



2024 SPRING PROGRAMS

SPRING INTO FUN

WESTPORT WESTON FAMILY YMCA

Discover something
new this season.

SPRING SESSION :
MON, MARCH 18 - SUN, JUNE 16

2024 SPRING PROGRAM

SESSION DATES:

MON, MARCH 18 to

SUN, JUNE 16

HOLIDAYS/NO CLASSES:

SPRING BREAK:

MON-FRI, APRIL 15-19

MEMORIAL DAY:

MON, MAY 27

ADDITIONAL HOLIDAYS/ NO CLASSES FOR SWIM LESSONS:

EASTER WEEKEND

FRI-SUN, MAR 29-31

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

*Hours subject to change.

westporty.org/hours

SPRINGING AHEAD



The Y. For a better us.

GET READY

FOR REGISTRATION

2024 SPRING SESSION:

PRIORITY REGISTRATION OPENS

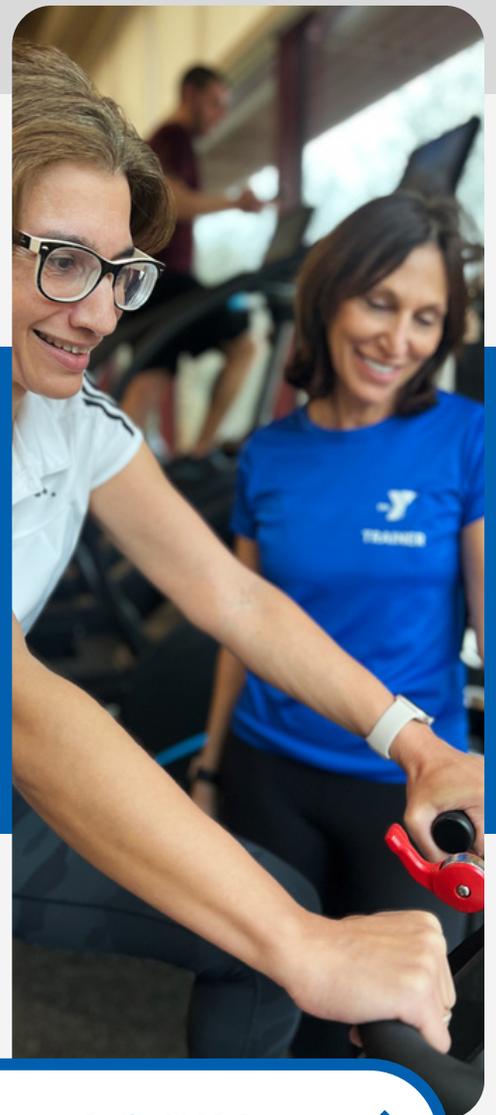
Family Membership Only

SAT, FEB 10 @ 8:00 AM

REGISTRATION OPENS FOR ALL

Adult, Youth & Community Membership

WED, FEB 14 @ 8:00 AM



LOGIN



TOGETHER FOR OUR COMMUNITY

OUR MISSION

At the Westport Weston Family YMCA our mission is to offer a safe space and programs that develop and nurture youth, promote healthy living and foster social responsibility in all.

With your support we can continue to grow together and make our Y accessible to everyone in our community.

[DONATE](#)



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](#)



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.

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



APPLY NOW ➔

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			
75+ 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 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.

westporty.org

FOR HEALTHY LIVING SWIM LESSONS



STARTERS

FUNDAMENTALS

DEVELOPMENT

A

Water
Discover

Parent/Child

B

Water
Exploration

Parent/Child

1

Water
Acclimation

Preschool or
School Age

2

Water
Movement

Preschool or
School Age

3

Water
Stamina

Preschool or
School Age

4

Stroke
Introduction

Preschool or
School Age

5

Stroke
Development

School Age

6

Stroke
Mechanics

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 2 & 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.

BUILDING CONFIDENT SWIMMERS

It is our mission to build more confident swimmers and instill the importance of water safety in all as an essential life skill.

Beyond group lessons we offer Private Swim Lessons for every age or stage.

View swim lesson details, schedules, and pricing online.

REGISTER



*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.

FOR HEALTHY LIVING COMPETITIVE SWIM



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

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



westporty.org/wrat



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 >

DIVE IN & 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 HEALTHY LIVING

ADULT SPORTS & ENRICHMENT



STRONGER TOGETHER IN MIND, BODY & SPIRIT

- 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
 - Yoga
- Personal Training
- Pickleball
- Senior Strong (Ages 65+)
- Stretching
- Triathlon Club
- Volleyball

SIGN UP





CATCH THE RHYTHM

DEVELOPMENTAL DANCE

Our dance programs aren't just fun – they help kids explore rhythm, creativity, movement and a variety of dance styles while engaging in physical activity. Help your child unleash their inner dancer--at the Y.

- Bounding Boys (Ages 3-5)
- Caregivers & Crawlers (Ages 6 mo-1)
- Dance With Me (Ages 18 mo-3)
- Pre Ballet (Ages 2.5-5)
- Storybook Ballet (Ages 3-5)
- Summer Camp (Ages 3-7)

REGISTER



FOR YOUTH DEVELOPMENT DANCE



MOVE & GROOVE PERFORMANCE DANCE PROGRAM

Choose from Ballet, Tap, Jazz, Funk, Hip Hop, Lyrical or Modern dance styles. We offer variety of classes for all ages, from toddlers to teens.

This full season program runs from September to June to give your dancer plenty of time to develop their skills and prepare for their year-end recital at the Bedford Middle School.

Pricing is prorated at the time of enrollment. Don't let cost be a barrier, financial assistance and payment plan options are available to make sure everyone can experience the joy of dance.

SIGN UP



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.

FLOOR TO BEAM

- Toddler Adventure Gym
- Preschool
- Beginners
- Boys Beginners
- Trampoline & Tumble
- Little Ninjas
- Ninjastics
- Teen Recreation
- Intermediate/Advanced
- Team Prep
- Competition Team
- Summer Camp
- Vacation Day Camp

Specialty Clinics:

- Floor
- Walkover
- Handspring

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 >



FIND YOUR GAME

At the Y, our instructional, recreational and competitive sports programs keep kids ages 2-14 active, teach teamwork, introduce friendly competition and promote healthy habits that last a lifetime.

ARCHERY

BASKETBALL

CHESS

NEW

GYMNASTICS

KARATE

SOCCER



REGISTER



FOR YOUTH DEVELOPMENT ADAPTIVE SPORTS



WHERE BELONGING BEGINS

Our adaptive programs are designed for participants of all abilities to flourish in a supportive environment that promotes wellness, creativity, socialization and belonging. From gymnastics to swimming, and organized sports like basketball and soccer, our programs enhance physical fitness and coordination, and are modified to meet individual needs.

- Gymnastics (Ages 2-15+)
- Basketball: Skills & Drills (Ages 6-15+)
- Enchantment Ball (Ages 14-21)
- Swim Lessons (Ages 3-15+)
- Soccer (Ages 5-10)
- Summer Camp (Ages 5-13)

[SIGN UP](#)





LEARN, THRIVE & PLAY

Our child care programs give parents peace of mind while they're at work or working out, knowing their children are in a safe and nurturing environment. Where and how children spend their time is vital to their growth and success in life. Whether it's After-School Care, Vacation Day Camps, or our Kids Club, we are here year-round to make your child's day full of fun memorable moments.

- Nussbaum Kids Club (Ages 6 weeks - 12)
- After School Care (Grades K-5)
- Vacation Day Camp (Grades Preschool, K-5)
- Summer Camp (Ages 3-15)



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.

2024 DATES:

SCHOOL AGE

7:30 AM-6:00 PM

- February 19-23
- February 26
- April 15-19

PRESCHOOL

8:30 AM-12:30 PM

- February 19-23
- April 15-19

DANCE

1:00-3:00 PM

- February 19-23
- April 15-19

GYMNASTICS

12:30-3:30 PM

- February 19-23
- April 15-19

EXPLORE



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

REGISTER



A photograph of three teenagers outdoors. On the left, a boy with blonde hair is laughing. In the middle, a boy with dark curly hair is smiling. On the right, a girl with glasses and a yellow shirt is smiling, with white headphones around her neck. They are standing in front of a utility pole and trees.

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 10-18)
- Indoor Rowing (Ages 11-16)
- Leaders in Training (Ages 13-15)
- Open Gym
- Personal Training
- S.O.A.R. with Coach J (Ages 14-18)
- Swim Team (Ages 13+)

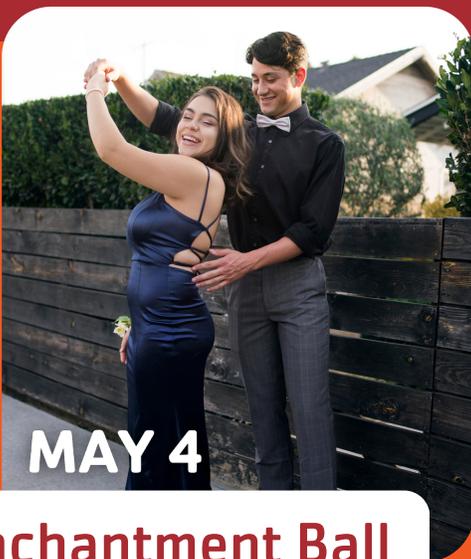
SIGN UP



FOR SOCIAL RESPONSIBILITY
SPECIAL EVENTS

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.



westport.org/events



CALENDAR

