NEW YEAR, NEW US!
BE PART OF THE TRANSFORMATION
WESTPORT WESTON FAMILY YMCA

2020 Winter Programs & Membership Guide

Winter 2020
Family Member Registration Begins Saturday, December 14
Open Registration Begins Monday, December 16
Winter Programs Begin Thursday, January 2

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

DATE | EVENT
--- | ---
DECEMBER 14 | MEMBER REGISTRATION BEGINS 8:00AM
DECEMBER 16 | NON-MEMBER REGISTRATION BEGINS 8:00AM
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
JANUARY 1 | NEW YEARS DAY – FAMILY YMCA OPEN 8:00AM-12:00PM
JANUARY 10 | YMCA SUMMER CAMPS REGISTRATION – MEMBERS
JANUARY 17-18 | CT YMCA STATE SWIMMING CHAMPIONSHIPS
JANUARY 20 | MARTIN LUTHER KING, JR. DAY – NO YOUTH PROGRAMS
JANUARY 20 | YMCA SUMMER CAMPS REGISTRATION – NON-MEMBERS
FEB 17-23 | WESTPORT FEBRUARY RECESS – NO YOUTH PROGRAMS
FEBRUARY 23 | WINTER SESSION ENDS

*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

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-2:00pm and 3:45-8:00pm

**Group Fitness**
All AM classes are cancelled. A modified schedule that starts at 10:30am 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.

Membership Rates (Subject to Change):

<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>$25</td>
<td>$300</td>
</tr>
<tr>
<td>High School</td>
<td>14–17</td>
<td>$25</td>
<td>$50</td>
<td>$600</td>
</tr>
<tr>
<td>Young Adult</td>
<td>18–22</td>
<td>$50</td>
<td>$60</td>
<td>$720</td>
</tr>
<tr>
<td>Adult</td>
<td>23–64</td>
<td>$75</td>
<td>$85</td>
<td>$1020</td>
</tr>
<tr>
<td>Senior</td>
<td>65+</td>
<td>$25</td>
<td>$61</td>
<td>$732</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>65+</td>
<td>$50</td>
<td>$96</td>
<td>$1152</td>
</tr>
<tr>
<td>Family 1 Adult Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$114</td>
<td>$1368</td>
</tr>
<tr>
<td>Family 2 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$137</td>
<td>$1644</td>
</tr>
<tr>
<td>Family 3 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$158</td>
<td>$1896</td>
</tr>
<tr>
<td>Family 4 Adults Age 23+</td>
<td>***</td>
<td>$100</td>
<td>$180</td>
<td>$2160</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.

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.

MEMBERSHIP PROMOTIONS

December 2019: 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! Ex: December 1 = $1, December 2 = $2, December 10 = $10.

January 2020: No Join Fee January!
Join the Westport Weston Family YMCA in January and get your New Year’s Resolution kicked off with $0 down! From January 1 - January 31 we are waiving the join fee for all membership types!

MEMBERSHIP ON HOLD PROGRAM
YMCA members may place their membership account on hold up to 3 months per calendar year at $20/month. To place your account on hold, please complete a Membership Hold Request Form at our Member Services desk or email Brain Marazzi, Member Engagement Director: bmarazzi@westporty.org
# AQUATICS SWIM LESSONS

**Winter Session, 7 weeks**

**DATES:** January 2–February 26  
**NO Classes:** Saturday, Jan 18  
**CONTACT:** Jenn McDonald, Aquatics Director  
203–226-8981 x139  
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. **Make-up classes will be offered on Friday afternoons.**

## PARENT/CHILD SWIM LESSONS: Member $145/Non-member $230

**Water Exploration**  
(6–18 months)

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

**Water Discovery**  
(19–36 months)

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

**Water Innovation**  
(19–36 months)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>10:30–11:00am</td>
</tr>
<tr>
<td>Fri</td>
<td>10:30–11:00am</td>
</tr>
<tr>
<td>Sat</td>
<td>10:00–10:30am</td>
</tr>
</tbody>
</table>

## PRE-SCHOOL SWIM LESSONS: (Ages 3–5 years)  
Member $145/Non–member $230

### Level 1: Water Acclimation

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10:30–11:00am 2:30–3:00pm 3:30–4:00pm 4:30–5:00pm 5:00–5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>2:00–2:30pm 3:00–3:30pm 3:00–4:30 4:30–5:00 5:00–5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>9:30–10:00pm 2:00–2:30pm 3:00–3:30pm 4:00–4:30pm 5:00–5:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>9:15–9:45 2:00–2:30pm 3:30–4:00pm 4:30–5:00pm</td>
</tr>
<tr>
<td>Fri</td>
<td>11:00–11:30am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00–9:30am 10:00–10:30am 10:30–11:00am 11:00–11:30am 11:30–12:00am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00–9:30am 10:00–10:30am 11:15–11:45am</td>
</tr>
</tbody>
</table>

### Level 2: Water Movement

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>11:00–11:30am 2:00–2:30pm 3:15–3:45pm 4:00–4:30pm 4:30–5:00pm</td>
</tr>
<tr>
<td>Tue</td>
<td>9:15–9:45am 2:30–3:00pm 3:30–4:00pm 4:00–4:30pm 4:30–5:00pm</td>
</tr>
<tr>
<td>Wed</td>
<td>10:00–10:30am 2:30–3:00pm 3:30–4:00pm 4:00–4:30pm 4:30–5:00pm</td>
</tr>
<tr>
<td>Thu</td>
<td>9:45–10:15pm 2:00–2:30pm 3:30–4:00pm 4:30–5:00pm 5:00–5:30pm</td>
</tr>
<tr>
<td>Fri</td>
<td>11:30–12:00am</td>
</tr>
<tr>
<td>Sat</td>
<td>9:30–10:00am 10:00–10:30am 10:30–11:00am 11:00–11:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>10:00–10:30am 10:30–11:00am 11:30–12:00am</td>
</tr>
</tbody>
</table>

### Level 3: Water Stamina

<table>
<thead>
<tr>
<th>Day</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10:00–10:30am 3:00–3:30 4:30–5:00 5:00–5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>9:45–10:15am 2:00–2:30pm 3:00–3:30 4:00–4:30 4:30–5:00pm</td>
</tr>
<tr>
<td>Wed</td>
<td>2:00–2:30pm 3:00–3:30pm 4:30–5:00pm 5:00–5:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>10:15–10:45am 2:00–2:30pm 2:30–3:00pm 4:00–4:30pm 5:00–5:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00–9:30am 10:00–10:30am 10:30–11:00am 11:00–11:30am 11:30–12:00am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:30–10:00am 10:30–11:00am 11:00–11:30am</td>
</tr>
</tbody>
</table>

### LESSON PLACEMENT

If you have questions about what level is right for your child, please contact Jenn McDonald:  
203–226-8981 x139  
jmcdonald@westporty.org
### Level 4: Stroke Introduction (Age 3–5)

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

### Level 4: Stroke Introduction

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>4:00–4:45pm</td>
</tr>
<tr>
<td>Tue</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>4:00–4:45pm</td>
</tr>
<tr>
<td>Thu</td>
<td>4:00–4:45pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00–9:45am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00–9:45am</td>
</tr>
</tbody>
</table>

### Level 5: Stroke Introduction

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>4:00–4:45pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00–9:45am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00–9:45am</td>
</tr>
</tbody>
</table>

### PRIVATE & SEMI-PRIVATE SWIM LESSONS

#### PRIVATE LESSONS

<table>
<thead>
<tr>
<th>MIN</th>
<th>PACKAGE</th>
<th>MEMBER/NON*</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Single Lesson</td>
<td>$50/$60</td>
</tr>
<tr>
<td>45</td>
<td>Single Lesson</td>
<td>$70/$80</td>
</tr>
<tr>
<td>60</td>
<td>Single Lesson</td>
<td>$90/$100</td>
</tr>
<tr>
<td>30</td>
<td>5 Pack</td>
<td>$225/$275</td>
</tr>
<tr>
<td>45</td>
<td>5 Pack</td>
<td>$325/$375</td>
</tr>
<tr>
<td>60</td>
<td>5 Pack</td>
<td>$425/$475</td>
</tr>
</tbody>
</table>

#### SEMI-PRIVATE LESSONS

<table>
<thead>
<tr>
<th>TIME</th>
<th>PACKAGE</th>
<th>MEMBER/NON*</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Single Lesson</td>
<td>$40/$50</td>
</tr>
<tr>
<td>45</td>
<td>Single Lesson</td>
<td>$60/$70</td>
</tr>
<tr>
<td>60</td>
<td>Single Lesson</td>
<td>$70/$90</td>
</tr>
<tr>
<td>30</td>
<td>5 Pack</td>
<td>$175/$225</td>
</tr>
<tr>
<td>45</td>
<td>5 Pack</td>
<td>$275/$325</td>
</tr>
</tbody>
</table>

### YOUTH SWIM LESONS (Ages 6–12)

**Member $165/ Non-member $250**

#### Level 5: Stroke Introduction

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Thu</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:45–10:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00–9:45am</td>
</tr>
</tbody>
</table>

### Level 6: Stroke Mechanics

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Tue</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Wed</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Thurs</td>
<td>4:45–5:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>9:45–10:30am</td>
</tr>
<tr>
<td>Sun</td>
<td>9:00–9:45am</td>
</tr>
</tbody>
</table>

### SWIMMING FUNDAMENTALS (Ages 6–14)

**Members $500/ Non-member $650**

Work on stroke technique, turns and dives. Designed to give swimmers the skills needed for a competitive swim program. This program meets twice a week. Participants must have surpassed Level 5.

January 2–March 19

**Tue & Thu** 5:30–6:15pm
AQUATICS TEEN & ADULT PROGRAMS

Swim Fitness
Instructor-led program for intermediate and advanced swimmers. Interval swimming, kicking, pulling and distance swimming.

Aquatic Fitness Programs

Aquatic Fitness
Get Wet and Get Fit! Our Aqua Fitness classes are not synchronized swimming, water ballet or lap swims. We run, jog, bicycle, cross-country ski, and weight train against the water’s resistance in a high-intensity, low-impact, fat burning, muscle strengthening, cardiovascular non-swim workout.

V.I.P. Class (Pre/Post Natal Water Exercise)
Aqua Fitness for pre/post-natal women, and those with MS, diabetes, Parkinson’s Disease or recovering from a stroke. Class is taught in the warm pool.

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

ABCs of Balance & Posture **COMING JAN 2020**
Improve your balance and posture with a variety of exercises and water walking routines. Each week there will be take-home handouts to educate participants regarding fall prevention and gait. All fitness levels will benefit from this program.

Intense Intervals **COMING JAN 2020**
Class alternates between swimming drills and deep water jogging/running intervals. Other deep water exercises with equipment will be incorporated for a high-energy challenge. Get vertical and horizontal to maximize your effort in this 45 minute workout.

Masters Swimming
An 18 and over branch of USA Swimming. Practice is offered 5 days a week; on-deck coaching 3 days a week. The team competes in local and USA swim meets. Please contact Colleen Carrol for practice and team information: ccarroll@westporty.org

Member Fee: $660/year   $165/quarter

Lifeguard Certification
Each class consists of classroom, online work and pool time. For the water portion of the program, participants need to bring a bathing suit, goggles, swim cap and towel. For the classroom portion, participants need a pen and notebook.

Swimming Requirements: 500 yard swim, retrieve an object from 10 feet and swim to shallow end.

New Certification
Member Fee: $425/session
Non-member Fee: $475/session

Re-cert: Must attend 1st day of Certification Class
Member Fee: $230/session
Non-member Fee: $260/session

Certification and Re-Certification Course Offerings (online coursework required)
Dec 14-15   Dec 28-29   Jan 11-12
Jan 25-26   Feb 15-16   Feb 29-Mar 1

All classes are 9:00am-5:00pm

Schedules are available online (wesporty.org/schedules) and at the Front Desk.
SPORTS & RECREATION

WINTER SESSION INFO
SESSION DATES: Thursday, January 2 - Sunday, February 23
NO CLASSES: Monday, January 20 or Week of February 17-February 21
CONTACT: Jesse Kanaple, Camp & Family Services Director  jkanaple@westporty.org  203-226-8981 x126

FAMILY SPORTS & RECREATION

<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>Family Gym Thursdays</td>
<td>3-9 years</td>
<td>Free</td>
<td>$10/day</td>
<td>Thu</td>
<td>10:45-11:45am</td>
<td>North Court</td>
</tr>
<tr>
<td>Family Gym Sundays</td>
<td>3-9 years</td>
<td>$5/day</td>
<td>$10/day</td>
<td>Sun</td>
<td>9:30-11:00am</td>
<td>Full Court</td>
</tr>
</tbody>
</table>

TOODLER SPORTS & RECREATION

*NEW* Pre K Floor Hockey on the next page!

<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>Toddler Gym Class *6 weeks</td>
<td>2-3 years</td>
<td>$55</td>
<td>$70</td>
<td>Thu</td>
<td>10:00-10:45am</td>
<td>North Court</td>
</tr>
</tbody>
</table>

YOUTH SPORTS & RECREATION

<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>Pint Size Basketball (Games)</td>
<td>K-2 Grade</td>
<td>$90</td>
<td>$135</td>
<td>Mon</td>
<td>4:30-5:30pm</td>
<td>South Court</td>
</tr>
<tr>
<td>Karate</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Varied</td>
<td>Check Schedule</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Soccer Academy</td>
<td>K-2 Grade</td>
<td>$90</td>
<td>$135</td>
<td>Thu</td>
<td>4:30-5:30pm</td>
<td>South Court</td>
</tr>
<tr>
<td>Pint Size Basketball Skill &amp; Drill</td>
<td>3-4 Grade</td>
<td>$90</td>
<td>$135</td>
<td>Sat</td>
<td>12:00-1:00pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Skills School</td>
<td>5-6 Grade</td>
<td>$90</td>
<td>$135</td>
<td>Sat</td>
<td>1:00-2:00pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Middle School Rec Games</td>
<td>6-8 Grade</td>
<td>$90</td>
<td>$135</td>
<td>Sat</td>
<td>2:00-3:00pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Soccer Academy</td>
<td>5-7 years</td>
<td>$90</td>
<td>$135</td>
<td>Sat</td>
<td>12:00-1:00pm</td>
<td>South Court</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>5-10 years</td>
<td>$90</td>
<td>$135</td>
<td>Sun</td>
<td>3:30-5:30pm</td>
<td>South Court</td>
</tr>
</tbody>
</table>

YMCA PERSONAL BASKETBALL TRAINING

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 &amp; 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>By Appointment</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>1 on 1 5-pack</td>
<td>3-12 Grade</td>
<td>$250</td>
<td>$325</td>
<td>By Appointment</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>By Appointment</td>
<td>Gymnasium</td>
</tr>
</tbody>
</table>

ADULT SPORTS & RECREATION

<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>Rec Volleyball</td>
<td>16+</td>
<td>Free</td>
<td>$10/day</td>
<td>Sun</td>
<td>3:30-5:30pm</td>
<td>North Court</td>
</tr>
<tr>
<td>Basketball</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Varied</td>
<td>Check Schedule</td>
<td>Full Court</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Age 18+</td>
<td>Free</td>
<td>$10/day</td>
<td>Tue/Fri</td>
<td>9:00-11:00am</td>
<td>Full Court</td>
</tr>
</tbody>
</table>

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

Our mission is to create environments through our training programs and events that give youth basketball players of all ages around Fairfield County the opportunity to develop and reach their highest level of the sport.

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.

Our mission is to create environments through our training programs and events that give youth basketball players of all ages around Fairfield County the opportunity to develop and reach their highest level of the sport.
DANCE CENTER

WINTER SESSION INFO

7 WEEK SESSION DATES: Thursday, January 2 – Sunday, February 23
ALL OTHER CLASS DATES: Thursday, January 2 – Saturday, June 13
NO CLASSES:
- December 20 – January 1: Holiday Break
- Monday, January 20: MLK Jr. Day
- February 17–21: Winter Recess

IMPORTANT DATES:
- Saturday, June 13: Dance Recital at Bedford Middle School, Westport

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

7 WEEK PROGRAMS (January 2 – February 13)

<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>Bitty Breakin’</td>
<td>3–5 years</td>
<td>$165</td>
<td>$200</td>
<td>Wed</td>
<td>3:15–4:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Tutus &amp; Tiaras</td>
<td>2–4 years</td>
<td>$165</td>
<td>$200</td>
<td>Tues</td>
<td>4:00–4:45pm</td>
<td>Studio B</td>
</tr>
</tbody>
</table>

**Bitty Breakin’**
A high energy class 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.

INSTRUCTIONAL CLASSES (January 2 – June 13)

<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>3 year Pre-Ballet/Pre-Tap</td>
<td>3 years</td>
<td>$575</td>
<td>$690</td>
<td>Wed</td>
<td>2:00–3:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>4 year Pre-Ballet/Pre-Tap</td>
<td>4 years</td>
<td>$575</td>
<td>$690</td>
<td>Tue</td>
<td>2:00–3:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>5/6 year Ballet/Tap</td>
<td>5–6 years</td>
<td>$575</td>
<td>$690</td>
<td>Wed</td>
<td>5:00–6:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Jazz Funk</td>
<td>6–9 years</td>
<td>$575</td>
<td>$690</td>
<td>Wed</td>
<td>4:00–5:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Tap I &amp; II</td>
<td>6–9 years</td>
<td>$575</td>
<td>$690</td>
<td>Wed</td>
<td>5:00–6:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Ballet I</td>
<td>6–9 years</td>
<td>$575</td>
<td>$690</td>
<td>Wed</td>
<td>4:00–5:00pm</td>
<td>Studio A</td>
</tr>
<tr>
<td>Mini &amp; Petite Ballet</td>
<td>7–9 years</td>
<td>$575</td>
<td>$690</td>
<td>Tue</td>
<td>5:00–6:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Junior &amp; Teen Ballet</td>
<td>12 and up</td>
<td>$575</td>
<td>$690</td>
<td>Tue</td>
<td>6:00–7:00pm</td>
<td>Studio B</td>
</tr>
<tr>
<td>Pre Pointe/ Point</td>
<td>13 and up</td>
<td>$575</td>
<td>$690</td>
<td>Tue</td>
<td>7:00–7:45pm</td>
<td>Studio B</td>
</tr>
</tbody>
</table>

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!
GYMNASTICS

YOUTH GYMNASICS

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

Pre School/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 3:00–4:00pm
Age 3-4 Wed 2:00–3:00pm
Age 3-4 Thu 2:00–3:00pm
Age 3-5 Fri 2:00–3:00pm

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

FREE! HEALTHY KIDS DAY!
Saturday April 18
9:00–10:30am
Free Family Event! Parents bring your children for open play in our 6,000 sq. ft. Gymnastic Center! Our gymnastic staff will be here for face painting and to organize a fun craft.
Get 20% off Summer Gymnastic Camp when you register during Healthy Kids Day in the YMCA Gymnastic Center.

SESSION INFORMATION

Session Dates
January 2–March 20
No classes Jan 1, Jan 20, Feb 17-21
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@westport.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. No refunds for classes.

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: $290

Pre School Morning Classes
Child must be age listed during the session. Parents do not stay.

Tuesday 11:00am-11:45am
Thursday 11:00am-11:45am
Member Fee: $280

TNT Hot Shots
By invitation only.
Mon & Wed 4:00-6:00pm
Member Fee: $700
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, camps or family events.

### Pizza with Santa
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

### December 26 Gymnastic Camp (Ages 5 & up)
Gymnastics, games, and a craft! Bring snack, drink, and lunch. No nuts please.

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

### Martin Luther King Jr Camp (Ages 5 & up)
Lots of gymnastics plus some games and a craft. Please bring a snack and a drink. No Nuts Please.

- **Date:** Monday January 20
- **Time:** 12:00-4:00pm
- **Fee:** $55/child - membership not required

### SUNDAY MORNING SKILLS CLINICS
For gymnasts who wish to enhance their performance, practice a specific skill or just enjoy more time in the gym!

**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, Jan 12, Feb 9, Mar 8, Apr 19
- **Time:** 9:00am-10:30am
- **Fee:** $45/day

#### Open Gym
For gymnasts in Intermediate – competition level. Come work skills on all events independently. Coach Megan and Coach Amanda will be here to help and spot.

- **Date:** Sunday, Mar 29
- **Time:** 9:30-11:30am
- **Fee:** $45/day

#### Cartwheel Clinic (ages 4 & up)
Learn your cartwheel or just clean them up. Stations and drills.

- **Date:** Sunday, Jan 12, Feb 9, Mar 8, Apr 19
- **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, Jan 12, Feb 9, March 8, Apr 19
- **Time:** 9:00-10:30am
- **Fee:** $45/day

### February 17 Full Day Gymnastic Camp
Gymnastics, games, a craft and free swim! Bring a snack, drink, lunch, suit and towel. No nuts please! Ages 5 & up.

- **Date:** Monday, February 17
- **Time:** 8:45am-4:00pm
- **Fee:** $65/child - membership not required

### YMCA Gymnastic Center Easter Event
Bring your baskets! Easter egg hunt starts 9:00am. Face painting, open play, a holiday craft and the bunny will be here! Parents Stay. **Pay at the door!**

- **Date:** Saturday, April 4
- **Time:** 9:00-11:00am
- **Membership:** $5/child  Non-members: $35/child
- **$15/additional sibling

### April 6–10 Full Day Gymnastic Camp
Gymnastics, games and a craft! Bring snack, drink, and lunch. No nuts please.

- **Day/Time:** Mon - Fri  8:45am- 4:00pm
- **Fee:** $285/week, $70/day

### 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.**

### YMCA 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.**
SUMMER GYMNASTICS

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.

Session 1: June 22–June 26
Session 2: June 29–July 3
Session 3: July 6–10
Session 4: July 13–17
Session 5: July 20–24
Session 6: July 27–Aug 1
Session 7: Aug 3–Aug 7
Session 8: Aug 10–Aug 14

Mon–Fri 12:00–4:15pm
Weekly Fee: $230/week
Daily Fee: $55/daily drop-in

CAMP DAILY DROP-IN
DAILY DROP-IN GYMNASTIC CAMP (AGES 5+)
Bring a nut-free snack and a drink, bathing suit and towel. 2 1/2 hours of gymnastics at the YMCA Gymnastic Center located at 145 Main Street, Norwalk. Family Y buses pick up campers and coaches and drive them to the YMCA in Westport for FREE SWIM in the beautiful kids pool! Pick up is at the Westport Weston Family YMCA, 14 Allen Raymond Lane, Westport. * Daily Drop ins for Full Day Gymnastic Camp are only allowed if camp is not filled.

June 22–August 14
Monday–Friday 12:00–4:15pm
$55/day (membership not required)

July 20–August 14
Monday –Friday 8:45am–4:15pm
$60/day (membership not required)

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

Session 1: Jul 20–24
Session 2: Jul 27–Aug 1
Session 3: Aug 3–Aug 7
Session 4: Aug 10–Aug 14

Mon–Fri 8:45am–4:15pm
Fee: $295/session

Summer Gymnastics and Art (Ages 3–5)
Gymnastics, games, art project each day. Bring nut-free snack and drink. Must be toilet trained completely. No refunds or credits after May 1.

Session 1: June 22–26
Session 2: June 29–July 3
Session 3: July 6–10
Session 4: July 13–17

Mon–Thu 9:00am–12:00pm
Fee: $230/session

MAKING MEMORIES THAT LAST A LIFETIME
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

<table>
<thead>
<tr>
<th></th>
<th>2 Days</th>
<th>3 Days</th>
<th>4 Days</th>
<th>5 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$400</td>
<td>$490</td>
<td>$565</td>
<td>$625</td>
</tr>
<tr>
<td>Non-member</td>
<td>$430</td>
<td>$520</td>
<td>$600</td>
<td>$660</td>
</tr>
</tbody>
</table>

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 & homework
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

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: December 21
January 11 and 25
February 8 and 29

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 (Ages 2–7)
Please contact Sally Silverstein: 203-857-1139 ssilverstein@westporty.org
Member: $240 Non-member: $295
Limit 15 children. $10/additional child.
SPECIAL NEEDS

SPECIAL NEEDS BASKETBALL TEAM
Basketball skills, drills, and games. We will continue to meet throughout the winter. 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 9:00–10:00am
       Senior Team Sat 10:00–11:00am
Fee: $65 annual (September–February)
Volunteers needed. We are looking for youth, ages 12–21, to help our Special Needs Athletes succeed!

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)

FAMILY EVENTS

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

FROZEN
Friday, December 20
6:45pm
Members: $5/family
Non-members: $20/family
For more information, please email Jesse Kanaple, Sports & Rec Director: jkanaple@westporty.org

WINTER WONDERLAND
Make a gingerbread house, help build a chimney for Santa, play dreidel and make an ornament.
Saturday, December 21
4:00–6:00pm
Pre-Registration: $8/child
Day-of Registration: $10/child
For more information please email Danette Meigel, Youth & Teen Director: dmeigel@westporty.org

FEBRUARY FAMILY FUN DAY
Enjoy winter family crafts and activities.
For more information please email Danette Meigel, Youth & Teen Director: dmeigel@westporty.org
Saturday, February 8
4:00–6:00pm
Pre-Registration: $8/child
Day-of Registration: $10/child

GYMNASTIC CENTER EVENTS

Pizza with Santa
Friday, December 13
5:15–7:00pm
$5/child (membership no required)

December 26 Gymnastic Camp (ages 5+)
Thursday, December 26
8:45am–1:00pm
$55/child (membership not required)
Sally Silverstein, Gymnastics Director
203-857-1139 ssilverstein@westporty.org
145 Main Street, Norwalk

WESTPORT COUNTRY PLAYHOUSE

LITERACY PROGRAM AT THE FAMILY Y
Promote your child’s love of reading. Enjoy story time and a craft. Adult must attend with child. FREE!

Sun, Jan 5 9:00–10:00am Ages 3 years+
Sun, Feb 9 9:00–10:00am Ages 5 years +
Wed, Feb 12 11:00–12:00pm Ages 5 years +
Sun, Mar 1 9:00–10:00am Ages 3 years +
To reserve your spot, please email Danette Meigel, Youth & Teen Director: dmeigel@westporty.org
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 February 20 or February 22.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu</td>
<td>4:15–5:15pm</td>
<td>$195</td>
</tr>
<tr>
<td>Sat</td>
<td>11:30am–12:30pm</td>
<td>$195</td>
</tr>
</tbody>
</table>

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! No class February 18.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>4:15–5:15pm</td>
<td>$227</td>
</tr>
<tr>
<td>Fee:</td>
<td>$340 non-members</td>
<td></td>
</tr>
</tbody>
</table>

Family Yoga
Movement and games included for families to learn the asanas (poses) and breath work.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>1:00–2:00pm</td>
<td>Free</td>
</tr>
</tbody>
</table>

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 on Saturday and Sunday from Thanksgiving Weekend until the end of March. Also 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. For their safety, youth are not permitted in the Wellness Center during PEAK times. Call 203-226-8981 x103 to set up your complimentary appointment.

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. No class February 21.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>4:15–5:15pm</td>
<td>$195</td>
</tr>
</tbody>
</table>

Zumba Kids
Kid-friendly Zumba routines based on original Zumba choreography. Games, activities, and lots of movement! No class January 20 or February 17.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>4:15–5:15pm</td>
<td>$163</td>
</tr>
</tbody>
</table>

Teen Cycle, Sculpt & Stretch (Ages 12–15)
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! No class February 18.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>4:15–5:15pm</td>
<td>$195</td>
</tr>
</tbody>
</table>

Free to members
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.

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

<table>
<thead>
<tr>
<th>Packages</th>
<th>60 Minutes</th>
<th>30 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRO</td>
<td>$159</td>
<td>N/A</td>
</tr>
<tr>
<td>Single Session</td>
<td>$80</td>
<td>$50</td>
</tr>
<tr>
<td>5 Sessions</td>
<td>$375</td>
<td>$240</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>$700</td>
<td>$450</td>
</tr>
<tr>
<td>20 Sessions</td>
<td>$1,360</td>
<td>$880</td>
</tr>
</tbody>
</table>

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.

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, Director of Health & Wellness: sgoldman@westporty.org

LOSE 2 WIN

Westport Weston Family YMCA

10 weeks of complete strength, cardio, nutrition and stress reduction challenges designed to help you look and feel your best for the holidays! Includes weekly weigh-in sessions (optional, but required to be eligible for prizes). We can help you get on track to lose bad habits, pounds, and inches! Free tee-shirts for participants. Bring a friend and join! Launch class Sunday, January 26, 11:45am.

Sunday, January 26 – Saturday, April 4
Program Fee: $109 member  $149 non-member

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

TRIATHLON TRAINING

INDOOR-TRI

Our indoor tri consists of a 15-minute swim in the pool, 25-minute ride on an indoor cycle and a 20-minute run on a treadmill. The swim laps, cycle bike and treadmill distances are totaled and scored to get the top 3 male and female triathletes.

Sunday, March 29, 2020

Individual:  $50
Team Relay:  $70

TRI-CLUB

Athletes swim, bike and run together from January to October. All fitness levels are welcome!

Throughout the year, the Westport Weston Family YMCA Tri-Club participates in several sprint and Olympic triathlons in Connecticut and New York.

Info session: Wednesday, December 11, 7:00pm

Members: $333
Non-Members: $555
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 February - 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 Monday in the Main Lobby.</td>
</tr>
<tr>
<td>MoveWell Today‡ Program</td>
<td>Diabetes</td>
<td>3 months</td>
<td>For registration information - 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 203-571-6035 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 February 2020. Register now to secure your spot.

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.

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.

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.

RSVP now for next session.
Mon & Wed 1:45-3:00pm
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

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
You Need To See It To Believe It!

2020 Westport Weston Family YMCA Summer Camps

Summer Camp Registration Begins January 10 for Members; January 20 for Non-Members. For more information and to register: westporty.campbrainregistration.com

YMCA CAMP MAHACKENO FOR GRADES K-8

MONDAY–FRIDAY 8:30AM–3:30PM
PRE CARE STARTS AT 7:30AM
JUNE 22–AUGUST 28

Our traditional summer camp program creates an environment in which campers will build lasting memories and friendships. Our campers are encouraged to grow and learn about themselves and others all under the care of our wonderful, trained camp staff.

SESSIONS 1-week sessions June 22–August 28

The 81 year old YMCA Camp Mahackeno is getting a complete renovation this winter!
We are looking forward to seeing you at the opening of the 2020 camp season!

NEW THIS SUMMER!

NEW POOL where campers will enjoy lifesaving swim lessons, free swim and fun in the NEW Splash Pad and NEW Pool House

NEW Amphitheater
NEW Archery Range with 8 targets
NEW Hiking Trails to enhance our Nature program

NEW Bouldering Wall
NEW Giant Slides
NEW Multi-Use Sports Field
NEW Playground
Two NEW Pavilions

Our campers will continue to enjoy classic activities including:
Canoeing, Arts & Crafts, Theatre, Low Ropes Course, S’mores and so much more!

Mahackeno Special Cares Program for children in grades K–5 and CIT Program for campers in grades 9–10 are available as well.

MAHACKENO AFTERNOONS

Mahackeno afternoons are available to campers who are already participating in some of our other half day summer programs. Race 4 Chase and Hafaday participants can attend the NEW Camp Mahackeno in the afternoons to make a full day of fun at camp!

For more information and to register: westporty.campbrainregistration.com
CONTACT: Jesse Kanaple, Camp & Family Services Director  jkanaple@westporty.org  203.226.8984

YOU DON’T WANT YOUR CHILDREN TO MISS THE NEW AND IMPROVED YMCA CAMP MAHACKENO!
YMCA CAMP HAFADAY (Ages 4–8)

MONDAY–FRIDAY 8:30AM–12:30PM
JUNE 22–AUGUST 28

At YMCA Camp Hafaday, campers will improve their swimming ability and their knowledge of water safety. YMCA Camp Hafaday activities include:
- Swim Lessons based on the camper’s current swim level and goals
- Arts & Crafts allows campers to be creative
- Free Swim time gives campers a chance to have fun in the pool and practice their new skills
- Gym Time is held indoors in the gymnasium

SESSIONS 1–week sessions June 22–August 28

For more information and to register: westporty.campbrainregistration.com
CONTACT: Danette Meigel, Youth & Teen Director: dmeigel@westporty.org 203.226.8981 x117

RACE 4 CHASE YOUTH TRIATHLON TRAINING PROGRAM
(Ages 6–12)

MONDAY–FRIDAY 9:00AM–12:00PM
JUNE 22–AUGUST 1

In memory of Chase Kowalski, this Youth Triathlon & Training Program is for young aspiring triathletes. Participants will practice swimming, biking and running as well as learn how to transition between activities. At the end of the program, triathletes will participate in a youth triathlon with other Race 4 Chase groups. Participants will be asked to raise $150 to participate in the six week training program.

Applications will be available in the spring. There will be a limited number of spots.

SUMMER DANCE CAMPS

MONDAY–FRIDAY 3:00PM – 4:30PM

June 22–June 26: Pirates and Princesses Dance Camp, Ages 4–6
July 13–July 17: Island Princess Dance Camp, Ages 3–5
July 20–July 24: Hippy Hoppin’ Shake, Ages 2–4
July 27–July 31: Hair Up Dance Camp, Ages 4–6
August 3–August 7: Rockin’ Stars Dance Camp, Ages 3–5
August 10–August 14: Move & Grove, Ages 2–4
August 17–August 21: Tutus & Tiaras, Ages 3–5

Member $225/week  Non-Member $325/week

For more information and to register: westporty.org
CONTACT: Lillian Cenatiempo, Dance Center Director lcenatiempo@westporty.org 203.226.8984 X 118

YMCA GYMNASTICS CAMP
145 Main Street, Norwalk
Please see page 10 for summer camps including morning, afternoon and full day programs.

Membership not required for Gymnastics Camps. No refunds after May 1.

For more information and to register: westporty.org
CONTACT: Sally Silverstein, Gymnastics Director ssilverstein@westporty.org 203.857.1139
The Westport Weston Family YMCA’s mission is to enrich the community by developing and nurturing youth, promoting healthy living and fostering a sense of social responsibility for all. We are excited about the expansion and renovation project! Our goal is to serve our members and provide a facility that offers the space and programming for generations to come.

The Generations Start Here Capital Campaign is all about evolving to address the needs of our membership.

- Gymnastics will return to the main campus and be housed in an 11,000 sq. ft. modern training facility.
- YMCA Camp Mahackeno’s 25 acres will be fully revitalized for the first time since 1955.
- The Center for Wellness will expand to meet the needs of our members.

See how you can be part of the next generation! Please visit generationsstarthere.org

Your support of this campaign will ensure the longevity of the Westport Weston Family YMCA for generations of families to come.

JOIN US!

For more information on the project and to see how you can get involved, please contact Danielle LeBrando, Chief Development Officer: 203.226.8984 dlebrando@westporty.org