TOGETHER WE CAN DO AMAZING THINGS

2018 Spring 2 Program Brochure

Family Member Registration Begins Saturday, April 7
Open Registration Begins Monday, April 9
Spring 2 Programs Begin Monday, April 23

Bedford Family Center
14 Allen Raymond Lane
Westport, CT 06880
203-226-8981
www.westportymca.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.

MEMBERSHIP & PROGRAM STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pat Riemersma</td>
<td>CEO</td>
</tr>
<tr>
<td>Brian Marazzi</td>
<td>Member Engagement</td>
</tr>
<tr>
<td>Jay Jaronko</td>
<td>Sr. Program Director</td>
</tr>
<tr>
<td>Jeffrey Bonaccurso</td>
<td>Aquatics</td>
</tr>
<tr>
<td>Lillian Cenatiempo</td>
<td>Dance Center</td>
</tr>
<tr>
<td>Meaghan George</td>
<td>Camp &amp; Family Services</td>
</tr>
<tr>
<td>Shelly Goldman</td>
<td>Interim H&amp;W Director</td>
</tr>
<tr>
<td>Larry Hamilton, Jr.</td>
<td>Sports &amp; Recreation</td>
</tr>
<tr>
<td>Ellen Johnston</td>
<td>Water Rat Swim Team</td>
</tr>
<tr>
<td>Sam Kenny</td>
<td>Youth &amp; Teen Coordinator</td>
</tr>
<tr>
<td>Sally Silverstein</td>
<td>Gymnastics Center</td>
</tr>
<tr>
<td>Scott VanKuilenburg</td>
<td>Water Rat Swim Team</td>
</tr>
</tbody>
</table>

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>1</td>
</tr>
<tr>
<td>YMCA Camp Mahackeno</td>
<td>2</td>
</tr>
<tr>
<td>YMCA Camp Hafaday</td>
<td>3</td>
</tr>
<tr>
<td>Swim Lessons</td>
<td>4-5</td>
</tr>
<tr>
<td>Youth Sports</td>
<td>6-7</td>
</tr>
<tr>
<td>Dance Center</td>
<td>8</td>
</tr>
<tr>
<td>Gymnastics Programs</td>
<td>9-11</td>
</tr>
<tr>
<td>Parties and Fun Nights</td>
<td>12</td>
</tr>
<tr>
<td>After School &amp; Vacation Days</td>
<td>14</td>
</tr>
<tr>
<td>Special Olympics Programs</td>
<td>14</td>
</tr>
<tr>
<td>Race 4 Chase</td>
<td>15</td>
</tr>
<tr>
<td>Personal Training &amp; Youth Wellness</td>
<td>16</td>
</tr>
<tr>
<td>Healthy Living &amp; Senior Programs</td>
<td>17</td>
</tr>
<tr>
<td>Swim Team</td>
<td>18-19</td>
</tr>
<tr>
<td>Special Events &amp; Outdoor Pool Hours</td>
<td>20-21</td>
</tr>
</tbody>
</table>

SPRING 2 CALENDAR

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL 7</td>
<td>SPRING 2 SESSION FAMILY REGISTRATION BEGINS</td>
</tr>
<tr>
<td>APRIL 9</td>
<td>SPRING 2 SESSION OPEN REGISTRATION BEGINS</td>
</tr>
<tr>
<td>APRIL 7-13</td>
<td>APRIL RECESS - NO SESSION-BASED YOUTH PROGRAMS</td>
</tr>
<tr>
<td>APRIL 16-20</td>
<td>YMCA VACATION DAY PROGRAMS &amp; YMCA CAMP HAFADAY RUNNING</td>
</tr>
<tr>
<td>APRIL 21</td>
<td>5 DAYS OF ACTION</td>
</tr>
<tr>
<td></td>
<td>WESTPORT MAKER FAIRE AT JESSUP GREEN</td>
</tr>
<tr>
<td>APRIL 22</td>
<td>SPRING 1 SESSION ENDS</td>
</tr>
<tr>
<td>APRIL 23</td>
<td>SPRING 2 SESSION BEGINS</td>
</tr>
<tr>
<td>MAY 28</td>
<td>MEMORIAL DAY - FAMILY YMCA OPEN 8:00 AM-12:00 PM</td>
</tr>
<tr>
<td></td>
<td>OUTDOOR POOL OPENS FOR SEASON - 12:00-4:00 PM</td>
</tr>
<tr>
<td></td>
<td>MEMORIAL DAY PARADE – DOWNTOWN WESTPORT</td>
</tr>
<tr>
<td>JUNE 2</td>
<td>SUMMER SESSION FAMILY REGISTRATION BEGINS</td>
</tr>
<tr>
<td>JUNE 4</td>
<td>SUMMER SESSION OPEN REGISTRATION BEGINS</td>
</tr>
<tr>
<td>JUNE 7</td>
<td>9 &amp; UNDER SWIM MEET</td>
</tr>
<tr>
<td>JUNE 9</td>
<td>DANCE CENTER RECITAL AT BEDFORD MIDDLE SCHOOL</td>
</tr>
<tr>
<td>JUNE 16</td>
<td>YMCA CAMP MAHACKENO OPEN HOUSE (TOUR WEATHER PERMITTING)</td>
</tr>
<tr>
<td>JUNE 17</td>
<td>SPRING 2 SESSION ENDS</td>
</tr>
<tr>
<td>JUNE 18</td>
<td>YMCA CAMP HAFADAY - SESSION 1 BEGINS</td>
</tr>
<tr>
<td>JUNE 25</td>
<td>YMCA CAMP MAHACKENO - SESSION 1 BEGINS</td>
</tr>
<tr>
<td></td>
<td>GYMNASTICS, DANCE &amp; SPORTS CAMPS BEGIN</td>
</tr>
<tr>
<td></td>
<td>SUMMER PROGRAM SESSION BEGINS</td>
</tr>
</tbody>
</table>

*REGISTRATION FOR ALL SUMMER CAMPS IS CURRENTLY OPEN
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.

<table>
<thead>
<tr>
<th>Type</th>
<th>Age Range</th>
<th>Join Fee</th>
<th>Monthly Fee</th>
<th>Annual Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Grade</td>
<td>8th Grade</td>
<td>N/A</td>
<td>$15</td>
<td>N/A</td>
</tr>
<tr>
<td>Youth</td>
<td>0-13</td>
<td>$25</td>
<td>N/A</td>
<td>$250</td>
</tr>
<tr>
<td>High School</td>
<td>14-17</td>
<td>$25</td>
<td>$49</td>
<td>$588</td>
</tr>
<tr>
<td>Adult</td>
<td>18-64</td>
<td>$75</td>
<td>$83</td>
<td>$996</td>
</tr>
<tr>
<td>Senior</td>
<td>65+</td>
<td>$25</td>
<td>$59</td>
<td>$708</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>65+</td>
<td>$50</td>
<td>$93</td>
<td>$1116</td>
</tr>
<tr>
<td>Family 1 Adult Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$111</td>
<td>$1332</td>
</tr>
<tr>
<td>Family 2 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$133</td>
<td>$1596</td>
</tr>
<tr>
<td>Family 3 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$153</td>
<td>$1836</td>
</tr>
<tr>
<td>Family 4 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$175</td>
<td>$2100</td>
</tr>
</tbody>
</table>

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.

SUMMER COLLEGE MEMBERSHIP SPECIAL
The Family YMCA offers a special membership rate for college students during the summer. To register, please provide a current College ID and complete Summer College Membership Application at Member Services.

When: May 1, 2018—August 31, 2018
Rate: $50 per month

STAY CONNECTED WITH OUR APP & EMAIL!

Family YMCA app: Download our app powered by Netpulse for schedule and facility info, and to check-in at the Welcome Center. Be sure to opt-in for push notifications.

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.

FOLLOW US ON SOCIAL MEDIA
YMCA CAMP MAHACKENO
FOR GRADES K-10
June 25–August 24
Monday–Friday 9:00 am–4:00 pm
Pre & Post Care Available (see below)

DATES & PRICES
Session 1 June 25–July 6*
Grades K-5 Member $670 Non Member $695
Grades 6-7 Member $710 Non Member $735
Session 2 July 9–July 20
Grades K-5 Member $745 Non Member $775
Grades 6-7 Member $790 Non Member $815
Session 3 July 23–August 3
Grades K-5 Member $745 Non Member $775
Grades 6-7 Member $790 Non Member $815
Session 4 August 6–August 17
Grades K-5 Member $745 Non Member $775
Grades 6-7 Member $790 Non Member $815
Special Events August 20–August 24
Grades K-5 Member $425 Non Member $450
Grades 6-7 Member $425 Non Member $450

SPECIAL CARES
For campers in grades 1–5 who need a 1 on 1 counselor.
Session 1 June 25–July 6
Member $670 Non Member $695
Session 2 July 9–July 20
Session 3 July 23–August 3
Session 4 August 6–August 17
Member $745 Non Member $775

EXTENDED CARE
Pre Care Post Care
Session 1 $90 $135
Sessions 2,3,4 $100 $150
Special Events Week $50 $75
Pre Care Hours 7:30–9:00 am
Post Care Hours 3:30 pm–6:00 pm

LIT/CIT PROGRAM
A leadership development program for campers entering grades 8–10.
Session 1 Member $540 Non Member $560
Session 2,3,4 Member $600 Non Member $625
Special Events Week Member $300 Non Member $315

CAMP OPEN HOUSE
INFO SESSION & TOUR
SATURDAY, APRIL 21 – 1:00–3:00PM
SATURDAY, JUNE 16 – 1:00–3:00PM

Our Open House allows families to ask questions about the programs, tour the site and to register for the summer. We invite families who are already registered or families who are planning to register. If weather permits, there will be tours of the camp grounds.

Please note, some sessions may be full prior to this open house. You are always welcome to walk through the camp grounds prior to the camp season or viewing photos on the camp page of our website at westporty.org.
YMCA CAMP HAFADAY
FOR AGES 4–8
June 18–August 24
Monday–Friday 8:30 am–12:30 pm
Full Day Option Available

DESCRIPTION
Our campers enjoy swim lessons, arts & crafts, free-swim and gym games. With a focus of developing swim skills and water safety, YMCA Camp Hafaday meets the parents’ goals of having their children learn to swim and our campers’ goals of having a summer morning full of fun. YMCA Camp Hafaday primarily runs inside the YMCA’s Bedford Family Center with some outdoor recreation as time and weather permit.

HAFADAY DATES & PRICES

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Member Price</th>
<th>Non Member Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>June 18–June 22</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>2</td>
<td>June 25–June 29</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>3</td>
<td>July 2–July 6*</td>
<td>$224</td>
<td>$256</td>
</tr>
<tr>
<td>4</td>
<td>July 9–July 13</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>5</td>
<td>July 16–July 20</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>6</td>
<td>July 23–July 27</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>7</td>
<td>July 30–August 3</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>8</td>
<td>August 6–August 10</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>9</td>
<td>August 13–August 17</td>
<td>$280</td>
<td>$320</td>
</tr>
<tr>
<td>10</td>
<td>August 20–August 24</td>
<td>$280</td>
<td>$320</td>
</tr>
</tbody>
</table>
# Aquatics

## Spring 2 Session Info

**Session Dates:**
Monday, April 23 – Sunday, June 17

**No Classes:**
Monday May 28

**Make-up Classes:**
Please see the chart below for dates that group swim lessons will not run and the scheduled make-up date.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Reason</th>
<th>Make-Up Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>May 28</td>
<td>Memorial Day</td>
<td>Friday, June 1</td>
</tr>
</tbody>
</table>

## Parent/Child Swim Lessons

**Water Exploration (6–18 months, $165/8 weeks)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>9:00-9:30am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00-9:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>10:30-11:00am</td>
</tr>
</tbody>
</table>

**Water Discovery (19–36 months, $165/8 weeks)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>Fri</td>
<td>9:30-10:00am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:30-10:00am</td>
</tr>
<tr>
<td>Sun</td>
<td>10:00-10:30am</td>
</tr>
</tbody>
</table>

## Pre-School Swim Lessons (Ages: 3–5 years, $165/8 weeks)

**Level 1: Water Acclimation**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>9:00-9:30am, 2:00-2:30pm, 4:30-5:00pm</td>
</tr>
<tr>
<td>Tue</td>
<td>9:00-9:30am, 2:00-2:30pm, 3:30-4:00pm</td>
</tr>
<tr>
<td>Wed</td>
<td>9:30-10:00am, 1:30-2:00pm, 4:30-5:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>1:30-2:00pm, 2:00-2:30pm</td>
</tr>
<tr>
<td>Fri</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:30-10:00am, 10:00-10:30am, 11:00-11:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00-9:30am, 10:00-10:30am</td>
</tr>
</tbody>
</table>

**Level 2: Water Movement**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10:30-11:00am, 2:00-2:30pm, 3:15-3:45pm, 4:00-4:30pm, 4:15-4:45pm</td>
</tr>
<tr>
<td>Tue</td>
<td>9:30-10:00am, 1:30-2:00pm, 2:00-2:30pm, 4:00-4:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>10:00-10:30am, 2:00-2:30pm, 3:00-3:30pm, 4:00-4:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>2:00-2:30pm, 4:00-4:30pm, 4:30-5:00pm</td>
</tr>
<tr>
<td>Fri</td>
<td>10:30-11:00am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00-9:30am, 9:30-10:00am, 10:30-11:00am, 11:00-11:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>10:00-10:30am, 10:30-11:00am</td>
</tr>
</tbody>
</table>

**Level 3: Water Stamina**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>1:30-2:00pm, 2:30-3:00pm, 4:00-4:30pm, 5:00-5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>2:45-3:15pm, 5:00-5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>2:30-3:00pm, 3:30-4:00pm, 4:00-4:30pm, 4:30-5:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>2:30-3:00pm, 3:00-3:30pm, 4:00-4:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:30-10:00am, 10:00-10:30am, 10:30-11:00am</td>
</tr>
<tr>
<td>Sun</td>
<td>10:30-11:00am, 11:00-11:30am</td>
</tr>
</tbody>
</table>

**Level 4: Stroke Introduction**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>4:00-4:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>4:00-4:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>1:30-2:00pm, 4:00-4:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>10:00-10:30am, 10:45-11:15am</td>
</tr>
<tr>
<td>Sun</td>
<td>11:30-12:00pm</td>
</tr>
</tbody>
</table>

---

**Lesson Placements**

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

Phone: 203-226-8981 x121
Email: jbonaccorso@westporty.org
SCHOOL AGE SWIM LESSONS (Ages: 6–12 years, $185/8 weeks)
Level 3: Water Stamina
Day Times
Mon 4:45–5:30pm
Tue 4:30–5:15pm
Thu 4:45–5:30pm
Sat 11:30–12:15pm
Sun 9:00–9:45am

Level 4: Stroke Introduction
Day Times
Mon 4:00–4:45pm 4:45–5:30pm
Tue 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
Sun 10:30–11:15am

Level 5: Stroke Introduction
Day Times
Mon 4:45–5:30pm
Wed 4:45–5:30pm 5:30–6:15pm
Thu 4:45–5:30pm
Sat 9:15–10:00am

Level 6: Stroke Mechanics
Day Times
Tue 4:45–5:30pm
Wed 4:45–5:30pm
Sat 10:00–10:45am

Stroke and Turn
Day Times
Mon 5:30–6:15pm
Wed 5:30–6:15pm

Swimming Fundamentals
Work on stroke technique, turns, dives, extensive lifesaving skills.
This program meets twice a week. Participants must have surpassed the Minnow level.
March 27 - June 14
Tue & Thu 5:30–6:15pm
Member Fee: $500

PRIVATE & SEMI-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

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

*Fee is per child per lesson.

Lifeguard Certification
The American Red Cross program includes First Aid and CPR–Professional Rescuer certification. Ages 15 & up.

New Certification
Member Fee: $425/session
Non-member Fee: $475/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)
May 12 & 13 May 19 & 20
June 2 & 3 June 23 & 24

Waterfront Lifeguard Certification
Teaches lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds. Ages 15 & up.

Certification
Member Fee: $150
Non-member Fee: $200

Course Offerings:
May 14 6:00–9:00pm May 21 6:00–9:00pm
June 4 6:00–9:00pm June 25 6:00–9:00pm

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 Programs
Aquatic Fitness
Run, bicycle, step, and row against the water’s resistance. This is a high intensity, low impact, fat burning, cardiovascular workout.

Aqua Zumba
Aqua Zumba integrates Zumba with aqua fitness, creating a safe, challenging, dynamic workout that’s exhilarating.

V.I.P. Class (Pre/Post Natal Water Exercise)
Aqua Fitness for pre/post-natal women, as well as those with MS, diabetes, Parkinson’s Disease or recovering from a stroke.

Arthritis Aquatic Program
Taught in the warm pool, this class consists of special exercises that help improve joint flexibility and relieve pain and stiffness.

Swim Fitness
Interval swimming, kicking, pulling and distance swimming. This is an instructor-led program for intermediate and advanced swimmers.

Full schedules are located online and at the Front Desk.
**SPRING 2 SESSION INFO**

**Spring 2 - SESSION DATES:** Monday, April 23 - Sunday, June 17

**NO CLASSES ON:**
- Monday, May 28

Class fees have been adjusted to recognize these holidays.

**CONTACT:** Larry Hamilton, Sports & Rec Director - lhamilton@westporty.org - 203-226-8981 x126

---

**INTERMEDIATE BASKETBALL GAMES**

This program will be a 4 vs 4 basketball league played inside the YMCA gym. Players will have a 1 hour game during the time slot. Teams will play 1 game per day/week. Number of team/games will be determined by the size of registration. YMCA will conduct evaluations.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Rec League</td>
<td>5/6 Grade</td>
<td>$60</td>
<td>$75</td>
<td>Thu</td>
<td>TBA</td>
<td>Full Court</td>
</tr>
<tr>
<td>Spring Rec League</td>
<td>7/8 Grade</td>
<td>$60</td>
<td>$75</td>
<td>Wed</td>
<td>TBA</td>
<td>Full Court</td>
</tr>
</tbody>
</table>

**FUNDAMENTALS BASKETBALL**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-member</th>
<th>After School Student*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent &amp; Me Basketball</td>
<td>3-4 years</td>
<td>Sat</td>
<td>9-10am</td>
<td>North Court</td>
<td>$90</td>
<td>$135</td>
<td>N/A</td>
</tr>
<tr>
<td>Pint Size Basketball Games</td>
<td>5-7 years</td>
<td>Mon</td>
<td>4-5pm</td>
<td>North Court</td>
<td>$90</td>
<td>$135</td>
<td>$60</td>
</tr>
<tr>
<td>Elementary School Rec</td>
<td>3-4 Grade</td>
<td>Tue</td>
<td>4-5pm</td>
<td>South Court</td>
<td>$90</td>
<td>$135</td>
<td>$60</td>
</tr>
<tr>
<td>Pint Size Basketball Skill &amp; Drill</td>
<td>5-7 years</td>
<td>Sat</td>
<td>10-11am</td>
<td>Full Court</td>
<td>$90</td>
<td>$135</td>
<td>N/A</td>
</tr>
<tr>
<td>Shooting Clinic**</td>
<td>3-8 Grade</td>
<td>Fri</td>
<td>4-5pm</td>
<td>North Court</td>
<td>$30**</td>
<td>$40**</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Students registered in our YMCA After School program will receive discounted prices for weekday Sports & Rec programs.

**FUNDAMENTALS SOCCER**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-member</th>
<th>After School Student*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer Academy</td>
<td>5-7 years</td>
<td>Tue</td>
<td>4-5pm</td>
<td>North Court</td>
<td>$90</td>
<td>$135</td>
<td>$60</td>
</tr>
<tr>
<td>Soccer Academy</td>
<td>5-7 years</td>
<td>Sat</td>
<td>9-10am</td>
<td>South Court</td>
<td>$70</td>
<td>$115</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Students registered in our YMCA After School program will receive discounted prices for weekday Sports & Rec programs.

**YOUTH SPORTS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-member</th>
<th>After School Student*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track and Field**</td>
<td>Ages 5-10</td>
<td>Wed</td>
<td>4-5pm</td>
<td>Mahackeno</td>
<td>$90</td>
<td>135</td>
<td>$60</td>
</tr>
<tr>
<td>Team Handball</td>
<td>Ages 7-10</td>
<td>Thu</td>
<td>4-5pm</td>
<td>North Gym</td>
<td>$90</td>
<td>135</td>
<td>$60</td>
</tr>
<tr>
<td>Tee Ball**</td>
<td>Ages 4-7</td>
<td>Thu</td>
<td>4-5pm</td>
<td>Mahackeno</td>
<td>$90</td>
<td>135</td>
<td>$60</td>
</tr>
<tr>
<td>Karate Kids</td>
<td>Ages 5-10</td>
<td>Thu</td>
<td>5-6pm</td>
<td>Studio C</td>
<td>$115</td>
<td>N/A</td>
<td>$75</td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>Ages 5-7</td>
<td>Sat</td>
<td>11-12pm</td>
<td>South Court</td>
<td>$90</td>
<td>135</td>
<td>N/A</td>
</tr>
<tr>
<td>Family Gym</td>
<td>Age 3-10</td>
<td>Sun</td>
<td>9:30-11am</td>
<td>Full Court</td>
<td>$10/child</td>
<td>20/child</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Students registered in our YMCA After School program will receive discounted prices for weekday Sports & Rec programs.

**Track and Field & Tee Ball are outdoor classes. If we have cancel due to inclement weather the class will not be made up.
**YMCA PERSONAL BASKETBALL TRAINING**

The Westport Weston Family YMCA is offering private and semiprivate basketball sessions for players in grades 3-12. Drills will be done according to players’ abilities and will increase as players’ skills become more proficient. Training sessions with a qualified YMCA basketball trainer will take place during open gym times upon availability.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 on 1 Private Training</td>
<td>3-12 Grade</td>
<td>$60</td>
<td>$75</td>
<td>TBA</td>
<td>TBA</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>1 on 1 10 pack</td>
<td>3-12 Grade</td>
<td>$500</td>
<td>$650</td>
<td>TBA</td>
<td>TBA</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Semi Private Training</td>
<td>3-12 Grade</td>
<td>$40</td>
<td>$55</td>
<td>TBA</td>
<td>TBA</td>
<td>Gymnasium</td>
</tr>
</tbody>
</table>

**MARCY’S TENNIS ACADEMY**

No class on Monday May 28th.

**Monday’s tennis is an outdoor class. If we have cancel due to inclement weather the class will not be made up.**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis Academy</td>
<td>K-3 Grade</td>
<td>$195</td>
<td>$225</td>
<td>Mon</td>
<td>4:00-5:00pm</td>
<td>Mahackeno</td>
</tr>
<tr>
<td>Tennis Academy</td>
<td>K-3 Grade</td>
<td>$225</td>
<td>$255</td>
<td>Sat</td>
<td>11:00-12:00pm</td>
<td>South Court</td>
</tr>
</tbody>
</table>

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.

**FENCING**

No classes on Sunday, May 13 and Sunday, June 17

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Fencing</td>
<td>6-9 years</td>
<td>$140</td>
<td>$170</td>
<td>Fri</td>
<td>4:00-5:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Beginner Fencing</td>
<td>10-17 years</td>
<td>$140</td>
<td>$170</td>
<td>Fri</td>
<td>5:00-6:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Intermediate Fencing</td>
<td>10+ years</td>
<td>$170</td>
<td>$200</td>
<td>Fri</td>
<td>6:00-7:30pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Intermediate Fencing</td>
<td>10+ years</td>
<td>$130</td>
<td>$170</td>
<td>Sun</td>
<td>3:00-4:30pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Intermediate Fencing (2 Day)</td>
<td>10+ years</td>
<td>$230</td>
<td>$270</td>
<td>Fri &amp; Sun</td>
<td>6:00-7:30pm</td>
<td>Studio B</td>
</tr>
</tbody>
</table>

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. Intermediate Fencers can attend both Friday and Sunday classes if they desire more fencing.

**ADULT SPORTS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickleball</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Tue</td>
<td>8:30-10:30am</td>
<td>South Court</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Tue</td>
<td>8:30-11:00am</td>
<td>North Court</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Fri</td>
<td>8:30-11:00am</td>
<td>Full Court</td>
</tr>
<tr>
<td>Recreation Volleyball</td>
<td>Age 16+</td>
<td>Free</td>
<td>$10/day</td>
<td>Tue</td>
<td>8:00-10:00pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Recreation Volleyball</td>
<td>Age 16+</td>
<td>Free</td>
<td>$10/day</td>
<td>Thu</td>
<td>7:00-10:00pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Recreation Badminton</td>
<td>Age 14+</td>
<td>Free</td>
<td>$10/day</td>
<td>Sun</td>
<td>11:30-1:30pm</td>
<td>North Court</td>
</tr>
</tbody>
</table>
SPRING 2 SESSION INFO

SESSION DATES: Monday, April 23 - Sunday, June 17
NO CLASSES: Monday, May 28
IMPORTANT DATES: May 18 - Picture Day - Westport Weston Family YMCA
June 8 - Dance Center Company Dress Rehearsal - Bedford Middle School
June 9 - Dance Center Company Recital - Bedford Middle School

CONTACT: Lillian Cenatiempo, Dance Center Director - lcenatiempo@westporty.org - 203-226-8981 x118

SPRING 2 PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Member Fee</th>
<th>Non-member Fee</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hippy Hoppin’ Shake</td>
<td>3-6 years</td>
<td>$185</td>
<td>$200</td>
<td>Wed</td>
<td>4:15-5:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Bitty Breakin’</td>
<td>2-4 years</td>
<td>$185</td>
<td>$200</td>
<td>Thu</td>
<td>3:15-4:00pm</td>
<td>Studio A</td>
</tr>
</tbody>
</table>

**Hippy Hoppin’ Shake**
Coordination and rhythm are introduced in creative ways. Dancers learn dance skills through entertaining methods.

**Bitty Breakin’**
A high energy class that teaches the basics of rhythm and body awareness through floor work and simple routines.

SUMMER PROGRAMS – Membership NOT REQUIRED

<table>
<thead>
<tr>
<th>Program</th>
<th>Age/Grade</th>
<th>Fee</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>V.I.P* Camp</td>
<td>4-6 years</td>
<td>$220</td>
<td>June 25-29</td>
<td>M-F</td>
<td>12:30-2:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Tutus &amp; Tiaras</td>
<td>3-5 years</td>
<td>$220</td>
<td>July 9-13</td>
<td>M-F</td>
<td>12:30-2:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Contemporary</td>
<td>7-10 years</td>
<td>$220</td>
<td>July 23-27</td>
<td>M-F</td>
<td>12:30-2:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Princess Dance Camp</td>
<td>3-5 years</td>
<td>$220</td>
<td>July 30-August 3</td>
<td>M-F</td>
<td>12:30-2:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Princess Dance Camp</td>
<td>3-5 years</td>
<td>$220</td>
<td>August 13-17</td>
<td>M-F</td>
<td>12:30-2:00pm</td>
<td>Studio A</td>
</tr>
</tbody>
</table>

**V.I.P Camp**
Be a ballerina princess for a few days! Campers will learn basic ballet steps and dance to all their favorites from The Little Mermaid, Sleeping Beauty, Tangled and more! They will decorate wands and crowns and enjoy creating their own “Princess” costumes. Dancers will perform a special dance number for family & friends on June 29.

**Tutus & Tiaras**
This camp will be filled with activities, crafts. Campers will work each day on an item that will create a beautiful costume to perform in at the end of the week. On Friday, there will be an “End of Camp” party with a performance by your dancer to showcase everything they have worked on.

**Contemporary**
Introduction to basic skills and terminology of Modern/Jazz dance that make up the contemporary style. Focus on center, breathing, balance, strength & musicality.

**Princess Dance Camp**
Dancers ages 3 to 5 will have the chance to leap and twirl through the basics of ballet and tap. There’s a new princess to follow each day, who helps the other teachers show these little princesses in pink the elements of ballet and tap warm-ups, taught in a developmentally appropriate way.
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: $280

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: $280

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 and 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

Gymnastic Privates
(Ages 6 & up)
Please contact Sally Silverstein for more information and to schedule a private lesson.
Fee: $85/hour

Boys Gymnastics
Beginner ages 5–11
Fri 4:00–5:00pm
Member Fee: $280

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: $295

TNT Hot Shots
By invitation only.
Mon & Wed 4:00–6:00pm
Member Fee: $695

SESSION INFORMATION

Session Dates
March 26–June 15
No classes
April 9–13, May 28

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

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

Makeup Policy
Gymnastic program participants register for classes on specific dates and times. Unless the YMCA cancels a class, and provides for a makeup, attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participant to attend a different class.
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.

YMCA Gymnastic Center Easter Event
Bring your baskets, Easter egg hunt, face painting, open play, an Easter craft and more! Bunny will be here!
Date: Saturday Mar 24
Time: 9:00am-11:00am
Fee: $5/child - membership not required

Good Friday Gymnastic Camp
Four hours of gymnastics plus some games and a craft.
Please bring a snack and a drink.
Date: Friday March 30
Time: 12:00-4:00pm
Fee: $50/child - membership not required

New! April 9-13 Full Day Gymnastic Camp
Games, crafts, lots of gymnastics and free swim every day! Must sign up for the entire week. Drop off at 145 Main Street Norwalk and pick up at the Westport Y. Bring snack, drink, lunch, suit and towel. No refunds, no credits. Age 5 & up.
Date: Monday-Friday April 9-13
Time: 8:45am-4:00pm
Fee: $260/week

Parents Night Out (ages 5 & up)
Lots of gymnastics, pizza and a movie! Bring a snack and drink.
Date: Friday, June 1
Time: 5:30-9:00pm
Fee: $25/members, $35 non members, $15 siblings

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: $240
Non Member: $295
Limit 15 children. $10 for each additional child.

Gymnastic Privates (ages 6 & up)
Please contact Sally Silverstein for more information and to schedule a private lesson.
Fee: $85/hour

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.

Cartwheel Clinic (ages 4 & up)
Learn your cartwheel or just clean them up. Stations and drills.
Date: Sunday, April 22, May 20
Time: 10:30am-12:00pm
Fee: $45/day

Tuck Clinic
1 ½ hours working on standing back tucks and front tucks, round off back handspring tucks, drills and stations. Intermediate students and above only.
Date: Sunday, June 3
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, April 22, May 20
Time: 9:00-10:30am
Fee: $45/day

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, June 3
Time: 9:00-10:30am
Fee: $45/day
SUMMER GYMNASTICS

We are a nut–free gym. Please send your child with snack and drink every day. All campers must have signed waiver to participate. Membership not required for Camp programs.

Summer Gymnastics Full Day (ages 5 & up)
Games, crafts, lots of gymnastics, fun themes and free swim. YMCA buses take gymnasts and coaches to the Y. Drop off at the Gymnastic center in Norwalk and pick up at the Westport YMCA. No refunds or credits after May 1.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Jul 23–27</td>
</tr>
<tr>
<td>6</td>
<td>Jul 30–Aug 3</td>
</tr>
<tr>
<td>7</td>
<td>Aug 6–Aug 10</td>
</tr>
<tr>
<td>8</td>
<td>Aug 13–Aug 17</td>
</tr>
</tbody>
</table>

Mon–Fri 8:45am–4:15pm
Fee: $285/session

Summer Fantasy Gymnastics and Art (ages 3–6)
Gymnastics, games, art project each day. Bring nut–free snack and drink. Must be toilet trained completely. No refunds or credits after May 1.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>June 25–28</td>
</tr>
<tr>
<td>2</td>
<td>July 2–5</td>
</tr>
<tr>
<td>3</td>
<td>July 9–12</td>
</tr>
<tr>
<td>4</td>
<td>July 16–19</td>
</tr>
</tbody>
</table>

Mon–Thu 9:00am–12:00pm
Fee: $220/session

MAKING MEMORIES THAT LAST A LIFETIME

Summer Gymnastics Half Day Camp (ages 5 & up) INCLUDES FREE SWIM
Gymnastics and games in an air conditioned gym. Family YMCA buses take the campers and coaches to free swim in the pool at our Y in Westport. Gymnasts must be able to swim without flotation device. Drop off at Gymnastic Center in Norwalk and pick up in Westport at the YMCA. Please bring bathing suit and towel, nut–free snack and drink. All gymnasts must have signed waiver to participate. This camp has a full week option and also a daily drop in fee option. No refunds or credits after May 1.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Jul 23–27</td>
</tr>
<tr>
<td>6</td>
<td>Jul 30–Aug 3</td>
</tr>
<tr>
<td>7</td>
<td>Aug 6–Aug 10</td>
</tr>
<tr>
<td>8</td>
<td>Aug 13–Aug 17</td>
</tr>
</tbody>
</table>

Mon–Fri 12:00–4:15pm
Weekly Fee: $225/week
Daily Fee: $55/daily drop-in

SPECIAL EVENTS

Healthy Kids Day Saturday April 21
Family Event Parent Stay! Parents bring your children for open play! Our gymnastic staff will be here for face painting and to organize a fun craft.

Sat 9:00–10:30am
Get 20% off Summer Gymnastic Camp if you register on this day only in the Gymnastic Center 9–10:30am on Healthy Kids Day! Offer ends 4/21/18.

Gymnastic Team Specialty Week
Designed for our incoming Fall 2018 Competition and Pre–Competition Gymnastic team gymnasts.

Mon–Fri 9:00am–1:00pm
Dates: August 20–24
Fee: $325/week
PARTY OPTIONS

Pool Birthday Parties (Ages 3 & Older)
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: $250 Non-member: $300

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: $250 Non-member $300

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 YOUR PARTY

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: Please contact Danette Meigel, Birthday Party Coordinator:
Phone: 203-226-8981 ext. 117
Email: dmeigel@westporty.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 DO NOT CURRENTLY OFFER?
WE’D LOVE TO HEAR YOUR IDEAS!
Danette Meigel Birthday Party Coordinator
203-226-8981 dmeigel@westporty.org
PROTECTING OUR KIDS

WE BELIEVE
The Westport Weston Family YMCA values the safety of our children and the trust that their caregivers have in us.

Our staff and volunteers work hard to create an environment where our youth members and participants can safely learn, grow and play.

The prevention of child abuse is something we continuously work towards.

WE TAKE ACTION
All staff are given background checks prior to working at the YMCA.

We follow the “Rule of 3” to ensure no adult is ever alone with one child.

Every staff member within the YMCA is trained to prevent abuse as well as to recognize, respond and report abuse. Every staff member in the YMCA is a mandated reporter.

Our staff are not allowed to babysit or transport children they meet at the YMCA outside of YMCA program.

DID YOU KNOW...
1 in 10 children will be abused before their 18th birthday.
35% of abuse victims are 11 years old or younger. 20% are under the age of 8.
60% of child abuse victims never tell anyone about their abuse.

RESOURCES FOR PARENTS
It is important that we work as a team to protect our children. Our YMCA is a provider of the Darkness 2 Light, Stewards of Children workshop. This workshop helps to teach parents and care givers about abuse prevention.

PARENT TRAINING OPPORTUNITIES
Learn more about recognizing signs of abuse in others and how YOU can prevent it.

Dates:
Tuesday, April 17 at 6:00pm-8:00pm
Saturday, April 28 at 1:30pm-3:30pm

The YMCA Kids’ Club will remain open for families attending the workshop.

To Register:
Please call the YMCA at (203) 226-8981. For more information, please contact Meaghan George: Director of Camp and Family Services X119 or mgeorge@westporty.org.

5 DAYS OF ACTION
The Y is marking Child Abuse Prevention Month with Five Days of Action, April 16-20, 2018.

Every day this week, there will be a table in the YMCA lobby where parents can learn more about what the Y is doing - and what YOU can do, too - to recognize and prevent child abuse.
YMCA AFTER SCHOOL PROGRAM

The YMCA After School program is for children in grades K-5 who attend Westport Public Schools. Children are picked up from their school by a YMCA bus that brings them to the Y for snack, homework time, swimming or gym time and fun with their friends. Children must be picked up by 6:00pm. Families may select from 2, 3, 4 or 5 days a week and may choose their own, consistent days.

HOW TO REGISTER

Registration packets are available on our website, westporty.org. Pages 9-12 of the registration packet must be submitted with a copy of a physical less than 1 year old. Please contact Meaghan George to confirm registration receipt and start date. Students for the 2017-18 school year must register a week before starting. We ask that 2018-19 registrations be submitted by August 13 to start on the first day of school.

2017-18 MONTHLY PROGRAM RATES

<table>
<thead>
<tr>
<th># days/week</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$390</td>
<td>$480</td>
<td>$555</td>
<td>$615</td>
</tr>
<tr>
<td>Non-member</td>
<td>$420</td>
<td>$510</td>
<td>$590</td>
<td>$650</td>
</tr>
</tbody>
</table>

2018-19 MONTHLY PROGRAM RATES

<table>
<thead>
<tr>
<th># days/week</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$395</td>
<td>$485</td>
<td>$560</td>
<td>$620</td>
</tr>
<tr>
<td>Non-member</td>
<td>$425</td>
<td>$515</td>
<td>$595</td>
<td>$655</td>
</tr>
</tbody>
</table>

FOR MORE INFORMATION

Meaghan George  
Camp & Family Services Director  
203-226-8981 x119  
mgeorge@westporty.org
PROGRAM DESCRIPTION
In memory of Chase Kowalski, this Youth Triathlon Training Program is available free of charge to young athletes in our community. Applications to participate will be available online in April. There are a limited number of spots, so be sure to submit yours early!

Ages: 6-12 years

Dates: Monday-Friday starting June 25
       6 weeks of training

Events: Sunday, July 8
         Great Hollow Lake – Monroe, CT
         Saturday, August 4
         YMCA Camp Sloper – Southington, CT

Contact: Meg George, Director of Camp & Family Services
         mgeorge@westporty.org  203-226-8981 x119

YOUR LOGO HERE!
For information on sponsorship opportunities and levels, please contact Meg George.
HEALTH & WELLNESS

YOUTH WELLNESS PROGRAMS

Program | Age/Grade | Member Fee | Non-member Fee | Day | Time | Location
--- | --- | --- | --- | --- | --- | ---
Youth Fitness Training | Grades 4-5 | $150 | $200 | Thu | 4:00-5:00pm | Wellness
Youth Fitness Training | Grades 6-8 | $150 | $200 | Tue | 4:00-5:00pm | Wellness
Youth Fitness Training | Grades 6-8 | $150 | $200 | Sat | 11:30-12:30pm | Wellness
Yoga For Kids | Grades 4-8 | $150 | $200 | Wed | 4:15-5:15pm | Studio C
Zumba Kids | Grades 4-8 | $150 | $200 | Mon | 4:15-5:15pm | Studio C

**Youth Fitness Training**
Age appropriate small-group training led by Certified Personal Trainers. Students engage in cardio, strength and flexibility exercises.

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

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

PERSONAL WELLNESS

**EQUIPMENT ORIENTATION**

**FitSTART**

**PERSONAL TRAINING**

**1 ON 1 FITNESS**

**SMALL GROUP TRAINING**

**RUNNING CLUB**

**STAFF CERTIFICATION LEVEL**

| Wellness Coach | Wellness Coach | Certified Personal Trainer | Certified Group Fitness Instructor | Certified Personal Trainer | Certified Personal Trainer
--- | --- | --- | --- | --- | ---
Wellness Coach | Wellness Coach | Certified Personal Trainer | Certified Group Fitness Instructor | Certified Personal Trainer | Certified Personal Trainer

**PROGRAM OVERVIEW**

Learn how to correctly use strength and cardio equipment.

Meet once a week with your coach. Each session comes with new exercise, nutritional and stress reduction lessons.

Receive personal workouts and strategies for your body, your goals, on your schedule.

Private instruction for Core BARRE, Yoga, Pilates, Essentrics or a class of your choice.

Experience all the benefits of personal training with your friends at a fraction of the cost.

Running Coach Amy France will help runners build stamina and endurance to race in a 5k after 2 months of training.

**FEE STRUCTURE**

FREE w/Membership

FREE w/Membership

1 HOUR

1 session - $80

10 pack - $700

30 MINUTES

1 session - $50

10 pack - $400

1 HOUR

1 session - $80

10 pack - $700

30 MINUTES

1 session - $50

10 pack - $400

2 person - $50

3 person - $40

4 person - $35

5 person - $32

6 person - $28

All prices are per person, per 1 hour session.

Monday & Thursday

6:30-7:30pm

Member: $79

Non-member: $99

Starts 4/23

**TO REGISTER**

Visit the Wellness Desk or call ahead: 203-226-8981 x103

Call Shelly Goldman: 203-571-6035 or ask for a trainer’s business card at the Front Desk or Wellness Desk

Call Shelly Goldman: 203-571-6035 or ask for Amy France’ business card at Front Desk
HEALTH & WELLNESS

EVIDENCE-BASED HEALTHY LIVING PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Designed For</th>
<th>Duration</th>
<th>Additional Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Matter of Balance</td>
<td>Seniors</td>
<td>8 weeks</td>
<td>New session starting this spring - contact Shelly Goldman.</td>
</tr>
<tr>
<td>Blood Pressure Self Monitor‡</td>
<td>(Pre) Hypertension</td>
<td>4 months</td>
<td>Blood pressure screenings every MWF in the Main Lobby.</td>
</tr>
<tr>
<td>Diabetes Prevention Program‡</td>
<td>Pre-diabetics</td>
<td>12 months</td>
<td>New session starting this spring - contact Shelly Goldman.</td>
</tr>
<tr>
<td>Phase-3 Cardiac Rehab‡</td>
<td>Cardiac Recovery</td>
<td>3 months</td>
<td>Contact Shelly Goldman to start this program.</td>
</tr>
<tr>
<td>REGENERATE‡</td>
<td>Cancer Survivors</td>
<td>3 months</td>
<td>Contact Shelly Goldman to start this program.</td>
</tr>
</tbody>
</table>

‡ - Indicates that this program requires a diagnosis from a medical doctor. REGENERATE also requires a referral from a physician.

FREQUENTLY ASKED QUESTIONS

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.

HOW CAN I GET STARTED?
Please contact Shelly Goldman, Health and Wellness Director at 203-226-8981 sgoldman@westporty.org

A MATTER OF BALANCE
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 waitlist reservations.

PHASE-3 CARDIAC REHAB
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.

DIABETES PREVENTION PROGRAM
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 disease make lifestyle changes. The program focuses on healthy eating, increased physical activity, and maintaining a healthy weight.

The YMCA offers 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.

BLOOD PRESSURE SELF MONITORING
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.

REGENERATE
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.

SENIOR PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance, Line &amp; Strength</td>
<td>Tue</td>
<td>10:15-11:00am</td>
<td>Meeting Room</td>
<td>A seated &amp; standing class for balance.</td>
</tr>
<tr>
<td>Seated Yoga</td>
<td>Thu</td>
<td>11:45-12:30pm</td>
<td>Meeting Room</td>
<td>Blends laughter, sound and REIKI and yoga.</td>
</tr>
<tr>
<td>Train to Sustain</td>
<td>Fri</td>
<td>10:15-11:00am</td>
<td>Meeting Room</td>
<td>A strength based class to help with balance.</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Tue</td>
<td>8:30-11:00am</td>
<td>Basketball Court</td>
<td>The fastest growing sport for seniors!</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Fri</td>
<td>8:30-10:30am</td>
<td>Basketball Court</td>
<td></td>
</tr>
</tbody>
</table>
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.

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.

2018 YMCA SHORT COURSE NATIONALS
This April, 26 young adults will represent our YMCA at the YMCA Short Course National Championships.

This is the largest team the Water Rats have ever sent, and they are coming off a very successful season.

If you would like to follow the team’s progress in Greensboro, NC there will be a live stream of all the events at ymca.ymcaswimminganddiving.org

GO WRATS!
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

**Caitlyn Hracs**  
Head 8 & Under Coach  
In her 4th season with the Water Rats

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

**Marta Taddeo**  
Assistant Age Group Coach  
In her 6th 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**  
Associate Senior Coach  
In his 8th season with the Water Rats

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

**Naki Mourtides**  
8 & Under and Pre-Competitive Coach  
In his 2nd season with the Water Rats

SPECIAL OLYMPICS TEAM  
2018 SUMMER GAMES

Since 2016, the Water Rats have also been represented at the Special Olympics CT Summer Games in New Haven, CT. This summer, we expect to send 20 athletes to the Games to compete for medals!  
Our Special Olympics practices groups meet on Tuesdays, Thursdays, and Saturdays throughout the school year in preparation of this event.

Congratulations to Matthew Torres for his great performances at the Copenhagen Paraswimming World Series. Matthew was selected to represent the United States at this meet, which was held on March 2nd to 4th in Copenhagen, Denmark.

Matthew swam 6 individual events and 2 relays. He got 5 personal best times and placed 6th overall in the 400m Free.

In the 4x100m medley relay of which Matthew was a part, the team placed 4th and the 4x100m Free relay they placed 3rd.

Great job Matthew!
Visit our booth at the
WESTPORT
MAKER FAIRE
Saturday, April 21 10:00–4:00pm
Jessup Green

Sun, July 30 – 8:00–10:00am
POINT TO POINT
COMPO BEACH SWIM
For information & registration:
www.westporty.org

HEALTHY KIDS DAY

YMCA GYMNASICS CENTER
Sat, April 21 – 11:00–1:00pm
FAMILY FUN FOR ALL AGES!
Open Play & Tumbling!
Face Painting!
Balloons!
FREE to the community!

BEDFORD FAMILY CENTER
April 16–20
SMART HEART HEALTH!
Jump Ropes
Hula Hoops
Healthy Hearts
All Week Long!
FAMILY FUN AT CAMP MAHACKENO

Enjoy your **STAYCATION** this summer at the Westport Weston Family YMCA!
Enjoy Aquatics, Family Time, Health and Wellness, and Sports & Recreation programming right in our own back yard at YMCA Camp Mahackeno!

**YMCA CAMP MAHACKENO IS OPEN TO MEMBERS THIS SUMMER**

YMCA Camp Mahackeno is open from dawn to dusk and is available for members to enjoy throughout the summer. Please note that access is restricted when day camp is in session. Day camp runs on weekdays from June 25–August 24, 7:30am–6:00pm. Members may use the property freely before camp begins for the day, after the camp day is over and all weekend long!

Family YMCA members may bring a guest with them for free two times.

The YMCA Camp Mahackeno property offers you and your family the opportunity to participate in a wide range of outdoor activities including:

- **Aquatics**
  - Aqua Fitness
  - Open Swim
  - Swim Lessons
- **Family Time**
  - Picnic Area
  - Baseball Field
  - Basketball Courts
  - Birthday Parties
- **Health & Wellness**
  - Group Fitness Programs
  - Race for Chase Program
  - Small Group Training
  - Walking Trails
- **Sports & Rec**
  - Open Court Time
  - Summer League
  - Youth Sports

**OUTDOOR POOL HOURS OF OPERATION**

Outdoor Pool hours begin on Memorial Day (Monday, May 28) and end on Labor Day (Monday, September 3). The season is divided into 3 distinct periods:

**Memorial Day (5/28) – Start of Day Camp (6/25)**
- Open Swim Sat & Sun 12:00pm–4:00pm
- Aqua Fit Sun 11:00am–12:00pm

**The Day Camp Season (6/25–8/24)**
- Open Swim Sat & Sun 12:00pm–4:00pm
- Aqua Fit Sun 11:00am–12:00pm

**End of Day Camp (8/25) – Labor Day (9/3)**
- Open Swim Sat & Sun 12:00pm–4:00pm
- Aqua Fit Sun 11:00am–12:00pm

**DAY CAMP HOURS OF OPERATION**

Please note that access to the camp property is restricted to day camp participants during the following days and times:

**Weekdays from 6/25–8/24**
7:30am–6:00pm

Camp is open to members during this time before camp starts for the day, after camp ends and on weekends.
A SWIM IN THE SOUND CAN HELP SAVE A LIFE

All proceeds from Point to Point go to help support the YMCA’s Annual Campaign.

The YMCA uses the Annual Campaign Fund to provide financial assistance for programs like swim lessons, child care and camp.

Through efforts like Point to Point, the YMCA is able to provide over $400K in financial assistance every year.

REGISTRATION IS OPEN

Step 1: Visit www.westporty.org
Step 2: Click “Register Now”
Step 3: Click “Register for Programs Now”
Step 4: Search “Point to Point”

Questions?
Please contact Jeff Bonaccorso at 203-226-8981 or jbonaccorso@westporty.org