



WESTPORT WESTON FAMILY YMCA

# WINTER FUN FOR EVERYONE

2025 WINTER PROGRAMS



## 2025 WINTER PROGRAM

### SESSION DATES:

TUE, JAN 2 - SUN, MAR 16

### REGISTRATION DATES:

#### PRIORITY REGISTRATION

**WWFY Family Members**

SAT, DEC 7 @ 8:00 AM

**Adult, Youth & Community Members**

WED, DEC 11 @ 8:00 AM

### HOLIDAYS/NO CLASS DATES FOR PROGRAMS:

#### MLK JR. DAY:

MON, JAN 20

#### FEBRUARY RECESS:

MON, FEB 17 - SUN, FEB 24

Check additional no class dates at  
[westporty.org/hours](http://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:

#### CHRISTMAS EVE

TUE, DEC 24 | 8:00 AM-1:00 PM

#### CHRISTMAS DAY

WED, DEC 25 | CLOSED

#### NEW YEAR'S EVE

TUE, DEC 31 | 8:00 AM-1:00 PM

#### NEW YEAR'S DAY

WED, JAN 1 | 8:00 AM-1:00 PM

[westporty.org/hours](http://westporty.org/hours)

# SLEIGH THE SEASON



# TABLE OF CONTENTS

Program & Registration Dates..	2
Hours of Operation.....	2
Table of Contents .....	3
Financial Assistance .....	3
Membership Information .....	4
Amenities Map .....	5
Swim Lessons .....	6
Competitive Swim .....	9
Lifeguard Training .....	10
Adult Aquatics .....	11
Adult Fitness & Wellness .....	12
Teen Fitness .....	15
Dance .....	16
Gymnastics .....	18
Birthday Parties .....	21
Youth Sports .....	22
Adaptive Sports .....	23
Child Care .....	24
Summer Camp .....	26
Special Events .....	27
Employment .....	28



## 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/\$130 FAMILY - 2 ADULT/\$156 SENIOR COUPLE (65+)/\$110	INDIVIDUAL ADULT (18-22)/\$68 ADULT (23-64)/\$98 COLLEGE (18+)/\$55 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.

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. 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.

## STRONG SWIMMERS CONFIDENT KIDS



### STARTERS

### FUNDAMENTALS

### DEVELOPMENT

# A

**Water**  
Discovery

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: WATER DISCOVERY | 6-17 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

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

##### STAGE 2: WATER MOVEMENT AGES 3-5

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

##### STAGE 3: WATER STAMINA AGES 3-5

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

##### STAGE 4: STROKE INTRO AGES 3-5

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

#### SCHOOL AGE

##### STAGE 1 & 2: WATER MOVEMENT 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.

##### STAGE 3: WATER STAMINA AGES 6-12

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: STROKE INTRODUCTION AGES 6-12

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: STROKE DEVELOPMENT AGES 6-12

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

##### STAGE 6: STROKE MECHANICS AGES 6-12

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: WATER DISCOVERY | 6-17 MO. (30 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
9:20 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			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 9:55 AM 11:40 AM	1:30 PM 2:40 PM 3:45 PM 4:20 PM 5:30 PM	2:40 PM 3:45 PM 4:20 PM 5:30 PM	10:45 AM 2:05 PM 3:10 PM 3:45 PM 4:20 PM 5:30 PM	2:05 PM 3:10 PM 3:45 PM 4:20 PM 5:30 PM	4:55 PM	8:45 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 3:10 PM 3:45 PM 4:55 PM 5:30 PM	2:00 PM 3:10 PM 3:45 PM 4:55 PM 5:30 PM	2:05 PM 2:40 PM 3:45 PM 4:55 PM	2:05 PM 2:35 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 3:45 PM 4:20 PM 4:55 PM 5:30 PM	2:40 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	3:10 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

REGISTER



## 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 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	4:35 PM	4:35 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
11:25 AM	3:45 PM 5:25 PM		3:45 PM 5:25 PM			10:25 AM

## SWIM FUNDAMENTALS | AGES 8-14 (45 MIN)

This non-competitive swim team 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.

DATES: 1/6-3/12 | 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.



**BE A LEADER**

AGES 15+

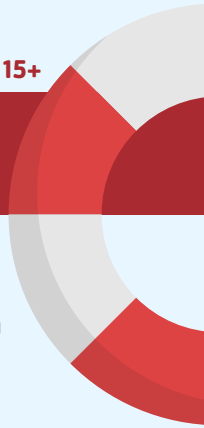
**BE A LIFEGUARD****AMERICAN RED CROSS LIFEGUARDING COURSES**

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:** 12/8, 12/14 & 12/15**TIME:** 9:00 AM-4:30 PM**DATES:** 1/12, 12/18 & 12/19**TIME:** 9:00 AM-4:30 PM**DATES:** 2/2, 2/8 & 2/9**TIME:** 9:00 AM-4:30 PM**DATES:** 2/16, 2/22 & 2/23**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](#) 

## 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

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

**AGES: 18+**

**SESSION: SATURDAYS | 1/4-3/15 | 8:30 AM**



- Aqua Fitness
- Basketball
- Group Fitness Classes
- Health & Wellness Center
- Lap Swim
- LIVESTRONG at the YMCA
- Menopause Strength Training
- NYRR Training
- Open Gym
- Parkinson's Fitness
  - Boxing
  - Cycling
  - Dance Jam
- Personal Training
- Pickleball
- Senior Strong
- Triathlon Club
- Volleyball

## 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!



## MENOPAUSE STRENGTH TRAINING PROGRAM

**SESSION: STARTS IN JANUARY - MORE DETAILS COMING SOON!**

Our new Menopause Strength 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:** 1/7-3/13 | 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?

## 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 JANUARY

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:** 1/3-3/14

**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:** 4:30-5:30 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@westport.org](mailto:pfreeman@westport.org)

# DANCE

## FOR YOUTH DEVELOPMENT

The WWFY Dance Center is a lively, fun-filled space where kids stay active while learning to dance! We offer developmental classes for toddlers and young children, as well as performance classes for ages 3 and up. Not sure where to start? Trial a class and find the perfect fit for your child!



### 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:** 1/6-3/10  
**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:** 1/7-3/11  
**TUE:** 9:30-10:15 AM

**AGES:** 1.5-3  
**DATES:** 1/3-3/14  
**FRI:** 9:30-10:15 AM

**AGES:** 2-3  
**DATES:** 1/4-3/15  
**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:** 1/7-3/11  
**TUE:** 10:30-11:15 AM

**AGES:** 3-5  
**DATES:** 1/4-3/15  
**SAT:** 10:30-11:15 AM



### 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:** 1/3-3/14  
**FRI:** 3:30-4:15 PM

[LEARN MORE](#)





Our Performance Dance Program is a full school year commitment, from September to June. This structure gives your dancer plenty of time to develop their skills, prepare for our year-end recital and become the star you know they are.

## BALLET

**AGES:** 3-4  
**MON:** 3:30-4:15 PM

**AGES:** 4-6  
**MON:** 4:30-5:15 PM  
**THU:** 3:30-4:15 PM

**AGES:** 6-8  
**THU:** 4:15-5:00 PM

## BALLET & TAP

**AGES:** 4-5  
**TUE:** 2:00-3:00 PM

**AGES:** 4-6  
**TUE:** 5:15-6:15 PM

**AGES:** 5-7  
**FRI:** 4:30-5:30 PM

## HIP HOP – BOYS

**AGES:** 6+  
**THU:** 5:00-5:45 PM

## HIP HOP

**AGES:** 6-8  
**TUE:** 5:00-5:45 PM  
**THU:** 5:15-6:00 PM

**AGES:** 9+  
**TUE:** 6:45-7:45 PM

## INTRO TO MODERN DANCE

**AGES:** 6-9  
**MON:** 4:30-5:30 PM

## JAZZ

**AGES:** 7-10  
**WED:** 5:30-6:30 PM

## JAZZ FUNK

**AGES:** 4-6  
**WED:** 4:30-5:15 PM

**AGES:** 6-8  
**WED:** 5:15-6:00 PM

**AGES:** 8+  
**WED:** 6:30-7:30 PM



## JAZZ & TAP

**AGES:** 7-9  
**MON:** 5:30-6:30 PM

**AGES:** 4-6  
**TUE:** 4:15-5:15 PM

## LYRICAL

**AGES:** 7+  
**TUE:** 5:45-6:45 PM

## POM

**AGES:** 4-6  
**TUE:** 4:15-5:00 PM

**AGES:** 6-10  
**THU:** 6:00-6:45 PM

[LEARN MORE](#)

# GYMNASTICS

## FOR YOUTH DEVELOPMENT

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:** 1/6-3/10  
**MON:** 3:00-4:00 PM

**AGES:** 4-6  
**DATES:** 1/3-3/14  
**FRI:** 3:00-4:00 PM

### 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:** 1/4-3/15  
**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:** 1/5-3/16  
**SUN:** 9:00-9:45 AM

### OPEN GYM

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

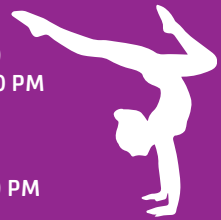
**GRADES:** K-5  
**SUN:** 1:15-2:15 PM

### TEEN REC

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

**GRADES:** 6+  
**DATES:** 1/6-3/10  
**MON:** 6:30-8:00 PM

**GRADES:** 6+  
**DATES:** 1/8-3/12  
**WED:** 6:30-8:00 PM



### VACATION DAY CAMPS

When school is out, the Y is in! Join our afternoon camp for fun-filled gymnastics, games, arts and crafts activities.

**AGES:** 5+  
**DATES:** 1/20, 2/17, 2/18, 2/19, 2/20, 2/21  
**TIME:** 12:30-3:30 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.
<b>SUNDAY</b> 1/12, 2/9, 3/9		
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)

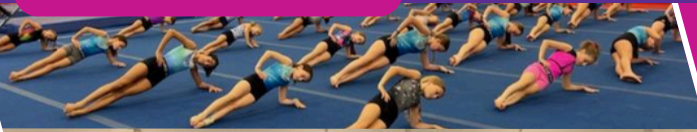
For skilled and competitive gymnasts to work on intermediate and advanced skills on all events. Walkovers to handsprings, hip-circles to squat-ons.

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

TEAM PRE- INVITATION ONLY (AGES 8-14)	PRE TEAM (AGES 5-8)
Gymnasts work on all events in preparation for competition team. TUE & THU   4:15-6:15 PM	Gymnasts work on all events in preparation for competition level. SAT   10:00-11:30 AM

### GYMNASTICS PROGRAM QUESTIONS? CONTACT:

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



- 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
- Sports

**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:** 1/8-3/12  
**WED:** 1:30-2:15 PM

**GRADES:** K-2  
**DATES:** 1/5-3/16  
**SUN:** 9:45-10:45 AM

**GRADES:** K-2  
**DATES:** 1/6-3/10  
**MON:** 4:30-5:30 PM

**GRADES:** 3-4  
**DATES:** 1/5-3/16  
**SUN:** 11:00 AM-12:00 PM

**GRADES:** 5-6  
**DATES:** 1/5-3/16  
**SUN:** 12:15-1:15 PM



## SOCCER

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.

**AGES:** 2  
**DATES:** 1/5-3/16  
**SUN:** 9:45-10:15 AM

**AGES:** 3-5  
**DATES:** 1/5-3/16  
**SUN:** 10:30-11:05 AM

## 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:** 1/6-3/10  
**MON:** 4:15-5:10 PM

**GRADES:** K-1 (BOYS)  
**DATES:** 1/2-3/13  
**THU:** 4:15-5:10 PM

**GRADES:** K-1 (GIRLS)  
**DATES:** 1/8-3/12  
**WED:** 4:15-5:10 PM

**GRADES:** 2 (BOYS)  
**DATES:** 1/8-3/12  
**THU:** 5:15-6:00 PM

**GRADES:** 3 (BOYS)  
**DATES:** 1/6-3/10  
**MON:** 5:15-6:10 PM

## CHESS

Discover the thrilling world of chess! In partnership with DIG Chess, our unique program blends the strategic finesse of a Grandmaster with the joy of childhood play, welcoming enthusiasts of all skill levels to enjoy game play and elevate their skills.

**GRADES:** PRE-K  
**DATES:** 1/2-3/13  
**THU:** 2:00-3:00 PM

**GRADES:** K-2  
**DATES:** 1/2-3/13  
**THU:** 5:30-6:30 PM



**REGISTER**





## 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.

The 2:1 child to swim instructor ratio helps the instructor provide a more flexible instructional style to best meet the needs of each individual.

**AGES:** 3-5  
**DATES:** 1/5-3/16  
**SUN:** 1:30-2:15 PM

**GRADES:** K-2  
**DATES:** 1/5-3/16  
**SUN:** 9:45-10:45 AM

**GRADES:** K-2  
**DATES:** 1/6-3/10  
**MON:** 4:30-5:30 PM

**REGISTER**



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.

## ADAPTIVE GYMNASTICS

Our Adaptive Gymnastics program is uniquely designed and geared to families with children ages 3-7 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:** 3-7  
**DATES:** 1/5-3/16  
**SUN:** 2:30-3:15 PM



## ADAPTIVE BASKETBALL

Basketball for all, designed for individuals with and without intellectual disabilities! 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:** 11/11-1/27  
**MON:** 6:15-7:00 PM



# 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 care 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**

**1/20, 2/17-2/21, 2/24, 3/21, 4/14-4/18**

**AGES 3-5**

**8:30 AM - 1:00 PM**

**1/20, 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](https://westporty.org/vacation)

**SUMMER CAMP**

FOR YOUTH DEVELOPMENT

JOIN US FOR

**ANOTHER  
UNFORGETTABLE  
SUMMER**



**SAVE THE DATE**

**2025 REGISTRATION**

**JAN 3 | 8:00 AM  
WWFY FAMILY MEMBERS**

**JAN 10 | 8:00 AM  
WWFY YOUTH MEMBERS**

**JAN 17 | 8:00 AM  
OPEN TO ALL**

[westparty.org/camp](http://westparty.org/camp)

# JINGLE BELLS JAMBOREE

Celebrate the holidays the Westport Weston Family Y way! Pizza, face painting, games, bounce house, holiday bus ride and free play in the Gymnastics Center. Santa will be there to take pictures! Ages 0-11. Parents must stay.

**SATURDAY, DECEMBER 14**  
5:30-7:00 PM

**REGISTER**



## SPECIAL SOMEONE WINTER BALL

Let's dress up and have a ball!  
Join us for a magical evening where you and your special someone enjoy a night filled with dancing, laughter, and creating lasting moments together. Music, light refreshments, photo booth, and keepsake printed photo in frame provided.

**STAY TUNED  
FOR DETAILS**

# 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](http://westporty.org/employment)

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