



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **SPLASH INTO SUMMER!**

## **PROGRAM & MEMBERSHIP BROCHURE**

### **WESTPORT WESTON FAMILY YMCA**



Registration begins Saturday, May 22  
Summer 2021 Programs Begin Monday, June 21

Bedford Family Center  
14 Allen Raymond Lane  
203-226-8981  
[westporty.org](http://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

Mon-Fri \*9:00am-1:00pm

## MOBILE APP RESERVATION INFORMATION

Due to COVID-19, reservations continue to be required for use of the pools, group fitness programs and the basketball gym. Reservations are no longer required for use of the Wellness Center. Members can create their accounts via the app (search and download the "Westport Weston Family Y" app) or online: [westporty.motionvibe.com](http://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 finding your barcode.

## 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](http://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](http://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, Wellness Center, Group Fitness, Gymnasium, etc. Masks may be removed upon entering the pool.

\*subject to change



# AQUATICS – SWIM LESSONS

FOR YOUTH DEVELOPMENT®  
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## SUMMER 2021 SESSION DATES

**Session Dates:** Monday, June 21– Sunday, August 15  
**No Classes:** Saturday, July 3 and Sunday, July 4  
**Registration:** Saturday, May 22, 8:00am

Variety in the summer session, see below for the different options.

For questions about classes or placement, please contact  
Josephine Rojas, Aquatic Director: [jrojas@westport.org](mailto:jrojas@westport.org)

\*If your child participated in the Spring 2 session, your instructor will be handing out progress reports Saturday, May 15 to Friday, May 21.



### 8 Weekly Sessions (Monday-Thursday)

- |                   |               |
|-------------------|---------------|
| 1. June 21–24     | 5. July 19–22 |
| 2. June 28–July 1 | 6. July 26–29 |
| 3. July 5–8       | 7. Aug. 2–5   |
| 4. July 12–15     | 8. Aug. 9–12  |

### Two 4-week sessions; 1 day/week for 4 weeks

- |                                    |
|------------------------------------|
| 1. June 21–July 18                 |
| 2. July 19 – August 15             |
| 1 day/week for 4 week session \$96 |

4 lessons in 1 week session! \$96 For Preschool and School-age classes.

**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**



# AQUATICS SWIM LESSONS

SUMMER SESSION : MONDAY JUNE 21-SUNDAY, AUGUST 15

FOR YOUTH DEVELOPMENT®  
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## PARENT/CHILD AND PRESCHOOL CLASSES

**Parent/Child (30 min): Session 1: June 21-July 18 - \$72**

**Session 2: July 19 - August 15 - \$96**

### Stage A Water Discovery (6 -17 months)

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

Sat 9:15-9:45am

Sun 9:45-10:15am

### Stage B Water Exploration (18 -36 months)

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

Sat 9:45-10:15am

Sun 9:15-9:45am



## 3-5 years (30-min): \$96

**Stage 1** Children with little to no experience; will not go underwater voluntarily.

1week class Mon-Thu 3-3:30pm; 4:00-4:30pm

### 1 day a week

Tue 4:30-5:00pm, 5:30-6:00pm

Wed 5:00-5:30pm

Thu 4:30-5:00pm, 5:30-6:00pm

Sat 9:15am, 10:15am, 11:15am,

Sun. 9:15am 10:15am, 11:15am

**Stage 3** Child who is starting to swim 2-3 paddle strokes. Will work on swimming 10 yards on their front and back.

1week class Mon-Thu: 3:00-3:30pm; 3:30-4:00pm, 4:00-4:30pm

### 1 day a week

Mon 5:00-5:30pm; 5:30-6:00pm

Tue 4:30-5:00pm

Wed 5:00-5:30pm, 5:30-6:00pm

Thu 4:30-5:00pm

Sat 8:45am, 9:45am, 10:15am, 11:45am

Sun 8:45am, 9:45am, 10:15am, 11:45am

**Stage 2** Child who is comfortable in the water. Cannot float on front or back on their own.

1week class Mon-Thu 3:00-3:30p, 3:30-4:00pm

### 1 day a week

Mon 4:30-5pm, 5:00-5:30pm

Tue 5:00-5:30pm, 5:30-6:00pm

Wed 4:30-5:00pm

Thu 5:00-5:30pm

Sat 8:45am, 9:15am, 10:15am, 10:45am

Sun 8:45am, 9:15am, 10:15am, 10:45am

**Stage 4** Child can swim 10-15 yards of front crawl and back stroke.

### 1 day a week

Mon 5:30-6:00pm

Wed 4:30-5:00pm, 5:30-6:00pm

Thu 5:30-6:00pm



WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880

203-226-8981 westportym.org

QUESTIONS? PLEASE CONTACT:

Josephine Rojas, Aquatics Coordinator

jrojas@westportym.org 203-226-8981 x139



# WESTPORT WESTON FAMILY YMCA SWIM LESSONS

## SUMMER: MONDAY, JUNE 21 – SUNDAY, AUGUST 15

FOR YOUTH DEVELOPMENT®  
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### SCHOOL-AGE 6-12YRS \$96 AND ADULT BEGINNER SWIM CLASSES



#### 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.

**1week class** Mon-Thu 3:00-3:30pm, 4:00-4:30pm

**1 day a week** Mon 4:30-5:00pm, 5:30-6:00pm Tue 4:30-5:00pm, 5:00-5:30pm  
Wed 5:30-6:00pm Thu 4:30-5:00pm, 5:00-5:30pm, 5:30-6:00pm  
Sat 9:45-10:15am Sun 11:45-12:15pm



#### 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.

**1week class** Mon-Thu 3:30-4:00p

**1 day a week** Mon 4:30-5:00pm, 5:00-5:30pm Tue 5:00-5:30pm, 5:30-6:00pm  
Wed 4:30-5:00pm, 5:00-5:30pm Thu 5:00-5:30pm, 5:30-6:00pm  
Sat 10:45-11:15am Sun 10:45-11:15am



#### Stage 5

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

**1week class** Mon-Thu 3:30-4:00pm

**1 day a week** Mon 4:30-5:00pm, 5:30-6:00pm Tue 4:30-5:00pm, 5:00-5:30pm  
Wed. 5:00-5:30pm, 5:30-6:00pm Thu 4:30-5:00pm  
Sat 8:45-9:15am Sun 10:15-10:45am



#### Stage 6

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

**1week class** Mon-Thu 4:00-4:30pm

**1 day a week** Mon 5:00-5:30pm Tue 5:30-6:00pm, 5:00-5:30pm Wed 4:30-5:00pm  
Thu 5:00-5:30pm Sat 11:45-12:15pm Sun. 8:45-9:15am

### ADULT BEGINNER SWIM INSTRUCTION CLASS (\$130/session)

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

Session 1: June 21 – July 18

Session 2: July 19 – August 15

Mon 6:00-6:45pm Wed 6:00-6:45pm

#### 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.**

# 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@westportymca.org 203-226-8981 x118



## PROGRAM SCHEDULE – SUMMER 2021

**\*Camp pricing– \$250 members, \$270 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@westportymca.org

# DANCE CENTER

## SUMMER CAMP **REVAMP** AFTERNOON EDITION

**SESSION DATES:** Monday, June 21– Sunday, August 22

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



## PROGRAM SCHEDULE – SUMMER 2021

**\*Camp pricing– \$225 for members & \$245 for non-members**

### **June 21–June 25: Jazz Funk, Ages 6–9**

#### **Monday–Friday 3:30PM–5:00PM**

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 6–9**

#### **Monday–Friday 3:30PM–5:00PM**

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 6–9**

#### **Monday– Friday 3:30PM–5:00PM**

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

### **July 26–July 30 : Musical Theater, Ages 6–9**

#### **Monday– Friday 3:30PM–5:00PM**

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 6–9**

#### **Monday–Friday 3:30PM–5:00PM**

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 6–9**

#### **Monday– Friday 3:30PM–5:00PM**

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 6–9**

#### **Monday– Friday 3:30PM–5:00PM**

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 Dance Center Director, Lillian Cenatiempo:  
203-226-8981 ext. 118 or lcenatiempo@westporty.org**



# 2021 SUMMER CAMPS

Summer Camp Registration: **WAITLISTING MOST WEEKS**

For more information: [westporty.org/camp](http://westporty.org/camp)

To view the camp registration website visit: [westporty.campbrainregistration.com](http://westporty.campbrainregistration.com)

## 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.

**Fees: Member: \$395/Week    Non-member: \$445/Week**



## YMCA CAMP HAFADAY

**AGES 3-6**

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

**JUNE 21-AUGUST 27**



At YMCA Camp Hafaday, campers will improve their swimming ability and their knowledge of water safety. Designed for children ages 3 to 6, or grades PK – 1, Hafaday is primarily a swim program, with both a lesson and a free swim period each day. It's the best way to learn to swim. Arts and crafts, music, gym time, and games round out each morning of fun.

**Fees: Member \$290/Week    Non-member: \$320/Week**

For more information and to register: [westporty.campbrainregistration.com](http://westporty.campbrainregistration.com)

**CONTACT:** Jesse Kanaple, Camp & Family Services Director  
[jkanaple@westporty.org](mailto:jkanaple@westporty.org) 203-226-8984



# 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**

**11:00am Lunch. 12:00pm Shotgun Start.**

**Aspetuck Valley Country Club – 67 Old Redding Road, Weston, CT**



For information on event registration and sponsorship opportunities please contact Brian Marazzi: 203-226-8981 x 104 or [bmarazzi@westporty.org](mailto:bmarazzi@westporty.org)



# SUMMER GYMNASTICS

**We are a nut-free gym.** Please send your child with 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/wk 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/wk Members, \$260 non members

## Competition Team Summer—Invite Only

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

Session 1 June 28- Jul 2

Session 2 July 5-July 9

### June 28-August 20

Tue & Thu 4:00-6:30pm

\$105/week

Session 3 July 12-July 16

Session 4 July 19-July 23

Session 5 July 26-July 30

Session 6 Aug 2-Aug 6

## 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. 13 each week.

Session 1 June 21-24

Session 2 June 28-July 1

Session 3 July 5-8

Session 4 July 12-15

Session 5 July 19-22 **NEW**

Session 6 July 26-29 **NEW**

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

Fee: \$240/members wk \$255 non members wk

### NEW! Ninja Camp (Ages 4-7)

**Learn to move like a Ninja. Obstacle course, challenges, games, a fun craft and more!**

**Masks Required. Bring snack & drink.**

Session 1 June 21-24

Session 2 Aug 2-5

Mon-Thu 1:00pm-4:00pm

Fee: \$240 members wk \$255 non members wk

### Full Day Just Added! Ages 5 & Up

Session 7 Aug 9-13

Session 8 Aug 16-20

Mon-Fri 8:45am-3:45pm

Fee: \$320 Members \$370 Non Members



### CONTACT:

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

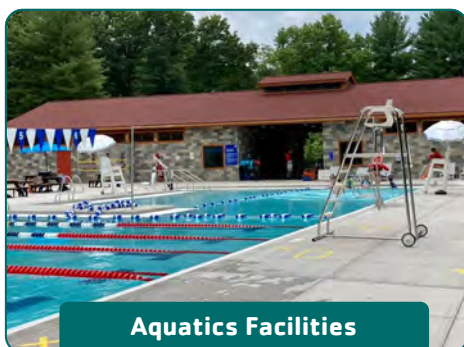
### LOCATION:

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

# YMCA CAMP MAHACKENO

## OUTDOOR CENTER

The YMCA Camp Mahackeno Outdoor Center is located on the scenic banks of the Saugatuck River and Lees Pond. Our fully renovated 32-acre property is great for soccer, basketball, playgrounds, hiking and more. The outdoor center is available for YMCA members throughout the year. It is also available for group rentals who have access to selected pavilions, picnic tables and/or other facilities. Bathrooms and changing rooms are available. Throughout the year we offer a variety of programs and events for youth and families.



**Aquatics Facilities**



**Amphitheater**



**"Ropes" Pavilion**



**Waterfront Deck**



**Sports Court**



**Sports Field**

### AMENITIES:

Heated Multipurpose/Lap Pool  
Two Giant Slides  
Waterfront  
Bouldering Wall  
Ropes Course

Splash Pad  
Archery Range  
Basketball Court  
Fire Pit  
Fishing Area

Beck Lodge  
Locker Rooms  
Sports Field  
Two Playscapes  
Sports Court

Multiple Pavilions  
Nature Trails  
Amphitheater  
Gaga Pit  
Mini Amphitheater

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



# YMCA CAMP MAHACKENO

## OUTDOOR CENTER

### Pricing & Reservation Information

#### Camp Mahackeno Birthday Parties (All parties are 2 hours)

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

Prices based on a maximum of 15 children. Parties of more than 15 children add \$5.00 per each additional child. Additional time may be added at a rate of \$50 non-staffed hour or \$100 per staffed hour. Parties use the large or small pavilion depending on availability. Additional items such as Basketball Court, Field, Playgrounds are an additional fee per hour per item. Parties with areas that require certified staff are currently unavailable. All parties subject to current and future State Covid-19 Guidance.

#### School & Youth Group Outings (Programs last approximately 5 hours)

Field Day/Class Day/Scout Programs

##### Structured Field Trip

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

##### Do-It-Yourself Field Trip

- \*\*Up to 150 Students \$8.25 per student
- \*\*151—200 students \$7.25 per 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 (Programs last 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 Cost

- Low Ropes Course \$100 (flat rate)
- Waterfront \$75/hour
- Bouldering \$50/hour

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

**MEMBERS:** Family/Group use at YMCA Camp Mahackeno has certain policies and procedures to ensure the is not overused so we can 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+.

**Reservations** please contact Jesse Kanaple Camp and Family Services Director: jkanaple@westproty.org

# OUTDOOR BIRTHDAY PARTIES

YMCA Camp Mahackeno is the perfect place to host your child's birthday party. Parties are available for members and nonmembers. Bookings are accepted for Saturdays and Sundays in two hour increments between 1:00-6:00pm. Parties are priced for up to 15 children, with a minimum of one adult chaperone required. Party bookings include the private use of a designated pavilion. Choose a non-staffed party run by parents, or have our passionate and experienced staff members give you a hand. Some parties require certified staff. Any additional facilities such as court space, field space or playground space requires an additional fee. \*More party will become available as COVID restrictions are updated\*.

## Available party types:

Do-It-Yourself  
(Any Age)

Swim/Splash pad (After May 1)  
(Any Age)

# SCHOOL & GROUP OUTINGS

Get out of the classroom or office and enjoy our gorgeous grounds and facilities. YMCA Camp Mahackeno is a great place to have your school/office picnic, class day or field day. We offer a wide array of activities for all ages and abilities. Bring an entire grade or office to our campus for a great day out. Please view our group outing offerings below:

## Option A: Do-It-Yourself Picnic

(great for groups of 100 or less)

The YMCA will provide chosen activities.

## Option B Field Day or Class Day

(great for groups of 100+)

The YMCA will provide staff for activities.

## Group Must Provide:

- Supervision for non-swimming activities
- Supervisor to student ratio of 1:20.
- Group must follow all outdoor center rules and regulations

The morning will consist of activity rotations. Activities may include archery, Slides, Sports, races, games, canoeing, and more. After lunch groups will have free choice periods to allow them to choose their afternoon activities. Alternatively, the entire day can be used as a free choice day.

# TEAMBUILDING PROGRAMS

The YMCA teambuilding programs are a great way for schools, teams, youth and non profit groups to work on establishing communication and develop trust in each other. The program also focuses on making decisions, setting goals and group confidence through leadership based activities. The YMCA provides certified staff to lead groups through a variety of initiatives based on the organizations needs. Each program includes a warm up session which includes safety instruction as well as goal setting. Each session is capped with a group debrief which includes a discussion about how each activity relates to their specific setting (school, work etc.)

There are several base options for team building:

1. Large group activities and challenges. These focus on communication, teamwork and trust.
2. Low ropes course challenge elements. These are great for groups looking to work on leadership development and problem solving.
3. Team building to go! We bring our team building staff to you. We run basic team building initiatives at your site. We bring all the necessary equipment and staff.

Feel free to contact us for a team building consultation at [mahackeno@westport.org](mailto:mahackeno@westport.org).

# YMCA MAHACKENO OUTDOOR CENTER

## GENERAL INFORMATION

The YMCA reserves the right to run programs and activities at the outdoor center in conjuncture with rental groups (youth sports/programs, teambuilding, birthday parties, sports practices).

**Equipment Use:** Groups interested in using sports equipment (Frisbee, basketballs, etc.) should make arrangements prior to their visit. Groups are responsible for any lost, stolen or damaged YMCA property.

**Emergency Procedures:** All accidents must be reported to YMCA staff immediately. Groups are responsible for their own emergency transportation and/or the ability to access emergency transportation, IE, cell phone. All groups must also provide their own first aid and first aid supplies.

**Rules and Regulations:** You will be provided with a rental contract after submitting your rental request. This document will include all YMCA Camp Mahackeno rules and regulations.

**PLEASE NOTE: YMCA Camp Mahackeno is an alcohol, tobacco and drug-free facility.**

## OUTDOOR CENTER

### Policies Overview:

- The Outdoor Center is an alcohol-, drug- and smoke-free facility.
- Please carry your membership card with you at all times.
- Please be caring and respectful to all other members.
- Please discard all trash in proper containers.
- Please keep off waterfronts when lifeguards are not on duty.
- Motorized vehicles are prohibited (Cars, ATVs, snowmobiles, motorcycles).
- Please park vehicles in the lots only. Keep all vehicles off the grass.
- Pets are not permitted on camp grounds.
- Fishing is a catch and release program and is prohibited from boats, canoes, waterfronts/docks and on the ice unless otherwise authorized.
- When hiking please stay on trails at all times.

### Notes for Events:

- The group is responsible to communicate with food vendors to park on the side of the building on pavement or other area designated by Y staff.
- Vehicles may not be driven up to the camp grounds. All supplies and equipment must be brought up in YMCA vehicle.
- Music must be kept to a respectable level. Y staff will give guidance on volume level that will not be a bother to neighbors. Music may not start before 9:00am.

### Westport Weston Family YMCA

14 Allen Raymond Lane

Westport, CT 06880

[westporty.org](http://westporty.org)



# PERSONAL TRAINING

We believe that fitness and wellness should be encouraged in a supportive environment. Each of our motivated Certified Personal Trainers strives daily to make each session impactful with their clients.

Our unwavering determination to help you achieve your fitness goals is just one reason our trainers love to work with you. We are eager to learn about your goals and welcome the opportunity to provide you with a positive experience.

The Westport Weston Family YMCA Personal Training Program is here to **support** and **motivate** you and help you **achieve** your health and wellness goals!

## About the Program

We offer a variety of session options for both individual or semi-private (2 people). Sessions can be redeemed in-person at the YMCA or via virtual options.

## About the Trainers

All of our personal trainers are certified by nationally-recognized certifying bodies including NASM, ASCM, NSCA, AFAA or ACE.

For more information on our Certified Personal Trainers, including their background and philosophies, please visit our website: [westporty.org/programs-services/health-wellness/virtual-personal-training](https://westporty.org/programs-services/health-wellness/virtual-personal-training)

## Complimentary Session

For YMCA members interested in personal training, please inquire with Brian Marazzi, Membership Engagement Director about a complimentary personal training session. Contact info below.



**SUPPORT  
MOTIVATE  
ACHIEVE**

**TAKING IT TO YOUR NEXT LEVEL!**



**For more information and to begin your Personal Training journey, please contact:**

Brian Marazzi, Membership Engagement Director: [bmarazzi@westporty.org](mailto:bmarazzi@westporty.org) 203-226-8981 x 104

# 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 hybrid learning. 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 school 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 - SPACE AVAILABLE IN MAY & JUNE 2021!

Please visit the School Age Child Care page on our website [westporty.org](http://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.

## YOU CAN JOIN OTHER YMCA PROGRAMS WHILE IN THE SCHOOL AGE PROGRAM

Students can participate in other YMCA programs while in our after school program. Simply sign up for the YMCA class and notify the 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 taking advantage of this service must be registered for the after school program on the day they are taking the class. This service is only available to after school participants. YMCA buses are not available for public transportation from schools to the YMCA.

### PROGRAM FEES

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

### FOR MORE INFO, PLEASE CONTACT:

Jesse Kanaple, Camp & Family Services Director:  
[jkanaple@westporty.org](mailto:jkanaple@westporty.org)

# NUSSBAUM KIDS CLUB

**Days:** Monday – Friday  
**Hours:** 9:00am – 1:00pm  
**Ages:** 6 weeks – 12 years  
**Location:** Kids Club, Upper Level  
**Fee:** Free for Family Memberships

### IMPORTANT INFORMATION:

- Fort Mack open for children Ages 4+ (no shoes, socks required)
- Time limit per day of 75 min.
- All children over 3 are required to wear a mask.
- Children will sanitize their hands upon entering Kids Club.
- Please grab a pager so that we can contact you if necessary.
- Parents will be paged for any toileting needs.
- Drinks only are allowed. All cups/bottles must be labeled.
- We supply age-appropriate activities. Older children are encouraged to bring some of their own entertainment.
- Children that are teething must bring their own toy as we will not allow children to put equipment in their mouths.



**Questions? Please contact** Shannon Connors; Youth Development Director at [sconnors@westporty.org](mailto:sconnors@westporty.org)

# SPECIAL NEEDS PROGRAMMING

## SUMMER SESSION INFORMATION

**SESSION DATES:** Monday, June 21- Sunday August 15

**REGISTRATION DATE:** Saturday, May 22

**NO CLASS ON:** Sunday, July 4

**CONTACT:** Shannon Connors, Youth Development Director: [sconnors@westporty.org](mailto:sconnors@westporty.org), 203-226-8981 x 119

All sports participants must wear a mask while on YMCA grounds. This includes while participating in their designated sport or activity. Your family's health and wellness are important to us. Please understand this is subject to change due to CT COVID Guidelines.

## SPECIAL NEEDS SPORTS & RECREATION PROGRAMS

### SWIMMING

Program	Age	Member	Day	Time	Location
Swimming*	8-25	\$60			Outdoor Pool

*Program subject to updated state guidance*

Swimming will be held at our swimming pool on the campgrounds. Our goal for each class is to work on or learn new skills as well as participate in the team environment. As we receive updated guidance from the state we will announce the start of the season.

If you are interested in this sport, please email Shannon so that you can be on the most up to date email list.

### SOCCER

Program	Age	Member Fee	Day	Time	Location
Soccer*	8-25	\$40	Saturday	10:00-11:00am	Mahackeno

\*Outdoor class - classes cancelled due to weather will not be made up.

This session we will be trying out a new sport. This class will be run by a Y coach and volunteers to help teach the basic skills of soccer. Our goal for each class is to work on or learn new skills as well as participate in the team environment.

## VOLUNTEER OPPORTUNITIES

We are always looking for new volunteers to help with our special needs programs in a recreational setting. We are looking for people who are willing to spend some time helping kids and young adults learn new skills in a safe and fun environment. Whether you looking to complete credits or just looking for another way to get involved in the community, we have opportunities available for you to do so.

For more information on how to become a volunteer, please contact:

Shannon Connors, Program Coordinator:

[sconnors@westporty.org](mailto:sconnors@westporty.org), 203-226-8981 x 119

### Keeping our Athletes and Families Safe and Healthy:

- **All coaches, athletes and volunteers must wear masks.** (Subject to change due to updated guidelines.)
- **All athletes should bring a water bottle. Water fountains are unavailable.**
- **Athletes will be asked to use sanitizer before and after class.**

For more information on available classes or to register, please visit our website [westporty.org](http://westporty.org) or contact Shannon Connors, Youth Development Director: [sconnors@westporty.org](mailto:sconnors@westporty.org) or 203-226-8981 x 119.



# SPORTS & RECREATION

## SUMMER SESSION INFORMATION

**SESSION DATES:** Monday, June 21 – Sunday, August 15

**REGISTRATION DATE:** Saturday, May 22

**CONTACT:** Casey McMahon; Outdoor Center & Sports Coordinator: [cmcmahon@westportny.org](mailto:cmcmahon@westportny.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 indoor 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
Intermediate Rec Basketball	Grades 5-8	\$90	Thu	4:30-5:30pm	North Court
High School Rec Basketball**	Grades 9-12	\$90	Fri	4:30-5:30pm	Mahackeno Court
Street Hockey**	Grades K-3	\$65	Sat	9:00-9:45pm	Mahackeno Court
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\*\*

\*\*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.

## ADULT PROGRAMS

Program	Age/Grade	Member Fee	Day	Time	Location
Basketball 18+	Ages 18+	Free	Mon	12:00-2:00pm	Full Court
Pickleball 18+	Ages 18+	Free	Tue	12:00-2:00pm	Full Court
Volleyball 18+	Ages 18+	Free	Tue	6:00-8:00pm	Full Court
Basketball 18+	Ages 18+	Free	Wed	12:00-2:00pm	Full Court
Pickleball 18+	Ages 18+	Free	Thu	12:00-2:00pm	Full Court
Volleyball 18+	Ages 18+	Free	Thu	6:00-8:00pm	Full Court
Basketball 18+	Ages 18+	Free	Fri	12:00-2:00pm	Full Court
Basketball 18+ (Outdoor)	Ages 18+	Free	Sat	1:30-3:00pm	Mahackeno Court
Basketball 18+	Ages 18+	Free	Sun	8:00-9:30am	Full Court

Adult Basketball 18+ is for adult basketball games. When more than 12 people are present games are played on full length half courts. Sports like Pickleball (18+) & Rec Volleyball (18+) are free for YMCA members. YMCA staff will set up the nets.

For more information on sports programs or to view the latest offerings be sure to visit our website: [westportny.org](http://westportny.org).

**Questions?** Please contact Casey McMahon, Outdoor Center & Sports Coordinator at [cmcmahon@westportny.org](mailto:cmcmahon@westportny.org)

# HEALTH & WELLNESS



## WELLNESS CENTER – POLICIES (MASKS & SPACING REQUIRED PER CT GUIDELINES)

### 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.

Program returns this fall.



## 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.

Program returns this fall.



## 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.

Program returns this fall.

## 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@westportymca.org](mailto:dhotch@westportymca.org)**