

# EXCEL BEFORE AND AFTER THE BELL AT THE WESPORT WESTON FAMILY YMCA

Program Guide to Youth Programing Before and After School!  
*(Membership Required)*



# EXCEL BEFORE AND AFTER THE BELL



REGISTER YOUR CHILD FOR ANY OF THE PROGRAMS AT THE YMCA FROM 9:00am UNTIL 11:30am or 1:00pm UNTIL 6:00pm WHILE THEY ARE AT THE SCHOOL AGE CHILD CARE PROGRAM!

(Membership is required for all Y programs)

**SPECIAL PROMOTION  
FOR SCHOOL AGE  
PROGRAM PARTICIPANTS**

**BECOME A FAMILY  
MEMBER AND HAVE YOUR  
JOINER FEE WAIVED!**

**SAVE \$100 TODAY!**

## AQUATICS PROGRAMS

Fall 1 Session Runs 9/8 through 11/1

### SWIM LESSONS

3-5 years

30 min \$165 (Mon \$145)

#### LEVEL 1

Monday	9:30	2:00	3:40	5:10
Tuesday	10:40	2:40	3:10	4:10
Wednesday	10:10	2:00	3:40	5:10
Thursday	10:10	2:00	3:40	5:10
Friday	9:30			

#### LEVEL 2

Monday	10:10	2:40	3:10	4:10	4:40
Tuesday	9:30	2:00	3:40	4:40	
Wednesday	10:40	2:40	3:10	4:10	4:40
Thursday	9:40	2:00	3:40	4:40	
Friday	10:10				

#### LEVEL 3

Monday	10:40	2:00	3:10	3:40	4:40
Tuesday	10:10	2:00	3:10	4:40	5:10
Wednesday	9:30	2:00	3:10	3:40	4:40
Thursday	11:10	2:00	3:10	3:40	5:10
Friday	11:10				

#### LEVEL 4

Monday	11:10	2:40	4:10	5:10
Tuesday	2:40			
Wednesday	2:40	4:10		
Thursday	2:40			

IF A CHILD TAKES A CLASS AT 5:10 CHILD MUST BE PICKED UP ON THE POOL DECK AT 5:40.

For more information on swim lessons visit [www.westporty.org](http://www.westporty.org)



# EXCEL BEFORE AND AFTER THE BELL



REGISTER YOUR CHILD FOR ANY OF THE PROGRAMS AT THE YMCA FROM 9:00am UNTIL 11:30am or 1:00pm UNTIL 6:00pm WHILE THEY ARE AT THE SCHOOL AGE CHILD CARE PROGRAM!

(Membership is required for all Y programs)

**SPECIAL PROMOTION  
FOR SCHOOL AGE  
PROGRAM PARTICIPANTS**

**BECOME A FAMILY  
MEMBER AND HAVE YOUR  
JOINER FEE WAIVED!**

**SAVE \$100 TODAY!**

## AQUATICS PROGRAMS

Fall 1 Session Runs 9/8 through 11/1

### SWIM LESSONS

6-12 years

45 minutes \$185 (Mon \$165)

#### LEVEL 3

Tuesday 3:40

Thursday 3:40

#### LEVEL 4

Monday 3:40 4:40

Tuesday 4:10

Wednesday 3:40 4:40

Thursday 4:10

#### Level 5

Monday 4:10

Tuesday 3:40 4:40

Wednesday 4:10

Thursday 3:40 4:40

#### LEVEL 6 ( Pick! up ]g in the pool area)

Monday 5:20

Tuesday 5:20

Wednesday 5:20

Thursday 5:20

### Fall I Session: 9/8-11/1

For questions about placement,  
please contact Jenn McDonald,  
Aquatics Director:

[jmcdonald@westporty.org](mailto:jmcdonald@westporty.org)

Phone: 203.226.8981 X 139

For more information:

[westporty.org](http://westporty.org) #Uei UnVg#k Ja! Yggcbg



# EXCEL BEFORE AND AFTER THE BELL



**REGISTER YOUR CHILD FOR ANY OF THE PROGRAMS AT THE YMCA FROM 9:00am UNTIL 11:30am or 1:00pm UNTIL 6:00pm WHILE THEY ARE AT THE SCHOOL AGE CHILD CARE PROGRAM!**

**(Membership is required for all Y programs)**

## DANCE PROGRAMS

Fall 1 Session Runs 9/8 through 11/1

### Monday

10:00 - 10:45am - Bitty Breakn'  
4:30 - 6:00pm - Elite Team Y Tap, Jazz & Ballet  
4:15 - 5:15pm - Elite Team A Tap

### Tuesday

4:15- 5:15pm Elite Team M & C Ballet  
4:15 - 5:15pm - Elite Team A Lyrical  
5:30 - 6:30pm - Elite Team M & C Lyrical  
5:30 - 6:30pm Elite Team A Ballet II

### Wednesday

10:00- 10:45am Beginner Jazz  
3:15-4:00pm Musical Minis  
4:15-5:15pm Musical Theater  
4:15-5:15pm 5&6 yr. Ballet/Tap  
5:30-6:30pm Jazz FUNK!  
5:30-6:30pm Ballet I & II

For class description & class fees please visit [www.westporty.org/dance](http://www.westporty.org/dance). For questions please contact Lillian Cenatiempo, Dance Center Director: [lcenatiemp@westporty.org](mailto:lcenatiemp@westporty.org)

### Thursday

4:15 - 5:00pm Elite Team M Jazz  
4:15 - 5:15pm Elite Team C Tap  
5:00 - 5:45pm Elite Team M Tap  
5:15 - 6:15pm Elite Team C Jazz

### Friday

4:15-5:15pm Jazz II  
5:30-6:30pm Open Hip Hop (9-13yr)

### ELITE TEAM DESCRIPTION

The Elite Company Program is a fun and exciting alternative to our recreational program. Teams are comprised of students that take Tap, Jazz, Lyrical, Ballet and Conditioning. Teams are entered into two dance competitions a year.

### Ages

Elite Team A - 12 +  
Elite Team C - 8-11  
Elite Team M - 7-9  
Elite Team Y - 5- 7

# EXCEL BEFORE AND AFTER THE BELL



**REGISTER YOUR CHILD FOR ANY OF THE PROGRAMS AT THE YMCA FROM 9:00am UNTIL 11:30am or 1:00pm UNTIL 6:00pm WHILE THEY ARE AT THE SCHOOL AGE CHILD CARE PROGRAM!**

**(Membership is required for all Y programs)**

## **SPORTS AND RECREATION**

**at Camp Mahackeno \$90**

**4:30-5:30pm Fall 1 Session**

Fall 1 Session Runs 9/8 through 11/1

### **Monday**

Pint size Basketball (K-2nd)

### **Tuesday**

Pint size Basketball games (3rd-4th)

### **Wednesday**

Soccer Academy (K-3rd)

### **Thursday**

Stretch & Sketch (4-7yf)

### **Friday**

Street Hockey Games (K-3rd)

**SPECIAL PROMOTION  
FOR SCHOOL AGE  
PROGRAM PARTICIPANTS**

**BECOME A FAMILY  
MEMBER AND HAVE YOUR  
JOINER FEE WAIVED!**

**SAVE \$100 TODAY!**

**Basketball personal training  
available (3rd grade and up )  
please contact**

**Jesse Kanaple, Camp & Family  
Services Director:**

**[jkanaple@westportymca.org](mailto:jkanaple@westportymca.org) or  
203.226.8981 | %&\***

# Westport Weston Family YMCA Fall Basketball Clinics

In partnership with  
**Right Angle Shooting**



## **5th and 6th Grade Girls**

Wednesday and Thursday 4pm to 6pm  
Sunday 12:30pm to 2:30pm  
(At the outdoor court at Camp Mahackeno)

## **7th and 8th Grade Girls**

Wednesday and Thursday 6pm to 8pm (indoor court)  
Sunday 2:30 pm to 4:30 pm (outdoor court at Camp Mahackeno)

**Fee \$500 and YMCA Membership is required**

**Session runs from 9/8 through 10/18**

**Weekday session will be fast-paced practices, Sunday will include scrimmage.**

**The goals of the Right Angle Shooting fall clinics is to increase players' knowledge of the game, give constructive feedback on areas of needed improvement and push kids physically to improve skills both on and off the court.**

### **Coaches**

**Mike Evans**, a Weston native, is the President of Right Angle Shooting, a basketball instruction company in shooting mechanics. Mike works with NBA players, players preparing for the NBA Draft, and high school and middle school boys and girls. Mike was an All-State basketball player in high school and still holds three-point shooting records at Hamilton College. He played two years of semi-professional basketball in Belfast, Northern Ireland, where he founded a nonprofit, Full Court Peace. Mike has his Masters from Harvard University, where he was also a volunteer assistant coach.

**Andre Brooks** is a former Division I college basketball player who then went on to play several years of high level professional basketball in Mexico. Originally from Maryland, Andre accepted a full scholarship to play at Central Connecticut after high school. He has coached for over a decade, specializing in one-on-one moves and agility-based skills for boys and girls of all ages.

**Register by visiting [westporty.org](http://westporty.org) or contact  
Jesse Kanaple at [jkanaple@westporty.org](mailto:jkanaple@westporty.org)**



# EXCEL BEFORE AND AFTER THE BELL



REGISTER YOUR CHILD FOR ANY OF THE PROGRAMS AT THE YMCA FROM 9:00am UNTIL 11:30am or 1:00pm UNTIL 6:00pm WHILE THEY ARE AT THE SCHOOL AGE CHILD CARE PROGRAM!

(Membership is required for all Y programs)

## GYMNASTICS CENTER

Fall 1 Session Runs 9/8 through 11/1

Limited class size and all classes are coed unless noted. To register or class fees please visit our website at [www.westporty.org](http://www.westporty.org).

- Monday** 10:00-11:00am Beginner/Adv. Beginner  
2:45-3:45pm Beginner/Adv. Beginner  
4:00-5:00pm Beginner/Adv. Beginner  
5:20-6:20pm Beginner/Adv. Beginner
- Tuesday** 2:50-3:50pm Beginner/ Adv. Beginner  
4:10-5:10pm Beginner/ Adv. Beginner  
5:30-6:30pm Beginner/Adv. Beginner  
4:15-6:15pm Pre Comp Invite Only
- Wednesday** 10:00-11:00am Beginner/Adv. Beginner  
2:30-3:30pm Boys Beginner  
4:15-6:15pm Advanced Skills Class Invite  
4:20-5:20pm Ninjastic ages 6-12
- Thursday** 3:15-4:15pm Ninjastic ages 6-12  
4:00-6:00pm Skill Classes Intermediate Invite Only  
4:15-6:15pm Pre Comp Invite Only
- Friday** 10:35-11:30am Trampoline & Tumbling  
3:00-4:00pm Beginner/Adv. Beginner  
4:10-5:10pm Beginner/Adv. Beginner  
4:10-5:10pm Boys

**SPECIAL PROMOTION  
FOR SCHOOL AGE  
PROGRAM PARTICIPANTS**

**BECOME A FAMILY  
MEMBER AND HAVE YOUR  
JOINER FEE WAIVED!**

**SAVE \$100 TODAY!**

## GYMNASTICS FAMILY FUN CENTER

Fall 1 Session Runs 9/8 through 11/1

### Half-Day Gymnastic Camp

Monday, September 28

12:30-3:30pm

Fee: \$50/child ages 5-11

### Open Gym

Monday, September 28

9:00-11:00am

Fee: \$10 non-refundable/child 6months-10 years parent or guardian must accompany child.

### Election Day Camp

Tuesday, November 3

12:00-3:00pm

Fee: \$45/5-11 years morning or afternoon sessions.

Questions contact Sally Silverstein, Director of Gymnastics: [ssilverstein@westporty.org](mailto:ssilverstein@westporty.org)

# MEMBERSHIP IS REQUIRED FOR ALL WESTPORT WESTON FAMILY YMCA YOUTH PROGRAMING

**(Membership not required for School Age Child Care Program Only"  
ALL Other Programs Require Membership)**

**SPECIAL PROMOTION  
FOR SCHOOL AGE  
PROGRAM PARTICIPANTS**

**BECOME A FAMILY  
MEMBER AND HAVE YOUR  
JOINER FEE WAIVED!**

**SAVE \$100 TODAY!**

## **Membership Rates (Subject to Change):**

Type	Age Range	Join Fee	Monthly Fee	Annual Fee
Youth	0-13	\$25	\$25	\$300
Family 1 Adult Age 23+	***	<del>\$100</del>	\$114	\$1368
Family 2 Adults Age 23+	***	<del>\$100</del>	\$137	\$1644
Family 3 Adults Age 23+	***	<del>\$100</del>	\$158	\$1896
Family 4 Adults Age 23+	***	<del>\$100</del>	\$180	\$2160

Live-in caregivers are permitted to be part of a Family 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. For more information contact Brian Marazzi, Membership Director at 203.226.8981 or [bmarazzi@westportymca.org](mailto:bmarazzi@westportymca.org)

**Payment Options:** Members can choose to pay via monthly draft or in full for the year. No contracts or obligations.