

SUMMER STARTS HERE



WESTPORT WESTON
FAMILY YMCA

2025 SUMMER PROGRAM GUIDE

2025 SUMMER PROGRAM

SESSION DATES:

MON, JUN 23 – SUN, AUG 17

REGISTRATION DATES:

WWFY Family Members

SAT, MAY 17, 8:00 AM

Adult, Youth & Community Members

WED, MAY 21, 8:00 AM

OPERATING HOURS:

BEDFORD FAMILY CENTER

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

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

MAHACKENO OUTDOOR CENTER

(From Memorial Day to Labor Day)

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

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

HOLIDAYS & NO CLASS DATES FOR PROGRAMS:

MEMORIAL DAY:

MON, MAY 26 | 8:00 AM-1:00 PM

OUTDOOR CENTER: 10:00 AM-4:00 PM

INDEPENDENCE DAY

FRI, JUL 4 | 8:00 AM-1:00 PM

OUTDOOR CENTER: 10:00 AM-4:00 PM

LABOR DAY

MON, SEP 1 | 8:00 AM-1:00 PM

OUTDOOR CENTER: 10:00 AM-4:00 PM



MAKE A SPLASH THIS
SUMMER
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
- Bouldering 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.

SUMMER SWIM LESSON OPTIONS:

OPTION #1

SUMMER SWIM SCHOOL SESSIONS:

7-WEEK SESSION, 1x LESSON PER WEEK (CHOOSE YOUR DAY/TIME)

- SESSION: JUN 23 – AUG 7

OPTION #2

SUMMER INTENSIVE SWIM SESSIONS:

1-WEEK SESSION, 4x LESSONS PER WEEK (CHOOSE YOUR WEEK, MON-THU)

- SESSION 1: JUN 23 – 26
- SESSION 2: JUN 20 – JUL 3
- SESSION 3: JUL 7 – JUL 10
- SESSION 4: JUL 14 – JUL 17
- SESSION 5: JUL 21 – JUL 24
- SESSION 6: JUL 28 – JUL 31
- SESSION 7: AUG 4 – AUG 7

PRESCHOOL | STAGE 1: WATER ACCLIMATION | AGES 3-5 (30 MIN)

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|---------|---------|---------|---------|---------|---------------------|
| 8:45 AM 10:30 AM | 3:35 PM | 3:35 PM | 3:35 PM | 3:35 PM | 3:35 PM | 9:20 AM 11:05 AM |

PRESCHOOL | STAGE 2: WATER MOVEMENT | AGES 3-5 (30 MIN)

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---------|--|
| 8:45 AM 9:20 AM 9:55 AM 10:30 AM 11:40 AM | 4:10 PM INTENSIVE: 3:35 PM 4:45 PM | 4:10 PM INTENSIVE: 3:35 PM 4:45 PM | 4:10 PM INTENSIVE: 3:35 PM 4:45 PM | 4:10 PM INTENSIVE: 3:35 PM 4:45 PM | 4:10 PM | 8:45 AM 9:55 AM 10:30 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 11:40 AM | 4:45 PM INTENSIVE 4:10 PM 5:20 PM | 4:45 PM INTENSIVE 4:10 PM 5:20 PM | 4:45 PM INTENSIVE 4:10 PM 5:20 PM | 4:45 PM INTENSIVE 4:10 PM 5:20 PM | 4:45 PM | 8:45 AM 10:30 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 | 3:00 PM INTENSIVE 3:00 PM | 3:00 PM INTENSIVE 3:00 PM | 3:00 PM INTENSIVE 3:00 PM | 3:00 PM INTENSIVE 3:00 PM | 3:00 PM | 11:05 AM |

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

| SCHOOL-AGE STAGE 3: WATER STAMINA AGES 6-12 (45 MIN) | | | | | | |
|--|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------|--------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 9:35 AM 10:30 AM | 4:20 PM INTENSIVE 3:30 PM | 4:20 PM INTENSIVE 3:30 PM | 4:20 PM INTENSIVE 3:30 PM | 4:20 PM INTENSIVE 3:30 PM | 4:20 PM | 8:45 AM 9:35 AM |

| SCHOOL-AGE STAGE 4: STROKE INTRODUCTION AGES 6-12 (45 MIN) | | | | | | |
|--|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------|---------------------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 10:30 AM 11:20 AM | 5:10 PM INTENSIVE 4:20 PM | 5:10 PM INTENSIVE 4:20 PM | 5:10 PM INTENSIVE 4:20 PM | 5:10 PM INTENSIVE 4:20 PM | 5:10 PM | 9:35 AM 10:25 AM 11:15 AM |

| SCHOOL-AGE STAGE 5/6: STROKE DEVELOPMENT & MECHANICS AGES 6-12 (45 MIN) | | | | | | |
|---|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------|----------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 8:45 AM 11:20 AM | 3:30 PM INTENSIVE 5:10 PM | 3:30 PM INTENSIVE 5:10 PM | 3:30 PM INTENSIVE 5:10 PM | 3:30 PM INTENSIVE 5:10 PM | 3:30 PM | 11:15 AM |

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. Semi-private lessons are also available.

REGISTER

HAVE SWIM LESSONS OR AQUATIC PROGRAM QUESTIONS? CONTACT:
Brian Ference, Aquatics Director at (203) 571-6041 or bference@westporty.org



PADI® SEAL TEAM SCUBA CAMP

Dive into adventure this summer with our all-new PADI® Seal Team Scuba Camp, offered in partnership with Professional Association of Diving Instructors®

MONDAY & WEDNESDAY

10:00 AM - 1:00 PM

AGES 8 - 10

SESSION 1

JULY 7 & JULY 9

SESSION 2

JULY 14 & JULY 16

SESSION 3

AUGUST 11 & 13

LEARN MORE



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: 6/29-8/10

SUN: 12:15-12:45 PM,

12:45 - 1:15 PM

AGES: 6-13

DATES: 6/29-8/10

SUN: 12:15-1:00 PM

LEARN MORE



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.



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).

LIFEGUARD CERTIFICATON:

DATES: 6/1, 6/7 & 6/8**TIME:** 9:00 AM-4:30 PM**DATES:** 6/15, 6/21 & 6/22**TIME:** 9:00 AM-4:30 PM

RE-CERTIFICATON DATES:

5/17 & 5/18

5/24 & 5/25

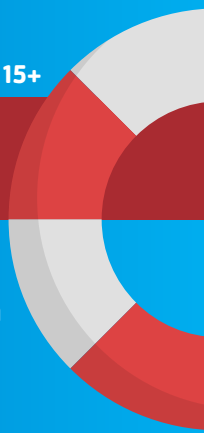
6/18 & 6/19

6/28 & 6/29

REGISTER

INCENTIVE PROGRAM

Become a WWFY Lifeguard and get reimbursed for 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 ➔

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.
Please check online schedules for times.

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.

MASTER'S WATER POLO

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

For drop-in and session information please contact Brian Ference at bference@westparty.org

TUES & THURS
6:30 – 9:00 PM

SESSION 1

JUNE 24 – JULY 3

SESSION 2

JULY 8 – JULY 17

**GET SCUBA
CERTIFIED!**



DIVE INTO A NEW ADVENTURE

PADI® SCUBA COURSE

No prior experience is required, just a love for adventure and the water!

HAVE AQUATIC PROGRAM QUESTIONS? CONTACT:

Brian Ference, Aquatics Director at (203) 571-6041 or bference@westporty.org



SUNDAY
JULY 20
7:00 AM

RACE BEGINS AT 8:05 AM

- OFFICIALLY TIMED RACE
- OPEN TO AGES 16+
- PRE-REGISTRATION: \$60

The Annual Point to Point is a one-mile open water charity swim race at Compo Beach. As one of Westport's longest running sporting events, it draws numerous local swimmers, as well as competitors from New York, New Jersey, upper New England and across Connecticut.

All proceeds go to WWFY's Aquatics programs to improve aquatics safety in the community, including swim lessons that equip children and adults at all levels with essential lifesaving water safety skills. The Y strives to build strong, confident swimmers and help to minimize the risk of drowning.



46TH ANNUAL POINT TO POINT COMPO BEACH SWIM



LEARN MORE





INSTRUCTIONAL PICKLEBALL – AGES 18+

Whether you are new to the sport and looking to learn every aspect of pickleball including what equipment is right for you, shot technique, rules, court positioning and basic strategy or you want to refine your skills and learn some new techniques, these clinics are for all.

BEGINNERS

DATES: 5/4 – 6/15
SUN: 8:30–9:45 AM

INTERMEDIATE

DATES: 5/4 – 6/15
SUN: 10:00–11:15 AM

REGISTER 



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!



ADULT FITNESS, SPORTS & WELLNESS OFFERINGS

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



READY. SET.
RUN!

STRONGER TOGETHER

NYRR GROUP
TRAINING

AGES: 18+
SESSION: TBD

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

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

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



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+

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 ➤



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.

**2025-2026 REGISTRATION
OPENS JULY 1**



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
- GYMNASICS TEAM
- TRAVEL BASKETBALL
- SUMMER CAMP
- LEADERS IN TRAINING
- SPECIAL EVENTS



LEARN MORE



HEALTH, WELLNESS & FITNESS PROGRAM QUESTIONS? CONTACT:

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



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.

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: 6/23-8/11

MON: 3:45-4:30 PM

PRE BALLET

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

AGES: 3-5

DATES: 6/24-8/12

TUE: 3:45-4:30 PM

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

DATES: 6/25-8/13

WED: 3:45-4:30 PM



LEARN MORE 

DANCE

FOR YOUTH DEVELOPMENT



AGES 3-4

MONDAY-FRIDAY
9:30AM-12:00PM

AGES 4-7

MONDAY-FRIDAY
1:00-3:30PM

DANCE AWAY THE SUMMER

AT DANCE CAMP

Twirl and dance this summer! Fill your days with fun and activities at our Dance Center. Our weekly themed dance camps will keep kids active and engaged. Dance camp also includes craft and snack time.

PRINCE & PRINCESS PARTY

WEEK 1: 6/23-6/27

CANDYLAND

WEEK 2: 6/30-7/3

COLOR ME HAPPY

WEEK 3: 7/7-7/11

FROZEN FANTASY

WEEK 4: 7/14-7/18

ALOHA

WEEK 5: 7/21-7/25

UNDER THE SEA

WEEK 6: 7/28-8/1

HOLIDAY HOOPLA

WEEK 7: 8/4-8/8

ME & MY BABY DOLL (AGES 3-4)

WEEK 8: 8/11-8/15

POP STAR (AGES 4-7)

WEEK 8: 8/11-8/15

LUNCH BUNCH

MONDAY-FRIDAY
12:00-1:00PM

Enjoy a packed lunch from home, outside with your camp friends.

REGISTER



westporty.org/dance 20

MOVE WITH CONFIDENCE

PRIVATE BALLROOM LESSONS



MEET OUR INSTRUCTOR

Ilya, a champion ballroom dancer from Ukraine, has excelled in nearly 200 competitions. His top achievements include 3rd at the World Dance Championship, 1st at the Empire Dance Championship (Pro Division), and a Top 5 finish at the world-renowned Blackpool Dance Championship. He's also a U.S. and triple Ukrainian champion, with podium finishes at the International Dance Championships, French Open, and Disney World Championship.

LEARN MORE



AGES 18+



INTRODUCTORY LESSONS

15 MIN (FLEXIBLE SCHEDULING)

WWFY MEMBERS: \$40/CLASS

COMMUNITY MEMBERS: \$50/CLASS

PRIVATE LESSONS

45 MIN (FLEXIBLE SCHEDULING)

WWFY MEMBERS: \$140/CLASS

COMMUNITY MEMBERS: \$180/CLASS



FLIPS & FUN ALL SUMMER >>

Spend your summer days in our gymnastics center! Every day is filled with gymnastics, games, and crafts! With Morning, Afternoon and Full Day options, you can pick what is best for your little ones!

FULL DAY GYMNASTICS CAMP

MONDAY - FRIDAY

8:45 AM-3:45 PM

AGES 5+

HALF DAY GYMNASTICS CAMP

MONDAY-FRIDAY

9:00 AM-12:00 PM or 12:30-3:30 PM

AGES 5+

PRESCHOOL GYMNASTICS CAMP

MONDAY-FRIDAY

9:00 AM-12:00 PM or 12:30-3:30 PM

AGES 3-5 (Must be potty trained)

LEARN MORE >

DEVELOPMENTAL

BEGINNER/ADVANCED BEGINNER

A beginner class designed for ages 10+ Gymnasts will work on beginner skills on all events, roundoffs, standing bridges, kickovers, pullovers, back hip circles, and so much more!

DATES: 6/26-8/14

THU: 6:00-7:00 PM

INTERMEDIATE & ADVANCED

For skilled gymnasts to work on intermediate and advanced skills on all events. Walkovers to handsprings, hip-circles to squat-ons. Must have clean roundoff, standing bridge and kickover.

DATES: 6/24-8/12

DATES: 6/26-8/14

TUE: 4:30-6:00 PM

THU: 4:30-6:00 PM

TUMBLING & TRAMPOLINE

A tumbling class for intermediate skill levels and above. Must have clean roundoff, back and front walkovers.

GRADES: 6+

DATES: 6/24-8/12

TUE: 6:00-7:00 PM

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
- Mini Golf

LEARN MORE ➤



SUMMER CAMP

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?

QUESTIONS? Contact: Emily Regan
203-571-6045 | eregan@westporty.org

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.

MINI

AGES: 2

DATES: 6/29-8/17

SUN: 9:45-10:15 AM

CLASSIC

AGES: 3-5

DATES: 6/29-8/17

SUN: 10:30-11:05 AM

PREMIER

AGES: 6-8

DATES: 6/29-8/17

SUN: 10:30-11:05 PM

LEARN MORE



- 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)
- SCUBA CAMP (AGES 8-10)
- LEADERS IN TRAINING (AGES 13-15)



**REGISTRATION FOR
2025-2026 OPENS MAY 1**



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 1-5x DAYS/WEEK

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



STORIED CONNECTIONS

Find Connection Through Storytelling

Feeling disconnected? Whether you're working remotely, recently retired, or an empty-nester, it's easy to lose touch with everyday community life. Our new member-led Storied Connections Program offers a free, fun, and meaningful way to reconnect — through sharing stories.

WEDNESDAYS
12:00–1:00 PM
 MULTIPURPOSE ROOM
STARTS MAY 14

- ✓ **Foster new friendships**
- ✓ **Expand your social and intellectual thoughts**
- ✓ **Strengthen the WWFY community spirit**
- ✓ **Brighten someone's day through connection**



Social isolation is a growing health concern. Remote work, career transitions, and technology reliance are making everyday connection harder. Join us to help counteract that trend — one conversation at a time with topics designed to inspire connection, creativity, and laughter.

PROGRAM HIGHLIGHTS:

- New story prompts each week
- Fun, thought-provoking activities:
 - The "Humble Brag"
 - "Tricking the Chatbot" (AI fun)
 - Guessing true/false stories
- No pressure — just real stories and real connection

Sign up and learn more:
[**westporty.org/connections**](https://westporty.org/connections)



MAY
19

10:00 AM – 4:00 PM

ANNUAL GOLF
TOURNAMENT

MAY
23

6:30 – 8:00 PM

EXTRA SPECIAL
SPRING BASH

MAY
31

4:00 PM – 9:00 AM

FAMILY OVERNIGHT
CAMPING

JUN
7

11:00 AM – 3:00 PM

SUMMER CAMP
OPEN HOUSE

JUN
16

6:00 – 7:00 PM

WWFY ANNUAL
MEETING

JUL
20

7:00 AM – 9:00 AM

46TH ANNUAL
POINT TO POINT

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.”