



2024 SUMMER PROGRAMS

SPLASH INTO SUMMER

WESTPORT WESTON FAMILY YMCA

ADVENTURE
AWAITS

SUMMER SESSION :
MON, JUNE 24 - SUN, AUGUST 18

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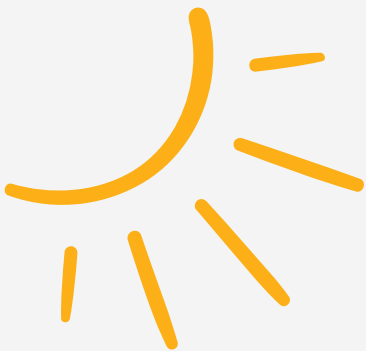
OPPORTUNITY FOR ALL

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.

[LEARN MORE >](#)



**2024 SUMMER PROGRAM
SESSION DATES:**

MON, JUNE 24 to SUN, AUG 18

HOLIDAYS/NO CLASSES:

MEMORIAL DAY:

MON, MAY 27 | 8:00 AM-1:00 PM
Outdoor Center | 10:00 AM – 4:00 PM

INDEPENDENCE DAY:

THU, JULY 4 | 8:00 AM-1:00 PM
Outdoor Center | 10:00 AM – 4:00 PM

LABOR DAY:

MON, SEP 2 | 8:00 AM-1:00 PM
Outdoor Center | 10:00 AM – 4:00 PM

**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

Memorial Day to Labor Day
MON-FRI | 3:00-6:00 PM
SAT-SUN | 1:00-6:00 PM

westporty.org/hours

SOAK UP THE FUN



The Y. For a better us.

GET READY

FOR REGISTRATION

2024 SUMMER SESSION:

PRIORITY REGISTRATION OPENS

Family Membership Only

SAT, MAY 18 @ 8:00 AM

REGISTRATION OPENS FOR ALL

Adult, Youth & Community Membership

WED, MAY 22 @ 8:00 AM














LOGIN



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.

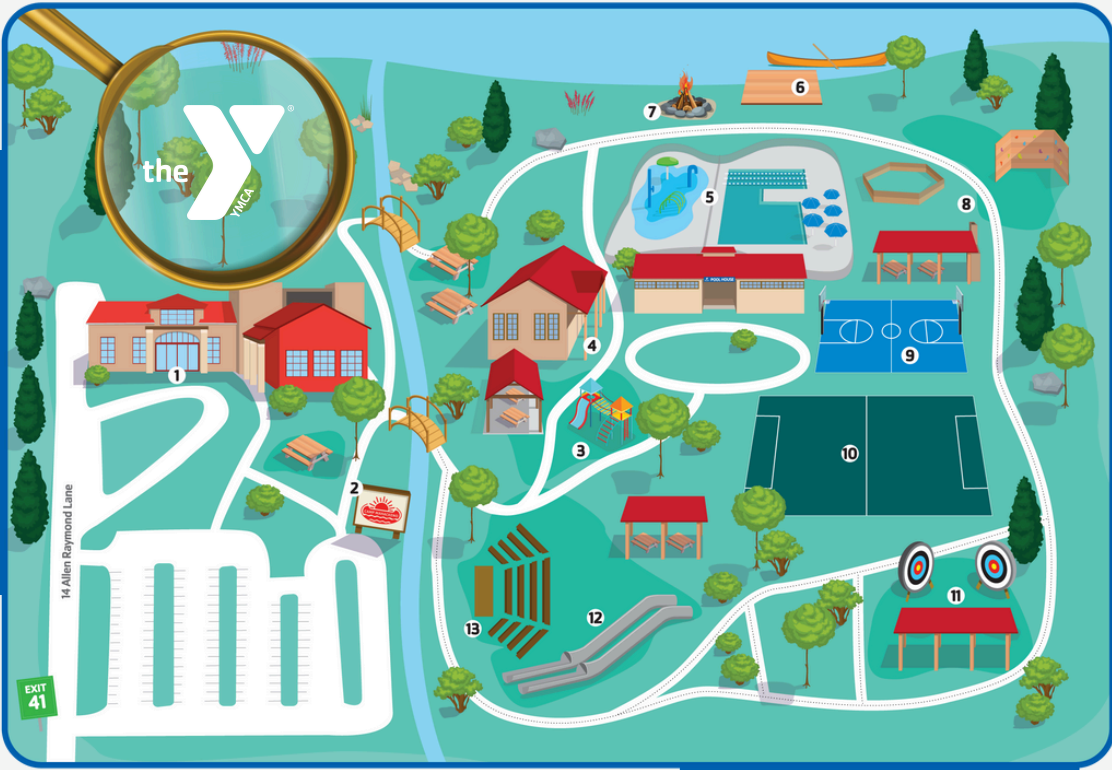
BENEFITS	FAMILY FAMILY - 1 ADULT/\$130 FAMILY - 2 ADULT/\$156 SENIOR COUPLE (65+)/\$110	INDIVIDUAL ADULT (18-22)/\$68 ADULT (23-64)/\$98 SENIOR (65+)/\$69	YOUTH YOUTH (0-13)/\$30** HIGH SCHOOL (14-17)/\$58
PRIORITY REGISTRATION FOR SESSION PROGRAMS			
STATE-OF-THE-ART WELLNESS & AQUATICS CENTER			
50+ GROUP FITNESS CLASSES PER WEEK			
COMPLIMENTARY KIDS CLUB			
MAHACKENO OUTDOOR CENTER			

**Youth members must be accompanied by an adult member at outdoor pool/splash pad.

JOIN THE Y 

HERE FOR YOU

WESTON WESTPORT FAMILY YMCA



1. BEDFORD FAMILY CENTER

- Gymnasium
- Basketball
- Pickleball
- Volleyball
- Wellness Center
- Personal Training
- Cycle & Yoga Studios
- MX4 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

- Bouldering Wall
- Fire Pit
- Gaga Pit

9. BASKETBALL COURTS

10. SPORTS FIELD

11. ARCHERY & PAVILION

12. GIANT SLIDES

13. LOGS AMPHITHEATER

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.

westporty.org

FOR HEALTHY LIVING SWIM LESSONS



STARTERS		FUNDAMENTALS			DEVELOPMENT		
A	B	1	2	3	4	5	6
Water	Water	Water	Water	Water	Stroke	Stroke	Stroke
Discover	Exploration	Acclimation	Movement	Stamina	Introduction	Development	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 mo.

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

STAGE B | Ages 18-36 mo.

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 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 preformed with assistance. Focus on body positioning and control directional change and forward movement.

STAGE 3

Students will learn how to swim to safety form a longer distance. Rhythmic breathing and integrated arm and leg action. Will need to be able to paddle stroke on front 20 yds, and kick on back for 20 yds.

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





BUILDING CONFIDENT SWIMMERS



71% OF THE WORLD IS WATER & CHILDREN ARE 100% CURIOUS

Teaching children how to be safe around water is not a luxury; it is a necessity. It is our mission to build more confident swimmers and instill the importance of water safety in all as an essential life skill.

Summer swim instruction is offered as 1-week or 4-week lessons. This program is designed to teach safety, confidence and strength in the water in a supportive and nurturing environment. The program is organized into 3 main age categories and each student will be assigned a stage based on their skill level.

Beyond youth lessons, The Westport Weston Family YMCA offers adult swim lessons, private lessons, masters clinics and competitive swimming programs.

Learn more about swim lesson details, schedules, and pricing online.

REGISTER >

FOR HEALTHY LIVING COMPETITIVE SWIM

M HEALY
K SCHNEID
E HUNTER



The Westport Weston Family YMCA 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

Stay tuned! Swim Team tryouts are held in late summer for the upcoming school year.



PRACTICE GROUPS

NON-COMPETITIVE

- WHITE GROUP
(8 & Under)

COMPETITIVE

- BLUE & RED GROUP
(8 & Under)
- DISCOVERY I, II & III
(9-10 years old)
- CHALLENGER
(11-13 years old)
- SENIOR I, II & III
(13 years & older)

[LEARN MORE >](#)

MAKE A SPLASH

Whether you're into lap swimming, interested in an aqua fitness class, seeking therapy for a physical ailment, or just 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

- Aqua Fitness
- Basketball
- Group Exercise Classes
- Fitness Center
- Lap Swim
- LIVESTRONG at the YMCA
- Mahjong
- Netball
- NYRR Training
- Open Gym
- Parkinson's Fitness
 - Boxing
 - Cycling
 - Dance Jam
- Personal Training
- Pickleball
- Senior Strong
- Sprint 8
- Triathlon Club
- Volleyball

EXPLORE



FOR HEALTHY LIVING ADULT WELLNESS PROGRAMS

STRONGER TOGETHER



LIVESTRONG AT THE YMCA

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.



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

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.

[LEARN MORE >](#)



RHYTHM & MOTION

DEVELOPMENT DANCE

Our dance programs go beyond mere fun; they're a gateway for kids to discover rhythm, creativity, movement, and a range of dance styles while staying active. Join us at the Y and watch your child unleash their inner dancer!

- Breakdance/Hip Hop (Ages 4-6+)
- Dance With Me (Ages 1.5-3)
- Dance Camp (Ages 3-7)
- Pom/Cheer (Ages 4-6+)
- Pre Ballet (Ages 3-5)
- Storybook Ballet (Ages 3-5)

REGISTER



FOR YOUTH DEVELOPMENT GYMNASTICS



LEAPING FOR SUCCESS

The Westport Weston Family YMCA is home to the Artistic Gymnastics Competition Team Levels 2-9. Our Gymnastics Center spans 11,000 sq. ft. with high ceilings, in-ground deep foam pits and trampolines, spring floor, warm up floor and more.

From toddlers through high school our experienced coaching staff provides seasonal and year round training for all levels and will support the skill development of your gymnast in a safe and fun environment.

SUMMER OFFERINGS:

- Intermediate/Advanced
- Private Training
- Competition Team
- Summer Camp



EXPLORE



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 >



SCORE BIG ON FUN

SOCCER SHOTS

An engaging children's program centered around character development and fun physical activity. Our top-notch coaching team offers three diverse programs designed to cater to the unique needs of any child, ages 2-8.



REGISTER





INCLUSIVE SUMMER ADVENTURES

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

- Swim Lessons (Ages 3-13)
- Summer Camp (Ages 5-13)

SIGN UP





LEARN, LAUGH & PLAY

AFTER SCHOOL CARE - AT THE YMCA

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](#)



REGISTRATION BEGINS MAY 1 FOR THE 2024-2025 SCHOOL YEAR

FOR YOUTH DEVELOPMENT SUMMER CAMP



ADVENTURES AWAIT

At the Y, we're proud that our summer campers create lasting friendships, learn important social skills, develop confidence and resilience, become independent, learn teamwork and sportsmanship, and make wonderful childhood memories.

- Camp Mahackeno
- Camp Hafaday
- Dance Camp
- Gymnastics Camp
- Leaders in Training
- Ninja Camp
- Race 4 Chase Triathlon

AGES 3-15



EXPLORE





7th GRADE INITIATIVE

A FREE MEMBERSHIP & SO MUCH MORE!

Here at the Westport Weston Family YMCA, we are committed to supporting teens as they transition from childhood into adolescence. This program is specifically designed to give 7th graders an environment where they can develop healthy habits that last a lifetime. Students will get to experience a variety of fitness and recreational activities allowing them to discover what excites them.

Registration Begins June 15 for the 2024-2025 School Year

[LEARN MORE >](#)



COMMIT TO FIT

S.O.A.R WITH COACH J

Experience a transformative journey with Coach J and SOAR to greater heights! In this exclusive small group training class, you'll unlock your capabilities with a focus on power, core strength, footwork, and vital Olympic lifts. Prepare to push your limits in this dynamic 8-week program, ages 14-18.

Discover the importance of proper nutrition and hydration to optimize your performance. Don't miss out—spots are limited, so register today to secure your place!

EXPLORE >

FIND YOUR PURPOSE

JOIN OUR TEAM

“ There’s no better place to grow your career while doing meaningful work. ”

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 our of members, guests, and staff. Our 100-year history is steeped in dedication and compassion for those we serve and beyond.

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



[APPLY NOW >](#)

SOMETHING FOR EVERYONE



There's no other nonprofit like the Y! Our mission is to provide opportunities that empower people to learn, grow and thrive, accessible to all. Learn more and join us for upcoming events at the Westport Weston Family YMCA.



JUN 8

Dance Recital



JUL 28

Point to Point



SEP 14

Family Overnight Camping



OCT 5

A Night of Magic

CALENDAR >