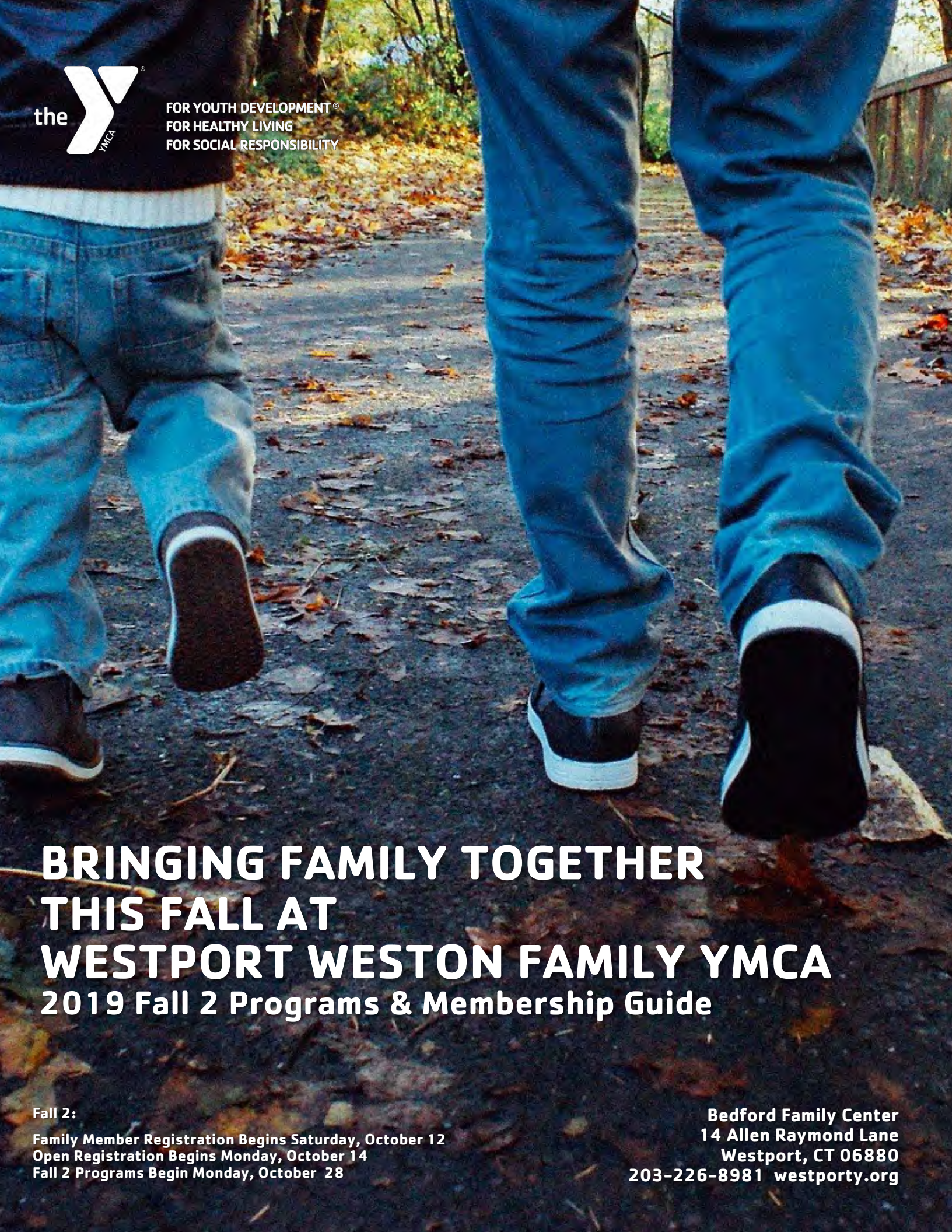

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING FAMILY TOGETHER THIS FALL AT WESTPORT WESTON FAMILY YMCA

2019 Fall 2 Programs & Membership Guide

Fall 2:

Family Member Registration Begins Saturday, October 12
Open Registration Begins Monday, October 14
Fall 2 Programs Begin Monday, October 28

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

ABOUT OUR YMCA

FALL 2 SESSION CALENDAR

DATE	EVENT
OCTOBER 8-9	NO YOUTH PROGRAMS TUESDAY EVENING (AFTER 6:00PM) OR ALL OF WEDNESDAY
OCTOBER 12	FAMILY MEMBER REGISTRATION BEGINS
OCTOBER 14	OPEN REGISTRATION BEGINS
OCTOBER 27	FALL 1 SESSION ENDS
OCTOBER 28	FALL 2 SESSION BEGINS
OCTOBER 31	NO YOUTH PROGRAMS AFTER 6:00PM
NOVEMBER 28	THANKSGIVING - FAMILY YMCA OPEN 8:00AM-12:00PM
DECEMBER 22	FALL 2 SESSION ENDS
DECEMBER 24	CHRISTMAS EVE - FAMILY YMCA OPEN 5:30AM -2:00PM
DECEMBER 25	CHRISTMAS DAY - FAMILY YMCA CLOSED
DECEMBER 31	NEW YEARS EVE - FAMILY YMCA OPEN 5:30AM-2:00PM

REGISTRATION FOR YMCA AFTER SCHOOL PROGRAM IS CURRENTLY OPEN

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

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INCLEMENT WEATHER MODIFIED SCHEDULES

EARLY MORNING CHANGES

The early morning schedules for Group Fitness and Kids' Club will be based on the decision made by Westport Public Schools. If Westport Public Schools are closed or delayed AND the YMCA is open, then we will automatically shift into a Modified Schedule:

Kids' Club	Open from 10:00am-8:00pm
Group Fitness	All AM classes are cancelled. A modified schedule that starts at 10:15am will be posted online. PM classes will run as scheduled unless noted.
AquaFit & Swim Fit	All AM classes are cancelled. A modified schedule that starts at 9:30am will be posted online. PM classes will run as scheduled unless noted.

AFTERNOON, EVENING & WEEKEND CHANGES

We will make decisions on afternoon, evening & weekend programs 1-2 hours prior to the start of the program. Please see the Inclement Weather Communication information on the next page for the best places to go for this information. If your program requires registration, you will also receive an email from the Program Director.

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 at $20 per month.

Type	Age Range	Join Fee	Monthly Fee	Annual Fee
8th Grade	8th Grade	N/A	$15	N/A
Youth	0-13	$25	N/A	$300
High School	14-17	$25	$50	$600
Adult	18-64	$75	$85	$1020
Senior	65+	$25	$61	$732
Senior Couple	65+	$50	$96	$1152
Family 1 Adult Age 23+	***	$100	$114	$1368
Family 2 Adults Age 23+	***	$100	$137	$1644
Family 3 Adults Age 23+	***	$100	$158	$1896
Family 4 Adults Age 23+	***	$100	$180	$2160

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 online at westporty.org, at the Welcome Center, or may be requested via fax, mail or email.

FAMILY YMCA GIFT CARDS

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

KIDS' CLUB

The Nussbaum Kids' Club is FREE to Westport Weston Family YMCA Family members. Youth members, visiting members, or children of Adult members may use it for $5/visit. Please note there may be limitations during peak hours.

Fall Membership

October: $60 Family Membership Promo

Commit to a regular-rate Family Membership for November and December and pay just $60 for October!

November: Member-Get-a-Member Promo

Current Westport Weston Family YMCA members who refer a new High School, Adult, Senior, Senior Couple, or Family Membership to our YMCA during the month of November receive their December membership for free!

December: Pay The Day Promotion

Join the Westport Weston Family YMCA any day in December and the joiner fee costs the amount of the day you join! Example: December 1 = $1, December 2 = $2, December 10 = $10.

Additional Promotions

Be sure to look out for our **November Cyber Week** promotions which include Membership, Personal Training, Private Swim, and other special program discounts during the week of November 25 - December 2.

AQUATICS

FALL2 SESSION DATES

DATES: **October 28-December 22**

NO Classes after 4:00pm October 31(Halloween) November 9-10 (Swim Meet) November 21-22 (Thanksgiving)

CONTACT: Jenn McDonald 203-226-8981 Ext.139 jmcdonald@westporty.org

MAKE UP POLICY: The YMCA will offer make-up swimming lessons ONLY if we cancel the class. If you are away for a week we cannot guarantee a make up class. **All Make up classes will be offered on Friday afternoons.**

PARENT/CHILD SWIM LESSONS

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

Day	Time
Fri	9:30-10:00am
Sat	9:00-9:30am
Sun	10:00-10:30am

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

Day	Time
Mon	10:00-10:30am
Fri	10:00-10:30am
Sat	9:30-10:00am
Sun	9:30-10:00am

Water Innovation (19-36 months, $165/8weeks)

Day	Time
Wed	10:30-11:00am
Fri	10:30-11:00am
Sat	10:00-10:30am

PRE-SCHOOL SWIM LESSONS (Ages: 3-5 years, $165/8 weeks)

Level 1: Water Acclimation

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

LESSON PLACEMENTS

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

Phone: 203-226-8981 x139
Email: jmcdonald@westporty.org

Level 2: Water Movement

Day	Times					
Mon	10:30-11:00am	1:30-2:00pm	2:00-2:30pm	3:15-3:45pm	4:00-4:30pm	
Tue	9:30-10:00am	1:30-2:00pm	2:00-2:30pm	3:00-3:30pm	4:00-4:30pm	5:00-5:30pm
Wed	10:00-10:30am	2:00-2:30pm	3:00-3:30pm	4:00-4:30pm		
Thu	10:00-10:30am	2:00-2:30pm	4:00-4:30pm	4:30-5:00pm		
Fri	11:30-12:00am					
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	11:30-12:00pm			

Level 3: Water Stamina

Day	Times			
Mon	1:30-2:00pm	2:30-3:00pm	4:00-4:30pm	5:00-5:30pm
Tue	2:30-3:00pm	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	5:00-5:30pm
Sat	9:30-10:00am	10:00-10:30am	10:30-11:00am	
Sun	9:30-10:00am	10:30-11:00am	11:00-11:30am	

Level 4: Stroke Introduction

Day	Times	
Mon	4:00-4:30pm	
Tue	2:30-3:00pm	4:00-4:30pm
Wed	4:00-4:30pm	
Thu	1:30-2:00pm	4:00-4:30pm
Sat	10:00-10:30am	10:30-11:00am
Sun	10:00-10:30	11:30-12:00pm

SCHOOL AGE SWIM LESSONS (Ages: 6-12 years, $185/8 weeks)

Level 3: Water Stamina

Day	Time
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	Time		
Mon	4:00-4:45pm	4:45-5:30pm	
Tue	4:45-5:30pm	5:30-6:15pm	
Wed	4:00-4:45pm	4:45-5:30pm	
Thu	4:00-4:45pm	4:45-5:30pm	5:30-6:15pm
Sat	8:30-9:15am		
Sun	10:30-11:15am		

Level 5: Stroke Introduction

Day	Time	
Mon	4:45-5:30pm	
Tue	4:45-5:30pm	
Wed	4:45-5:30pm	5:30-6:15pm
Thu	4:00-4:45pm	4:45-5:30pm
Sat	9:15-10:00am	

Level 6: Stroke Mechanics

Day	Time	
Mon	4:45-5:30pm	
Tue	4:45-5:30pm	
Wed	4:45-5:30pm	5:30-6:15pm
Sat	10:00-10:45am	

PRIVATE & SEMI-PRIVATE SWIM LESSONS

PRIVATE LESSONS

MIN	PACKAGE	MEMBER/NON*
30	Single Lesson	$50/$60
45	Single Lesson	$70/$80
60	Single Lesson	$90/$100
30	5 Pack	$225/$275
45	5 Pack	$325/$375
60	5 Pack	$425/$475

SEMI-PRIVATE LESSONS

TIME	PACKAGE	MEMBER/NON*
30	Single Lesson	$40/$50
45	Single Lesson	$60/$70
60	Single Lesson	$70/$90
30	5 Pack	$175/$225
45	5 Pack	$275/$325
60	5 Pack	$375/$425

***Fee is per child per lesson.**

TEEN & ADULT AQUATICS PROGRAMS

Stroke and Turn

Day	Time
Mon	5:30-6:15pm

Swimming Fundamentals (Ages 6-14)

Work on stroke technique, turns, dives, extensive lifesaving skills. This program meets twice a week. Participants must have surpassed the Level 5.

Sep 2-Nov21
Tue & Thu 5:30-6:15pm
Member Fee: $500

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.

Member Fee: $660/year $165/quarter

Swim Fitness

An instructor-led program for intermediate and advanced swimmers. Interval swimming, kicking, pulling and distance swimming.

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.

Full schedules are located online and at the Front Desk.

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-cert: Must attend first day of Certification Class

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)

Oct **19**-20 Nov **2**-3 Nov **23**-24
Nov **30**-Dec 1 Dec **14**-15 Dec **28**-29

Everyone knows the YMCA as 4 letters... But from

A to Z

our YMCA provides our members and community so much more.

Adult basketball, Bedford Family Social Responsibility Fund granted $250,000 to surrounding educational organizations, Chronic Disease programs are free to members of our community, Dance programs for all levels and schedules, Excellent programing for seniors, Financial Assistance available to those in need. In 2018, $502,000 provided to 1,800 individuals, Gymnastics classes and teams, Health and Wellness programing, Inclusive for all ages and abilities,

Join our YMCA in helping those in our community. Support the 2019 Annual Campaign today!

Kids Club is complimentary to our members, Life-saving swim lessons taught all year. In 2018, 21,228 swim lessons were taught, Make lasting memories at YMCA Camp Mahackeno for generations. In 2018, the Y provided over $67,000 in financial assistance to 73 children, Non-profit that enriches the community by developing and nurturing the potential of every individual, promoting healthy living and fostering a sense of social responsibility, Open every day but two days a year for our members, including the 2,191 families and 873 members over 65, Partners with over 47 local businesses and organizations to impact our community, Quiet yoga and mind and body classes offered daily to exercise our bodies and breath, Race for Chase Triathlon training program for kids, Special needs and unified programing, Two days a week Pickle Ball for all levels, Used as a place to build lasting friendships and to socialize, Volunteers dedicate 14,000 hours of service, Water Rat nationally recognized swim team, 23% of the membership is Generation X, Youth non-competitive sports and recreational fitness programing, Zumba classes for all ages to promote cardio and strength.

From A to Z our YMCA touches the lives of all of our members and those living in our community.

SPORTS & RECREATION

FALL 2 SESSION INFO

SESSION DATES: Monday, October 28 - Sunday, December 22
NO CLASSES: Thursday, November 28
CONTACT: Jesse Kanaple, Interim Camp & Family Services Director jkanaple@westporty.org 203-226-8981 x126

YMCA PERSONAL BASKETBALL TRAINING

Training sessions with a qualified YMCA basketball trainer will take place during open gym times upon availability.

Program	Age/Grade	Member Fee	Non-member Fee	Day & Time	Location
1 on 1 Private Training	3-12 Grade	$60	$75	By Appointment	Gymnasium
1 on 1 10 pack	3-12 Grade	$500	$650	By Appointment	Gymnasium

YMCA BASKETBALL

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Parent & Me Basketball	3-5 Years	$90	$135	Sat	10:00-11:00am	North Court
Pint Size Basketball (Games)	K-2 Grade	$90	$135	Mon	4:30-5:30pm	South Court
Pint Size Basketball (Games)	3-4 Grade	$90	$135	Mon	5:30-6:30pm	South Court
Pint Size Basketball Skill & Drill	K-2 Grade	$90	$135	Sat	11:00-12:00pm	North Court
Pint Size Basketball Skill & Drill	3-4 Grade	$90	$135	Sat	12:00-1:00pm	North Court
Skills School	5-6 Grade	$115	$145	Tue	4:30-5:30pm	North Court
Middle School Rec Games	6-8 Grade	$90	$135	Sat	1:00-2:00pm	North Court
Shooting Clinic	3-8 Grade	$30/Class	$45/Class	Fri	4:30-5:15pm	South Court

YOUTH SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Tee Ball	4-7 years	$90	$135	Thu	4:30-5:30pm	North Court
Soccer Academy	5-7 years	$90	$135	Sat	9:00-10:00am	South Court
Soccer Academy	8-10 years	$90	$135	Sat	10:00-11:00am	South Court
Floor Hockey	5-10 years	$90	$135	Sat	1:00-2:00pm	South Court
Karate	5-10 years	$115	$145	Thu	5:00-6:00pm	Studio C

ADULT SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Rec Volleyball	16+	Free	$10/day	Tues	8:00-10:00pm	North Court
Rec Volleyball	16+	Free	$10/day	Sun	3:30-5:30pm	North Court
Basketball	Age 18+	Free	$10/day	Varied	Check Schedule	Full Court
Pickleball	Age 18+	Free	$10/day	Tue	9:00-11:00am	Full Court
Pickleball	Age 18+	Free	$10/day	Fri	9:00-11:00am	Full Court

FAMILY SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Family Gym Thursdays	3-9 years	$Free	$10/day	Thu	10:45-11:45am	North Court
Family Gym Sundays	3-9 years	$5/day	$10/day	Sun	9:30-11:00am	Full Court

TODDLER SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Toddler Gym Class *6 weeks	2-3 years	$50	$65	Thu	10:00-10:45am	North Court

FALL 2 SPORTS & RECREATION CONTINUED

ADULT SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Rec Volleyball	16+	Free	$10	Tues	8:00-10:00pm	North Court
Rec Volleyball	16+	Free	$10	Sun	3:30-5:30pm	North Court
Basketball	Age 18+	Free	$10/day	Varied	Check Schedule	Full Court
Pickleball	Age 18+	Free	$10/day	Tue/Thu	9:00-11:00am	Full Court

FAMILY SPORTS & RECREATION

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Family Gym Thursdays	3-9 years	$Free	$10/day	Thu	10:45-11:45am	North Court
Family Gym Sundays	3-9 years	$5/day	$10/day	Sun	9:30-11:00am	Full Court

YMCA SPORTS AND RECREATION PARTNERS

CANDLEWOOD FENCING

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Beginner Fencing	6-9 years	$145	$175	Fri	4:00-5:00pm	Studio B
Beginner Fencing	10-17 years	$145	$175	Fri	5:00-6:00pm	Studio B
Intermediate Fencing	10+ years	$175	$205	Fri	6:00-7:30pm	Studio B

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.

MARCY'S TENNIS ACADEMY

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Tennis Academy	Grade K-3	$270	$370	Wed	4:30-5:30pm	North Court

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 $40 each. To purchase a racket, please visit www.marcystennis.com or call MTA at 203-521-2663.

CT SOCCER NETWORK

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Mini Kickers *6 Weeks*	3-5 years	$175	$199	Sat	9:00-9:45am	North Court
Mini Kickers *6 Weeks*	3-5 years	$175	$199	Wed	10:30-11:15am	North Court
Tiny Kickers *6 Weeks*	18-35 Mos	$150	$175	Wed	10:00-10:30am	North Court
Soccer Fit *6 Weeks*	18+ years	$175	$199	Wed	10:00-10:45am	South Court

The Soccer Network provides clinics, camps and leagues staffed by local high school and college coaches. Our entire staff of coaches is fully qualified through US Soccer, NSCAA, UEFA or the CJSA. Our highly knowledgeable coaches have several years of experience including working with a variety of ages and skill levels starting from 18 months to college and professional players.

For more information on available classes please visit our website westporty.org or contact Jesse Kanaple, Interim Camp and Family Services Director at jkanaple@westporty.org.

DANCE CENTER

FALL 2 SESSION INFO

8 WEEK SESSION DATES: **Fall 2 Monday, October 28 - Sunday, December 22

ALL OTHER CLASS DATES: Tuesday, September 3 - Sunday, December 22
NO CLASSES: Wednesday, October 9 (Yom Kippur)
Thursday, October 31 (Halloween)
November 20-23 (Thanksgiving)
IMPORTANT DATES: October 14-18 Bring A Friend Week!
CONTACT: Lillian Cenatiempo, Dance Center Director - lcenatiempo@westporty.org - 203-226-8981 x118

8 WEEK PROGRAMS (*See Fall 2 dates)

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
Bitty Breakin'	3-5 years	$185	$225	Wed	3:15-4:00pm	Studio A
Tutus & Tiaras	2-4 years	$185	$225	Tues	4:00-4:45pm	Studio B
Ballet I	6-9 years	$185	$225	Wed	4:00-5:00pm	Studio A

Bitty Breakin'
A high energyclass that teaches the basics of rhythm and body awareness through floor work and simple routines.

Tutus & Tiaras
An intro to dance with a focus on imagination and creative movement, this creative movement ballet class allows our tiniest dancers their first steps into Ballet.

Ballet I
Level I intro to Ballet basics.

INSTRUCTIONAL CLASSES (September 3 – December 22)

Program	Age/Grade	Member Fee	Non-member Fee	Day	Time	Location
3 year Pre-Ballet/Pre-Tap	3 years	$345	$460	Wed	2:00-3:00pm	Studio A
4 year Pre-Ballet/Pre-Tap	4 years	$345	$460	Tue	2:00-3:00pm	Studio A
5/6 year Ballet/Tap	5-6 years	$345	$460	Wed	5:00-6:00pm	Studio B
Jazz Funk	6-9 years	$345	$460	Wed	4:00-5:00pm	Studio A
Tap I & II	6-9 years	$345	$460	Wed	5:00-6:00pm	Studio A
Mini Ballet	7-9 years	$345	$460	Tue	4:00-5:00pm	Studio B
Pre-Pointe	9-12 years	$345	$460	Wed	4:00pm-5:00pm	Studio B
Petite & Junior Ballet	9-12 years	$345	$460	Tue	5:00-6:00pm	Studio B
Pointe	12 and up	$345	$460	Tue	7:00pm-7:45pm	Studio B
Teen Ballet	13 and up	$345	$460	Tue	6:00-7:00pm	Studio B

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

We know our dancers have choices. Our dance program schedule is designed to provide 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!

COMMUNITY SUPPORT

the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STOP THE BLEED

SAVE A LIFE

Bleeding Control Basic (BCon) Course

Learn the Basics of Bleeding Control

The purpose of this free class presented by Westport Volunteer EMS is to prepare the public to save lives. STOP THE BLEED will provide you with the training to stop life threatening bleeding caused by everyday emergencies and man-made or natural disasters.

Date: Monday, October 28, 2019

Time: 6:45 PM - 8:45 PM

Location: Westport Weston Family YMCA
14 Allen Raymond Lane
Westport, Ct. 06880

Registration: Free at: WestportEMS.org/event/stb-ymca

THE COMMITTEE ON TRAUMA

AMERICAN COLLEGE OF SURGEONS

QUESTIONS: Shelly Goldman
Director of Health & Wellness
sgoldman@westporty.org

---

the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

get your Flu Shot

The Westport Weston Health District (WWHD) is bringing Flu Shots to the Westport Weston Family YMCA.

Tuesday, October 29, 2019
9:00 am – 11:30 am

Flu shot is available for anyone 6 months of age or older wishing to be vaccinated. To schedule an appointment please contact Westport Weston Family YMCA Wellness Center Desk at 203-226-8981 ext 103.

The cost for those paying out of pocket is $45 for seasonal flu, $75 for FluBlok (egg-free), and $80 for High dose. We take Aetna, Cigna, Connecticare and Medicare Part B. We DO NOT take Blue Cross/Blue Shield or United Health Care.

Westport Weston Health District
Public Health Services and Information for our Communities

WESTPORT WESTON FAMILY YMCA
14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westporty.org

QUESTIONS?
Shelly Goldman Director of Health and Wellness
203-226-8981 ext 124 sgoldman@westporty.org

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the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING PRESENTS:

Sleep Deprivation, Insomnia & The Solution

Dr. Robert W. Kipp

Wednesday, October 30, 2019
7:00 PM

DINNER & DISCUSSION:

Do you find it difficult to fall asleep or stay asleep? The effects can be devastating.

Sleep deprivation can become a chronic sleep-restricted state that can cause fatigue, daytime sleepiness, clumsiness and increased appetite leading to weight gain. It adversely affects the brain and cognitive function.

Insomnia commonly also leads to daytime sleepiness, lethargy, and a general feeling of being unwell, both mentally and physically. Mood swings, irritability, and anxiety are common associated symptoms.

Please join us on Wednesday, October 30, 7:00 pm in the Schine Meeting Room, Westport Weston Family YMCA, 14 Allen Raymond Lane, Westport, as Dr. Robert Kipp presents the solution for getting a good nights sleep.

Please RSVP on or before Monday, October 28 with your choice of: Beef or Vegetarian dinner to Westport Weston YMCA Wellness Center 203-226-8981 ext 103

THE WELLNESS CHAMPIONS

Questions:
Shelly Goldman Director of Health & Wellness
sgoldman@westporty.org 203-571-6035

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the Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE WELL TODAY

Diabetes Exercise Program

WHO CAN JOIN:
Individuals diagnosed as pre-diabetic or with Type 2 diabetes referred to the program by their healthcare professionals.

WHAT DOES IT INCLUDE:
A 12-week Cardio & Strength Training Exercise Circuit designed as a self-management tool for diabetes
2 DEP circuit classes and 1 independent exercise session weekly (3 exercise sessions total/week)

Tracking of blood glucose levels, exercise intensity and duration daily; HbA1c levels pre and post program.

WHERE AND WHEN DO WE MEET:

Schedule: Monday and Wednesday
Time: 1:45-3:00 pm
Dates: November 4, 2019 – January 30, 2020
(no classes 12/25/19 or 1/1/20)

*Participants must be able to attend 20 of the 24 classes with no more than 2 consecutive sessions missed.
Program location: Westport Weston Family YMCA Wellness Center and Studio C

WHAT DOES IT COST:
$199 members $269 non-members
payable by cash, check, or credit card

HOW DO I JOIN:
Participants may self-refer or enter DEP through a healthcare provider referral.
You must have a medical clearance to exercise and a lab order for an HBA1c Lab Test at the time of class start or no more than 30 days prior to class start.

WESTPORT WESTON FAMILY YMCA
14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westporty.org

Questions:
Shelly Goldman Director of Health & Wellness
sgoldman@westporty.org 203-571-6035

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	2:00-3:00pm
Age 3-4	Mon	3:00-4:00pm
Age 3-4	Wed	2:00-3:00pm
Age 3-4	Wed	3:00-4:00pm
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: $355

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: $355

Boys Gymnastics

Beginner ages 5-11

Fri 4:00-5:00pm

Member Fee: $355

High School Gymnastics

Get into shape for the HS season. with Staples Coach Kelsey Martin.
Sept. 21– Nov 16
Tuesday 7:15-9:15pm
Saturday 1:00-3:00pm
Fee: $385/no membership required

TNT Hot Shots

By invitation only.

Mon & Wed 4:00-6:00pm
Member Fee: $700

Intermediate

Thu 4:00-6:00pm
Member Fee: $460

Advanced

Wed 4:00-6:00pm
Member Fee: $460

Teen Tumbling Grades 6 & up

Wed 6:30-8:30pm
Member Fee: $460

Pre-Competitive Team

By invitation only.

Tue and Thu 3:45-5:45pm

Member Fee: $795

Competitive Team

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

Season: September-June

Level III & IV	$4,227
Level V	$4,539
Level VI, VII, VIII	$4,626

SHOWTIME

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 after a tryout. These teams perform statewide. For all tryout information contact Sally Silverstein, Gymnastics Director: 203-857-1139

Season: September-February

Fee: $900/season
Membership required

SESSION INFORMATION

Session Dates

September 3 – December 13

No classes

Sep 2, 30, Oct 9, Nov 28, 29

All classes are held at the YMCA Gymnastic Center
145 Main Street, Norwalk, CT 6851

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 Privates (Ages 6 & up)

Please contact Sally Silverstein for more information and to schedule a private lesson.
Fee: $85/hour

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.

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 25
Time: 5:30-7:00pm
Fee: $5/child (pay at door)

Election Day Camp (Ages 5 & up)

Lots of gymnastics plus some games and a craft. Please bring a snack and a drink. No Nuts Please.

Date: Tuesday, November 5
Time: 12:00-4:00pm
Fee: $55/child - membership not required

NEW! December 26 Gymnastic Camp (Ages 5 & up)

Gymnastics, games, and a craft! Bring snack, drink, and lunch.

Date: Thursday December 26
Time: 8:45am-1:00pm
Fee: $55/child-membership not required

NEW! October 9 Camp!

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

Date: Wednesday, October 9
Time: 8:45am– 4:00pm
Fee: $70/child/day - membership not required

Parents Night Out at the Gymnastic Center

Drop off the kids! Lots of gymnastics for any level, pizza and a movie. For ages 5 and up.

Date: Friday, October 11
Time: 5:30-9:00pm
Members: $25/child - $15/additional sibling
Non-members: $35/child - $15/additional sibling

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 13
Time: 5:15-7:00pm
Fee: $5/child

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.

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.**

Walkover Clinic (ages 5 & up)

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

Date: Sunday, October 20
Time: 9:00am-10:30am
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, November10
Time: 9:00-10:30am
Fee: $45/day

Cartwheel Clinic (ages 4 & up)

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

Date: Sunday, October 20, November 10
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, October 20
Time: 9:00-10:30am
Fee: $45/day

YMCA AFTER SCHOOL

YMCA AFTER SCHOOL PROGRAM

The Westport Weston Family YMCA After School program is for children in grades K-5 who attend Westport Public Schools. YMCA buses transport students to the YMCA Bedford Center. Once 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. Our program offers flexible schedule options to accommodate your family's needs, choosing from 2, 3,4 or 5 days a week.

HOW TO REGISTER

Please visit the School Age Program page on our website westporty.org, to download the 2019-2020 After School Registration packet. Children must be registered one week prior to starting and space is limited. The completed packet must be submitted with payment information and a current physical.

2019-20 MONTHLY PROGRAM RATES

	2 Days	3 Days	4 Days	5 Days
Member	$400	$490	$565	$625
Non-member	$430	$520	$600	$660

PROGRAM SCHEDULE

Swim Days:	Tuesday/Friday
	Please bring a bathing suit and towel.
3:30-3:50pm	Students arrive at the YMCA
4:00-4:30pm	Snack time & home work
4:30-5:30pm	Swim time or play time
5:30-6:00pm	Quiet games and pick up

On non-swim days, we use the YMCA gym, meeting room or play outside.

YOUTH & TEEN

NEW! HOST YOUR GROUP'S PRIVATE FUN NIGHT AT THE YMCA

If you are involved with a town organization or a non-profit and would like to book your group's private fun night at the YMCA, please contact Danette Meigel: dmeigel@westporty.org or 203-226-8981 x117.

YMCA YOUTH NIGHTS FOR GRADES 4-8

Activities include sports, free-swim including the aquatic climbing wall, bingo, table games, board games and much more! Kids in Grades 4-8 will have the Y all to themselves!

Saturdays:	7:30-9:30pm
Fee:	Member: $15 Non-member: $20
Dates:	October 5 and 12
	November 9 and 23
	December 7 and 21

BIRTHDAY PARTIES

BOOKING YOUR PARTY

Parties are offered Saturdays and Sundays 12:30-2:30pm or 3:30-5:30pm. Please visit our website for more details and the party planning brochure. To book your party 3 weeks in advance, contact Danette Meigel: 203-226-8981 x117 dmeigel@westporty.org.

Pool Birthday Parties (Ages 3+)
Member: $250 Non-member: $300

Sports/Karate/ Zumba Parties (Ages 5+)
Member: $250 Non-member: $300

Arts & Crafts Parties (Ages 5+)
Member: $300 Non-member: $350

Gymnastic Center Parties
Please contact Sally Silverstein: 203-857-1139
ssilverstein@westporty.org
Member: $240 Non-member: $295
Limit 15 children. $10/additional child.

HEALTH & WELLNESS

FALL 2 SESSION INFO

SESSION DATES: Monday, October 28 - Sunday, December 22
NO CLASSES: Thursday, October 31 (Halloween) Thursday, November 28 (Thanksgiving)
CONTACT: Shelly Goldman, Director of Health & Wellness: sgoldman@westporty.org 203-571-6035

WELLNESS CENTER – POLICIES

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** for this age group..

Peak Hours

Peak Hours rules go into effect if/when all 18 treadmills are in use and on days when school is out. During these times, youth under age 14 are not permitted in the Wellness Center and 30 minute time limits on cardio machines are enforced.

WELLNESS CENTER EQUIPMENT ORIENTATION

If you are new or haven't been to the Wellness Center recently, we invite you to participate in an orientation. These appointments are open and available to all members. A YMCA Wellness Coach will teach proper technique and operation of the strength and cardio equipment. Call 203-226-8981 x103 to set up your complimentary appointment.

WELLNESS CENTER FIT-FAMILY EQUIPMENT ORIENTATION

Youth ages 10-13 are permitted in the Wellness Center once they have completed a Fit Family Orientation. Direct supervision from parent/guardian is **required** for this age group. Call 203-226-8981 x103 to set up your complimentary appointment.

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. No class 10/31 & 11/28

Thu 4:15-5:15pm
Sat 11:30am-12:30 pm
Fee: Thu $179 members $268 non-members
Fee: Sat $227 members $340 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!

Tue or Fri 4:15-5:15pm
Fee: $397 members $595 non-members

Family Yoga

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

Sun 1:00-2:00pm

YOUTH GROUP FITNESS

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

Yoga for Kids

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

Fri 4:15-5:15pm
Fee: $227 members $340 non-members

Zumba Kids

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

Mon 4:15-5:15pm
Fee: $227 members $340 non-members

Teen Cycle, Sculpt & Stretch

At teen cycle, sculpt & stretch you will be able to build healthy habits early to become an excellent role model for others. Class begins in Cycle Studio and ends in Studio C. Member or non-member, bring a friend, see new faces, and have a great workout! (Ages 12-15)

- Establish self confidence
- Work up a sweat
- Increase flexibility
- Have a better outlook on life
- Develop a healthier body with strong muscles and bones

Tue 4:15-5:15pm
Fee: $227 members
$340 non-members

PERSONAL TRAINING

PERSONAL TRAINING

Personal Training is individualized focus through workouts and strategies that are designed for your specific goal or goals. Personal training helps you stay active and accountable, and working with a trainer will challenge and empower you using proper technique to get maximum results for your time.

Packages	60 Minutes	30 Minutes
INTRO	**$159**	N/A
Single Session	$80	$50
5 Sessions	$375	$240
10 Sessions	$700	$450
20 Sessions	$1,360	$880

The rates posted are individual training rates applicable for all training programs. Pricing options for 2 and 3 person training are available. Personal Training packages must be completed within 6 months.

*All INTRO to Personal Training must be completed within 2 months.

CONTACT: Shelly Goldman, Director of Health & Wellness
sgoldman@westporty.org 203-571-6035

INTRO TO PERSONAL TRAINING

Available for members who have not previously purchased personal training. Buy two - Get one Free! New clients will receive three 60-minute sessions. Sessions must be used within 2 months of purchase. Westport Weston Family YMCA membership is required for this option.

Member Fee: $159 for three 60-minute sessions.

SMALL GROUP TRAINING AVAILABLE UPON REQUEST

Please contact Shelly Goldman: sgoldman@westporty.org

LOSE 2 WIN

Westport Weston Family YMCA

FIT & FABULOUS IN 5!

Complete challenges designed to help you look and feel your best for the holidays! Weekly Lose 2 Win challenges in strength, cardio, nutrition and stress reduction. Includes weigh-in sessions. We can help you get on track to become FIT & FABULOUS in five weeks!

Sunday, October 27 – Saturday, November 30
Program Fee: $59 member $99 non-member

CONTACT: Shelly Goldman, Director of Health & Wellness
sgoldman@westporty.org 203-571-6035

HEALTH & WELLNESS

EVIDENCE-BASED HEALTHY LIVING PROGRAMS

Program	Designed For	Duration	Additional Info
A Matter of Balance	Seniors	8 weeks	New session starting this Fall - contact Shelly Goldman.
Blood Pressure Self Monitor‡	(Pre) Hypertension	4 months	Blood pressure screenings every Monday in the Main Lobby.
MoveWell Today® Program‡	Diabetes	12 weeks	For registration information - contact Shelly Goldman.
Phase-3 Cardiac Rehab‡	Cardiac Recovery	3 months	Contact Shelly Goldman to start this program.
REGENERATE‡	Cancer Survivors	3 months	Contact Shelly Goldman to start this program.

‡ - 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 203-571-6035 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. Next class begins Feb. 2020

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.

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.

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.

Tue & Fri 8:30-11.00am YMCA Gymnasium

MOVEWELL TODAY® PROGRAM

12 week fitness intervention designed to help you manage your diabetes and track changes in HbA1c levels. 75-minute exercise class includes pre and post-exercise glucose check and RPE (rate of perceived exertion) & HR (heart rate) checks, a group warmup, cardio and strength, a walking course for balance, and group cooldown. Medical clearance for exercise from your physician and your A1c lab test results taken within the last 60 days is required.

Begins Monday, November 4

Mon & Wed 1:45-3:00 pm
Fee: $199 Members $269 Non-members

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

Chair Aerobics: A strength building class to help you with your every day movement.
Healing Qigong: A restorative form of gentle, meditative movements performed seated on a chair.
Seated Yoga: Blends laughter, sound REIKI and yoga.

Details on our Group Fitness schedules: westporty.org/schedules

SPECIAL NEEDS

SPECIAL OLYMPICS BASKETBALL TEAM

To participate in the Fall Games, athletes must register by September 20, 2019. All athletes must submit medical paperwork before participation. Please email Danette Meigel prior to registering: dmeigel@westporty.org.

Ages: 8-21 years old
Times: Junior Team Sat 11:00-11:45am
Senior Team Sat 11:45-12:30pm
Fee: $65 annual (September-February)

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

Basketball practice starts Saturday, September 14

SPECIAL NEEDS SWIM TEAM

Athletes may join at any time between September 2019 and March 2020 (pending available spaces), and must submit medical paperwork before participation. For details, please email Danette Meigel: dmeigel@westporty.org.

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

Ages: 8-21 years old
Times: Beginners Sun 11:00am-11:30pm
Intermediate Sun 11:30am-12:15pm
Experienced Sun 12:15-1:00pm
Fee: $100 annual (September-June)

Practice starts for new swimmers Sunday, September 15 and Sunday, September 29 for returning swimmers.

FAMILY EVENTS

FAMILY MOVIE NIGHTS NEW!

Come to the YMCA in your pajamas or dressed as your favorite character! Concessions will be sold on-site.

Members: $5/family
Non-members: $20/family
Time: The feature film begins at 6:45pm

Schedule:

Friday, October 25 Halloweentown

Friday, November 22 Ralph Breaks the Internet

Friday, December 20 Frozen

For more information, please email Jesse Kenaple, Sports & Rec Director: jkanaple@westporty.org

TRUNK-OR-TREAT!

Join us for trunk to trunk trick or treating! Paint a pumpkin and enjoy other Halloween activities including a costume parade!

Date: Friday, October 25
Time: 5:00-6:00pm
Location: YMCA parking lot
Pre-Registration $8/child
Day-Of Registration: $10/child

For more information please email Danette Meigel, Youth & Teen Director: dmeigel@westporty.org

FATHER Daughter DANCE

Enjoy a great night of fun with your little girl, complete with music, dancing, snacks and pictures.

Grades: Pre K-8
Fee: $30/couple
$5/each additional child
Date: Friday, November 15
Time: 7:00-9:30pm

If dad is not available, substitutes are welcome (grandfathers, uncles, older brothers, close family friend).

A Family Dance and a Mother/Son dance will be scheduled for Winter 2020.

FAMILY THANKSGIVING EVENT

***SAVE THE DATE!**

Enjoy fall family activities.

Date: Saturday, November 23
Pre-Registration: $8/child
Day-Of Registration: $10/child

GYMNASTIC CENTER EVENTS (see page 10)

Parents Night Out: Fri, Oct 11 5:30-9:00pm
Halloween Spooktacular: Fri, Oct 25 5:30-7:00pm
Pizza with Santa: Fri, Dec 13 5:15-7:00pm

Sally Silverstein, Gymnastics Director
203-857-1139 145 Main Street, Norwalk

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.

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 as well as nationally in both the age group and senior level competitions. The Water Rats have had champions at Sectional Championships, the Zone All-Star Meet, Future Championships, YMCA National Championships, USA Swimming Junior Nationals, as well as qualifiers at the USA Swimming Nationals, US Open & USA Olympic Trials.

The Water Rat Coaching Staff is well regarded in the the swimming community. More importantly, the staff has a love and passion for the sport of swimming and enjoy sharing that enthusiasm with our swimmers.

WATER RATS HAVE BEEN PURSUING EXCELLENCE SINCE 1949

WATER RAT HEAD COACHING STAFF

Head Development Coach:
Coach Rob Urban, rurban@westporty.org.

Head Junior Coach:
Coach Adam King, aking@westporty.org.

Competitive Swimming Director:
Ellen Johnston at ejohnston@westporty.org.

2019 WATER RAT EVENTS

Sat, Oct 26	Pink Plunge
Sat & Sun, Nov 16 & 17	Freestyle Frenzy
Sat, Dec 21	Annual Red & Blue Intrasquad Meet

the YMCA

WESTPORT WESTON FAMILY YMCA
203.226.8981

LET THE RENOVATIONS BEGIN

THE Y IS A PLACE WHERE PEOPLE CONNECT & MAKE LIFELONG FRIENDS.

The Westport Weston Family YMCA is excited to announce our expansion and renovation project has begun and will be completed in 2020! This project will support generations to come.

We invite you to visit the YMCA to hear more about the project or learn more about getting involved on our project site,

GENERATIONSSTARTHERE.ORG.

JOIN TODAY. BECOME PART OF OUR YMCA COMMUNITY.

14 Allen Raymond Lane, Westport | westporty.org

Wesport Weston Family YMCA
14 Allen Raymond Lane
Westport, CT 06880

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the YMCA

BRINGING FAMILY
TOGETHER

WESTPORT
WESTON
FAMILY YMCA