

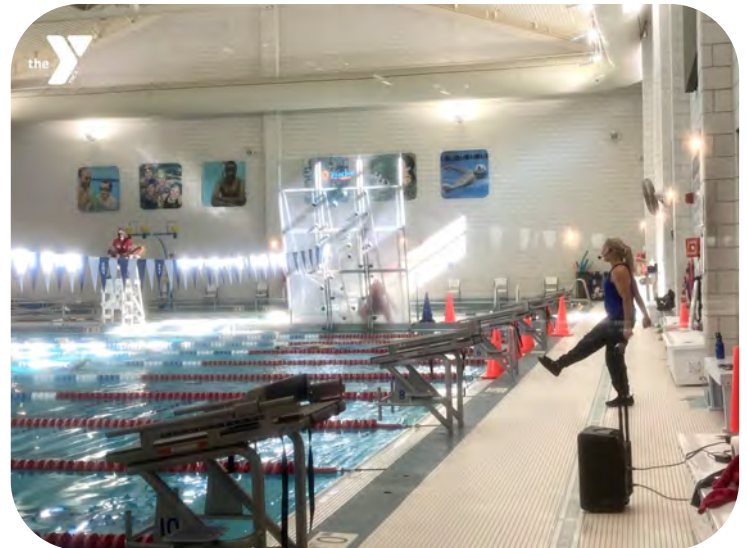


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2 PROGRAMS

REGISTRATION OPENS APRIL 3

SOMETHING FOR EVERYONE! PROGRAM & MEMBERSHIP BROCHURE WESTPORT WESTON FAMILY YMCA



Registration begins Saturday, April 3
Spring 2 Programs begin Monday, April 26

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
Adult 18-22	18-22	\$50	\$60	\$720
Adult 23-64	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.

HOURS OF OPERATION*

Bedford Family Center

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

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

*SUBJECT TO CHANGE

KIDS' CLUB

Kids' Club is open! It is currently running in our spacious Gymnasium, Monday-Friday 8:00am-2:00pm. Free for Family memberships and \$10 for all other membership types. Ages 6 months-12 years.

RESERVATION INFORMATION

Due to COVID-19, reservations are required for Aquatics and Group Fitness classes.

Mobile app: Search "Westport Weston Family Y" in app store.
Online: Please visit westporty.org and click on "Reserve Your Time" or westporty.motionvibe.com.

To set up an account you will need your barcode on your membership card. Please call the YMCA at 203-226-8981 if you need assistance.

FINANCIAL ASSISTANCE

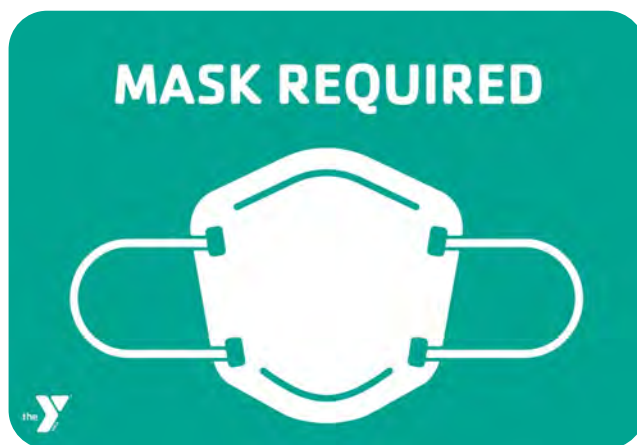
The Westport Weston Family YMCA does not turn away anyone due to the inability to pay. Financial assistance applications are available online at westporty.org or may be requested via fax, mail or email.

COLLEGE MEMBERSHIP SPECIAL

College students can enjoy the YMCA for \$50/month while home on break or home due to COVID-19.

How to Join:

- 1) Online: westporty.org
- 2) In-house at the YMCA
- 3) If previously a member, over the phone: 203-226-8981



Masks covering your nose and mouth are required in and throughout the Westport Weston Family YMCA including all common areas, restrooms and locker rooms. Masks may be removed upon entering the pool.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE IT A FAMILY AFFAIR

Family Membership
has its perks

JOIN TODAY!



MEMBERSHIP PROMOTIONS

\$60 Family Membership Promotion!

Join the YMCA with a Family Membership any time in April or May at a prorated amount with \$0 Join Fee and your next full month is just \$60!

WHY IT'S FUN TO JOIN AS A FAMILY!

- ◆ Discounts on camp and programming
- ◆ Weekend & evening access to Mahackeno Outdoor Center in the summer
- ◆ Swimming in new pool and cooling off on the splash pad
- ◆ Sliding down giant slides and playing on the playground
- ◆ Hanging outdoors on the sports courts, hiking and more
- ◆ Shooting hoops as a family (family gym time by reservation)
- ◆ Onsite childcare at Kids' Club while working out
- ◆ Working out in the new expanded wellness center
- ◆ Taking group exercise classes onsite and online
- ◆ Dropping in to bounce around in the new Gymnastics Center
- ◆ Making friends at Camp Mahackeno, Camp Hafaday, Gymnastics and Dance Camps





AQUATICS – SWIM LESSONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2 2021 SESSION DATES

Session Dates: Monday April 26 – Monday, June 14
No Classes: Monday May 31, Memorial Day
Registration: Saturday, April 3, 8:00am

For questions about classes or placement, please contact
Josephine Rojas, Aquatic Director: jrojas@westportymca.org

**Spring 1 session participants will receive progress reports
from their instructors Saturday, March 27 – Friday, April 2.**



**The Westport Weston Family YMCA is taking precautions
to ensure the safety of all members, staff and participants.
Thank you for your cooperation.**

- Masks must be worn by children and adults into and throughout the Y, including locker rooms and restrooms. Swimmers may remove their mask at the start of their lesson.
- **Only one adult with swimmer who needs assistance is allowed to stay during their lesson.**
- Locker rooms are available for changing purposes, but we encourage wrap and go as weather permits.
- Please arrive no more than 10 minutes before swim lesson.
- There will be no free-swim in the splash pad before or after lessons.
- Splash Pad area is closed.
- Instructors will wear face coverings at all times.
- Youth classes have been reduced to pairs 6ft. apart.
- There will be use of noodles for lessons, when needed.
- Youth lessons (6-12 years) will be taught from deck as much as possible.
- **Please do not walk behind the starting block end of the pool.**

SUBJECT TO CHANGE BASED ON CT GUIDELINES

Makeup/Refund Policy

Swim lesson participants register for classes on specific dates and times. Attendance in scheduled classes is the responsibility of the participant. We cannot provide makeup classes or allow the participants to attend a different class, unless the YMCA cancels a class and provides for a makeup.

No refunds for classes missed.

WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880
203-226-8981 westportymca.org

QUESTIONS? PLEASE CONTACT:

Josephine Rojas, Aquatics Director
jrojas@westportymca.org 203-226-8981 x139



AQUATICS – SWIM LESSONS

SPRING 2: MONDAY, APRIL 26 – MONDAY, JUNE 14

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENT/CHILD AND PRESCHOOL CLASSES

Parent/Child (30 min): \$ 145

Stage A Water Discovery (6 –17 months)

Parent is guided by instructor with swim cues to assist their child in learning basic beginner skills.

Tue 10:05-10:35am
Wed 9:30-10:00am
Fri 9:30-10:00am
Sat 10:00-10:30am
Sun 9:15-9:45am

Stage B Water Exploration (18 –36 months)

Child is comfortable in the water with parent and learning swim cues from instructor.

Tue 9:30-10:00am
Wed 10:05-10:35am
Fri 10:05-10:35am
Sat 9:15-9:45am
Sun 10:00-10:30am



3–5 years (30 min): \$236

Stage 1

Children with little to no experience; will not go underwater voluntarily.

Stage 2

Child who is comfortable in the water.
Cannot float on front or back on their own.

Stage 4

Child can swim 10-15 yards of front crawl and back stroke.

Stage 3

Child who is starting to swim 2-3 paddle strokes.
This level will work on swimming 10 yards on their front and back.

Pairs swim classes – 3 preschoolers/time slot

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00pm	10:40am	10:40am	3:00pm	10:40am	8:45am	8:45am
3:30pm	11:15am	11:15am	3:30pm	11:15am	9:15am	9:15am
5:20pm	3:00pm	3:00pm	4:45pm		10:00am	10:00am
	3:30pmpm	3:30pm			11:00am	11:00am
	4:10pm	5:20pm			11:30am	11:30am

WESTPORT WESTON FAMILY YMCA

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



QUESTIONS? PLEASE CONTACT:

Josephine Rojas, Aquatics Coordinator
jrojas@westporty.org 203-226-8981 x139



WESTPORT WESTON FAMILY YMCA SWIM LESSONS

SPRING 2: MONDAY, APRIL 26– MONDAY, JUNE 14

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHOOL-AGE 6–12YRS. AND ADULT BEGINNER SWIM CLASSES

6–12 years Stages 2/3 (30 min): \$236



Stage 2/3

Students will focus on body position and control, directional change and forward movement. Will learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:45pm	5:20pm	4:45pm	5:20pm	10:30am	10:30am

6–12 years Stages 4 Semi classes \$191



Stage 4

Students will develop stroke technique in front crawl and back crawl and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:10pm	4:45pm	4:10pm	4:10pm	8:15am 12:15pm	8:15am 12:15pm

6–12 years Advance Stages 5 & 6

30 min. Group classes of 4 on Monday through Saturday in the warm pool lanes. Sunday classes in the big pool. Fee: \$145



Stage 5

Students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
5:20pm	5:20pm	4:45pm	4:45pm	8:45am	10:00am 10:30am



Stage 6

Students refine stroke technique on all major strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

Mon	Tues.	Wed.	Thurs	Sat.	Sun
4:45pm	4:10pm	5:20pm	5:20pm	11:00am	9:00am 9:30am

ADULT BEGINNER SWIM INSTRUCTION CLASS

Swim class for adults wanting to learn to swim. Beginners skills and stroke development covered.

Monday 6:00–6:45pm \$165

Wednesday 6:00–6:45pm \$165

DANCE CENTER

Westport Weston Family YMCA



***Spring Session Important Dates:** April 2 Good Friday:
April 3:
April 12-16 Spring Break:
April 12-16:
May 31 Memorial Day:
June 7-12 Recital Week:

No Classes
Spring 2 registration
No regular classes
AM/PM Dance Camps running
No classes
Details to come

Pricing: 8 week classes \$185

Age 2-4

Tuesday 3:15-4:00pm Storybook Ballet*
Saturday 9:30-10:15am Tutus & Tiaras*
Saturday 10:30-11:15 Tutus & Tiaras*

Adult 18+

Monday 7:30-8:30pm Ballroom FUSION*
Wednesday 7:45-8:30 Tap*
Friday 6:45-7:45pm Hip Hop*
Saturday 8:00-9:15am Ballet*

Age 3-5

Thursday 3:15-4pm Mini Divas*

Age 6-9

Thursday 4:15-5:15pm Jazz/Tap Combo*
Wednesday 4:15-5:15pm Movers & Shakers*

Age 9-13

Friday 5:30-6:30pm Open Hip Hop*

SPRING BREAK DANCE CAMPS APRIL 12-16 MONDAY-FRIDAY

Pirates and Princesses Dance Camp (Ages 3-5yrs)
9:30-11:30am
\$250 Membership required

Jazz Funk Camp (Ages 7-10 yrs)
3:00-4:30pm
\$225 Membership required



**For more information, please contact Lillian Cenatiempo, Dance Center Director:
lcenatiempo@westportymca.org or 226-8981 ext. 118**

DANCE CENTER

SUMMER 2021 AFTERNOON SESSION 3:00-4:30pm

SESSION DATES: Monday, June 20–Sunday, August 22
CONTACT: Lillian Cenatiempo, Dance Center Director
lcanatiempo@westportymca.org 203-226-8981 x118



PROGRAM SCHEDULE - SUMMER 2021

***Camp pricing: \$225 members, \$325 non-members**

June 21–June 25 Jazz Funk, Ages 7–9

Monday–Friday 3:00–4:30pm

Jazz combines many styles and techniques from ethnic and contemporary dance to ballet. Our jazz classes teach basic jazz dance technique, terminology and style with an emphasis on proper technique, alignment and movement quality. Set to jazz, R&B, ethnic and pop music, jazz classes are a great workout and fun for all ages.

July 12–16: Jazz/Tap Combo, Ages 6–8

Monday–Friday 3:00–4:30pm

Combining the classical elements of Tap and Jazz makes for a fun class. Get two techniques in a one hour time slot. Learn, dance and have fun learning combos in each style.

July 19–23 Open Hip Hop, Ages 7–10

Monday–Friday 3:00–4:30pm

Class focuses on isolations, lock, pop, rhythm, and free-style. A fun, innovative and high-energy class.

July 26–July 30 Musical Theater, Ages 8–11

Monday–Friday 3:00–4:30pm

Learn proper dance technique while exploring the various dance styles used in Broadway shows. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

August 2–6 Contemporary, Ages 8–11

Monday–Friday 3:00–4:30pm

Contemporary is a fusion. In this class we will use every kind of movement, many will have strong lyrical components but, you will see flares of jazz, ballet, hip hop, salsa, theatrics, mime, modern, pedestrian movement... you name it. The fun is in the blending.

August 9–13 Jumps, Leaps, & Turns, Ages 9–13

Monday–Friday 3:00–4:30pm

This class will build upon Beginner Turns & Leaps by incorporating more challenging sequences across-the-floor with Beg/Int level jumps, leaps and turns. At this level of training, you will develop greater control, technical understanding and strength to not only help you execute more advanced skills, but to also do them safely.

August 16–20 Tap I, Ages 7–9

Monday–Friday 3:00–4:30pm

Tap is a style of American theatrical dance, distinguished by percussive footwork and rhythms. Our tap classes stress the basics of tap while also teaching musicality and rhythm. Try tap for fun and fitness.

For more information on these dance camps please contact Lillian Cenatiempo, Dance Center Director:
203-226-8981 X 118 or lcanatiempo@westportymca.org

DANCE CENTER

SUMMER 2021 MORNING SESSION 9:30-11:30am

SESSION DATES: Monday, June 20–Sunday, August 22
CONTACT: Lillian Cenatiempo, Dance Center Director
lcanatiempo@westporty.org 203-226-8981 x118



PROGRAM SCHEDULE – SUMMER 2021

***Camp pricing– \$250 members, \$350 non-members**

June 21–June 25 Pirates and Princesses Dance Camp, Ages 4–6

Monday–Friday 9:30–11:30am

Whether you are a pirate or a princess, come dance away and swab the deck to some great Disney tunes. Dancers are welcome to dress in a themed costume to help get them into character. There will be swashbuckling and plies, and no one will walk the plank!

July 12–16 Island Princess Dance Camp, Ages 3–5

Monday–Friday 9:30–11:30am

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

July 19–23 Hippy Hoppin Shake, Ages 2–4

Monday– Friday 9:30–11:30am

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

July 26–July 30 Hair Up Dance Camp, Ages 4–6

Monday– Friday 9:30–11:30am

Dancers ages 4 to 6 will have the chance to leap and twirl through troll village. Dancers will move their feet and dance along to some favorites. It will be a troll-a-bration!

August 2–6 Rockin’ Stars Dance Camp, Ages 3–5

Monday–Friday 9:30–11:30am

Pump up the Jazz in this high energy Jazz Funk dance class. Pack your energy and a drink and get ready to move and groove! A little Jazz technique, a little hip hop funk and a lot of fun means for a great dance class!

August 9–13 Move & Groove, Ages 2–4

Monday– Friday 9:30–11:30am

Through imaginative play, your child will stretch, get aerobic exercise, learn body awareness, and develop coordination and rhythm in a fun and music filled dance class.

August 16–20 Tutus & Tiaras, Ages 3–5

Monday– Friday 9:30–11:30am

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.

For more information on these dance camps please contact Lillian Cenatiempo, Dance Center Director:
203-226-8981 X 118 or lcanatiempo@westporty.org

SAVE THE DATE!

Westport Weston Family YMCA's Annual Golf Tournament Presented by SLAM

***Supporting the Financial Assistance Program for Families in Need Living
in Our Community***

Monday, August 2, 2021

**Aspetuck Valley Country Club – 67 Old Redding Road, Weston, CT
11:00am Lunch & 12:00pm Shotgun Start**



**For information on event registration and sponsorship opportunities,
please contact Brian Marazzi at 203-226-8981 x 104 or email
bmarazzi@westportymca.org**

Aspetuck Valley Country Club—Weston, CT



GYMNASTICS

YOUTH GYMNASTICS – MASKS ARE REQUIRED

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

NEW! NINJASTICS CLASSES

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

Little Ninjas (Ages 4-6)

Fri 1:00-2:00pm

Ninjastics (Ages 6-12)

Sat 2:30-3:30pm

Sat 3:45-4:45pm

May 1 - Jun 19

Members: \$160 (class limit 12)

Boys Beginner (Ages 5-11)

Skills on the Floor, trampoline, rings, vault, bar, tumble trak.

Fri 5:10-6:10pm

Apr 30- June 18

Members: \$200

NEW! Trampoline & Tumble (Ages 6+)

Learn to jump, spin, flip and tumble with ease. All skill levels are welcome from beginner to the most advanced. (Class limit 10)

Sun 9:30-10:30am

May 2- Jun 20

Members: \$160

Toddler Adventure Gym (Ages 6 months - 7 years)

Open play. Children must participate with parent or caregiver. Masks required.

Mon-Fri 9:00-11:00am

Fee: \$10 drop-in

No 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.

May 2- Jun 20

Sun 9:00-10:00am

Members: \$125

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

Gymnastic Privates (Ages 6+)

Please contact Sally Silverstein for more information and to schedule a private lesson.

Fee: \$85/hour \$45/half hour

IMPORTANT:

Parents are not permitted in the Gymnastic Center at this time.

SESSION INFORMATION

Spring Session Dates

April 26 - June 20

No classes

Apr 2, 3, 4, 12-18, May 31

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 or credits for classes. No trial classes at this time.



GYMNASTICS

YOUTH GYMNASTICS – MASKS ARE REQUIRED

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

Pre School Beginner – 45 min (Ages 3–4)

NEW! Parents do not stay.

Limit 6 per class

Apr 28 – Jun 18

Mon 1:15–2:00pm

Wed 1:30–2:15pm

Wed 2:30–3:15pm

Thu 1:30–2:15pm

Thu 2:30–3:15pm

Fri 1:00–1:45pm

Fri 2:00–2:45pm

Members: \$165

Pre School/Beginner – 1 hour (Ages 3–4)

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

Limit 6 per class

Apr 26 – Jun 14

Mon 2:15–3:15pm

Members: \$200

Combo Beginner and Advanced Beginner (Ages 5 – 11)

Levels are separated by ability.

Masks encouraged.

Limit 15 per class

Apr 26 – June 20

Mon 2:45–3:45pm

Mon 4:10–5:10pm

Mon 5:20–6:20pm

Tue 4:10–5:10pm

Tue 5:30–6:30pm

Wed 2:45–3:45pm

Fri 3:00–4:00pm

Fri 4:10–5:10pm

Sun 9:30–10:30am

Sun 10:45–11:45am

Members: \$200

INVITE ONLY CLASSES

Intermediate

Apr 1– Jun 17

Thu 4:00–6:00pm

Sat 1:00–3:00pm

Members: \$470

Advanced

Mar 31– Jun 16

Wed 4:15–6:15pm

Members: \$470

Teen Tumbling (Grades 6+)

Mar 31 – Jun 16

Wed 6:30–8:30pm

Members: \$470

Pre-Competitive Team

By invitation only.

Mar 30–Jun 17

Tue and Thu 4:15–6:15pm

Members: \$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

Gymnastic Privates (Ages 6+)

Please contact Sally Silverstein for more information and to schedule a private lesson.

ssilverstein@westportymca.org

Fee: \$85/hour \$45/half-hour

Showtime

Exhibition Gymnastic Team

Nationally recognized

Gold Medal Award Winning Exhibition Team.

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

Contact Gymnastic Director:

Sally Silverstein

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 or credits for classes. No trial classes at this time.

IMPORTANT: Parents are not permitted in the Gymnastic Center at this time.



GYMNASTIC FAMILY FUN!

FAMILY EVENTS AT THE YMCA GYMNASTIC CENTER – MASKS REQUIRED

All gymnastic clinics, family activities and events on this page are held at the YMCA Gymnastic Center. Gymnasts must wear masks. The Gymnastic Center is a **nut-free** facility. No refunds or credits for clinics, camps or family events.

FREE! HEALTHY KIDS DAY!

Saturday, April 24

9:00–11:30am

Free Family Event! Parents bring your children for open play in our 11,000 sq. ft. Gymnastic Center! Enjoy face painting, fun crafts and tumbling!

Get 20% off Summer Gymnastic Camp when you register during Healthy Kids Day in the Gymnastic Center. Offer available only 9–11:30 April 24 in person.

April Break 2021 Gymnastics (Ages 5–11)

Lots of gymnastics, a craft and no-touch games. Please bring water bottles, snack and drink.

Date: Monday, April 12, Wednesday, April 14

Time: 12:00–3:00pm

Members: \$50/day

Register online westporty.org, at Membership Desk or email Sally: ssilverstein@westporty.org

April Back Handspring & Walkover Clinics (Limit 15)

Date: Tuesday April 13, April 15

Time: 4:15–5:45pm

Member fee: \$45/child per clinic

April Cartwheel Clinics (Limit 10)

Date: Thursday April 15

Time: 4:15–5:45pm

Members: \$45/child

SUNDAY MORNING SKILLS CLINICS

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 for skills clinics.**

Walkover Clinic (Ages 5+)

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

Date: Sunday Apr 25, May 16

Time: 9:00–10:30am

Fee: \$45/day (Limit 10 gymnasts)

Tuck Clinic

For gymnasts in Intermediate – Competition level. Come work on your back tucks. Coaches work on technique, drills and stations.

Date: Sunday, May 2

Time: 9:30–11:00am

Fee: \$45 (Limit 14 gymnasts)

Keeping our Athletes and Families Safe and Healthy:

1. All coaches and gymnasts must wear masks.
2. All gymnasts should bring a water bottle. Water fountains are unavailable.
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 CDC-approved commercial grade cleaning product.
5. Commercial grade disinfectant fogger used in the gym.
6. Classes are at reduced capacity, gymnasts are 6 feet apart.
7. Parents/adults drop off their child(ren) at the YMCA Gymnastic Center door with our door greeter.
8. Gymnasts will enter and exit the YMCA Gymnastic Center from different doors.

Cartwheel Clinic (Ages 4+)

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

Date: Sunday Apr 25, May 16

Time: 10:30am–12:00pm

Fee: \$45/day (Limit 15 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, Apr 25, May 16

Time: 9:00–10:30am

Fee: \$45/day (Limit 10 gymnasts)

SUMMER GYMNASTICS

We are a nut-free gym. Please send your child with a snack and drink every day. All campers must have signed waiver to participate. **REGISTER NOW! 11,000 square foot Gymnastic Center!**

Summer Gymnastics Morning (Ages 5 & up)

Gymnastics, games craft, fun themes. Please bring a nut-free snack and drink. All gymnasts must have signed waiver. NO refunds after May 1. Masks required. Limited enrollment.

Session 1	June 28-July 2
Session 2	July 5-July 9
Session 3	July 12-16
Session 4	Jul 19-23
Session 5	Jul 26-30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-20

Mon-Fri 9:00am-12:00pm

Fee: \$240/week Members, \$260 Non-members

Summer Gymnastics Afternoon (Ages 5 & up)

Games, crafts, lots of gymnastics, fun themes. No refunds or credits after May 1. Masks required. Limited enrollment.

Session 1	June 28- July 2
Session 2	July 5-July 9
Session 3	July 12-July 16
Session 4	July 19-July 23
Session 5	July 26-July 30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-Aug 20

Mon-Fri 12:30-3:30pm

Fee: \$240/week Members, \$260 Non-members

Competition Summer

No refunds or credits for days missed. No make-ups.

Masks must be worn at all times. Limited space available.

No daily drop-ins. Choose 3 days/week, 2 days/week or both.

Membership required. Registration must be done in advance.

June 28-Aug 20

Mon, Wed & Fri 4:00-6:30pm

\$150/week

June 28-August 20

Tue & Thu 4:00-6:30pm

\$105/week

Session 1	June 28- July 2
Session 2	July 5-July 9
Session 3	July 12-July 16
Session 4	July 19-July 23
Session 5	July 26-July 30
Session 6	Aug 2-Aug 6
Session 7	Aug 9-Aug 13
Session 8	Aug 16-Aug 20

MAKING MEMORIES THAT LAST A LIFETIME

Summer Gymnastics and Art (Ages 3-5)

Gymnastics, games, art project each day. Bring nut-free snack and drink. Must be completely toilet-trained. NO refunds or credits after May 1. Masks required. Limited enrollment.

Session 1 June 21-24

Session 2 June 28-July 1

Session 3 July 5-8

Session 4 July 12-15

Mon-Thu 9:00am-12:00pm

Fee: \$240/Members week, \$255 Non-members

Safe and Healthy:

1. All coaches and gymnasts must wear masks.
2. All gymnasts should bring a water bottle.
3. Athletes will be asked to wash hands and use hand sanitizer before and after each rotation.
4. Coaches wipe down mats, equipment, key touch points, and disinfect the equipment with a CDC-approved commercial grade cleaning product.
5. Classes are at reduced capacity, gymnasts are 6 feet apart.
6. Parents/adults drop off their child(ren) at the YMCA Gymnastic Center door with our door greeter.
7. Gymnasts will enter and exit the YMCA Gymnastic Center from different doors.



CONTACT:

Sally Silverstein, Director YMCA Gymnastic Center
203-226-8981 x130 ssilverstein@westportym.org

LOCATION:

WESTPORT WESTON FAMILY YMCA GYMNASTIC CENTER
14 Allen Raymond Lane, Westport, CT 06880

GYMNASTICS

Beginner/Adv. Beginner Classes		Limit 14				
Class Age 5-11	Days	Times	Class Starts	Class Ends	Session	Tuition
Beg/Ad Beg NEW!	Mon	1-2pm	4/26/21	6/14/21	Spring 2	\$200
Beg/Ad Beg	Mon	2:45-3:45p	4/26/21	6/14/21	Spring 2	\$200
Beg/Ad Beg	Mon	4:10-5:10p	4/26/21	6/14/21	Spring 2	\$200
Beg/Ad Beg	Mon	5:20-6:20p	4/26/21	6/14/21	Spring 2	\$200
Beg/Ad Beg	Tue	4:10-5:10p	4/27/21	6/15/21	Spring 2	\$200
Beg/Ad Beg	Tue	5:30-6:30p	4/27/21	6/15/21	Spring 2	\$200
Beg/Ad Beg	Wed	2:45-3:45p	4/28/21	6/16/21	Spring 2	\$200
Beg/Ad Beg	Fri	3-4pm	4/30/21	6/18/21	Spring 2	\$200
Beg/Ad Beg	Fri	4:10-5:10p	4/30/21	6/18/21	Spring 2	\$200
Beg/Ad Beg	Sun	9:30-10:30a	5/2/21	6/20/21	Spring 2	\$200
Beg/Ad Beg	Sun	10:45-11:45a	5/2/21	6/20/21	Spring 2	\$200
Boys Beg/Ad Beg	Fri	5:10-6:10p	4/30/21	6/18/21	Spring 2	\$200

Pre School/Beginner	Limit 6	Co –Ed				
Class age 3-4	Days	Times	Class Starts	Class Ends	Session	Tuition
Pre School NEW	Mon	1:15-2:00p	4/26/21	6/14/21	Spring 2	\$165
Pre School	Mon	2:15-3:15	4/26/21	6/14/21	Spring 2	\$200
Pre School	Wed	1:30-2:15p	4/28/21	6/16/21	Spring 2	\$165
Pre School	Wed	2:30-3:15p	4/28/21	6/16/21	Spring 2	\$165
Pre School NEW!	Thu	1:30-2:15p	4/29/21	6/17/21	Spring 2	\$165
Pre School	Thu	2:30-3:15p	4/29/21	6/17/21	Spring 2	\$165
Pre School NEW!	Fri	1:00-1:45p	4/30/21	6/18/21	Spring 2	\$165
Pre School	Fri	2-2:45p	4/30/21	6/18/21	Spring 2	\$165

Ninjastics	Co Ed	Limit 12				
	Days	Times	Class Starts	Class Ends	Session	Tuition
Age 4-6	Fri	1:00-2:00pm	4/30/21	6/18/21	Spring 2	\$160
Age 6-12	Sat	2:30-3:30p	5/1/21	6/19/21	Spring 2	\$160
Age 6-12	Sat	3:45-4:45p	5/1/21	6/19/21	Spring 2	\$160

Tumbling/Trampoline Classes		Limit 10				
	Days	Times	Classes Start	Class Ends	Session	Tuition
Teen Tumbling Grades 6+	Wed	6:30-8:30pm	3/31/21	6/16/21	Spring	\$470
Tramp & Tumble Age 6-12 NEW!	Sun	9:30-10:30am	5/2/21	6/20/21	Spring	\$160

Skill Classes/Invite Only						
Need Evaluation	Days	Times	Class Starts	Class Ends	Session	Tuition
Intermediate	Thu	4:00-6:00p	4/1/21	6/17/21	Spring	\$470
Intermediate	Sat	1:00-3:00p	4/3/21	6/19/21	Spring	\$470
Advanced	Wed	4:15-6:15p	3/31/21	6/16/21	Spring	\$470
Pre Competition	Tue/Thu	4:15-6:15p	4/1/21	6/17/21	Spring	\$800

YMCA CAMP MAHACKENO & YMCA CAMP HAFADAY

Summer Camp Registration Opened January 1, 2021

For more information: westporty.org/camp

To register: westporty.campbrainregistration.com

****SUMMER CAMP IS WAITLISTING!****

Space is extremely limited in our Mahackeno & Hafaday programs. Waitlists are forming for all age groups. Waitlists began forming in the middle of February 2021. For more information and up to date news about summer camp, please visit westporty.org/camp and follow us on Facebook and Instagram!

YMCA CAMP MAHACKENO OPEN HOUSES

Join us for a great way to view the facility and meet the staff. Open houses will have staff leading tours, answering questions and select program areas will be available.

Open House A *Tours only*

Friday, April 16

3:30-5:30pm

Open House B

Saturday, May 1

12:00-3:00pm

Open House C

Sunday, May 30

12:00-3:00pm

YMCA CAMP MAHACKENO

GRADES K-10

MONDAY-FRIDAY 8:30AM-3:30PM

PRE CARE STARTS AT 7:30AM

POST CARE ENDS AT 6:00PM

JUNE 21-AUGUST 27



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.

Member: \$395/Week Non-member: \$415/Week

YMCA CAMP HAFADAY

Ages 3-6 (Campers must be independent with toileting)

MONDAY-FRIDAY 8:30AM-12:30PM

JUNE 21-AUGUST 27



At YMCA Camp Hafaday, campers will improve their swimming ability and knowledge of water safety. Daily activities include:

- Swim Lessons based on campers' 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.
- Each week families are provided a report card of their campers swim level.

For more information about YMCA Camp Hafaday: westporty.org/hafaday

Member: \$290/week Non-member: \$320/week

For more information and to register: westporty.campbrainregistration.com

CONTACT: Jesse Kanaple, Camp & Family Services Director jkanaple@westporty.org

YMCA CAMP MAHACKENO

OUTDOOR CENTER

Member & Family Programs



Westport Weston Family YMCA Membership Benefit: The outdoor center is open on weekday afternoons and weekends for current YMCA members. Families are welcome to use amenities including the playgrounds, basketball court and sports field to name a few. Other facilities that are open with staff supervision include the slides, bouldering wall, canoeing/waterfront, archery and the low ropes course. Activities are available throughout the year and will be announced on our website and social media pages. Be sure to follow us on Facebook and Instagram.

OUTDOOR POOL & SPLASH PAD

Opens Saturday, May 1!

The outdoor pool will be opening May 1. Members will be able use the pool by registering through our mobile app or online westporty.motionvibe.com. Due State of Connecticut COVID-19 guidelines, pool usage and hours are subject to change.

HOURS:

Monday-Friday 3:30-6:00pm

Saturday/Sunday 1:00-6:00pm



ARCHERY

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

Family Archery (8 yrs+)

Date: See website for details

Time: 1:00-3:00pm

Members: \$10/person

SPORTS AND RECREATION

Please visit our Sports and Recreation page for outdoor recreation programs which are registration-based: westporty.org

OPEN SLIDES

Come take a ride down our giant tube slides. There is no need to pre-register for this activity. All YMCA members are welcome.

Open Slides

Date: See website for details

Time: 1:00-3:00pm

Members: Free

CANOEING

Paddle a canoe around scenic Lees Pond. Pre-registration is required for this event.

Family Canoeing

Date: See website for details

Time: 1:00-3:00pm

Members: \$10/person

For more information, please contact:

Jesse Kanaple; Camp and Family Services Director, jkanaple@westporty.org 203-571-6045

YMCA CAMP MAHACKENO OUTDOOR CENTER

PRICING & RESERVATION INFORMATION

Birthday Parties (2 hours)

No Staff (DIY)	Family Member: \$150	Member: \$200
Pool/Splash Pad *After May 1*	Family Member: \$325	Member: \$375

Prices based on parties of 15 children. For more than 15 children, add \$5/each additional child. Additional time may be added at a rate of \$50 non-staffed hour or \$100 per staffed hour. Parties may use the large or small pavilion depending on availability. Additional areas such as Basketball Court, Field, Playgrounds are an additional fee per hour per item. Parties with areas that require certified staff are not currently available. All parties subject to CT COVID-19 Guidelines.

School & Youth Group Outings (approximately 5 hours)

Field Day/Class Day/Scout Programs

Structured Field Trip

- Up to 150 students \$10.25/student
- 151-200 students \$9.25/student

Do-It-Yourself Field Trip

- Up to 150 Students \$8.25/student
- 151-200 students \$7.25/student

Facility Rental

Large Pavilion

Non Profit: \$150/hour
YMCA Member: \$125/hour

Small Pavilion

Non Profit: \$125/hour
YMCA Member: \$100/hour
(+\$25/ hour Fireplace use)

"LOGS" Pavilion

Non Profit: \$125/hour
YMCA Member: \$100/hour

"Ropes" Pavilion

Non Profit: \$75/hour
YMCA Member: \$50/hour
(Limited bathroom access)

Beck Lodge Hearth Room

Non Profit: \$175/hour
YMCA Member: \$150/hour

Beck Lodge Multipurpose Room

Non Profit: \$200/hour
YMCA Member: \$175/hour

Additional items such as Basketball Court, Field, Playgrounds are an additional fee per hour per item. Add \$100 per hour groups over 100 people.

Teambuilding Program (approximately 5 hours)

- 8-15 people (2 staff) \$500
- 16-30 people (3 Staff) \$575
- 31-45 people (4 staff) \$650
- 46+ people (5+ staff) Call for Pricing

Additional Features

- Low Ropes Course \$100 (flat rate)
 - Waterfront \$75/hour
 - Bouldering \$50/hour
 - Pool/Splash Pad \$150/hour
- Additional options available upon request

NOTE: The YMCA is an alcohol, tobacco and drug free facility. Please take this in to consideration when booking.

MEMBERS: Family/Group use of YMCA Camp Mahackeno has certain policies and procedures to ensure it is not overused therefore allowing us to provide the best experience for our Campers, Members, Families and Guests. Although members are allowed to use the facility as part of their membership, any group of members and/or guests that is over 5 people must contact the camp office about the use of the facility. Pavilions are available for rent by groups ranging from 5-150 or more.

RESERVATIONS: Please contact Jesse Kanaple, Camp and Family Services Director: jkanaple@westportym.org

SCHOOL AGE CHILD CARE

YMCA SCHOOL AGE CHILD CARE PROGRAM

The Westport Weston Family YMCA School Age Child Care program is for children in grades K-5 who attend Westport Public Schools. YMCA buses as well as district buses transport students to the YMCA Bedford Center for the afternoon program. Once at the YMCA, children wash hands, eat snack, complete homework or arts and crafts, physical activities and other fun activities supervised by our staff. The Child Care program runs from the end of the school day until 6:00pm. The program follows the Westport Public Schools calendar and runs on normal school days as well as scheduled early dismissals.

HOW TO REGISTER

Please visit the School Age Child Care page on our website, westporty.org, to download the Spring 2021 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. Masks are required.



PROGRAM FEES -SPRING 2021

5 Days	4 Days	3 Days	2 Days	Wed 1/2 Day Only
\$155/ Week	\$135/ Week	\$115/ Week	\$95/ Week	\$80/ Week

Hours: End of school day until 6:00pm

JOIN OTHER YMCA PROGRAMS WHILE IN THE SCHOOL AGE PROGRAM

Students can participate in other YMCA programs while in our after school program. Register for the YMCA class and notify our after school program staff of the schedule. We will make sure your child is prepared for the class and delivered to the program. If the class ends before 6:00pm our staff will pick them up and bring them back to the school age program. Children participating in programs must be registered for our after school program on the day they are taking the class. YMCA buses are not available for public transportation from schools to the YMCA.



For more information, please contact:

Shannon Connors, Head Teacher: sconnors@westporty.org 203-226-8981 westporty.org

SPORTS & RECREATION

SPRING SPORTS SESSION INFORMATION

SESSION DATES: Monday, April 26 – Sunday, June 13

REGISTRATION DATE: Saturday, April 3

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

All sports participants must wear a mask while in all areas of the YMCA including outdoor spaces. This includes while participating in their designated sport or activity. To maintain distancing parents and adults are not permitted to stay for classes at this time. Please understand due to COVID-19, all class dates and general information are subject to change.

YOUTH PROGRAMS

Program	Age/Grade	Member Fee	Day	Time	Location
Pint Size Basketball Skills	Grade K-2	\$65	Mon	4:30-5:15pm	North Court
Pint Size Basketball Games	Grade 3-4	\$65	Tue	4:30-5:15pm	North Court
Soccer Academy	Grade K-3	\$65	Wed	4:30-5:15pm	North Court
Street Hockey**	Grades K-3	\$65	Thu	4:30-5:15pm	Mahackeno Court
Intermediate Rec Basketball	Grades 5-8	\$90	Thu	4:30-5:30pm	North Court
Flag Football**	Grades K-3	\$65	Fri	4:30-5:15pm	Mahackeno Field
High School Rec Basketball	Grades 9-12	\$90	Fri	4:30-5:30pm	North Court
Tee Ball**	Ages 4-7	\$65	Sat	9:00-9:45am	Mahackeno Field
Pint Size Basketball Skills**	Grade K-2	\$65	Sat	10:00-10:45am	Mahackeno Court
Pint Size Basketball Games**	Grade 3-4	\$65	Sat	10:45-11:30am	Mahackeno Court
Soccer Academy**	Grade K-3	\$65	Sat	10:00-10:45am	Mahackeno Field

Archery**

Please visit website for more details

Karate

Please visit website for more details

Denotes outdoor class held on our Camp Mahackeno campus **Currently, sports programs are not able to offer make ups for classes that are cancelled due to inclement weather.** No refunds or credits are available for weather cancellations.

BASKETBALL CLINICS WITH RIGHT ANGLE SHOOTING

Program	Age/Grade	Member Fee	Day/Time	Location
Please visit westporty.org/youth-teen-sports to see the most up to date Basketball Clinics offerings				

Mike Evans (NBA-player shooting instructor, an 8-year varsity high school coach and former semi-professional basketball player and Division 1 NCAA assistant coach at Harvard) and Andre Brooks (former professional basketball player, Division 1 NCAA player and NBA Film Analyst) run high-intensity, skills programs for young athletes. These sessions will feature fundamental instruction, small-group scrimmaging and full-court games. There will be no games against other towns.

ADULT PROGRAMS

Program	Age/Grade	Member Fee	Day	Time	Location
Pickleball 18+	Ages 18+	Free	Thu	12:00-1:30pm	Full Court
Basketball 18+	Ages 18+	Free	Fri	12:00-1:30pm	Full Court
Basketball 18+	Ages 18+	Free	Sun	8:00-9:30am	Full Court

Adult programs require pre-registration through our mobile app (search Westport Weston Family Y) or online, westporty.motionvibe.com, as space is limited. Please visit our website for more information regarding our reservation system: westporty.org.

HEALTH & WELLNESS



WELLNESS CENTER – POLICIES (MASKS AND 6’ SPACING ARE REQUIRED)

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. Parent/guardian must be present in the Wellness Center when 10-13 year olds are exercising.

Peak Volume

During peak volume times, when all available cardio equipment is in use, we ask that members show courtesy and limit usage to 30 minutes on cardio equipment.

Personal Belongings

Please store your belongings in combination lockers in the locker rooms/along the halls.

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. 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. Parent/guardian supervision is **required**. Call 203-226-8981 x103 to set up your complimentary appointment.

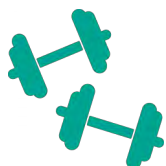
YOUTH FITNESS TRAINING*

Small-group training designed for middle schoolers, led by our Certified Personal Trainers.

For youth members looking to start lifelong, healthy habits. Participants will learn how to use the Wellness Center equipment safely and effectively while engaging in a variety of cardio, strength and flexibility exercises.

Thu 4:00-5:00pm

Members: \$90



YOUTH YOGA*

Yoga is an excellent way to bring calm and balance into our minds and bodies. Ages 7+. No experience needed. Please bring your mat.

Tue 4:30-5:15pm Studio C

Members: \$90



RUNNING CLUB*

The YMCA Running Club is programmed and run by Amy France, Certified Running Coach. Through a series of speed drills, time trials and exercises, participants will build strength, endurance and confidence. Participants should be able to maintain a minimum of a 10-minute mile. The program meets twice each week.

May 4 – June 24 (8 weeks)

Tue & Thu 5:30-6:30pm Meet outside the YMCA entrance after you check-in at the Membership Desk.

Members: \$140 Non-members: \$190

INTRO TO NUTRITION COUNSELING*

Many health issues can be effectively managed or even eliminated through healthy lifestyle behaviors including nutrition. One-on-one nutritional counseling sessions can help you reduce the effects of diabetes, obesity, heart disease and many other preventable conditions.

Intro package includes three 60-minute sessions; in-person or virtual.

Members: \$180 Non-members: \$225

MX4 SMALL GROUP TRAINING*

Achieve results in 30-45 minutes in our new 1,600 sq ft functional fitness Zone Studio.

MX4 is a boutique-style small group training experience that combines Matrix-specific equipment with innovative workouts to help you improve the four pillars of fitness: cardio, power, strength and endurance! Each session is coached by an MX4 trainer who motivates and provides challenging and progressive workouts that change every week. 4-8 participants/session.

***For more information and/or to register, please contact Denise Hotch: dhotch@westporty.org**