



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING TO KNOW YOU



FALL 1 2017 PROGRAMS WESTPORT WESTON FAMILY YMCA

Family Member Registration Begins Saturday, July 29
Open Registration Begins Monday, July 31
Fall 1 Programs Begin Tuesday, September 5

14 Allen Raymond Lane
203-226-8981
www.westporty.org

ABOUT OUR YMCA

OUR MISSION

The Westport Weston Family YMCA enriches the community by developing and nurturing the potential of every individual, promoting healthy living and fostering a sense of social responsibility.

PROGRAM STAFF TEAM

Pat Riemersma	CEO
Brian Marazzi	Member Engagement
Jay Jaronko	Sr. Program Director
Alexei Bachuretz	Health & Wellness
Jeffrey Bonaccorso	Aquatics
Lillian Cenatiempo	Dance Center
Meaghan George	Camp & Family Services
Shelly Goldman	Healthy Living Programs
Larry Hamilton, Jr.	Sports & Recreation
Ellen Johnston	Water Rat Swim Team
Sam Kenny	Youth & Teen Coordinator
Sally Silverstein	Gymnastics Center
Scott VanKuilenburg	Water Rat Swim Team

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FALL 1 CALENDAR

DATE

EVENT

JULY 29	FALL 1 FAMILY REGISTRATION BEGINS
JULY 30	39th ANNUAL POINT TO POINT COMPO BEACH SWIM
JULY 31	FALL 1 OPEN REGISTRATION BEGINS
AUGUST 7	YMCA CAMP MAHACKENO - SESSION 4 BEGINS
AUGUST 21	YMCA CAMP MAHACKENO SPECIAL EVENTS WEEK
AUGUST 23	8 & UNDER WATER RAT SWIM TEAM TRYOUTS
AUGUST 24	AGES 9-12 WATER RAT SWIM TEAM TRYOUTS
AUGUST 26	SHUTDOWN WEEK BEGINS - SEE WWW.WESTPORTY.ORG FOR MORE DETAILS
SEPTEMBER 4	LABOR DAY - YMCA OPEN 8:00AM-12:00PM
SEPTEMBER 5	FALL 1 PROGRAMS BEGIN
SEPTEMBER 20	ROSH HASHANAH BEGINS - NO YOUTH PROGRAMS AFTER 6:00PM
SEPTEMBER 21	ROSH HASHANAH - NO YOUTH PROGRAMS
SEPTEMBER 29	YOM KIPPUR BEGINS - NO YOUTH PROGRAMS AFTER 6:00PM
SEPTEMBER 30	YOM KIPPUR - YOUTH PROGRAMS WILL RUN. MAKE-UP DATE WILL BE AVAILABLE.
OCTOBER 8	HOME SWIM MEET
OCTOBER 9	2nd ANNUAL COMMUNITY IMPACT GOLF TOURNAMENT AT SILVERMINE GOLF CLUB
OCTOBER 14	FALL 2 FAMILY REGISTRATION BEGINS
OCTOBER 16	FALL 2 OPEN REGISTRATION BEGINS
OCTOBER 22	OUT OF THE WOODS - FAMILY OBSTACLE COURSE RUN
OCTOBER 27	HALLOWEEN SPOOKTACULAR AT THE YMCA GYMNASIUM CENTER IN NORWALK
OCTOBER 30	FALL 2 PROGRAMS BEGIN

*SHUTDOWN SCHEDULE IS SUBJECT TO CHANGE. WE WILL COMMUNICATE ANY CHANGES AS THEY OCCUR.

MEMBERSHIP

MEMBERSHIP INFORMATION

The Westport Weston Family YMCA offers a variety of membership types for youth, adults, families and seniors. Membership types and rates are based on age for individual memberships, and the number of active adults ages 23+ for family memberships.

Payment Options: Members can choose to pay via monthly draft or in full for the year. No contracts or obligations. Memberships can also be placed on hold for up to 3 months per calendar year.

Type	Age Range	Join Fee	Monthly Fee	Annual Fee
8th Grade	8th Grade	N/A	\$15	N/A
Youth	0-13	\$25	N/A	\$250
High School	14-17	\$25	\$48	\$576
Adult	18-64	\$75	\$81	\$972
Senior	65+	\$25	\$57	\$684
Senior Couple	65+	\$50	\$90	\$1080
Family 1 Adult Age 23+	***	\$100	\$108	\$1296
Family 2 Adults Age 23+	***	\$100	\$129	\$1548
Family 3 Adults Age 23+	***	\$100	\$149	\$1788
Family 4 Adults Age 23+	***	\$100	\$170	\$2040

Live-in caregivers are permitted to be part of a Family Membership.

Individuals age 18 who are still in high school are eligible for a High School Membership through June 30 of their graduation year. After that, High School Members must upgrade to an Adult Membership.

HOURS OF OPERATION

Bedford Family Center

Mon-Fri	5:30am-10:00pm
Sat	7:00am-7:30pm
Sun	7:30am-6:00pm

Kids' Club

Mon-Fri	8:00am-1:30pm
Mon-Fri	3:45pm-8:00pm
Sat	8:00am-2:00pm
Sun	8:00am-2:00pm

YMCA Gymnastics Center

Mon-Fri 8:30am-8:30pm
For weekend hours and programs please call the YMCA Gymnastics Center at 203-857-1139.

FINANCIAL ASSISTANCE

The Westport Weston Family YMCA does not turn away anyone due to the inability to pay. Financial Assistance Applications are available at the Family YMCA's Welcome Center, online at westporty.org, or may be requested via fax, mail or email.

STAY CONNECTED WITH OUR APP & EMAIL!

Family YMCA app: Download our app for schedule and facility info, and to check-in at the Welcome Center.

Member email: Log onto westporty.org, click on the Y News tab, click Y-e-newsletter sign up, click Subscribe and choose which email subjects you'd like to receive.

FAMILY YMCA GIFT CARDS

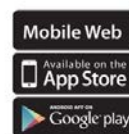
Give the gift of a healthy lifestyle to friends and family with a Membership Gift Card! Gift Cards can be purchased at the Family YMCA's Welcome Center for any membership type, in any denomination or for any Family YMCA fee-based program.

Download our free mobile app for iPhones and Androids.

Be sure to opt-in for push notifications to get the latest facility updates including inclement weather news.

You can check in and register for programs using your phone as well as check schedules with ease.

If you already have the app, please be sure to update it.



Water Rat Swimming

MISSION STATEMENT

The Westport Weston Family YMCA Water Rat Swim Team embraces a team philosophy that commits to develop the highest level of competitive excellence for every swimmer, while simultaneously encouraging spirit, honesty, team pride, personal commitment and individual growth.

WATER RAT SWIM TEAM COACHING STAFF

Ellen Johnston

Head Coach/Director of Competitive Swimming
30+ years with the Water Rats
2015 National YMCA Coach of the Year
Two-time CT Swimming Senior Coach of the Year
15-time Nominated - CT Swimming Senior Coach of the Year

Scott VanKuilenburg

Head Age Group Coach/Asst. Director of Competitive Swimming
In his 3rd season with the Water Rats

Kristen Finnegan

Associate Age Group Coach and Assistant Senior Coach
In her 6th season with the Water Rats

Frisk Driscoll

Assistant Senior Coach
In his 8th season with the Water Rats

Caitlyn Hracs

Assistant Age Group Coach
In her 4th season with the Water Rats

Rob Urban

Assistant Age Group Coach
In his 3rd season with the Water Rats

Omar Cruz

Assistant Senior Coach
In his 2nd season with the Water Rats

Marta Taddeo

Assistant Age Group Coach
In her 6th season with the Water Rats

Erin Ritz

Assistant Age Group Coach
In her 2nd season with the Water Rats

2017-2018 TRYOUTS

Tryouts will be held on the following dates:

8 & UNDER

Wednesday, August 23

9-12 YEARS OLD

Thursday, August 24

CONTACT

Coach Scott: svankuilenburg@westporty.org
Coach Ellen: ejohnston@westporty.org

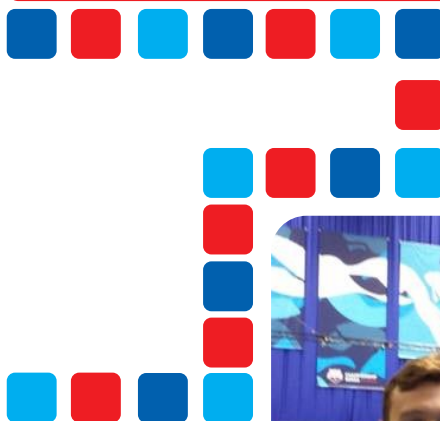
ABOUT US

The Westport Weston Family YMCA Water Rat Swim Team is a year-round, nationally recognized swim program. Water Rat swimmers compete in both YMCA and USA Swimming competitions that are held locally, regionally and nationally.

Our swimmers have qualified and been champions in Connecticut in both the age group and senior level competitions. Additionally, the Water Rats have excelled and had champions at Sectional Championships, the Zone All-Star Meet, YMCA National Championships, USA Swimming Junior Nationals, USA Swimming Senior Nationals, US Open & USA Olympic Trials.

The Water Rat Coaching Staff is well regarded throughout the swimming community. More importantly, the staff has a love and is enthusiastic for the sport of swimming and encourages the same for our swimmers.

**WATER RATS HAVE BEEN
SWIMMING FAST SINCE 1949**



AQUATICS

LIFEGUARD CERTIFICATION

The American Red Cross program includes First Aid and CPR-Professional Rescuer certification.

New Certification

Member Fee: \$400/session
Non-member Fee: \$425/session

Re-certification

Member Fee: \$230/session
Non-member Fee: \$260/session

Certification and Re-Certification Classes will be offered on the following dates (all classes 9:00am-5:00pm):

Course Offerings (Online Coursework Required)

September 16 & 17 September 30 & October 1
October 14 & 15 October 28 & 29

NEW! LIFEGUARD INSTRUCTOR TRAINER CERTIFICATION

American Red Cross program designed to train individuals to become certified Lifeguard Instructors to train and Recertify American Red Cross Lifeguards in the pool and waterfront aquatic environments. Program is a combination of various aquatic and non-aquatic safety education courses.

Certification

Member Fee: \$500/session
Non-member Fee: \$525/session

Course Offerings

September 29 & 30 9:00am-5:00pm

ADULT INSTRUCTIONAL SWIM LESSONS

Everyone in a coastal community should be confident and safe in the water. Instructional swimming is perfect for adults to learn to swim, but it also helps build confidence in new parents who are uneasy in and around the water.

Saturday 9:15-10:00am
Member Fee: \$190

PERSONAL TRAINING IN THE POOL

Hop in the pool with a certified aquatic trainer for individual instruction. Your trainer will write a program to help you reach your personal goals on schedule. For an appointment, please contact Patty Kondub at nortonpk@aol.com.



MASTERS SWIMMING

Masters swimming is a formal way of saying "adult swimming." Swimmers must be 18 in order to join USMS. All abilities are encouraged to join. The Westport Weston YMCA team competes in both YMCA and US Masters competitions.

Mon, Wed & Fri 5:35-6:35am
Tuesday & Thursday 7:30-10:00pm
Saturday 7:00-9:00am

AQUATIC FITNESS SCHEDULE

Monday

6:45-7:45am - Aqua Fitness
8:15-9:15am - Deep Water Workout
9:00-9:45am - Arthritis Aquatic Program
9:15-10:15am - Swim Fitness
6:30-7:30pm - Aqua Fitness

Tuesday

6:45-7:45am - Aqua Fitness
9:00-10:00am - Aqua Fitness
9:00-10:00am - Swim Fitness
10:15-11:00am - V.I.P. Class
11:00-12:00pm - Senior Aqua Fitness

Wednesday

6:45-7:45am - Aqua Fitness
8:15-9:15am - Aqua Fitness
9:15-10:15am - Swim Fitness
9:00-9:45am - Arthritis
6:30-7:30pm - Aqua Fitness

Thursday

6:45-7:45am - Aqua Fitness
9:00-10:00am - Aqua Fitness
9:00-10:00am - Swim Fitness
10:15-11:00am - V.I.P. Class
11:00-12:00pm - Senior Aqua Fitness

Friday

6:45-7:45am - Aqua Zumba
8:15-9:15am - Aqua Zumba
9:00-9:45am - Arthritis Aquatics
9:15-10:15am - Swim Fitness
6:30-7:30pm - Deep Water Workout

Sunday

9:15-10:15am - Aqua Fitness

AQUATIC FITNESS PROGRAMS

Aquatic Fitness

Run, bicycle, cross country ski, step, row & weight train against the water's resistance. This is a high-intensity, low impact, fat burning, cardiovascular, muscle strengthening, non-swimming workout.

Aqua Zumba

Join the Zumba "pool party." Aqua Zumba integrates the Zumba formula & philosophy with aqua fitness & resistance disciplines, creating a safe, challenging, dynamic water-based workout that's cardio-conditioning, body toning & exhilarating.

V.I.P. Class (Pre/Post Natal Water Exercise)

Designed for pre/post-natal women, as well as those with various conditions such as MS, diabetes, Parkinson's Disease or those recovering from a stroke.

Arthritis Aquatic Program

Taught by Ruth Sherman in the warm pool, this class consists of specially designed exercises that help improve joint flexibility and relieve pain and stiffness.

Swim Fitness

Aquatic fitness with a focus on interval swimming, kicking, pulling and distance swimming. This is an instructor-led program for intermediate and advanced swimmers.

GOLDFISH (S.N.A.P)

Special Needs Aquatic Program for children ages 3-12 created exclusively for children with physical and developmental disabilities. Class will meet once a week for thirty minutes, and small class ratios will ensure that each class is designed specifically to meet the needs of each child. Caregiver in-water participation is required.

Member Fee: \$200/8 Weeks Monday 5:00-5:30pm

SWIM LESSONS

PARENT/CHILD SWIM LESSONS 6-36 MONTHS

Each lesson combines aquatic skills with a fun atmosphere to help children and parents learn to be safe and confident in an aquatics environment. **Member Fee:** \$165/8 weeks

Water Exploration

Age: 6-18 months
 Fri 9:00-9:30am
 Sat 9:00-9:30am
 Sun 10:30-11:00am

Water Discovery

Age: 19-36 months
 Mon 10:00-10:30am
 Fri 9:30-10:00am
 Sat 9:30-10:00am
 Sun 10:00-10:30am

GROUP SWIM LESSON MAKE-UP DATES

Please see the chart below for dates that group swim lessons will not run, the reason they won't run, and the scheduled make-up date.

If lessons are cancelled due to weather they will be made up the next Friday:

Day	Date	Reason	Make-Up Date
Mon	9/4	Labor Day	Fri 9/8
Thu	9/21	Rosh Hashanah	Fri 9/29
Sat*	9/30	Yom Kippur	Fri 10/6

*Classes will run on 9/30, but a make-up will be offered on 10/6 for anyone that cannot attend class on 9/30.

PRE-SCHOOL SWIM LESSONS - 3-5 YEARS

Swimmers are taught skills to reinforce safe water habits, underwater exploration, how to swim to safety, and exit in the event of falling into a body of water. **Member Fee:** \$165/8 weeks

Level 1:

Water Acclimation

Mon 9:30-10:00am
 2:00-2:30pm
 4:30-5:00pm
 Tue 2:00-2:30pm
 3:30-4:00pm
 Wed 9:30-10:00am
 1:30-2:00pm
 4:30-5:00pm
 Thu 1:30-2:00pm
 2:00-2:30pm
 Fri 10:00-10:30am
 Sat 9:30-10:00am
 10:00-10:30am
 11:00-11:30am
 Sun 9:00-9:30am
 10:00-10:30am

Level 2:

Water Movement

Mon 10:30-11:00am
 2:00-2:30pm
 3:15-3:45pm
 4:00-4:30pm
 4:15-4:45pm
 Tue 1:30-2:00pm
 2:00-2:30pm
 4:00-4:30pm
 Wed 10:00-10:30am
 2:00-2:30pm
 3:00-3:30pm
 4:00-4:30pm
 Thu 2:00-2:30pm
 4:00-4:30pm
 4:30-5:00pm
 Fri 10:30-11:00am
 Sat 9:00-9:30am
 9:30-10:00am
 10:30-11:00am
 11:00-11:30am
 Sun 10:00-10:30am
 10:30-11:00am

Level 3:

Water Stamina

Mon 1:30-2:00pm
 2:30-3:00pm
 4:00-4:30pm
 5:00-5:30pm
 Tue 2:45-3:15pm
 5:00-5:30pm
 Wed 2:30-3:00pm
 3:30-4:00pm
 4:00-4:30pm
 4:30-5:00pm
 Thu 2:30-3:00pm
 3:00-3:30pm
 4:00-4:30pm
 Sat 9:30-10:00am
 10:00-10:30am
 10:30-11:00am
 Sun 10:30-11:00am
 11:00-11:30am

Level 4:

Stroke Introduction

Tue 4:00-4:30pm
 Wed 4:00-4:30pm
 Thu 1:30-2:00pm
 4:00-4:30pm
 Sat 9:45-10:15am
 10:45-11:15am
 Sun 11:30-12:00pm

LESSON PLACEMENTS

If you have any questions about what level is right for your child, please contact Jeff Bonaccorso, Aquatics Director:

P: 203-226-8981

E: jbonaccorso@westportny.org

YOUTH SWIM LESSONS - AGES 6-12 YEARS

Having mastered the fundamentals, students learn advanced water safety skills and stroke technique, developing skills that prevent chronic disease and foster a lifetime of physical activity. **Member Fee:** \$185/8 weeks

Level 3:

Water Stamina

Mon 4:45-5:30pm
 Tue 4:30-5:15pm
 Thu 4:45-5:30
 Sat 11:30-12:15pm
 Sun 9:00-9:45am

Level 4:

Stroke Introduction

Mon 4:00-4:45pm
 4:45-5:30pm
 Tues 4:45-5:30pm
 Wed 4:00-4:45pm
 4:45-5:30pm
 Thu 4:00-4:45pm
 4:45-5:30pm
 Sat 8:30-9:15am
 10:45-11:30am
 Sun 10:30-11:15am

Level 5:

Stroke Development

Mon 4:45-5:30pm
 Wed 4:45-5:30pm
 5:30-6:15pm
 Thu 4:45-5:30pm
 Sat 9:15-10:00am
 11:30-12:15pm
 Sun 11:15-12:00pm

Level 6:

Stroke Mechanics

Tue 4:45-5:30pm
 Wed 4:45-5:30pm
 Sat 10:00-10:45am
 Sun 9:15-10:00am

Stroke and Turn

Mon 5:30-6:15pm
 Wed 5:30-6:15pm
 Sat 10:00-10:45am

SWIM LESSONS

PRIVATE SWIM LESSONS

PRIVATE LESSONS

MIN	PACKAGE	MEMBER/NON*
30	Single Lesson	\$45/\$55
45	Single Lesson	\$65/\$75
60	Single Lesson	\$85/\$95
30	10 Pack	\$400/\$500
45	10 Pack	\$600/\$700
60	10 Pack	\$800/\$900

*Fee is per child per lesson.

SEMI-PRIVATE LESSONS

TIME	PACKAGE	MEMBER/NON*
30	Single Lesson	\$35/\$45
45	Single Lesson	\$60/\$70
60	Single Lesson	\$70/\$90
30	10 Pack	\$300/\$400
45	10 Pack	\$550/\$650
60	10 Pack	\$750/\$850



SWIMMING FUNDAMENTALS

Work on stroke technique, turns, dives, extensive lifesaving skills. This program meets twice a week for 11 weeks. Participants must have surpassed the Minnow level. **Member Fee: \$500**

September 5–November 16

Tue & Thu 5:30–6:15pm

SPECIAL NEEDS SWIM TEAM

Athletes may join at any time between September 2017 and March 2018 (pending available spaces), but must submit medical paperwork before participation. Please email Jay Jaronko at jjaronko@westporty.org for details.

All new swimmers will start at the Beginner level and may move to the Experienced level at the coaches' discretion.

Age: 8–21 years old

Times: Beginners Sun 3:30–4:15 pm

Experienced Sun 4:15–5:30 pm

Fee: There is no fee for this program.



Swim practice starts Sunday, September 17

SHOWTIME

Showtime is a nationally recognized gold medal award-winning exhibition gymnastic team. Tryouts are in June. To be part of this program, one must move up through the Family YMCA gymnastic classes. Any exceptions must be approved by Sally Silverstein after a tryout. These teams perform across the state. For tryout information contact Sally Silverstein. There are no refund or credits for any reason including medical.

Saturdays: September–February

Pre-Team: 10:30am–12:30pm

Advanced: 8:00–10:30am

Fee: \$885/ season (Membership Required)



GYMNASTICS

YOUTH GYMNASTICS

Participants work on floor, balance beam, bars and vault, grouped according to ability. Gymnasts must wear leotards.

Toddler Adventure Gym

Ages 6 mos-6 yrs

Open play. Children must participate with parent or caregiver.

Monday-Friday 9:00-11:00am

Member/Non-member: \$10 drop-in

Creative/Beginner

Introduction to tumbling, gymnastics skills and creative movement. Child must be age listed during the session. Parents do not stay.

Age 3-4 Mon 1:00-2:00pm

Age 3-4 Mon 2:00-3:00pm

Age 3-4 Wed 1:00-2:00pm

Age 3-4 Wed 2:00-3:00pm

Age 3-4 Thu 1:00-2:00pm

Age 3-4 Thu 2:00-3:00pm

Age 3-5 Fri 2:00-3:00pm

Age 4-6 Fri 3:00-4:00pm

Member Fee: \$340

Combo Beginner and Advanced Beginner (Ages 5 & up)

Levels are separated by ability.

Mon 4:00-5:00pm

Mon 5:00-6:00pm

Tue 4:00-5:00pm

Tue 5:00-6:00pm

Fri 4:00-5:00pm

Member Fee: \$340

Boys Gymnastics

Beginner ages 5-11

Fri 4:00-5:00pm

Member Fee: \$340

Boys Ninja Warrior Beginner Gymnastics (Ages 6-12)

Mix some beginner gymnastics with some fun jumping, climbing and swinging drills and stunts.

Saturday 1:00-2:00pm

Member Fee: \$340

Gymnastic Privates (Ages 6 +)

Please contact Sally Silverstein for more information and to schedule a private lesson.

Fee: \$80/hour

Future Stars

Invitation-only class. For talented beginner students who desire to continue at a more challenging level.

Tuesday 4:00-5:00pm

Member Fee: \$355

TNT Hot Shots

By invitation only.

Mon & Wed 4:00-6:00pm

Member Fee: \$695

Intermediate

Thu 4:00-6:00pm

Member Fee: \$435

Advanced

Wed 4:00-6:00pm

Member Fee: \$435

Teen Tumbling Grades 6 & up

Wed 6:30-8:30pm

Member Fee: \$435

Pre-Competitive Team

By invitation only.

Tue & Thu 3:30-5:45pm

Member Fee: \$770

Competitive Team

Westport Weston Family YMCA competes in Regional and National level YMCA & USAG meets.

Season: September-June

Level III & IV \$3,981

Level V \$4,269

Level VI, VII, VIII \$4,359

High School Gymnastics (Grades 9-12 only)

Staples HS Gymnastic Coach Kelsey Martin will get you into shape for the HS season.

September 23-November 18

Thursday 7:15-9:15pm

Saturday 1:00-3:00pm

Fee: \$370

No membership required

FALL SESSION INFORMATION

Session Dates:

September 5-December 15

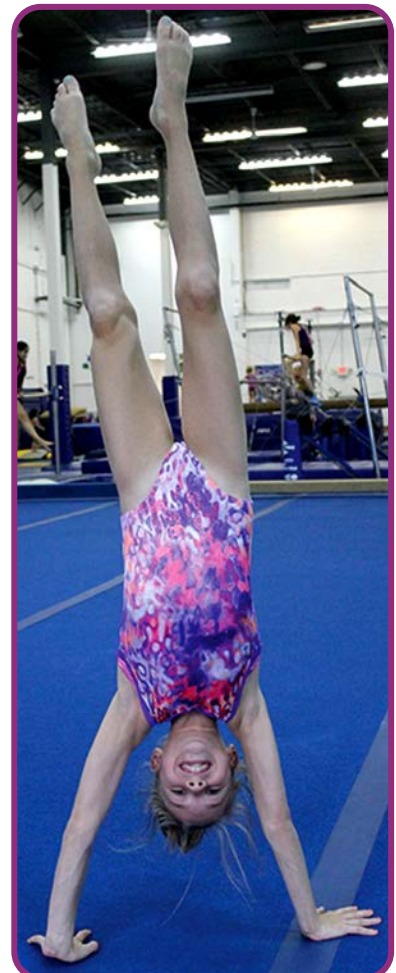
No classes:

September 21

November 23-26

All gymnastic classes are held at the YMCA Gymnastic Center, located at 145 Main Street, Norwalk, CT 06851.

For questions about classes or placement, please contact Director Sally Silverstein at 203-857-1139 or ssilverstein@westportymca.org.



GYMNASTIC FAMILY FUN!

FAMILY EVENTS AT THE YMCA GYMNASTIC CENTER

All Gymnastic clinics, family activities and events on this page are held at the YMCA Gymnastic Center 145 Main Street in Norwalk. The Gymnastic Center is a nut-free facility. There are no refunds or credits for clinics or family events.

Family Y Halloween Spooktacular

Calling all ghosts and goblins! Join the fun, wear a costume, parents stay! Family friendly activities for children up to age 10. Pay at the door!

Date: Friday, October 27
Time: 6:00-7:30pm
Fee: \$10/child - \$5 additional child same family

Election Day Camp (ages 5 and Up)

2 1/2 hours of gymnastics plus some games and a craft. Please bring a snack and a drink. No Nuts Please.

Date: Tuesday, November 7
Time: 12:00-4:00pm
Fee: \$50/child - membership not required



NEW! September 21 Gymnastic Camp

Gymnastics, games, a craft and free swim! Bring a snack, drink, lunch, suit and towel. For ages 5 & up.

Date: Thursday, September 21
Time: 8:45am- 4:00pm
Fee: \$65/child - membership not required

Pizza with Santa

Celebrate the holiday the Family YMCA way! Cookie decorating, craft, pizza, drink and lots of free play in the gym! Bring your wish lists and sit on Santa's lap. Pay at the door! Parents must stay.

Date: Friday, December 15
Time: 6:00-7:30pm
Fee: \$10/child - \$5 additional child same family

Gymnastic Center Parties

One hour of activities for ages 2-7 and a half-hour for your refreshments. Contact Sally Silverstein to book your party. Weekend parties only.

Member Fee: \$240
Non Member: \$295

Limit 15 children. \$10 for each additional child.

Parents Night Out at the Gymnastic Center

Drop off the kids! Lots of gymnastics for any level, pizza and Hotel Transylvania movie. For ages 6 and up.

Date: Friday, October 13
Time: 5:30-9:00pm
Members: \$25/child - \$15 each additional sibling
Non-members: \$35/child - \$15 each additional sibling

SUNDAY MORNING SKILLS CLINICS

For gymnasts who wish to enhance their performance, practice a specific skill or just enjoy more time in the gym! Although most gymnasts will not master these specific skills in one clinic, they will leave with more confidence, a better understanding of the skill and an awareness of proper technique. **Membership not required for skills clinics.**

Bar and Beam Clinic (Ages 5 and Up)

One on one with coaches spotting and shaping to help each child perfect their skills. All levels welcome.

Date: Sunday, November 12
Time: 11:30am-1:00pm
Fee: \$45/day

Tuck Clinic

1 1/2 hours working on standing back tucks and front tucks, round off back handspring tucks, drills and stations. Intermediate students and above only.

Date: Sunday, October 22, November 12
Time: 1:00-2:30pm
Fee: \$45/day

Cartwheel Clinic (Ages 4 & up)

Learn your cartwheel or just clean them up. Stations and drills.

Date: Sunday, September 24, October 29
Time: 10:30am-12:00pm
Fee: \$45/day

Back Handspring Clinic

Work one on one, stations, circuit of drills and progression skills. Must have a clean round off and standing back bend kick over.

Date: Sunday, September 24, October 29
Time: 9:00-10:30am
Fee: \$45/day

DANCE CENTER

DANCE CENTER DATES

8 Week Classes: September 5-October 29

No classes: September 21 Rosh Hashanah
 October 31 Halloween
 November 22-24 Thanksgiving Recess
 December 18-January 1 Holiday Recess

Important Dates: October 16-19 Bring A Friend Week!
 December 11-14 Parent Visitation Week



DANCE CENTER FEES

8 Week Classes **Member** **Non-member**

45 & 60 min classes \$185 \$235

Fall 2017 **Member** **Non-member**

45 & 60 min classes \$333 \$485

1.5 hour classes \$500 \$650

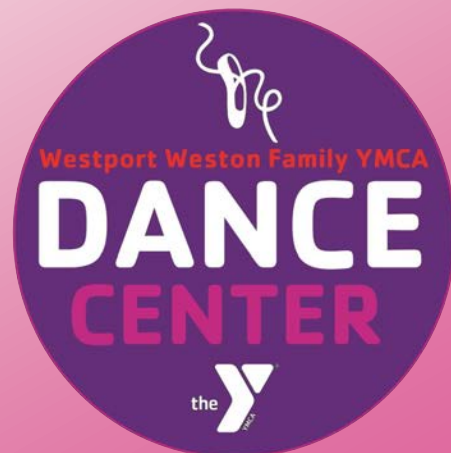


A DANCE CENTER FOR EVERYONE

An important part of the YMCA mission is that we strive to ensure access for all. This core belief extends from our youngest instructional classes through our Competition Team. All dancers with heart, dedication, an interest in learning a variety of exciting dances, and a desire to have fun as a part of a team are welcome to our family. We are most successful when new dancers join our family and develop over the course of the program year. Please visit our website for class descriptions: westporty.org/dance.

A SCHEDULE THAT WORKS

Our dance program schedule is designed so that our dancers have the flexibility to participate in a number of activities. Many dance companies have scheduling requirements that force young children to commit only to dance. At the Y, we believe that children should be exposed to a variety of activities and learn many skills. We are happy to offer a dance schedule that allows children the opportunity to express themselves through dance and also gives them the freedom to try other things!



DANCE CENTER

DANCE CENTER FALL SCHEDULE 2017**

QUESTIONS? Lillian Cenatiempo, Dance Center Director: lcenatiempo@westportny.org

Monday	Tuesday	Wednesday	Thursday
Petite Company Tap 4-5pm Studio B	3yr. Pre Tap/Ballet 2-3pm Studio A	Special Needs Movement 2:30-3:15pm Studio A	Adult Ballet 1-2pm Studio A
Teen Company Hip Hop 4-4:45pm Studio A	Tutus & Tiaras 2-3pm Studio B	Creative Movement 3:15-4pm Studio A	Mini Divas 2-3pm Studio B
Teen Company Tap 4:45-5:30pm Studio A	Open Teen Contemporary 3-4pm Studio B	Mini Company Tap 4-5pm Studio B	Twinkle Tots 2-3pm Studio A
Petite Company Hip Hop 5-6pm Studio B	4yr. Pre Tap/Ballet 3:15-4:15pm Studio A	Mini Company Hip Hop 5-6pm Studio B	Bitty Breakn' 3:15-4pm Studio B
Junior Company Tap 5:30-6:30pm Studio A	Mini/Petite Ballet 4:15-5:15pm Studio A	Hippy Hoppin' Shake 4:30-5:15pm Studio A	Kinder Company 4:15-5:45pm Studio B
Junior Company Hip Hop 6:30-7:15pm Studio B	Junior/Teen Company Lyrical 4-5pm Studio B	5/6 yr. Tap/Ballet 5:15pm-6:15pm Studio A	Jazz Funk 4pm-5pm Studio A
Open Hip Hop 7:15-8pm Studio B	Mini/Petite Company Lyrical 5:15-6:15pm Studio B	Junior/Teen Ballet 6:15-7:15pm Studio B	Tap I & II 5-5:45 pm Studio A
	Ballet Technique 5:15-6:15pm Studio A	Pointe 7:15-8pm Studio B	

**PLEASE NOTE: All Dance Center class days and times are subject to change.

NEW! TINY TUTUS **

Saturday 11:45am-12:30pm

Dance and movement form the foundations for so many developmental skills and milestones. Dance classes encourage a child's ability to follow instructions, learn in a group setting, and explore their own abilities with dance and movement. With a curriculum that develops self-confidence and independence at all levels, children are not only learning the beginnings of a valued art form but also training for the life ahead of them.

DANCE CENTER COMPANY AUDITIONS

Join us from August 7-11 for Company Intensive Week! At the end of the week your child will have the opportunity to audition for a place in our Company program this school year!

Company Intensive Week Schedule (August 7-11)

Teen & Junior Company 1:00-2:30pm Studio A/B
Kinder, Mini & Petite Company 2:30-4:00pm Studio A/B

Membership

No membership required

Fee

\$220 per session

To Register

Online: www.westportny.org

By phone: 203-226-8981

In person: Welcome Desk at the YMCA

SPORTS & RECREATION

FALL is approaching which means the basketball season is near! We offer travel basketball preparation clinics for Grades 3-12. The YMCA has hired the coaches of Premier Hoops Development to coach basketball clinics for those planning to participate in the basketball season. Don't miss out on a chance to better prepare yourself for the start of your season.



PREMIER HOOPS DEVELOPMENT BASKETBALL TRAINING

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Skill School	3-4 Grade	\$150	\$200	Tue	4:00-5:00pm	Full Court
Skill School	5-6 Grade	\$150	\$200	wed	4:00-5:00pm	Full Court
Travel Academy	5-6 Grade	\$225	\$250	Tue	5:30-7:00pm	Full Court
Travel Academy	5-6 Grade	\$225	\$250	Thu	5:30-7:00pm	Full Court
Travel Academy	7-8 Grade	\$195	\$225	Mon	5:30-7:00pm	Full Court
Travel Academy	7-8 Grade	\$225	\$250	Wed	5:30-7:00pm	Full Court
Shooting Clinic	3-5 Grade	\$150	\$200	Fri	4:00-5:00pm	Full Court
Shooting Clinic	6-8 Grade	\$150	\$200	Fri	5:00-6:00pm	Full Court
High School Prep Clinic	9-12 Grade	\$225	\$250	Sat	11:00-12:30pm	Full Court

The YMCA has partnered with Marcy's Tennis Academy to offer tennis classes to youth in Grades K-6. Marcy's Tennis Academy introduces tennis to children using games and exercises that build confidence.

Players must have their own personal racket to participate. Junior HEAD tennis rackets available for pre-purchase through MTA for \$35 each. To purchase a racket, please call MTA at 203-521-2663.



MARCY'S TENNIS ACADEMY

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Tennis Academy	K-3 Grade	\$190	\$290	Mon	4:00-5:00pm	Camp Mahackeno
Tennis Academy	k-3 Grade	\$220	\$320	Sat	10:00-11:00pm	Camp Mahackeno
Tennis Academy	4-6 Grade	\$220	\$320	Thu	4:00-5:00pm	Camp Mahackeno
Tennis Academy	4-6 Grade	\$220	\$320	Sat	11:00-12:00pm	Camp Mahackeno

Candlewood Fencing is the premier fencing academy in Connecticut. For almost 30 years, Candlewood Fencing Center has been dedicated to promoting the sport of fencing at both the competitive and recreational levels.



FENCING

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Beginner Fencing	6-9 years	\$140	\$175	Fri	4:00-5:00pm	Studio B
Beginner Fencing	10-17 years	\$140	\$175	Fri	5:00-6:00pm	Studio B
Intermediate Fencing	10+ years	\$140	\$175	Fri	6:00-7:00pm	Studio B
Adult Fencing	18+ years	\$140	\$175	Fri	7:00-8:00pm	Studio B
Intermediate Fencing	10+ years	\$170	\$200	Sun	3:00-4:30pm	Studio B

SPORTS AND RECREATION PROGRAMS FALL 2017

YMCA STAFF LEAD YOUTH SPORTS

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Elementary Rec Basketball	9-11 years	\$80	\$135	Mon	5:00-6:00pm	Camp Mahackeno
High School Pick up Basketball	13-17 years	\$125	\$175	Sun	2:00-3:30pm	Full Court
Middle School Pick up Basketball	11-13 years	\$125	\$175	Tue	5:00-6:30pm	Camp Mahackeno
Middle School Pick up Basketball	11-13 years	\$125	\$175	Sat	12:30-2:00pm	Full Court
Parent & Me Basketball	3-4 years	\$80	\$135	Mon	3:00-4:00pm	North Court
Parent & Me Basketball	3-4 years	\$90	\$135	Sat	9:00-10:00am	North Court
Parent & Me Soccer	3-4 years	\$90	\$135	Sat	10:00-11:00am	Camp Mahackeno
Pint Size Basketball (Games)	5-7 years	\$80	\$135	Mon	4:00-5:00pm	North Court
Pint Size Basketball Skill & Drill	5-7 years	\$90	\$135	Sat	10:00-11:00am	North Court
Soccer Academy	5-7 years	\$90	\$135	Thu	4:00-5:00pm	Camp Mahackeno
Soccer Academy	5-7 years	\$90	\$135	Sat	9:00-10:00am	Camp Mahackeno
Floor Hockey	5-11 years	\$90	\$125	Thu	4:00-5:00pm	North Court
Karate	5-10 years	\$115	\$140	Thu	5:00-6:00pm	Studio C
Pee Wee Track & Field NEW!	5-7 years	\$90	\$135	Tue	4:00-5:00pm	Camp Mahackeno
Family Gym	3-9 years	\$10/day	\$20/day	Sun	9:30-11:00am	Full Court

ADULT SPORTS

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Recreation Badminton	Age 18+	Free	\$10/day	Sun	11:30am-1:30pm	North Court
Recreation Volleyball	Age 16+	Free	\$10/day	Tue	8:00-10:00pm	North Court
Recreation Volleyball	Age 16+	Free	\$10/day	Thu	7:00-10:00pm	North Court

SPECIAL NEEDS

SPECIAL OLYMPICS BASKETBALL TEAM

To participate in the Fall Games, athletes must register by September 30, 2016. All athletes must submit medical paperwork before participation. Please email Jay Jaronko at jjaronko@westportny.org prior to registering.

Ages: 8-21 years old

Times: Sat TBD

Fee: There is no fee for this program.

Unified Partners needed! We are looking for youth, ages 12-21, to help our Special Olympic Athletes succeed!

Basketball practice starts Saturday, September 16

MUSICWORKS

MusicWorks develops creativity and expression through music. Participants explore hearing and playing different instruments, create music as a group and enjoy the thrill of becoming song-writers and composers!

Mon 4:00-5:00 pm

Fee: \$80/8 weeks

Goldfish S.N.A.P

Special needs swimming lessons. See page 3.

In-Shape

Special needs fitness program. See page 12.

SPECIAL NEEDS SWIM TEAM

Athletes may join at any time between September 2017 and March 2018 (pending available spaces), but must submit medical paperwork before participation. Please email Jay Jaronko at jjaronko@westportny.org for details.

All new swimmers will start at the Beginner level and may move to the Experienced level at the coaches' discretion.

Age: 8-21 years old

Times: Beginners Sun 3:30-4:15 pm

Experienced Sun 4:15-5:30 pm

Fee: There is no fee for this program.

Swim practice starts Sunday, September 17

THEATERWORKS

TheaterWorks integrates music, art, movement into a fun theater experience. A familiar story, song and/or nursery rhyme is chosen each week, and through singing, creating scenes, props and/or costumes, participants will develop communication and social skills, self-confidence and emotional expression. At the end of the program there will be a performance for family and friends.

Mon 4:00-5:00 pm

Fee: \$80/8 weeks

WELLNESS

Wellness Center Youth/Teen Policy

Teens ages 14+ are permitted to use the Wellness Center, but are strongly encouraged to complete an Equipment Orientation. Youth ages 10-13 are not permitted in the Wellness Center until they have completed a Fit Family Orientation. Direct supervision from parent/guardian is required.

Wellness Center Equipment Orientation

A YMCA Wellness Coach will teach proper technique and operation of the selectorized strength and cardio equipment. Call 203-226-8981 x103 to set up your complimentary appointment.

FitSTART

This complimentary 6-week program is structured to systematically get you to your wellness goals! You'll meet once a week with a YMCA Wellness Coach to help you lose weight, build muscle, eat healthier and feel better. Each appointment provides a new set of nutritional, exercise and stress-management guidelines to follow to help you improve your wellness!

Fit Family Program

Youth ages 10-13 must complete 1 to 2 orientations, depending on age. Ages 10-11 will receive a cardio orientation only, and ages 12-13 will be instructed on our weight circuit and cardio. Parents are encouraged to attend this orientation.

YOUTH TRAINING

Small-group training designed for middle schoolers, led by Certified Personal Trainers in the Wellness Center.

Youth Fitness Training

For the budding athlete or any kid looking for a fun activity to kick-start lifelong, healthy habits. Students engage in a variety of cardio, strength and flexibility exercises in an easy to understand format.

Wednesday 4:00-5:00pm
Fee: \$169 members \$229 non-members

Sports Strength & Conditioning

Specially-designed for young athletes. Program focuses on foundational movement patterns that are often lost in formal athletics, keeping students excelling in sports and staying injury-free! One-day options available upon request.

Tuesday & Friday 4:00-5:00pm
Fee: \$339 members \$399 non-members

In Shape (For Youth with Special Needs)

This limited-sized, gentle-paced class provides a fun, safe and healthy exercise program for children with special needs.

Thursday 4:00-5:00pm
Fee: \$169 members \$229 non-members

RUNNING CLUB

The YMCA Running Club will train you to compete in your first (or next) road race up to 5 miles. Programs are designed by Certified Running Coaches.

Mon & Thu 6:00-7:00pm
Members: \$75
Non-members: \$99

YOUTH GROUP FITNESS

Group Fitness classes designed for youth of all abilities, ages 6-14, led by Certified Group Fitness Instructors in Studio C.

Cardio Kids

A challenging and fun full-body workout utilizing bodyweight and basic exercise equipment.

Thursday 4:00-5:00pm
Fee: \$169 members \$229 non-members

Yoga for Kids

Basic yoga poses to improve flexibility, posture, and concentration for kids of all abilities.

Wednesday 4:00-5:00pm
Fee: \$169 members \$229 non-members

Zumba Kids

Kid-friendly Zumba routines based on original Zumba choreography. Games, activities, and lots of movement!

Monday 4:15-5:15pm
Fee: \$169 members \$229 non-members

Family Yoga

Movement and games included for families to learn the asanas (exercise positions) and breath work. Free to members.

Sunday 1:00-2:00pm

PICKLEBALL

No experience or equipment required.

We have the pickleballs, paddles and nets ready for you. Our players and staff are available and eager to teach new players the finer points of the game.

Pickleball

Tue 9:00-10:20am YMCA Gymnasium South Court
Fri 9:00-11:00am YMCA Gymnasium North Court

HEALTHY LIVING

CHRONIC DISEASE PREVENTION & MANAGEMENT

WHAT IS A CHRONIC DISEASE?

A chronic disease is a medical condition that lasts for a long time. Some common examples of chronic diseases are cancer, diabetes, and heart disease.

WHO ARE THESE PROGRAMS FOR?

Our Chronic Disease Prevention & Management Programs serve a variety of people. Some are specifically for people with a diagnosis from a doctor, while others are designed to help healthy people stay healthy. In the program descriptions, the symbol ‡ indicates that the program requires a diagnosis.

HOW CAN I GET STARTED?

Please contact Shelly Goldman, Healthy Living Program Director at 203-226-8981 or sgoldman@westport.org

PROGRAM: **DESIGNED FOR:** Diabetes Prevention Pre-Diabetics ‡

Pre-diabetes is a potentially reversible condition that often leads to diabetes, and 79 million people in the United States are estimated to have it.

The YMCA's Diabetes Prevention Program gets to the root of the diabetes epidemic by helping high risk individuals make lifestyle changes. The program focuses on healthy eating, increased physical activity, and maintaining a healthy weight.

Beginning this June we are offering a 12-month, group-based program consisting of 16 weekly classes, followed by monthly and bi-monthly maintenance classes led by a trained lifestyle coach.

PROGRAM: **DESIGNED FOR:** Phase-3 Cardiac Rehab Cardiac Recovery ‡

This program is for patients recovering from a recent cardiac event or those living with Hypertension. This program includes a 3 month complimentary membership with a referral from St.Vincent's Hospital.

PROGRAM: **DESIGNED FOR:** REGENERATE Cancer Survivors ‡

REGENERATE is for cancer survivors that have been cleared by their doctor for exercise. Participants learn exercise, nutrition, and lifestyle techniques designed to reduce the negative effects of cancer and cancer treatments.

Participants receive a complimentary 12-week YMCA membership in addition to an 8-week, small-group wellness program.

Please Note: a direct referral from your physician is required to participate.

PROGRAM: **DESIGNED FOR:** A Matter of Balance Fall Prevention

Many older adults are concerned about falling and restrict their activities accordingly. A MATTER OF BALANCE is designed to manage falls and increase activity levels.

During this 8 week program you will:

- Learn to view falls as controllable.
- Set goals for increased activity.
- Make changes to reduce fall risks at home.
- Learn exercises to increase strength and balance.

We are now accepting registrations for fall 2017.

PROGRAM: **DESIGNED FOR:** Blood Pressure Self-Monitor People with Hypertension & Pre-Hypertension ‡

Heart disease is the number 1 killer of Americans. This 4-month evidence-based program is designed to help adults with hypertension better manage their blood pressure.

One of our Healthy Heart Ambassadors will meet with program registrants each week to take blood pressure and teach lifestyle modifications to address hypertension.

PERSONAL TRAINING

SEMI PRIVATE / SMALL-GROUP TRAINING

Small-group/semi-private training with a Certified Personal Trainer at a fraction of the cost! Flexible payment options are available upon request.

All prices listed are per person per 1 hour session.

SEMI-PRIVATE TRAINING	2 persons	\$50
	3 persons	\$40
SMALL-GROUP TRAINING	4-6 persons	\$28-\$35

PERSONAL TRAINING

Working with a Certified Personal Trainer allows you to receive personalized workouts for your body, your goals, on your schedule.

1 HOUR	30 MINUTES
\$80 - 1 Session	\$50 - 1 Session
\$700 - 10 Pack	\$400 - 10 Pack

ONE-ON-ONE FITNESS

Private instruction from a Certified Group Fitness Instructor on Core BARRE, Yoga, Pilates, Essentrics or class of your choice.

1 HOUR	30 MINUTES
\$80 - 1 Session	\$50 - 1 Session
\$700 - 10 Pack	\$400 - 10 Pack

YMCA AFTER SCHOOL

YMCA AFTER SCHOOL PROGRAM

The YMCA After School program is for children in grades K-5 who attend Westport Public Schools. YMCA buses transport our participants to the YMCA Bedford Center. Once they are at the YMCA, children enjoy a healthy snack, homework or quiet games, time in our gym or swimming pool and other fun activities supervised by our staff. The After School Program follows the school calendar and runs on normal school days. On most early dismissal days, the After School Program will start at the early dismissal time and run until our normal dismissal time of 6:00pm. The After School Program has several schedule options to accommodate your family's schedule. You can choose between 2, 3, 4 or 5 days a week, but we ask that your child consistently attends the same days each week.

GOALS OF THE PROGRAM

To help kids socialize by:

- Providing opportunities for children to play together as a group, pairs or as individuals.
- Providing forums of discussion on values and beliefs, problem solving, cultural awareness and individualism.
- Working as a group, expressing and sharing ideas to communicate and demonstrate respect for others.
- Providing qualified leadership that demonstrates a positive attitude, patience, acceptance and caring for others.
- Providing opportunities for leadership and responsibility.

To teach a healthy lifestyle by:

- Providing opportunities for group, team and individual physical activity.
- Offering nutritious snacks daily.
- Encouraging proper personal hygiene and cleanliness.

To encourage growth by:

- Providing a safe environment with caring, consistent staff that place high value on integrity.
- Encouraging individuals to try new things.
- Promoting the mission of the YMCA by incorporating values of Caring, Honesty, Respect and Responsibility.
- Strengthening relationships with their families through family events and communication between parents and child.
- Building upon each child's strengths and needs while respecting their individuality.

2017-18 MONTHLY PROGRAM RATES

	2 Days	3 Days	4 Days	5 Days
Member	\$390	\$480	\$555	\$615
Non-member	\$420	\$510	\$590	\$650

VACATION DAYS

Vacation days are for children in grades K-5 and take place from 7:30am-6:00pm on most days when Westport Schools are not in session. Children will participate in swimming, gym games, go on a field trip, watch a movie and other fun activities. Pre-registration is required for Vacation Days due to limited space.

Date	Holiday	Fees
September 21	Rosh Hashanah	Member Fee: \$95
October 13	Staff Development Day	Non-member Fee: \$115
November 8	Election Day	
November 24	Black Friday	

BECAUSE WE'RE AT THE Y...

In 2016, the Afterschool Program moved from Saugatuck Elementary School to the YMCA. Here are some of the great benefits of being at the Y Afterschool:

We get to play at YMCA Camp Mahackeno!

During the warm months, kids will enjoy playing outdoors on the fields, courts and playscape of the best camp in town!

We get TWO days of swimming!

Two days a week, kids have the opportunity to participate in free swim in the Warm Pool indoors!

It's easy to join other YMCA classes!

Since your child is already at the Y, we'll make it easy to get them to Dance lessons, Karate, Basketball, and Swimming!

If your child is registered for another YMCA Youth Program, our staff will make sure that they are ready and that they arrive to their class or practice in time!



YOUTH & TEEN

Youth and Teen Nights

Activities include sports, free-swim including the aquatic climbing wall, bingo, table games, board games and much more! On these nights, kids grades 4-5 and 6-8 will have the Y all to themselves! Pre-registration is recommended.

Saturdays 7:30-9:30pm

Teen Nights: Grades 6-8 Youth Nights: Grades 4-5

Member: \$15 Non-member: \$20

NEW! Combo Night

Combo nights are for kids grades 4-8. Grades 4-5 may swim from 7:30-8:30. Grades 6-8 may swim from 8:30-9:30. Combo nights will feature inflatables as an activity.



SAVE THE DATES!

YOUTH NIGHT

Grades 4-5
9/9

TEEN NIGHT

Grades 6-8
10/14

COMBO NIGHTS

Grades 4-8
9/16 & 10/21

BIRTHDAY PARTIES

PARTY OPTIONS

Pool Birthday Parties (Ages 3 and up)

All parties are scheduled for 2 hour blocks on Saturdays and Sundays between 1:00-5:00pm. Parties are limited to 15 swimmers with a maximum of 20 guests. All children 5 years and younger must have an adult with them.

Member: \$250 Non-member: \$300

Sports/Karate Parties (Ages 5 and up)

Offered on Saturday and Sunday afternoons. Activities will keep your party moving and having fun. Parties have a limit of 15 children with a fee of \$10 for each additional child.

Member: \$240 Non-member: \$290

Yoga/Zumba Parties

Two hours celebrating your happy event. First hour includes a private Group Fitness class of your choice and second hour is in our party room.

Member: \$240 Non-member: \$290

Arts & Crafts Parties (Ages 5 and up)

Offered on Saturday and Sunday afternoons. Families will have a choice of craft projects to do. Parties have a limit of 15 children with a fee of \$10 for each additional child.

Member: \$280 Non-member: \$330

BOOKING & PLANNING

- STEP 1:** Plan ahead - Parties need to be booked at least 3 weeks in advance, but we suggest calling 2 months in advance.
- STEP 2:** Contact Sam Kenny, Youth & Teen Coordinator
Phone: 203-226-8981 ext. 117
Email: skenny@westparty.org
- STEP 3:** Sign & return the contract provided
Please note: A deposit of \$75 is required when you book your party. **The remaining balance is due the day of the party.**
- STEP 4:** Party time! The Party Room will be ready for your arrival 30 minutes before your party starts. The room will be available for you to set up at that point.

DO YOU HAVE AN IDEA FOR A PARTY THAT WE DON'T CURRENTLY OFFER? WE'D LOVE TO HEAR YOUR IDEAS!

Sam Kenny
203-226-8981

Youth & Teen Coordinator
skenny@westparty.org

Westport Weston Family YMCA 2nd Annual Community Impact Golf Tournament – Monday, October 9



Silvermine Golf Club
95 North Seir Hill Rd, Norwalk
Featuring 18 & 9 Hole Tournament
Options This Year!

THE MOST IMPORTANT ROUND YOU WILL PLAY THIS YEAR!

Enjoy a round of golf while supporting the Westport Weston Family YMCA's Annual Campaign. Participation raises funds for the Financial Assistance Program ensuring those in need have the opportunity to be members and participate in the Y's excellent programs.

Sponsorship options, including Title Sponsor, are still available. Please contact Brian Marazzi at bmarazzi@westportymca.org for more information.

18 Hole Scramble

- ◇ **10:00am:** Check-In and Brunch
- ◇ **11:00am:** Shotgun Start - 4 Person Scramble
- ◇ Dinner and Awards to follow

Hole-In-One Prize Information!

- ◇ Hole 6: \$15,000 Cash Prize
- ◇ Hole 12: Roundtrip Domestic Airfare for 2
- ◇ Hole 14: Set of Callaway Irons
- ◇ Hole 18: Sharp LCD Flat Screen TV

Putting Contest

- ◇ \$2,500 Cash Prize (Qualifier Putt Required)
- ◇ Men's and Women's Driving and Closest to the Pin Contests!

Fees: Before September 1

- ◇ \$225 per player
- ◇ \$900 per foursome

Fees: After September 1

- ◇ \$250 per player
- ◇ \$1,000 per foursome

9 & Wine Scramble –NEW!

- ◇ **12:30pm:** Check-In and Lunch
- ◇ **1:30pm:** Shotgun Start—4 Person Scramble
- ◇ Dinner and Awards to follow
- ◇ Event features 9 holes of golf on the Silvermine Executive Course with special activities and wine tasting at various holes.

Hole-In-One Prizes Information!

- ◇ Hole 9: \$5,000 Cash Prize

Putting Contest

- ◇ \$2,500 Cash Prize (Qualifier Putt Required)

Fees: Before September 1

- ◇ \$125 per player
- ◇ \$500 per foursome

Fees: After September 1

- ◇ \$150 per player
- ◇ \$600 per foursome

Tournament Sponsors

Morgan Stanley
PRIVATE WEALTH MANAGEMENT

SLAM

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ARE YOU READY?

SAVE THE DATE – Sunday, October 22



ABOUT THE RACE

On Sunday, October 22, we will host the 3rd Annual youth obstacle course run at YMCA Camp Mahackeno Outdoor Center. The course will be roughly one mile, and participants will encounter age-appropriate physical obstacles along the way. Participation is for kids in Grades K-8, but the day is meant for the entire family to spend one last day at YMCA Camp Mahackeno before winter comes.

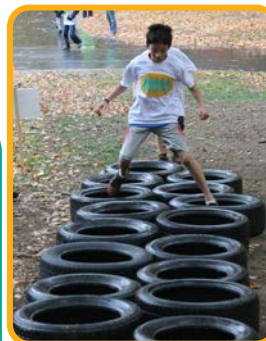
REGISTRATION INFORMATION

Registration opens on 9/5. Limited space is available and we will not be able to over-enroll. You can register online at www.westparty.org, over the phone at 203-226-8981, or in-person at the YMCA's Welcome Center.

Date: Sunday, October 22
Location: YMCA Camp Mahackeno
14 Allen Raymond Lane
Westport, CT 06880

TEAM REGISTRATION

We ask that children register and arrive in teams of 2 to 4 people. If you'd like to be placed on a team, contact Meg George at mgeorge@westparty.org.



BETTER TOGETHER

Our obstacles are designed to challenge participants, but they are all age-appropriate.

Additionally, they are designed for kids to accomplish together. Not only will your child rely on his/her team to complete the course, they will likely need help from others to complete the race. Moreover, they will be expected to help other teams when they are in need of it.

WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane

Westport, CT 06880

203-226-8981

www.westportymca.org

GET TO KNOW US

Come together and find where you belong in a diverse community that supports and embraces healthy living and active lifestyles. Whether you're taking your first step on the treadmill or training for a marathon, The Y is more than you expect.

CHECK IT OUT

If you are not currently a Y member in our community, you are invited to try the YMCA for one month at a special rate. Additionally, if you choose to opt into an automatic renewal upon signing up for your trial membership, the joiner fee will be waived completely following the trial expiration! Here's how it works in three easy steps:

STEP 1: Visit us at 14 Allen Raymond Lane in Westport at any time from September 6 to October 6 and activate your trial membership by filling out the Trial Application.

STEP 2: Pay the month-long trial rate as listed below.

STEP 3: Start leading a new healthy lifestyle for yourself or the entire family!

TRIAL TYPE:

RATE:

High School	\$15
Senior	\$30
Adult	\$40
Senior Couple	\$50
Family	\$60

If you have questions about this offer or what the YMCA can do for you and your family, please contact:

BRIAN MARAZZI
MEMBERSHIP ENGAGEMENT DIRECTOR
PHONE: 203-226-8981 x104
EMAIL: BMARAZZI@WESTPORTYMCA.ORG