



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FRESH FOR FALL 2020



WESTPORT WESTON FAMILY YMCA

**Member Registration Begins Sunday, August 23
Fall 1 Programs Begin Tuesday, September 8**

**Bedford Family Center
14 Allen Raymond Lane
203-226-8981
westporty.org**

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):

| Type | Age Range | Join Fee | Monthly Fee | Annual Fee |
|-------------------------|-----------|----------|-------------|------------|
| 8th Grade | 8th Grade | N/A | \$15 | N/A |
| Youth | 0-13 | \$25 | \$25 | \$300 |
| High School | 14-17 | \$25 | \$50 | \$600 |
| Young Adult | 18-22 | \$50 | \$60 | \$720 |
| Adult | 23-64 | \$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.

HOURS OF OPERATION*

Bedford Family Center

Through September 7, 2020

Mon-Fri 6:00am-7:00pm

Sat-Sun 8:00am-2:00pm

Beginning September 8, 2020

Mon-Fri *6:00am-8:00pm

Sat-Sun *8:00am-3:00pm

Outdoor Pool

Beginning September 8, 2020

Tue/Thu 3:00pm-6:00pm

Sat-Sun 1:00pm-6:00pm

***SUBJECT TO CHANGE**

KIDS' CLUB

Kids' Club will remain closed until further notice. YMCA at 203-226-8981 or visit www.westporty.org for updates.

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.

TRIAL MEMBERSHIP September 2020

Try the YMCA this September at special trial rates and receive **2 free *MX4 Small Group Training sessions**, along with a 100% Join Fee Waiver when committing to an active membership upon completion of your trial.

Here's How it Works:

1: Visit <https://westporty.org/membership/rates-and-payments/> Download the September Trial Membership Application or email bmarazzi@westporty.org to request one. Trial membership application from September 8 through October 8.

2: Return Trial Application, pay the trial rates (see below), and begin leading a healthy lifestyle for yourself or the entire family! Trial length is 30 days from the date of trial registration.

| Trial Type | Rate | *MX4 Small Group Training |
|---------------|------|---|
| High School | \$25 | A motivating exercise experience that combines best-in-class training tools with exciting workouts to help you improve cardio-fitness, power, strength and endurance. Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, MX4 can help you achieve more with a mix of personal trainer attention, camaraderie and challenging progressive workouts. |
| Senior | \$30 | |
| Young Adult | \$30 | |
| Senior Couple | \$48 | |
| Family | \$68 | |





WESTPORT WESTON FAMILY YMCA SWIM LESSONS

FALL I: TUESDAY, SEPTEMBER 8 – SUNDAY, NOVEMBER 1

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3-5 years (30-min): \$165 (Mon \$145)

Level 1

| | | | | |
|-----|-------|-------|-------|------|
| Mon | 9:30 | 2:00 | 3:40 | 5:10 |
| Tue | 10:40 | 2:40 | 3:10 | 4:10 |
| Wed | 10:10 | 2:00 | 3:40 | 5:10 |
| Thu | 10:10 | 2:00 | 3:40 | 5:10 |
| Fri | 9:30 | | | |
| Sat | 9:40 | 10:10 | 11:40 | |
| Sun | 9:40 | 11:40 | 12:10 | |

Level 2

| | | | | | |
|-----|-------|-------|-------|-------|------|
| Mon | 10:10 | 2:40 | 3:10 | 4:10 | 4:40 |
| Tue | 9:30 | 2:00 | 3:40 | 4:40 | |
| Wed | 10:40 | 2:40 | 3:10 | 4:10 | 4:40 |
| Thu | 9:40 | 2:00 | 3:40 | 4:40 | |
| Fri | 10:10 | | | | |
| Sat | 9:00 | 10:40 | 11:10 | 12:10 | |
| Sun | 9:00 | 10:40 | 11:40 | | |

The Westport Weston Family YMCA is taking precautions to ensure the safety of all members, staff and participants.

- Swimmers and parents must enter the building wearing a mask. Parents must wear mask throughout the whole lesson.
- One parent on deck with swimmer.
- Swimmers enter the pool through the Family locker room and place belongings on deck (locker rooms will be closed to showers and changing).
- Please arrive no more than 10 minutes before swim lesson.
- There will be no free-swim in the splash pad before or after lessons.
- Instructors will wear face coverings at all times.
- Youth classes have been reduced to 4 swimmers.
- There will be no use of toys or shared equipment for group lessons.
- Swimmers and parents will exit the deck through the back emergency exit.
- Youth lessons (6-12 years) will be taught from deck as much as possible.
- Level 5 moved to small pool.



Level 3

| | | | | | |
|-----|-------|-------|-------|-------|------|
| Mon | 10:40 | 2:00 | 3:10 | 3:40 | 4:40 |
| Tue | 10:10 | 2:00 | 3:10 | 3:40 | 5:10 |
| Wed | 9:30 | 2:00 | 3:10 | 3:40 | 4:40 |
| Thu | 11:10 | 2:00 | 3:10 | 3:40 | 5:10 |
| Fri | 11:10 | | | | |
| Sat | 9:40 | 10:40 | 11:10 | 12:10 | |
| Sun | 9:00 | 10:40 | 11:10 | 12:10 | |

Level 4

| | | | | |
|-----|-------|-------|------|------|
| Mon | 11:10 | 2:40 | 4:10 | 5:10 |
| Tue | 2:40 | | | |
| Wed | 2:40 | 4:10 | | |
| Thu | 2:40 | | | |
| Sat | 11:40 | | | |
| Sun | 10:10 | 11:10 | | |

6-12 years (45 min): \$185 (Mon \$165)

Level 3

| | |
|-----|-------|
| Tue | 3:40 |
| Thu | 3:40 |
| Sat | 12:10 |

Level 4

| | | |
|-----|-------|-------|
| Mon | 3:40 | 4:40 |
| Tue | 4:10 | |
| Wed | 3:40 | 4:40 |
| Thu | 4:10 | |
| Sat | 9:00 | 11:10 |
| Sun | 10:10 | 11:10 |

Level 5

| | |
|-----|------------|
| Mon | 4:10 |
| Tue | 3:40 4:40 |
| Wed | 4:10 |
| Thu | 3:40 4:40 |
| Sat | 10:10 |
| Sun | 9:00 11:10 |

Level 6

| | |
|-----|-----------------|
| Mon | 5:20 |
| Tue | 5:20 |
| Wed | 5:20 |
| Thu | 5:20 |
| Sun | 9:00 9:50 10:40 |

YMCA CAMP MAHACKENO

Fall Family Programs

FALL SESSION INFORMATION

SESSION DATES: Tuesday, September 8 – Sunday, November 1

****For more information on outdoor sports programs please see our Youth Sports and Recreation page****



CANOEING

Join our waterfront staff for an afternoon of canoeing on the scenic Lee's Pond. Certified staff will provide light instruction as needed.

Canoeing A

Date: Saturday, September 19

Time: 1:00-3:00pm

Member Fee: \$10 per family

Canoeing B

Date: Saturday, October 3

Time: 1:00-3:00pm

Member Fee: \$10 per family



ARCHERY

Learn a new skill with the whole family. Camp archery staff will lead the basics of archery.

Family Archery A

Date: Saturday, September 26

Time: 1:00-3:00pm

Member Fee: \$10 per family

Family Archery B

Date: Saturday, October 10

Time: 1:00-3:00pm

Member Fee: \$10 per family

OPEN SLIDES

Drop in and take a ride down our giant tube slides. There is no need to pre register for this event. All YMCA members welcome.

Open Slides A

Date: Saturday, September 12

Time: 1:00-3:00pm

Member Fee: Free

Open Slides B

Date: Saturday, October 17

Time: 1:00-3:00pm

Member Fee: Free



For more Information Contact:

Jesse Kanaple; Camp and Family Services Director

E JKanaple@westport.org P 203 571 6045



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTPORT WESTON FAMILY YMCA DANCE CENTER • FALL 2020

MORNING CLASSES

DANCE STUDIO

MONDAY

10:00-10:45am Bitty Breakn*

TUESDAY

10:00-10:45am Hippy Hoppin Shake*

WEDNESDAY

10:00-10:45am Beginner Jazz*

THURSDAY

10:00-10:45am Storybook Ballet*

SATURDAY

8:15-9:15am Adult Ballet

9:30-10:15am Tutus & Tiaras*

Scheduled Rehearsals

8 Week Classes**

ADULT CLASSES:

18+ YEARS OLD

*For class descriptions, please visit
us at www.westporty.org/dance

AFTERNOON/EVENING CLASSES

DANCE STUDIO

MONDAY

4:30-6:00pm

Elite Team Y (Tap, Jazz & Ballet)

6:15-7:15pm

Contemporary

TUESDAY

2:00-3:00pm

4yr. Ballet/Tap Combo

3:15-4:00pm

Broadway Babies

4:15-5:15pm

Elite Team M & C (Ballet)

5:30-6:30pm

Elite Team A (Ballet II)

6:45-7:45pm

Pre Pointe/Pointe

WEDNESDAY

2:00-3:00pm

3yr. Ballet Tap Combo

3:15-4:00pm

Musical Minis

4:15-5:15pm

Musical Theater

5:30-6:30pm

Jazz FUNK!

6:45-7:30pm

Tap I & II

7:45-8:30pm

Adult Tap

THURSDAY

4:15-5:00pm

Elite Team M (Jazz)

5:00-5:45pm

Elite Team M (Tap)

6:30-7:30pm

Stretch, Turns & Leaps- Conditioning Class

FRIDAY

4:15-5:15pm

Jazz II

5:30-6:30pm

Open Hip Hop (9-13)

6:30-7:15pm

Xtreme Team Hip Hop Ensemble*
(By audition ONLY)

7:30-8:30pm

Adult Hip Hop

SATURDAY

8:00-9:15am

Adult Ballet

9:30-10:15am

Tutus & Tiaras*

Scheduled Rehearsals

AFTERNOON/EVENING CLASSES

STUDIO B (across from dance studio)

MONDAY

4:15-5:15pm

Elite Team A (Tap)

5:15-6:15pm

Elite Team A (Jazz)

TUESDAY

4:15-5:15pm

Elite Team A (Lyrical)

5:30-6:30pm

Elite Team M & C (Lyrical)

WEDNESDAY

4:15-5:15pm

5 & 6yr Ballet/Tap Combo

5:30-6:30pm

Ballet I & II

THURSDAY

4:15-5:15pm

Elite Team C (Tap)

5:15-6:15pm

Elite Team C (Jazz)



WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880
203-226-8981 westporty.org/dance

*FOR MORE INFORMATION, PLEASE CONTACT:

Lillian Cenatiempo, Dance Center Director:
lcenatiempo@westporty.org

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-7 yrs

Open play. Children must participate with parent or caregiver. Masks Req'd.

Monday-Friday 9:00-11:00am

Membership Required \$10 drop-in

NEW! NINJASTICS CLASSES

Our co-ed Ninja & Gymnastics program is the best of both worlds! Combining Ninja Warrior activities and fundamental gymnastics exercises. Fitness and obstacle training using the rope, cargo net, rings, trampoline, tumble trak, etc. Add introductory training on a variety of gymnastics equipment. The goal is to have a blast with challenging obstacle courses, and introduce flips and tricks!

Little Ninjas (age 4-7)

Mon 11:20-12:20pm

Wed 11:20-12:20pm

Ninjastics (age 6-12)

Wed 4:20-5:20pm

Fri 11:45-12:45pm

Sat 2:30-3:30pm

Sep 8 - Oct 30 (8 weeks)

\$160 Limit 8

Membership required.

Boys Beginner (Ages 5-11)

Wed 2:30-3:30pm

Fri 4:10-5:10pm

Member Fee: \$200 (8 weeks)

NEW! Boys Elite (Intermediate & Advanced)

Handstand, press to handstand against wall, walkovers, handsprings, bars and rings, pull over, casting and more.

Sep 11-Oct 30

Friday 5:20pm-6:20pm

Member Fee: \$200 (8 weeks)

New! Beginner Tumbling (ages 8+) Limit 10

Co-Ed. Learn rolls, cartwheels, handstands, round offs, walkovers, and intro to back handspring.

Sep 8--Oct 27 (8 weeks)

Tuesday 5:30pm-6:30pm

Sun 11:15-12:15pm

\$125 Membership required

New! Advanced Tumbling (ages 8+) Limit 10

Co-ed. Work on round-off back handspring, back tuck, front tuck, aerial. This class is for tumblers who have mastered the back handspring.

Sep 8-Oct 27 (8 weeks)

Tuesday 6:45pm-7:45pm

Sunday 3:00-4:00pm

\$125 Membership required

NEW! Trampoline & Tumble (Ages 6+) Limit 8

Learn to jump, spin, flip and tumble with ease. All skill levels are welcome from beginner to the most advanced.

Fri 10:30-11:30am

Mon 7:30-8:30pm

Thu 6:30-7:30pm

Sat 3:45-4:45pm

Member Fee: \$160 (8 weeks)

Competitive Team

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

Season: September-June

Level III & IV \$4,354/yr

Level V \$4,676/yr

Level VI, VII, VIII \$4,765/yr

SESSION INFORMATION

Session Dates

September 8 - December 18

No classes

Sep 19, 28, Oct 9, Nov 26, 27

All classes are held at the NEW YMCA Gymnastic Center
14 Allen Raymond Lane
Westport, CT 06880

For questions about classes or placement, please contact Sally Silverstein, Gymnastic Director: ssilverstein@westportymca.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



GYMNASTICS

YOUTH GYMNASTICS

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

Preschool Beginner 45 Min.

Sept 8 - Nov 1 Age 3-4

NEW! Parents do not stay.

All Preschool classes: Limit 5

| | |
|------------------------------|-----------------|
| Monday | 1:15pm-2:00pm |
| Tuesday | 11:00am-11:45am |
| Wednesday | 1:30pm-2:15 |
| Thursday | 1:30-2:15pm |
| Friday | 2:00pm-2:45pm |
| Member Fee: \$165 (8 weeks) | |

Preschool/Beginner 1 hour

Introduction to tumbling, gymnastics skills and creative movement. Masks required. Parents do not stay.

| | | |
|---------|-----|-------------|
| Age 3-4 | Mon | 2:15-3:15pm |
| Age 3-4 | Thu | 2:30-3:30pm |

Member Fee: \$200 (8 weeks)

Combo Beginner and Advanced Beginner (Ages 5 -11)

Levels are separated by ability. Masks Encouraged. (8 weeks)

Limit 10 per class

| | |
|-----|---------------|
| Mon | 10:00-11:00am |
| Mon | 2:45-3:45pm |
| Mon | 4:00-5:00pm |
| Mon | 5:20-6:20pm |
| Tue | 2:50-3:50pm |
| Tue | 4:10-5:10pm |
| Tue | 5:30-6:30pm |
| Wed | 10:00-11:00am |
| Thu | 11:00-12:00pm |
| Fri | 3:00-4:00pm |
| Fri | 4:10-5:10pm |
| Sat | 1:15-2:15pm |
| Sun | 12:30-1:30pm |
| Sun | 1:45-2:45pm |

Sept 8 -Nov 1

Member Fee: \$200 (8 weeks)

NEW! Saturday Beginner

(Ages 5-11) Limit 10

Work on bars, beam, floor and vault.

Sept 12 - Nov 1 (8 weeks)

1:15-2:15pm

\$200 Membership required

High School Gymnastics

Get into shape for the high school season with Staples High School Coach Kelsey Martin.

Oct 9- Nov 21

Thu 7:15pm-9:00pm

Sat 1:15 - 3:15pm

\$385 Membership required

Intermediate

Thu 4:00-6:00pm

Member Fee: \$470

Advanced

Wed 4:15-6:15pm

Member Fee: \$470

Teen Tumbling (Grades 6+)

Wed 6:30-8:30pm

Member Fee: \$470

Pre-Competitive Team

By invitation only.

Tue and Thu 4:15-6:15pm

Member Fee: \$800

Competitive Team

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

Season: September-June

Level III & IV \$4,354

Level V \$4,676

Level VI, VII, VIII \$4,765

Showtime

Exhibition Gymnastic Team

Nationally recognized!

Gold Medal Award Winning Exhibition Team.

To be part of this invitation-only program, one must move up through the Family YMCA gymnastics classes. Exceptions must be approved after a tryout.

For more information:

Sally Silverstein, Gymnastic Director
ssilverstein@westportymca.org

Season: September - February

Fee: \$900/season

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.

ssilverstein@westportymca.org

Fee: \$85/hour

\$45/half hour

IMPORTANT!

To reduce congregating, we are asking that all parents drop off their child at the YMCA Gymnastics Center door with our greeter. Gymnasts will enter and exit the Center through different doors.

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. Gymnasts must wear masks to enter and exit the Westport Weston Family YMCA. The Gymnastic Center is a **nut-free** facility. There are no refunds or credits for clinics, camps or family events.

September 28 Half-Day Gymnastic Camp

Ages 5 – 11. Gymnastics, games and a craft!
Bring a nut-free snack and drink.

Date: Monday, September 28
Time: 12:30–3:30pm
Fee: \$50/child (Limit 25 children)

September 28 Open Gym

Ages 6 months–10 years
Must be accompanied by a parent.
Parents can register in advance to secure a spot. No refunds or credits.

Date: Monday, September 28
Time: 9:00–11:00am
Fee: \$10/child (Limit 25 people)

Election Day Camp

Ages 5–11. Lots of gymnastics, games and a craft.
Choose morning or afternoon session.

Date: Tuesday, November 3
Time: 12:00–3:00pm
Fee: \$45/child (Limit 14)

Keeping our Athletes and Families Safe and Healthy:

1. All coaches will be wearing masks and gloves.
2. All gymnasts should bring a water bottle. Water fountains are closed for safety.
3. Athletes will be asked to wash hands and use sanitizer before and after class.
4. Coaches wipe down mats, equipment, key touch points, and disinfect the equipment with a commercial grade cleaning product.
5. We are using a commercial grade disinfectant fogging machine in the gym.
6. Classes are reduced capacity, gymnasts are 6 feet apart, all adults must wear masks at all times.
7. To reduce congregating, all parents will drop off their child at the Gymnastic Center door with our door greeter.
8. Gymnasts will enter and exit the Gymnastic Center from different doors.

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 required. No refunds.**

Walkover Clinic (ages 5+)

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

Date: Sunday, Sep 20, Oct 18, Nov 15
Time: 9:00–10:30am
Fee: \$45/day (Limit 14 gymnasts)

Open Gym

For gymnasts in Intermediate – Competition level. Come work skills on all events independently. Coaches will be here to help and spot.

Date: Sunday, Nov 22
Time: 9:30–11:30am
Fee: \$45/day (Limit 14 gymnasts.)

Cartwheel Clinic (ages 4+)

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

Date: Sunday, Sep 20, Oct 18, Nov 15
Time: 10:30am–12:00pm
Fee: \$45/day (Limit 14 gymnasts)

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, Sep 20, Oct 18, Nov 15,
Time: 9:00–10:30am
Fee: \$45/day (Limit 14 gymnasts)

GYMNASTICS

Find the class you want on the charts below. Classes are co-ed unless otherwise noted.

Limited class sizes: Beginner/Advanced Beginner and Boys: 10/class Pre School: 5/class

| Beginner/ AdvBeginner CLASS SIZE: 10 | | | | | | |
|--|------|-------------|--------------|------------|---------|---------|
| Class Age 5-11 yrs | Days | Times | Class Starts | Class Ends | Session | Tuition |
| Beg/Ad Beg | Mon | 10-11am | 9/14/20 | 10/26/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Mon | 2:45-3:34p | 9/14/20 | 10/26/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Mon | 4:00-5:00p | 9/14/20 | 10/26/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Mon | 5:20-6:20p | 9/14/20 | 10/26/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Tue | 2:50-3:50p | 9/8/20 | 10/27/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Tue | 4:10-5:10p | 9/8/20 | 10/27/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Tue | 5:30-6:30p | 9/8/20 | 10/27/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Wed | 10-11am | 9/9/20 | 10/28/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Thu | 11-12pm | 9/10/20 | 10/29/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Fri | 3-4pm | 9/11/20 | 10/30/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Fri | 4:10-5:10p | 9/11/20 | 10/30/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Sat | 1:15-2:15p | 9/12/20 | 11/31/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Sun | 12:30-1:30p | 9/13/20 | 11/1/20 | Fall 1 | \$200 |
| Beg/Ad Beg | Sun | 1:45-2:45p | 9/13/20 | 11/1/20 | Fall 1 | \$200 |
| Boys Beg Age 5-11 | Wed | 2:30-3:30p | 9/9/20 | 10/28/20 | Fall 1 | \$200 |
| Boys Beg. Age 5-11 | Fri | 4:10-5:10p | 9/11/20 | 10/30/20 | Fall 1 | \$200 |
| Boys Elite | Fri | 5:20-6:20p | 9/11/20 | 10/30/20 | Fall 1 | \$200 |

| Pre School Beginner CLASS SIZE: 5 | | | | | | |
|---|------|------------|--------------|------------|---------|---------|
| Class Age 3-4 yrs | Days | Times | Class Starts | Class Ends | Session | Tuition |
| Pre School | Mon | 1:15-2:00p | 9/14/20 | 10/26/20 | Fall 1 | \$165 |
| Pre School | Mon | 2:15-3:15 | 9/14/20 | 10/26/20 | Fall 1 | \$200 |
| Pre School | Tue | 11-11:45a | 9/8/20 | 10/27/20 | Fall 1 | \$165 |
| Pre School | Wed | 1:30-2:15p | 9/9/20 | 10/28/20 | Fall 1 | \$165 |
| Pre School | Thu | 1:30-2:15p | 9/10/20 | 10/29/20 | Fall 1 | \$165 |
| Pre School | Thu | 2:30-3:30p | 9/10/20 | 10/29/20 | Fall 1 | \$200 |
| Pre School | Fri | 2-2:45p | 9/11/20 | 10/30/20 | Fall 1 | \$165 |

GYMNASTICS

YOUTH GYMNASTICS

Find the class you want on the charts below.

| Tumbling/ Trampoline Classes | | Limit 8 | | | | |
|---------------------------------|------|--------------|---------------|------------|---------|---------|
| | Days | Times | Classes Start | Class Ends | Session | Tuition |
| Beg Tumbling Age 8+ | Tue | 5:30-6:30p | 9/8/20 | 10/27/20 | Fall 1 | \$125 |
| Beg Tumbling Age 8+ | Sun | 11:15-12:15p | 9/13/20 | 11/1/20 | Fall 1 | \$125 |
| Adv. Tumbling Age 8+ | Tue | 6:45-7:45p | 9/8/20 | 10/27/20 | Fall 1 | \$125 |
| Adv. Tumbling Age 8+ | Sun | 3:00-4:00p | 9/13/20 | 11/1/20 | Fall 1 | \$125 |
| Tramp & Tumble Age 3-5 | Fri | 10:35-11:30a | 9/11/20 | 10/30/20 | Fall 1 | \$160 |
| Tramp & Tumble Age 6-12 | Mon | 7:30-8:30p | 9/14/20 | 10/26/20 | Fall 1 | \$160 |
| Tramp & Tumble Age 6-12 | Thu | 6:30-7:30p | 9/10/20 | 10/29/20 | Fall 1 | \$160 |
| Teen Tumbling Grades 6+ | Wed | 6:30-8:30p | 9/9/20 | 12/16/20 | Fall 1 | \$470 |

| Skill Classes Invite Only | | | | | | |
|------------------------------|-------------|------------|--------------|------------|---------|---------|
| Need Evaluation | Days | Times | Class Starts | Class Ends | Session | Tuition |
| Intermediate | Thu | 4:00-6:00p | 9/10/20 | 12/17/20 | Fall 1 | \$470 |
| Advanced | Wed | 4:15-6:15p | 9/9/20 | 12/16/29 | Fall 1 | \$470 |
| Pre Competition | Tue/ Thu | 4:15-6:15p | 9/8/20 | 12/17/20 | Fall 1 | \$800 |

| Ninjastics | Co Ed | Limit 8 | | | | |
|------------|-------|--------------|--------------|------------|---------|---------|
| | Days | Times | Class Starts | Class Ends | Session | Tuition |
| Age 4-7 | Mon | 11:20-12:20 | 9/14/20 | 10/26/20 | Fall 1 | \$160 |
| Age 4-7 | Wed | 11:20-12:20 | 9/9/20 | 10/28/20 | Fall 1 | \$160 |
| Age 6-12 | Mon | 6:40-7:40p | 9/14/20 | 10/26/20 | Fall 1 | \$160 |
| Age 6-12 | Wed | 4:20-5:20p | 9/9/20 | 10/28/20 | Fall 1 | \$160 |
| Age 6-12 | Thu | 3:15-4:15p | 9/10/20 | 10/29/20 | Fall 1 | \$160 |
| Age 6-12 | Fri | 11:20-12:30p | 9/11/20 | 10/30/20 | Fall 1 | \$160 |
| Age 6-12 | Sat | 2:30-3:30p | 9/12/20 | 10/31/20 | Fall 1 | \$160 |

SPORTS & RECREATION

FALL 1 SESSION INFORMATION

SESSION DATES: Tuesday, September 8 – Sunday, November 1

No youth classes: Friday, September 18 (after 6:00pm); Saturday, September 19; Monday, September 28.

Contact: Jesse Kanaple, Camp and Family Services Director; jkanaple@westporty.org

Fall sports will be held outdoors at the YMCA Camp Mahackeno campus located adjacent to the main YMCA building.

YOUTH SPORTS & RECREATION

****program description below**

| Program | Age/Grade | Member Fee | Day | Time | Location |
|--------------------------------|-----------|------------|-----|---------------|-----------|
| Pint Size Basketball Skills | Grade K-2 | \$90 | Mon | 4:30-5:30pm | Mahackeno |
| Pint Size Basketball Games | Grade 3-4 | \$90 | Tue | 4:30-5:30pm | Mahackeno |
| Soccer Academy | Grade K-3 | \$90 | Wed | 4:30-5:30pm | Mahackeno |
| Stretch & Sketch** | Age 4-7 | \$90 | Thu | 4:30-5:30pm | Mahackeno |
| Street Hockey Games | Grade K-3 | \$90 | Fri | 4:30-5:30pm | Mahackeno |
| Pint Size Basketball Skills | Grade K-2 | \$90 | Sat | 9:00-10:00am | Mahackeno |
| Fall Ball (Tee Ball) | Age 4-7 | \$90 | Sat | 9:00-10:00am | Mahackeno |
| Pint Size Basketball Games | Grade 3-4 | \$90 | Sat | 10:00-11:00am | Mahackeno |
| Summer Camp Classics** | Grade K-3 | \$90 | Sat | 10:00-11:00am | Mahackeno |
| Soccer Academy | Grade K-3 | \$90 | Sat | 11:00-12:00pm | Mahackeno |
| Basketball Skill and Drill | Grade 5 | \$90 | Sat | 11:00-12:00pm | Mahackeno |
| Middle School Basketball Games | Grade 6-8 | \$90 | Sat | 12:00-1:00pm | Mahackeno |
| Track & Field | Grade K-3 | \$90 | Sun | 10:00-11:00am | Mahackeno |
| Non-Traditional Sports** | Grade 3-5 | \$90 | Sun | 11:00-12:00pm | Mahackeno |

- Stretch & Sketch: Participants will complete an Arts & Crafts project before a group stretch and group game or sport
- Summer Camp Classics: Participants will have the opportunity to enjoy camp activities such as Bouldering, Gaga, Giant Slides and group games to name a few.
- Non-Traditional Sports: Participants will partake in sports such as Dodgeball, "Nine Square", Kickball and more.



BASKETBALL PERSONAL TRAINING*

| Program | Age/Grade | Member Fee | Sessions | Location |
|-------------------------|------------|------------|----------------|----------------------|
| 1 on 1 Private Training | Grade 3-12 | \$60 | By Appointment | Gymnasium/ Mahackeno |
| 1 on 1 10-pack | Grade 3-12 | \$500 | By Appointment | Gymnasium/ Mahackeno |

The YMCA offers Personal Training for basketball for young athletes in grades 3-12. Come in and train with one of our talented coaches. *Space is limited.

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