM, 10:25 AM

SCHOOL-AGE | STAGE 4 - Ages 6-12 | 45 min

MON:
3:45 PM, 4:35 PM

WED:
3:45 PM, 5:25 PM

SAT:
8:30 AM, 10:10 AM, 11:00 AM

TUE:
3:45 PM, 5:25 PM

THU:
3:45 PM, 4:35 PM

SUN:
9:35 AM, 11:15 AM

SCHOOL-AGE | STAGE 5 - Ages 6-12 | 45 min

MON:
5:25 PM

WED:
4:35 PM, 5:25 PM

SAT:
10:30 AM

TUE:
4:35 PM

THU:
4:35 PM

SUN:
8:45 AM, 10:25 AM

SCHOOL-AGE | STAGE 6 - Ages 6-12 | 45 min

MON:
4:35 PM

WED:
4:35 PM

SAT:
11:20 AM

TUE:
5:25 PM

THU:
5:25 PM

SUN:
9:35 AM, 11:15 AM



AMERICAN RED CROSS LIFEGUARDING COURSE

AGES: 15+

SESSION DATES: 11/29 - 11/30
FRI/SAT: 9:00AM-7:00PM

SESSION DATES: 12/29 - 12/30
SUN/MON: 9:00AM-7:00PM

AQUATIC QUESTIONS?

Contact: Josephine Rojas, Aquatics Director
at (203) 221-8390 or jrojas@westporty.org

REGISTER

YMCA AQUATICS CLUB

AGES: 10-15

For teens who have finished Stage 6 and are not interested in joining a swim team, but want to continue their swimming. We will cover all strokes and include other aquatic activities and sports, such as water polo, synchro, canoeing, aquatic safety, pre-lifeguard skills and more! Limited capacity of 6 per class. Director's Approval is needed.

MON: 4:35 PM - 5:20 PM

WED: 5:25 PM - 6:10 PM

FOR HEALTHY LIVING COMPETITIVE SWIM

Water Rat Swimming

AGES: 6+ | Year-Round

The WWFY is home to the Water Rat Swim Team, a year-round, nationally recognized competitive swim program and registered USA Swimming Club celebrating its 75 year history in 2024.

The Water Rats compete against Connecticut YMCA teams in dual swim meets state wide along with USA Swimming sanctioned meets at the regional, state and national levels. Our experienced and dedicated coaching staff are passionate about the personal development of each individual swimmer, in the water and out, having repeatedly trained swimmers into perennial state champions and beyond with Olympic medaling alumni.

SWIM TEAM TRYOUTS

AGES: 6-8*

MON, AUG 19: 3:30 PM, 3:45 PM

TUE, AUG 20: 4:30 PM, 5:15 PM

AGES: 9-10*

MON, AUG 19: 4:30 PM, 5:15 PM

TUE, AUG 20: 3:00 PM, 3:45 PM

AGES: 11-12*

MON, AUG 19: 6:00 PM

TUE, AUG 20: 6:00 PM

*As of 12/31/2024



PRACTICE GROUPS NON-COMPETITIVE

- WHITE GROUP (8 & Under)

COMPETITIVE

- BLUE & RED GROUP (8 & Under)
- DISCOVERY I, II & III (8 & Under)
- CHALLENGER (11-13 years old)
- SENIOR I, II & III (13 years & older)



LEARN MORE 

FOR HEALTHY LIVING ADULT AQUATICS

MAKE A SPLASH

Whether you're into lap swimming, interested in an aqua fitness class, seeking therapy for a physical ailment, or learning how to swim, the water is waiting for you at the Y. Our classes provide a chance for you to get in shape, learn a new skill and meet some friends along the way.



ADULT SWIM INSTRUCTION

Whether you have little or no swim experience we're ready to help you become one with water through swim fundamentals and stroke development.



AQUA FITNESS

Aqua Fitness is a water aerobics class that offers a mix of cardio, strength and resistance movements. This class is beneficial for all ages, is a fun, low impact workout and is great for active people recovering from injuries.



LAP SWIM

Open lanes for lap swimmers available daily. View schedules online.



MASTERS SWIM

Masters Swim competes regularly in both YMCA and U.S. Masters Competitions. Each member has the opportunity to participate in organized workouts 4x per week and competitive swim meets. Workouts range from 3,200-5,000 yards and include all four competitive strokes: butterfly, backstroke, breaststroke and freestyle.



SWIM FIT

Swim Fit is an adult lap swim program that has organized workouts 5x per week under the guidance of a coach. Workouts range from 2,200-3,500 yards of freestyle stroke. This program is designed for those who are looking for a lap swim fitness regimen, but are not interested in competing in meets.

EXPLORE 

FOR YOUTH DEVELOPMENT ADULT WELLNESS PROGRAMS



50+ GROUP EX CLASSES

From low-impact exercises like Senior Strong to HIIT classes like Boot Camp or Metabolic Burn, we offer 50+ group exercise options weekly like Cycling, Cardio Dance Jam, Bolly X, Fit Zone, Vinyasa Yoga & Pilates and so much more!

[SCHEDULES](#) >

PERSONAL TRAINING

Looking to achieve your health and wellness goals in an efficient and effective way? Working with a qualified fitness trainer at the Y, you'll receive the expertise, experience, and inspiration to accelerate your results. Reach new heights in your fitness endeavors, no matter what your goals are.

[EXPLORE](#) >

INBODY

With the InBody, users are able to get a comprehensive body composition analysis that provides data about your body in under 1 minute, 45 seconds, to be exact! By simply standing on the machine and holding the hand electrodes, the InBody machine is able to measure fat, muscle and water levels, and by inputting your phone number, all your data is saved to InBody's cloud based database management system where you can easily view and manage your progress anytime, anywhere.

[LEARN MORE](#) >

FOR YOUTH DEVELOPMENT ADULT WELLNESS PROGRAMS



STRONGER TOGETHER IN SPIRIT, MIND & BODY

- Adult Ballet
- Aqua Fitness
- Basketball
- Group Exercise
- Classes Fitness Center
- Lap Swim
- LIVESTRONG at the YMCA
- Netball
- NYRR Training
- Open Gym
- Parkinson's Fitness
- Boxing
- Cycling
- Dance Jam
- Personal Training
- Pickleball
- Senior Strong
- Triathlon Club
- Volleyball

EXPLORE 



PICKLEBALL CLINICS

AGES: 16+

Session 1: 9/8-10/13 | Session 2: 10/22-11/19

BEGINNER

Learn every aspect of pickleball including what equipment is right for you, shot technique, rules, court positioning and basic strategy in this 6-week clinic.

SUN: 8:30-9:45AM **M:** \$245 | **CM:** \$285

INTERMEDIATE

Continue to refine your skills, learn some new techniques and have fun in this 6-week clinic.

SUN: 10:00-11:15AM **M:** \$245 | **CM:** \$285

FOR HEALTHY LIVING ADULT WELLNESS PROGRAMS

STRONGER TOGETHER

✓ LIVESTRONG® AT THE YMCA

AGES: 18+

The Y and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a FREE research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. LIVESTRONG at the YMCA is a 12-week small-group recovery program offered to adult cancer survivors looking to regain their health and strength in a supportive environment.

SESSION DATES: 9/11-11/29
MON & WED: 10:30-11:45AM

✓ PARKINSON'S PROGRAM

In an effort to empower those living with Parkinson's disease, we offer exercise classes that help individuals manage their quality of life, coordination, range of motion, flexibility and more. We provide options for safe exercise and wellness programs including Boxing, Dance Jam, Indoor Cycle and One-on-One Personal Training.

✓ SENIOR STRONG

AGES: 62+

Senior Strong is a 45-minute group fitness class for older adults looking to get more active, increase strength and decrease arthritic pain. Class incorporates Low impact aerobics, resistance training plus balance and mobility exercises. Senior Strong is offered several times a week. Check the group exercise schedules for days and times.

MON & WED: 11:45-12:30PM
1:45-2:30PM

TUE & THUR: 11:00-11:45AM
12:45-1:30PM

LEARN MORE 

FOR YOUTH DEVELOPMENT BIRTHDAY PARTIES

MAKE A WISH!

Host your child's next birthday party at the Y! We have a number of fun party options to choose from for children 3+ years old. Parties are supervised and led by engaging YMCA staff and can be scheduled year-round indoors at the Bedford Family Center, as well as seasonally outdoors at the Mahackeno Outdoor Center.

CHOOSE FROM:

- Bounce House
- Dance
- Gymnastics
- Outdoor Splash Pad
- Sports



[LEARN MORE](#) 

FOR YOUTH DEVELOPMENT DANCE

RHYTHM, JOY & DANCE!

Our YMCA Dance Center is always hopping! There are classes for everyone, ages 6 months and up, designed to help you stay fit and active while having fun!

BOUNTING BOYS

AGES: 3-5

Focuses on exploration and creativity tailored to the interest of boys: running, jumping, flying, rolling, smoothness and sharpness. Non stop movement as well as the concept of stillness.

MON: 2:30-3:15PM

DANCE WITH ME

For little ones and their grown-up to explore dance concepts, develop movement and coordination skills while having fun through dance, games and songs.

AGES: 1½-3 

TUE: 9:30-10:15AM

WED: 9:30-10:15AM

FRI: 9:30-10:15AM

AGES: 2-3

SAT: 9:30-10:15AM

ADULT BALLET

AGES: 18+

Learn proper ballet technique and terminology while focusing on posture and body alignment.

TUE: 11:30-12:30PM


NEW!

DANCE CENTER QUESTIONS?

Contact: Alison Ligi, Dance Center Director at
(203) 571-6039 or aligi@westporty.org



INTELLIDANCE BABIES


NEW!

AGES: 4mo+

A playful and creative approach to movement and music for babies and their grownup.

WED: 10:30-11:15AM

PRE BALLET

An introduction to ballet with a focus on imagination and creative movement.

AGES: 2½-4

TUE: 10:30-11:15AM

AGES: 3-5

SAT: 10:30-11:15AM

STORYBOOK BALLET

Learn basic ballet steps and terminology and use creative movement to act out a story as it's read aloud.

AGES: 3-5

FRI: 3:30-4:15PM



EXPLORE



FOR YOUTH DEVELOPMENT DANCE

PERFORMANCE CLASSES

This full year program runs from September to June to give your dancer plenty of time to develop their skills and prepare for our year-end recital.

BALLET 1

AGES: 3-4

MON: 3:30-4:15PM

AGES: 4-6

MON: 4:30-5:15PM

THUR: 3:30-4:15PM

SAT: 11:30-12:15PM

BALLET 2

NEW!

AGES: 6-8

THUR: 4:15-5:00PM

BALLET/TAP 1

AGES: 4-5

TUE: 2:00-3:00PM

AGES: 4-6

TUE: 5:15-6:15PM

BALLET/TAP 2

AGES: 5-7

FRI: 4:30-5:30PM

BOYS HIP HOP

AGES: 6+

THU: 5:00-5:45PM

CHEER/POM

NEW!

AGES: 4-6

TUE: 4:15-5:00PM

AGES: 6-10

THUR: 6:00-6:45PM

HIP HOP 1

AGES: 6-8

TUE: 5:00-5:45PM

THUR: 5:15-6:00PM

HIP HOP 2

AGES: 9+

TUE: 6:45-7:45PM

15 | WESTPORTY.ORG/DANCE

INTRO TO MODERN

AGES: 6-9

MON: 4:30-5:30PM

JAZZ 1

NEW!

AGES: 5-7

MON: 5:30-6:15PM

JAZZ 2

NEW!

AGES: 7-10

WED: 5:30-6:30PM

JAZZ FUNK 1

AGES: 4-6

WED: 4:30-5:15PM

JAZZ FUNK 2

AGES: 6-8

WED: 5:15-6:00PM

JAZZ FUNK 3

AGES: 8+

WED: 6:30-7:30PM

JAZZ/TAP 1

NEW!

AGES: 4-6

TUE: 4:15-5:15PM

JAZZ/TAP 2

AGES: 5-7

WED: 4:30-5:30PM

LYRICAL

AGES: 7+

TUE: 5:45-6:45PM

TAP

NEW!

AGES: 7-10

MON: 5:30-6:30PM



EXPLORE 

FOR YOUTH DEVELOPMENT GYMNASTICS

FLIP, TWIST & SHINE!

Our YMCA Gymnastics Center offers something for every level with a variety of programs from adventure gym to our elite competition team.

TODDLER ADVENTURE GYM

AGES: 6 mo.-4yrs

Come with your little one to enjoy drop-in play weekdays. Open gym time allows youngsters and their caregivers the chance to crawl, roll, jump and explore in our 11,000 sq ft. Gymnastics Center. Parent/caregiver participation required.

MON-FRI: 9:00AM-12:00PM

PRESCHOOL GYMNASTICS

AGES: 3-5

Introduction to gymnastics, co-ed drop-off class. Gymnasts participate in fun floor circuits and work on all gymnastics events including trampoline and pit time.

MON: 1:00-1:45PM
2:00-2:45PM

TUE: 2:00-2:45PM
3:00-3:45PM

WED: 2:00-2:45PM
3:00-3:45PM

THU: 2:00-2:45PM
3:00-3:45PM

FRI: 1:00-1:45PM
2:00-2:45PM

SAT: 10:15-11:00AM

SUN: 9:00-9:45AM
10:00-10:45AM
11:00-11:45AM



COMBO BEG & ADV BEGINNER

AGES: 5+

Gymnasts work on beginner skills on all events. Classes are split into groups by ability.

MON: 4:10-5:10PM
5:20-6:20PM

TUE: 4:10-5:10PM
5:20-6:20PM

FRI: 4:10-5:10PM
5:20-6:20PM

SAT: 9:00-10:00AM
10:10-11:10AM

SUN: 9:50AM-10:50AM
11:00-12:00PM
12:10-1:10PM

TRAMPOLINE & TUMBLE

AGES: 5-8

Learn to jump, spin, flip and tumble with ease! All skill levels welcome from beginner to intermediate.

SUN: 9:00-9:45AM



GYMNASTICS CENTER QUESTIONS?

Contact: Megan Willett, Program Manager
at mwillett@westporty.org

EXPLORE



FOR YOUTH DEVELOPMENT GYMNASTICS

NINJASTICS

AGES: 4-6

This co-ed Ninja & Gymnastics program is the best of both worlds! Combination of Ninja Warrior activities with fundamental gymnastics exercises. Combine fitness and obstacle training using the rope, cargo net, rings, trampoline, tumble trak etc. Add introductory training on a variety of gymnastic apparatus. The goal is to have a blast with challenging obstacle courses, introduce flips and tricks!

MON: 3:00-4:00 PM

FRI: 3:00-4:00 PM



BOYS BEGINNER

AGES: 5-11

Skills on the floor, trampoline, rings, vault, bar, tumble trak and more.

SAT: 9:00-10:00 AM

TEEN REC GYMNASTICS

GRADES: 6+

Middle school and above. Work on all events. Open structure. All abilities welcome.

MON: 6:30-8:00 PM

WED: 6:30-8:00 PM

HIGH SCHOOL GYMNASTICS

GRADES: 9-12

Get into shape for the high school season with Staples gymnastics Coach Kelsey!

SESSION DATES: 10/10 - 11/14

THU: 6:30-9:00 PM

17 | WESTPORTY.ORG/GYMNASTICS

SUNDAY SKILLS CLINICS



BEGINNER FLOOR CLINIC

AGES: 4+

Stations and spotting to learn or clean up cartwheels, handstands, and standing backbends!

DATES: 9/22, 10/20, 11/17

TIME: 10:30-11:30 AM

HANDSPRING CLINIC

AGES: 5+

Stations and spotting to learn or clean up back and front handsprings! Must have a roundoff, front and back walkover.

DATES: 9/22, 10/20, 11/17

TIME: 9:00-10:30 AM

WALKOVER CLINIC

AGES: 5+

Stations and spotting to learn or clean up back and front walkovers! Must have a cartwheel and standing backbend.

DATES: 9/22, 10/20, 11/17

TIME: 9:00-10:30 AM



EXPLORE



FOR YOUTH DEVELOPMENT GYMNASTICS



OPEN GYM

Weekly sign-up. Work on all events.
Open structure. All abilities welcome.

GRADES: 6+

FRI: 6:30–8:00PM

GRADES: K-5

SUN: 1:15–2:15PM

COMPETITION TEAM

The Westport Weston Family YMCA
Gymnastics Team competes in regional
and national level YMCA and USAG meets,
Levels 2–8. The competition team's season
runs Sept.–June.

All competitive team levels are by invitation
or tryout only. All interest please contact
Megan Willett, Program Manager at 203-
226-8981 ext. 132 or mwillett@westportymca.org. All inquiries will be forwarded to Byron
Knox, Gymnastics Director.

GYMNASTICS PRIVATES

AGES: 5+

GYMNASTICS CENTER QUESTIONS?

Contact: Megan Willett, Program Manager
at 203-226-8981 ext. 132 or email
mwillett@westportymca.org.

INVITE ONLY CLASSES

Gymnasts work on intermediate and
advanced skills on all events. Walkovers
to handsprings, hip-circles to squat-ons.

INTERMEDIATE/ ADVANCED

WED: 4:00–6:00 PM

THU: 4:00–6:00 PM

SAT: 11:30–1:30 PM

1:45–3:45 PM

TEAM PREP

TUE/THU: 4:15–6:15 PM



GYMNASTICS SCHOOL DAY CAMP

No School! Come to camp for lots of gymnastics,
games, and an art project. Bring a nut free snack
and water bottle.

AGES: 5+

DATE: 10/3

TIME: 12:30–3:30 PM

EXPLORE



RUN, SCORE PLAY!

Our programs are designed to help kids build new skills, make friends, develop essential character traits, and set individual and team goals. Our programs improve self-confidence, promote diversity, and build skills. We have something to keep your child active and engaged for every season.



CHESS

Play like a Grandmaster. Have fun like a kid. Chess can play a vital part in developing critical thinking, and calmness under pressure.

GRADE: Pre-K
THUR: 2:00 - 3:15PM

GRADE: K-2
THUR: 5:30 - 6:30PM



EXPLORE >

SPORTS & REC QUESTIONS?

Contact: Emily Regan, Camp & Rec Director
at (203) 571-6045 or eregan@westportny.org



PRE-K KARATE

AGES: 3-5

Karate provides the tools that children need to strengthen their mind, body and spirit. Children will learn the fundamentals of karate.

WED: 1:30-2:15PM

KARATE

Learn the fundamentals of Karate, a Japanese martial art. Build confidence, strengthen mind and body, improve endurance, coordination, and much more!

GRADES: K-2
MON: 4:30 - 5:30PM
SUN: 9:45 - 10:45AM

GRADES: 3-4
SUN: 11:00 - 12:00PM

GRADES: 5-6
SUN: 12:15 - 1:15PM



FOR YOUTH DEVELOPMENT SPORTS & REC



MINI SOCCER SHOTS

AGES: 2

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication.

TUE: 3:30-4:00 PM

THUR: 3:30-4:00 PM

SUN: 9:45-10:15 AM

CLASSIC SOCCER SHOTS

AGES: 3-5

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication.

TUE: 4:15-4:50 PM

THUR: 4:15-4:50 PM

SUN: 10:30-11:05 AM

PREMIER SOCCER

AGES: 6-8

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication.

TUE: 5:15-6:00 PM

THUR: 5:15-6:00 PM

SUN: 11:15-12:00 PM

INTRODUCTION TO ARCHERY

AGES: 5-7

This class is designed for kids who are new to the organized rules and step-by-step process of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games.

THU: 4:30-5:30 PM

SAT: 9:15-10:15 AM



ARCHERY 1

GRADES: 3-5

This class is designed for kids who are new to the organized rules of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games.

SAT: 10:30-11:30 AM

ARCHERY 2

GRADES: 6-8

SAT: 12:00-1:00 PM



EXPLORE

FOR YOUTH DEVELOPMENT SPORTS & REC

TRIPLE DOUBLE BASKETBALL

Join Triple Double Basketball, Fairfield's leader in youth basketball development, on the court. Work on your left hand, improve your footwork, and build your basketball IQ.

BOYS GRADES: K-1

MON: 5:15-6:00 PM

THUR: 4:15-5:10 PM

GIRLS GRADES: K-2

MON: 4:15-5:10 PM

BOYS GRADE: 2

THUR: 5:15-6:00 PM

EXPLORE 



WESTPORT YMCA TRAVEL LEAGUE

Travel team games will be played Friday nights and Sunday mornings. Schedule to be announced in October. Tryout dates will be announced soon.

STAY TUNED
COMING
SOON!

EXPLORE 

FOR YOUTH DEVELOPMENT ADAPTIVE SPORTS



FUN FOR ALL ABILITIES

Our adaptive programs are designed for participants of all abilities to flourish in a supportive environment that promotes wellness, creativity, socialization and belonging.

ADAPTIVE SWIM

AGES: 3-14+

DATES: 9/8 – 12/15

Our goal for each class is to work on and learn new skills as well as participate in a team environment.

PRESCHOOL: Ages 3-5

SUN: 12:15-12:45PM
12:45-1:15PM

SCHOOL-AGE: Ages 6-13

SUN: 12:15-12:45PM
12:45-1:15PM

TEEN & UP: Ages 14+

SUN: 12:15-1:00PM

ADAPTIVE GYMNASTICS

AGES: 2-12

DATES: 9/8-12/15

Geared towards families of younger children with differing abilities. Strengthen both fine and gross motor skills through an array of sensory-inclusive activities, helping children increase their joint attention & decision-making skills, and teach self-regulation strategies.

AGES 2-5

SUN: 2:30-3:15PM

AGES 6-12

SUN: 3:30-4:15PM

SPECIAL OLYMPICS BASKETBALL

AGES: 8-16

School-aged children with and without intellectual disabilities may participate in our Special Olympics Unified Sports® Basketball program, where they will be exposed to fundamental skills like teamwork, taking turns and sharing in an inclusive environment. At the end of the season, the children will compete alongside athletes their age in a tournament.

STAY TUNED
COMING
SOON!

SIGN UP



FOR YOUTH DEVELOPMENT
CHILD CARE

EXPLORE, PLAY LEARN!



AFTER SCHOOL CARE – AT THE YMCA

GRADES: K-5

Available for students in grades K-5, our After School Care Program provides an enriching environment for children and supports working parents. Transportation to the Y is included from local schools and the program runs until 6:00 PM. During this time students participate in a variety of activities, including STEM, art, outdoor play at the Mahackeno Outdoor Center, social-emotional learning, and much more.



DETAILS 

FOR YOUTH DEVELOPMENT VACATION DAY CAMPS



THE Y IS IN WHEN SCHOOL IS OUT

The Y provides a variety of Vacation Day Camp options throughout the year when school is out of session due to scheduled holidays and breaks. Take your pick from full day care for school age students or half day preschool care where your children will enjoy swimming, gym time, outdoor play, STEM activities and more.

We also offer afternoon specialty camps for gymnastics and dance.

EXPLORE 

SCHOOL AGE VACATION DAYS

GRADES: K- 5

Vacation Days are for students in grades K-6 and take place on most scheduled school holidays between 8-6pm. Your child will enjoy swimming, gym time, and other fun activities. Your child should bring their bathing suit, towel, and a nut free lunch and snacks. Kids should wear comfortable clothes as well as sneakers with socks. Registration will not be complete without a physical and immunizations on file.

TIME: 8:00-6:00 PM

DAYS: 9/20, 10/3, 10/14, 11/5,
12/23-12/27*, 12/30, 1/20, 2/17-2/21,
2/24, 3/21, 4/14-4/18

***NO CAMP:** 12/25

HAFADAY VACATION DAYS

AGES: 3-5 | Must be potty trained

Participants will improve their swimming ability and their knowledge of water safety in the indoor pool. Other camp activities such as sports, arts and crafts, and special events will take place. Your child should bring their bathing suit, towel, water bottle, extra change of clothes, and a nut free snack. Registration will not be complete without a physical and immunizations on file.

TIME: 8:30-1:00 PM

DAYS: 10/3, 11/5, 12/23-12/27*,
12/30, 1/20, 2/17-2/21, 4/14-4/18

***NO CAMP:** 12/25

FOR YOUTH DEVELOPMENT TEENS



COMMIT TO FIT

FOUNDATIONS OF STRENGTH & CONDITIONING

AGES: 10-14

This small group training program is designed to teach 10 to 14 year-olds how to exercise safely and effectively while engaging in a variety of cardio, strength and flexibility exercises.

SESSIONS: 9/3-12/10 **TUE:** 4:15-5:15PM

SESSIONS: 9/4-12/11 **WED:** 4:15-5:15PM

SESSIONS: 9/7-12/14 **SAT:** 12:00-1:00PM

YOUTH INDOOR ROWING

NEW!

AGES: 11-14

Westport Weston Family YMCA & Maritime Rowing Club are excited to announce a new Indoor Youth Learn-to-Row program. Our program is designed to help aspiring young rowers improve their fitness, strength, flexibility, mental toughness, discipline and teamwork skills.

SESSION DATES: 9/25-11/13

WED: 4:30-5:30PM

EXPLORE 

TEEN FITNESS QUESTIONS?

Contact: Brian Ference, Youth & Teen Manager
at bference@westport.org

FOR YOUTH DEVELOPMENT TEENS



A SAFE SPACE TO GROW

As part of our commitment to Youth Development, the Y offers a variety of enrichment programs, engaging athletic activities, social events, and more to assist teens in discovering, exploring and expanding healthy habits, interests and talents outside the classroom.

- Aquatics Club (Ages 11-14)
- 7th Grade Initiative, Fun Nights & Fitness Program
- Foundations of Strength & Conditioning (Ages 10-14)
- Gymnastics Team
- Indoor Rowing (Ages 11-16)
- Leaders in Training (Ages 13-15)
- Open Gym
- Personal Training
- Swim Team
- Travel League Basketball

EXPLORE 

FOR SOCIAL RESPONSIBILITY SPECIAL EVENTS

FAMILY FUN FESTIVITIES



FAMILY OVERNIGHT CAMPING

Come enjoy a night filled with fun camp activities at the Outdoor Center with your family! Bring a tent and enjoy roasting s'mores by the fire, a dinner and movie, pool, waterfront, and much more! Breakfast also provided the next morning.

AGES: EVERYONE IS WELCOME

DATE: SAT-SUN, 9/14-9/15

TIME: 4:00PM-9:00AM



FAMILY HALLOWEEN SPOOKTACULAR

All ghosts and goblins up to age 10 are welcome! Wear a costume and join the fun. Music, craft, games, bounce house, and free play in the gymnastics center! Parents must stay.

AGES: UP TO 10

DATE: SAT, 10/26

TIME: 5:30-7:00 PM

PIZZA & FUN WITH SANTA

Celebrate the holidays the Westport Weston Family Y way! Holiday bus ride, pizza, face painting, bounce house, and free play in the gymnastics center. Santa will be there to take pictures! Parents must stay.

AGES: UP TO 11

DATE: SAT, 12/14

TIME: 5:30-7:00 PM



FAMILY EVENT QUESTIONS?

Contact: Kathy Giglio, Childcare & Youth Services
Director at (203) 571-6040 or kgiglio@westporty.org

CALENDAR



FIND YOUR PURPOSE

“

There's no better place to grow your career while doing meaningful work.

”

JOIN OUR TEAM

At the Westport Weston Family YMCA, we are leaders, instructors, motivators, smile makers, teachers, friends, and more — inspired by supporting our community. We are driven by creating a positive difference in the lives of our members, guests, and staff. Our 100-year history is steeped in dedication and compassion for those we serve and beyond. There's no better place to grow your career while doing meaningful work.

Join us as we carry out our commitment to positively impact lives in our community and beyond.



[APPLY NOW](#) 