

WESTPORT WESTON
FAMILY YMCA



SPRING FORWARD

2025 SPRING PROGRAMS

2025 SPRING PROGRAM
SESSION DATES:
MON, MAR 17 – SUN, JUNE 15

REGISTRATION DATES:
PRIORITY REGISTRATION

WWFY Family Members
SAT, MAR 1, 8:00 AM

**Adult, Youth & Community
Members**
WED, MAR 5, 8:00 AM

**HOLIDAYS/NO CLASS DATES
FOR PROGRAMS:**

SPRING BREAK:
MON, APR 14 – SUN, APRIL 20

MEMORIAL DAY:
MON, MAY 26

Check additional no class dates at
westporty.org/hours

OPERATING HOURS:

BEDFORD FAMILY CENTER
MON-FRI | 5:30 AM-9:00 PM
SAT-SUN | 7:00 AM-6:00 PM

HOLIDAYS:

EASTER SUNDAY
SUN, APR 20 | 8:00 AM – 1:00 PM

MEMORIAL DAY
MON, MAY 26 | 8:00 AM – 1:00 PM

westporty.org/hours



BLOSSOM INTO SPRING AT THE Y



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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](#)

THE Y IS FOR EVERYONE

MEMBERSHIP DETAILS

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/\$137 FAMILY – 2 ADULT/\$164 SENIOR COUPLE (65+)/\$116	INDIVIDUAL ADULT (18–22)/\$71 ADULT (23–64)/\$103 COLLEGE (18+)/\$55 SENIOR (65+)/\$72	YOUTH YOUTH (0–13)/\$32** YOUTH (14–17)/\$61
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.

LEARN MORE 

HERE FOR YOU HERE FOR GOOD

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. MINI GOLF *NEW*
- ### 8. PICNIC PAVILION AREA
- Boulderling Wall
 - Fire Pit
 - Gaga Pit
- ### 9. BASKETBALL COURTS
- ### 10. SPORTS FIELD
- ### 11. ARCHERY & PAVILION
- ### 12. GIANT SLIDES
- ### 13. LOGS AMPITHEATER
- ### 14. LASER TAG *NEW*
- ### 15. FIRE PIT

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.

STRONG SWIMMERS CONFIDENT KIDS

STARTERS

FUNDAMENTALS

DEVELOPMENT

A	B	1	2	3	4	5	6
Water	Water	Water	Water	Water	Stroke	Stroke	Stroke
Discovery	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/B: WATER DISCOVERY | 6-36 MO.

STAGE B: WATER EXPLORATION | 18-36 MO.

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

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

*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.

PRESCHOOL

STAGE 1: WATER ACCLIMATION AGES 3-5

STAGE 2: WATER MOVEMENT AGES 3-5

STAGE 3: WATER STAMINA AGES 3-5

STAGE 4: STROKE INTRO AGES 3-5

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

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

Child starting to swim 2-3 paddle strokes. Will work on swimming 10 yards on front and back.

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

SCHOOL AGE

STAGE 1 & 2: WATER MOVEMENT AGES 6-12

STAGE 3: WATER STAMINA AGES 6-12

STAGE 4: STROKE INTRODUCTION AGES 6-12

STAGE 5: STROKE DEVELOPMENT AGES 6-12

STAGE 6: STROKE MECHANICS AGES 6-12

For children with 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.

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.

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.

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

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

PARENT*/CHILD STAGE A/B: WATER DISCOVERY 6-36 MO. (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:20 AM		9:00 AM			9:40 AM	9:20 AM

PARENT*/CHILD STAGE B: WATER EXPLORATION 18-36 MO. (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:55 AM 10:30 AM		9:35 AM	10:10 AM		10:15 AM	9:55 AM 10:30 AM

PRESCHOOL STAGE 1: WATER ACCLIMATION AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 9:35 AM 9:55 AM 11:40 AM	1:30 PM 2:40 PM 4:20 PM 5:30 PM	10:10 AM 1:30 PM 2:40 PM 3:45 PM 4:20 PM 5:30 PM	10:45 AM 3:10 PM 3:45 PM 4:20 PM 5:30 PM	2:05 PM 3:45 PM 4:20 PM 5:30 PM	4:55 PM	8:45 AM 9:35 AM 9:55 AM 11:40 AM

PRESCHOOL STAGE 2: WATER MOVEMENT AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 9:20 AM 10:30 AM 11:05 AM 11:40 AM	1:30 PM 2:05 PM 3:15 PM 3:45 PM 4:55 PM 5:30 PM	2:05 PM 3:10 PM 3:45 PM 4:55 PM 5:30 PM	2:05 PM 2:40 PM 3:45 PM 4:20 PM 4:55 PM	2:05 PM 2:40 PM 3:10 PM 3:45 PM 4:55 PM	10:50 AM 4:20 PM 5:30 PM	8:45 AM 9:20 AM 10:30 AM 11:05 AM 11:40 AM

PRESCHOOL STAGE 3: WATER STAMINA AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:20 AM 10:30 AM 11:05 AM 11:40 AM	2:05 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM 5:30 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM 5:30 PM	3:45 PM 4:20 PM	9:20 AM 10:30 AM 11:05 AM 11:40 AM

PRESCHOOL STAGE 4: STROKE INTRODUCTION AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:55 AM 11:05 AM	2:40 PM 4:20 PM 4:55 PM 5:30 PM	4:20 PM 4:55 PM 5:30 PM	2:05 PM 4:20 PM 4:55 PM 5:30 PM	4:20 PM 4:55 PM 5:30 PM	4:55 PM	9:55 AM 11:05 AM 12:15 PM

SCHOOL-AGE STAGE 1 & 2: WATER MOVEMENT AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
				5:25 PM		8:45 AM

SCHOOL-AGE STAGE 3: WATER STAMINA AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 10:30 AM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 5:25 PM	8:45 AM 9:35 AM 12:10 PM

SCHOOL-AGE STAGE 4: STROKE INTRODUCTION AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:35 AM 10:30 AM 11:15 AM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	4:35 PM 5:25 PM	9:35 AM 10:25 AM 11:15 AM

SCHOOL-AGE STAGE 5: STROKE DEVELOPMENT AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 9:35 AM 11:15 PM	4:35 PM 5:30 PM	4:35 PM	4:35 PM 5:30 PM	4:35 PM		11:15 AM

SCHOOL-AGE STAGE 6: STROKE MECHANICS AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
10:25 AM	5:25 PM		3:45 PM 5:25 PM			10:25 AM

SWIM FUNDAMENTALS | AGES 9-13 (45 MIN)

This non-competitive swim program is for advanced swimmers to further develop the 4 competitive strokes, and other essentials such as starts and turns. Practices comprise of drills and technique work in an aerobic and interval training setting. Swimmer must be able complete 100 yards of each competitive stroke.

DATES: 3/17-6/15 | MON & WED: 4:30 PM

PRIVATE SWIM LESSONS | ALL AGES (30 MIN)

Whether you have little or no swimming experience our instructors are ready to help you become one with water. Our private lesson packages provide you with customized plans and one-on-one attention to help you achieve your swimming goals.

Water Rat Swimming

The Westport Weston Family YMCA is proud home to the Water Rat Swim Team, our nationally recognized competitive swim program and USA Swimming Club celebrating its 75 year history.



The Water Rats train year-round and 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.

SPRING PRE-COMPETITIVE SWIM TEAM TRYOUTS

MARCH 25, 26, & 27 | 6:15-6:30PM

Interested in swimming in the big leagues someday? Swimmers aged 5-8 can get started with our Pre-Competitive Swim Team! Run by Water Rat coaches, pre-swim team members will develop their competitive strokes and learn the necessary skills to take it to the next level of the swim team. Swimmers are only required to sign up for one try-out session.

BE A LEADER

AGES 15+

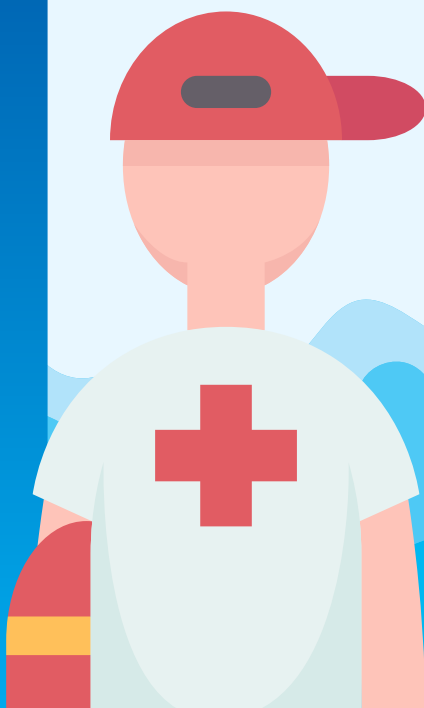
BE A LIFEGUARD**AMERICAN RED CROSS LIFEGUARDING COURSES**

Get certified by the American Red Cross to be a lifeguard and learn the skills and knowledge to prevent, recognize, and respond to water rescues. Participants that successfully complete the Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid, will be issued a certification valid for 2 years.

Our lifeguard certification and re-certification course uses a blended learning curriculum combining online training, and a three-day, instructor-led skills training class in the YMCA's Strittmatter Family Aquatics Center (both in the water and on land).

UPCOMING COURSES:**DATES:** 3/16, 3/22 & 3/23**TIME:** 9:00 AM-4:30 PM**DATES:** 4/12, 4/13 & 4/14**TIME:** 9:00 AM-4:30 PM**DATES:** 4/18, 4/19 & 4/20**TIME:** 9:00 AM-4:30 PM**DATES:** 4/27, 5/3 & 5/4**TIME:** 9:00 AM-4:30 PM**REGISTER****INCENTIVE PROGRAM**

Become a WWFY Lifeguard and get a full return of certification costs.





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.

LEARN MORE ➔



MASTER'S WATER POLO

Continue your passion for the sport while playing alongside like-minded athletes in a setting tailored for adults.

AGES: 18+
DATES: 3/2-6/15
SUN: 5:30 PM

NEW!

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.

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.

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, designed for those who are looking for a lap swim regimen without the competition.

ADULT SWIM INSTRUCTION

Register for a session of private lessons to focus on your specific needs and goals.

3/23-6/15
SUN: 8:30 AM



- Health & Wellness Center
- Parkinson's Fitness
 - Boxing & Conditioning
 - Cycling
 - Dance Jam
- Personal Training
- Senior Strong
- Group Fitness Classes
- Menostrong Training
- NYRR Training
- Livestrong at the YMCA
- Triathlon Club
- Volleyball
- Basketball
- Pickleball
- Open Gym
- Aqua Fitness
- Lap Swim
- Master's Water Polo
- SwimFit
- Master Swim

PERSONAL TRAINING

Looking to achieve your health & wellness goals in an efficient and effective way?

Working with a qualified personal trainer, you'll receive the expertise, experience and inspiration to accelerate your results! Explore our introductory packages for WWFY members new to personal training:

- 3X 30-MIN SESSIONS: \$150
- 3X 60-MIN SESSIONS: \$210

[LEARN MORE](#) ➔

INBODY SCALE

The InBody Scale has revolutionized how we measure weight, body fat, water retention, and muscle mass, giving you the knowledge to make better health and fitness decisions.

Get your comprehensive body composition analysis in under 1 minute in our Wellness Center, all in the name of a healthier you – from the inside out!

MENOSTRONG

Our new Menostrong Training program is designed to support women through every stage of menopause with strength-building exercises and expert guidance. Led by certified WWFY trainers, the program includes a personalized InBody assessment, two weekly workouts focused on muscle gain and metabolic health, and valuable discussions on nutrition and overall wellness tailored for women in this lifecycle. Join us to build strength, boost energy, and connect in a supportive, empowering environment!

READY. SET. RUN!

STRONGER TOGETHER

NYRR GROUP TRAINING

AGES: 18+**SESSION:** 3/25-5/15 | 8 WEEKS

Join our YMCA NYRR Group Training program, designed for runners of all levels! With three weekly sessions, participants benefit from expert coaching, challenging workouts like intervals and tempo runs, and camaraderie in small-tiered groups that match your pace and goals. Whether you're aiming for a personal best or preparing for the NYC Half Marathon, this program helps you build endurance, strength, and speed. Sessions include early morning outdoor runs and evening strength training, held locally at the WWFY and near Longshore.

[LEARN MORE](#)

TRIATHLON CLUB

AGES: 18+**SESSION:** 1/1-12/31 | 52 WEEKS

Stay motivated and train with fellow triathletes year-round by joining the YMCA Triathlon Club! Whether you're a beginner or experienced competitor, our expert coaches will guide you with the latest training techniques and personalized plans for Sprint, Olympic, Half-Iron, or Full-Iron distances. Receive weekly workouts via Training Peaks and progress through structured training phases to build strength, endurance, and race readiness. With a mix of swim, bike, and run sessions, you'll compete as a team, develop new friendships, and have fun reaching your triathlon goals!

[REGISTER](#)

Looking to improve
your running skills or
train for a big race?

ADULT FITNESS

FOR HEALTHY LIVING

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. This class incorporates low impact aerobics, resistance training plus balance and mobility exercises and is offered several times a week.

LEARN MORE ➤



PARKINSON'S FITNESS PROGRAM

The Westport Weston Family YMCA empowers individuals living with Parkinson's Disease through weekly exercise classes designed to improve quality of life, coordination, and flexibility. In partnership with Parkinson's Body and Mind, we offer safe, supportive programs like Boxing, Dance Jam, and Indoor Cycling, led by certified trainers and our amazing volunteers.

M: FREE | CM: \$125/MO

LEARN MORE ➤



LIVESTRONG® AT THE YMCA

AGES: 18+
SESSION: STARTS IN MARCH

LIVESTRONG at the YMCA is a FREE 12-week small group recovery program offered to adult cancer survivors looking to improve their physical and mental health in a supportive environment. A WWFY Membership is not required to participate. Medical clearance is required.

LEARN MORE ➤



AT THE Y, WE OFFER A VARIETY OF WAYS FOR TEENS TO STAY ACTIVE:

- 7TH GRADE INITIATIVE
- HEALTH & WELLNESS CENTER
- YOUTH FITNESS TRAINING
- PERSONAL TRAINING
- SWIM FUNDAMENTALS
- LAP SWIM
- SWIM TEAM
- BECOME A LIFEGUARD
- ADAPTIVE SPORTS
- OPEN GYM
- DANCE
- GYMNASTICS TEAM
- INDOOR ROWING
- TRAVEL BASKETBALL
- SUMMER CAMP
- LEADERS IN TRAINING
- SPECIAL EVENTS



7TH GRADE INITIATIVE

7th Grade is a pivotal and transitional time. Through our commitment to supporting and encouraging youth to make good decisions and form habits that lead to a healthy lifestyle, our Y proudly offers free memberships and program specific special events to all 7th grade students within our community.

7TH GRADE FIT

This youth fitness class combines traditional strength training with sport specific exercises designed to challenge balance, strength and agility.

GRADES: 7

SESSION: 3/21-6/13

FRI: 4:30-5:30 PM



FOUNDATIONS OF STRENGTH & CONDITIONING

This small group training program led by our Certified Personal Trainers is designed to help young athletes ages 10-14 establish safe workout practices and engage in a variety of cardio, strength and flexibility exercises.

TUE: 4:15-5:15 PM

WED: 4:15-5:15 PM

SAT: 12:00-1:00 PM

LEARN MORE 



HEALTH, WELLNESS & FITNESS PROGRAM QUESTIONS? CONTACT:

Patrick Freeman, Director of Health & Wellness at (203) 226-8981 Ext. 124 or pfreeman@westporty.org



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.

LEARN MORE 

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

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.

AGES: 3-5
DATES: 3/17-6/9
MON: 2:30-3:15 PM

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: 1.5-3
DATES: 3/18-6/10
TUE: 9:30-10:15 AM

AGES: 1.5-3
DATES: 3/21-6/13
FRI: 9:30-10:15 AM

AGES: 1.5-3
DATES: 3/21-6/13
FRI: 10:30-11:15 AM

AGES: 2-3
DATES: 3/22-6/14
SAT: 9:30-10:15 AM

PRE BALLET

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

AGES: 2.5-4
DATES: 3/18-6/10
TUE: 10:30-11:15 AM

AGES: 3-5
DATES: 3/22-6/14
SAT: 10:30-11:15 AM

AGES: 3-5
DATES: 3/22-6/14
SAT: 11:30-12:15 PM

[LEARN MORE](#)


GYMNASTICS

The Westport Weston Family YMCA's Gymnastics Program is home to competitive teams from Levels 2-9, training in our state-of-the-art, 11,000 sq. ft. Gymnastics Center. With deep foam pits, trampolines, spring floors, and more, we offer a fun and safe space for gymnasts of all ages and levels. Our experienced coaches provide introductory, developmental and competitive training from toddler through high school, supporting the growth of every athlete and gymnast.



TODDLER ADVENTURE GYM

Come with your little one to enjoy drop-in play weekdays during the school calendar year. Open gym time allows youngsters to crawl, roll, jump and explore! Parent/guardian participation required.

AGES: 6 MO-4 YEARS

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

LITTLE NINJAS

This co-ed Ninja & Gymnastics program is the best of both worlds! A combination of obstacle style activities with fundamental gymnastics exercises using the rope, cargo net, rings, trampoline, tumble track, plus introductory training on a variety of gymnastics apparatus.

AGES: 4-6

DATES: 3/17-6/9

MON: 3:00-4:00 PM

AGES: 4-6

DATES: 3/28-6/13

FRI: 3:00-4:00 PM

FOR YOUTH DEVELOPMENT

BOYS BEGINNER

This exciting, energy-filled class introduces boys to fundamental gymnastics skills across a variety of equipment, including the floor, trampoline, rings, vault, bars, and tumble track.

AGES: 5+

DATES: 3/29-6/14

SAT: 9:00-10:00 AM

TRAMPOLINE & TUMBLE

Learn to jump, spin, flip and tumble with ease! Perfect for Beginner to intermediate skill levels looking to explore the sport and new skills.

AGES: 5-8

DATES: 3/30-6/15

SUN: 9:00-9:45 AM

OPEN GYM

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

GRADES: K-5

SUN: 1:15-2:15 PM

GRADES: 6+

FRI: 6:30 -8:00 PM

TEEN REC

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

GRADES: 6+

DATES: 3/17-6/9

MON: 6:30-8:00 PM



PRESCHOOL GYMNASTICS: AGES 3-5 (45 MIN)

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.

SUN	MON	TUE	WED	THU	FRI	SAT
9:00 AM 10:00 AM 11:00 AM	1:00 PM 2:00 PM	2:00 PM 3:00 PM	2:00 PM 3:00 PM	2:00 PM 3:00 PM	1:00 PM 2:00 PM	10:15 AM

BEGINNER/ADVANCED BEGINNER GYMNASTICS: AGES 5+ (60 MIN)

Gymnasts work on beginner to advanced beginner skills on all events. Skills up to roundoffs, standings bridges, kickovers, pullovers, back hip circles. Classes are split into groups by ability.

SUN	MON	TUE	WED	THU	FRI	SAT
9:50 AM 11:00 AM 12:10 PM	4:10 PM 5:20 PM	4:10 PM 5:20 PM			4:10 PM 5:20 PM	9:00 AM 10:10 AM

BEGINNER FLOOR CLINIC	HANDSPRING CLINIC	WALKOVER CLINIC
Stations and spotting to learn or clean up cartwheels, handstands, and standing backbends!	Stations and spotting to learn and clean up back and front handsprings! Must have a roundoff, front and back walkover.	Stations and spotting to learn or clean up back and front walkovers! Must have a cartwheel and standing backbend.
SUNDAY 4/6, 5/4, 6/1		
10:30-11:30 AM	9:00-10:30 AM	9:00-10:30 AM

PRIVATE GYMNASTICS LESSONS | AGES 5+

Whether you have little or no gymnastics experience our coaches are ready to help.
1-HOUR: \$85 | SEMI-PRIVATE (2 CHILDREN): \$155

INVITATION ONLY: INTERMEDIATE/ADVANCED GYMNASTICS (120 MIN)

For skilled and competitive gymnasts to work on intermediate and advanced skills on all events. Walkovers to handsprings, hip-circles to squat-ons.

SUN	MON	TUE	WED	THU	FRI	SAT
			4:00 PM	4:00 PM		11:30 AM 1:45 PM

TEAM PREP - INVITATION ONLY (AGES 8-14)

Gymnasts work on all events in preparation for competition team.
TUE & THU | 4:15-6:15 PM

PRE TEAM - INVITATION ONLY (AGES 5-8)

Gymnasts work on all events in preparation for competition level.
SAT | 9:30-11:00 AM

GYMNASTICS PROGRAM QUESTIONS? CONTACT:

Megan Willett, Gymnastics Manager at 203-226-8981 Ext. 132 or mwillett@westporty.org

GYMNASTICS

FOR YOUTH DEVELOPMENT



DEVELOP SKILLS
STRENGTHEN ABILITIES
ACHIEVE GOALS
UNLEASH POTENTIAL
IGNITE PASSION
GROW CONFIDENCE



WWFY COMPETITIVE GYMNASTICS TEAM

Our premier competitive gymnastics team at the Westport Weston Family YMCA trains gymnasts from Levels 2-9 to compete in regional and national YMCA and USAG meets. With a season running from September through June and meets from January onward, we foster a year-round commitment to skill development, strength, and team spirit. Our dedicated coaching team supports each athlete's growth and competitive journey, helping them achieve their best in a positive, motivating environment.



BYRON KNOX
Director of Gymnastics



JAY VILLEGAS
Assistant Director of Gymnastics



MEGAN WILLETT
Gymnastics Program Manager

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
- **Coming Soon:** Mini Golf

LEARN MORE ➤

KARATE

Empower your child with the confidence, discipline, and physical skills that karate brings! We teach the fundamentals of karate in a fun and supportive environment, helping kids strengthen their mind, body, and spirit. Through structured lessons and active practice, students develop focus, resilience, and respect—skills that go beyond the dojo.

GRADES: PRE-K

DATES: 3/19–6/11

WED: 1:30–2:10 PM

GRADES: K-2

DATES: 3/23–6/15

SUN: 9:45–10:45 AM

GRADES: K-2

DATES: 3/17–6/9

MON: 4:30–5:30 PM

GRADES: 3-4

DATES: 3/23–6/15

SUN: 11:00 AM–12:00 PM

GRADES: 5-6

DATES: 3/23–6/15

SUN: 12:15–1:15 PM



SOCCER SHOTS

Soccer Shots is a fun, skill-building experience where young players learn both the fundamentals of soccer and important life values. Led by caring, expert coaches, our soccer program emphasizes teamwork, perseverance, and sportsmanship, helping children develop on and off the field.

MINI

AGES: 2

DATES: 4/1–6/10

TUES: 3:30–4:00 PM

AGES: 2

DATES: 4/3–6/12

THURS: 3:30–4:00 PM

AGES: 2

DATES: 3/23–6/15

SUN: 9:45–10:15 AM

CLASSIC

AGES: 3-5

DATES: 4/1–6/10

TUES: 4:15–5:00 PM

AGES: 3-5

DATES: 4/3–6/12

THURS: 4:15–5:00 PM

AGES: 3-5

DATES: 3/23–6/15

SUN: 10:30–11:05 AM

PREMIER

AGES: 6-8

DATES: 4/1–6/10

TUES: 5:00–5:45 PM

AGES: 6-8

DATES: 4/3–6/12

THURS: 5:00–5:45 PM

AGES: 6-8

DATES: 3/23–6/15

SUN: 11:15–12:00 PM

TRIPLE DOUBLE BASKETBALL

Develop and fine-tune fundamental basketball skills while learning sportsmanship and strategy. In collaboration with Triple Double, the Y offers classes for boys and girls in grades that provide opportunities for building skills and character, while focusing on game rules, shooting, passing, ball handling, and teamwork.

GRADES: K-1 (BOYS)

DATES: 3/17-6/9

MON: 4:15-5:10 PM

GRADES: K-1 (BOYS)

DATES: 3/20-6/12

THU: 4:15-5:10 PM

GRADES: 2 (BOYS)

DATES: 3/20-6/12

THURS: 5:15-6:00 PM

GRADES: 3 - 4 (BOYS)

DATES: 3/17-6/9

MON: 5:15-6:00 PM



SAFE ARCHERY

Safe Archery designed to introduce participants to the fundamentals of archery while prioritizing safety with specialized equipment.

AGES: 5-7

DATES: 4/3-5/15

THU: 4:30-5:15 PM

AGES: 5-7

DATES: 4/5-5/17

SAT: 9:30-10:15 AM

ARCHERY

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.

AGES: 8-12

DATES: 4/5-5/17

SAT: 10:30-11:30 AM

AGES: 8-12

DATES: 4/2-5/14

WED: 4:30-5:30 PM

MINI GOLF EXPLORERS

Welcome to an exciting journey into the world of mini golf!

This engaging 6-week class is designed for kids to learn and explore the fundamentals of mini golf while fostering teamwork, creativity, and problem-solving skills

AGES: 6-10

DATES: 4/22-5/27

TUES: 4:30-5:30 PM

NEW!



ADAPTIVE SWIM

At the YMCA, we prioritize developing confident swimmers and believe swimming is a life skill everyone should have access to.

The goal of adaptive swim lessons are to increase comfort with water exploration, introduce basic self-rescue skills performed with assistance and begin the fundamentals of swimming through directional change and forward movement.

AGES: 3-5

DATES: 3/23-6/15

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

AGES: 6-13

DATES: 3/23-6/15

SUN: 12:15-1:00 PM

SPECIAL OLYMPICS

Individuals with intellectual disabilities may participate in our Special Olympics Aquatics program, where they will continue to build their confidence and fundamental skills as a swimmer. Individuals must be comfortable swimming in the lap pool independently with coaching support.

AGES: 6-23

DATES: 3/23 - 6/15

SUN: 1:15-2:15 PM

REGISTER



ADAPTIVE GYMNASTICS

Our Adaptive Gymnastics program is uniquely designed for families with children with differing abilities. Participants will strengthen both fine and gross motor skills through an array of sensory-inclusive activities, increase joint attention, learn self-regulation strategies, and improve decision-making. Our goal is for children to improve their confidence and abilities! Caregiver participation may be required.

AGES: 3-8

DATES: 3/30-6/15

SUN: 2:30-3:15 PM

ADAPTIVE BASKETBALL

Basketball for all! Participants will learn fundamental basketball skills, including dribbling, shooting, and passing, while also developing essential teamwork abilities such as communication, active listening, and taking turns in a supportive and inclusive environment.

AGES: 8-16

DATES: 3/17-6/9

MON: 6:15-7:00 PM

ADAPTIVE SOCCER

Soccer Shots EMPOWER fosters social development, confidence, and fun through the game of soccer. Held at Mahackeno Outdoor Center, this program provides a supportive space to learn, play, and grow.

AGES: 8-16

DATES: 3/23-6/15

MON: 11:15 - 12:00 PM

Thanks to the kindness of our donors, we're able to offer financial assistance to families and children who want to participate in our swim classes and other Y programs.



AFTER SCHOOL CARE EXPLORE LEARN & GROW!

The WWFY After School Care Program
provides an enriching environment for
children and supports working parents.



**GRADES:
K-5**



WHAT WE PROVIDE:

- Transportation
- Homework Help
- STEM Activities
- Arts & Crafts
- Swimming
- Outdoor Play
- Sports & Recreation

MONDAY – FRIDAY

OPTIONS FOR 1-5 DAYS/WEEK

**Care is provided from school
dismissal time to 6:00 PM.**



WHEN SCHOOL IS OUT THE Y IS IN



VACATION DAY CAMPS

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. A safe, enriching environment, where kids can be kids under caring and supportive supervision.

GRADES K-6

8:00 AM - 6:00 PM

2/17-2/21, 2/24, 3/21, 4/14-4/18

AGES 3-5

8:30 AM - 1:00 PM

2/17-2/21, 4/14-4/18

Check our schedules for more details on afternoon specialty vacation camp options that keeps active students engaged in [gymnastics](#) or [dance](#).

Sign up or learn more at westporty.org/vacation

SUMMER ADVENTURES AWAIT



At the Westport Weston Family YMCA 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. Won't you join us?

Explore Camp Options:

- CAMP MAHACKENO (AGES 5-15)
- CAMP HAFADAY (AGES 3-6)
- MINI MAHACKENO (AGES 3-5)
- SPECIAL CARES CAMP (AGES 5-13)
- RACE 4 CHASE (AGES 6-12)
- GYMNASTICS CAMP (AGES 5+)
- DANCE CAMP (AGES 3-7)
- LEADERS IN TRAINING (AGES 13-15)

Upcoming Events

MAR

11

12:00 PM, 6:00 PM, & 7:30 PM

SUPER POWER MENTORS

MAR

22

5:30 PM – 7:30 PM

FAMILY BALL

APR

26

11:00 AM – 1:00 PM

HEALTHY KIDS DAY

MAY

19

10:00 AM – 4:00 PM

ANNUAL GOLF TOURNAMENT

MAY

31

4:00 PM – 9:00 AM

OVERNIGHT CAMPING

FOR FAMILY.
FOR COMMUNITY.
FOR ALL.

FIND YOUR PURPOSE

JOIN OUR TEAM



Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. At the Westport Weston Family YMCA, we are leaders, instructors, motivators, changemakers, teachers, friends, and more. Our 100-year history is steeped in dedication and compassion for those we serve and beyond.

Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you. Explore our open job opportunities and apply today!

westporty.org/employment

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