



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING FUN AND FAMILIES TOGETHER

**WESTPORT WESTON FAMILY YMCA
2021 Fall 1 Programs & Membership Guide**

Family Member Registration Begins Saturday, August 7
Open Registration Begins Saturday, August 14
Fall 1 Programs Begin Wednesday, September 8

Bedford Family Center
14 Allen Raymond Lane
Westport, CT 06880
203-226-8981 westport.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.

FALL HOURS OF OPERATION

Bedford Family Center

Mon-Fri	5:30am-9:00pm
Saturday	7:00am-6:00pm
Sunday	7:00am-6:00pm

HOURS OF OPERATION

Mahackeno Outdoor Center

Through August 31

Monday-Friday	3:30-6:00pm
Saturday-Sunday	*9:00am-6:00pm

*Outdoor Pool Facilities available 1:00pm-6:00pm

September 1-30

Monday-Friday:	Park and Pool Hours TBD
Saturday-Sunday:	Park open all day Pool 1:00-6:00pm

KIDS' CLUB HOURS OF OPERATION

	Morning	Afternoon
Mon-Fri	8:00am-12:00pm	4:30pm-7:30pm
Sat-Sun	8:00am-12:00pm	N/A

MOBILE APP RESERVATION INFORMATION

Reservations are needed for Aqua Fitness and Group Fitness programming. Members can create their accounts via the app (search and download the "Westport Weston Family Y" app) or online: 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 or may be requested via fax, mail or email.



KIDS CLUB

WESTPORT WESTON FAMILY YMCA
STARTING MONDAY, AUGUST 30, 2021

Days: Monday - Friday

Hours: 8:00am - 12:00pm
4:30 - 7:30pm

Days: Saturday - Sunday

Hours: 8:00am - 12:00pm

Ages: 6 weeks to 12 years



THINGS TO KNOW:

- Time limit is 75 min/day.
- All children over 3 are required to wear a mask.
- Reservations are not required.
- Please check-in when you arrive.
- Please grab a pager so 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 provide up to one hour and fifteen minutes of supervised care for your child in a safe, enriching environment through non-structured, age-appropriate play activities so your little one can develop social skills while you participate in activities at the Y, exercise or take a class.

For more information about Kids Club, please contact Shannon Connors, Youth Development Director: sconnors@westporty.org 203.226.8981 x 119

SCHOOL AGE CHILD CARE

YMCA SCHOOL AGE CHILD CARE PROGRAMS

The Westport Weston Family YMCA School Age Child Care program is for children in grades K-5 who attend Westport Public Schools. Before School Care programs take place in the five Westport elementary schools. After School programs take place at the Westport YMCA Bedford Center. YMCA buses as well as district buses transport students. 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 programs follow 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. The entire registration can be completed online. Children must be registered one week prior to starting; space is limited. Registration forms must be submitted with payment and a current healthy physical for the registration to be considered complete. Children are not eligible to attend the program until all health forms and any applicable medication information is submitted and processed by YMCA staff. Fees are drafted monthly. \$150 deposit is due at the time of registration.

BEFORE SCHOOL CARE MONTHLY FEES

School	Hours	5 day fee	4 day fee	3 day fee
Coleytown	7:00a-9:00a	\$250	\$210	\$175
Greens Farms	7:00a-9:00a	\$250	\$210	\$175
Kings Highway	7:00a-9:00a	\$250	\$210	\$175
Long Lots	7:00a-9:00a	\$250	\$210	\$175
Saugatuck	7:00a-8:30a	\$205	\$175	\$155



AFTER SCHOOL CARE MONTHLY FEES

Location	Hours	5 day fee	4 day fee	3 day fee	Drop in
Onsite at the YMCA	3:15p (SES) 3:45p--6:00p	\$630	\$565	\$505	
Extended Care (onsite)	6:00-6:30p	\$85	\$80	\$75	\$20/Day

**Depending on interest, After School programs may take place at Kings Highway and Long Lots Elementary Schools (not at the YMCA) for students who attend those schools. Kings Highway and Long Lots families can express interest in the specific program when registering.

ADDITIONAL PROGRAMS

Students can participate in other YMCA programs while in our After School program. Register 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.

SCHOOL'S OUT VACATION DAY CAMPS

Vacation days are a great way to stay active and have fun in a safe environment. Our caring staff lead participants through a day at the Y. Each vacation day consists of arts and crafts, physical activities, a snack and swimming. Please pack a lunch, bathing suit and towel. Space is limited. Be sure to reserve your spot at least a week in advance. All participants must have a completed registration form and health form submitted prior to the vacation program. Hours: 7:30am-6:00pm. Member Fee: \$115/day Non-member: \$145/day

FOR MORE INFO, PLEASE CONTACT: Jesse Kanaple, Camp and Family Services Director:
jkanaple@westporty.org 203-226-8981 westporty.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS – SWIM LESSONS

FALL 1 2021 SESSION DATES

Session Dates: Wednesday September 8 – Sunday, October 31
No classes: Thursday September 16, 2021

Registration: Saturday, August 7 at 8:00am: Family Memberships
Saturday August 14 at 8:00am: Open Memberships

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



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 around the small warm pool. 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.
- Please arrive no more than 10 minutes before swim lesson.
- The Splash Pad is closed during group swim lesson times.
- Instructors will wear face coverings at all times.
- **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 missed classes.



AQUATICS SWIM LESSONS

FALL 1: Wednesday, September 8– Sunday, October 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parent/Child: 6 Months to 36 months (30 min): \$178

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.

Tue	10:10am	Wed	9:35am
Fri	9:35am	Sat	9:20am
Sun	9:55am		

Stage B Water Exploration (18 -36 months)

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

Tue	9:35am	Wed	10:10am
Fri	10:10am	Sat	9:55am
Sun	9:20am		



Preschool: 3-5 years (30-min): \$178 (Thursday classes \$156)

Preschool Stage 1

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

Mon 1:30pm 2:40pm 3:10pm 3:45pm 4:20pm **Tue** 9:35am 10:45am 2:40pm 3:10pm 4:20pm 5:30pm
Wed 9:35am 10:45am 2:05pm 3:10pm 4:20pm 4:55pm **Thu** 2:05pm 2:40pm 3:45pm 4:20pm 5:30pm
Fri 9:35am 10:45am **Sat** 9:20am 9:55am 11:05am **Sun** 8:45am 10:30am 11:40am

Preschool Stage 2

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

Mon 1:30pm 2:05pm 3:10pm 4:20pm 4:55pm 5:30pm **Tue** 9:35am 10:10am 2:05pm 3:10pm 3:45pm 4:20pm 4:55pm
Wed 10:10am 9:35am 2:05pm 2:40pm 3:45pm 4:20pm 5:30pm **Thu** 2:40pm 3:10pm 4:55pm
Fri 10:10am 10:45am **Sat** 8:45am 9:55am 10:30am 11:05am 12:05pm **Sun** 8:45am 9:20am 10:30am 11:05am 11:40am

Preschool 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.

Mon 2:05pm 3:45pm 4:44pm **Tue** 9:35am 10:10am 2:40pm 3:45pm 4:55pm 5:30pm
Wed 9:35am 10:10am 2:40pm 3:10pm 5:30pm **Thu** 2:05pm 3:10pm 3:45pm 4:55pm
Fri 10:10am 10:45am **Sat** 8:45am 9:20am 10:30am 11:40am **Sun** 9:20am 9:55am 11:05am

Preschool Stage 4

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

Mon 2:40pm 5:30pm **Tues** 10:45am 2:05pm **Wed** 10:45am 3:45pm **Thu** 5:30pm
Fri 10:10am **Sat** 11:40am **Sun** 9:55am



WESTPORT WESTON FAMILY YMCA

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

QUESTIONS? PLEASE CONTACT:

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



WESTPORT WESTON FAMILY YMCA SWIM LESSONS

FALL 1: WEDNESDAY, SEP 8 – SUNDAY, OCT 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

School Age: 6-12 years (45 min): on \$205 (Thursday classes \$179)



School Age 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 3:45-4:30pm 5:25-6:10pm **Tue** 3:45-4:30pm 4:35-5:20pm
Wed 3:45-4:30pm 4:35-5:20pm **Thu** 3:45-4:30pm 5:25-6:10pm
Sat 9:20-10:25am 1:30-12:15pm **Sun** 8:45-9:30am 10:25-11:10am



School-Age 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 3:45-4:30pm 4:35-5:20pm **Tue** 3:45-4:30pm 5:25-6:10pm
Wed 3:45-4:30pm 5:25-6:10pm **Thu** 3:45-4:30pm 4:35-5:20pm
Sat 8:30-9:15am 10:40-11:25am **Sun** 9:35- 10:20am 11:15-12:00pm



School-Age 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 5:25-6:10pm **Tue** 4:35-5:25pm **Wed** 5:25-6:10pm **Thu** 4:35-5:20pm
Sat 10:40-11:25am **Sun** 8:45-9:30am 10:25-11:10am



School-Age 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 4:35-5:20pm **Tue** 5:25-6:10pm **Wed** 4:35-5:20pm **Thu** 5:25-6:10pm
Sat 11:30-12:15pm **Sun** 9:35-10:20am 11:15-12:00pm

ADULTS AND TEENS

Adult Beginner Swim Instruction

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

Mon 6:15-7:00pm
Wed 6:15-7:00pm

Members: \$205

YMCA Aquatic Club (Ages 10-15 yrs.)

This class is more than just swimming! For teens who have finished Stage 6 and is not interested in joining a swim team, but wants to continue to incorporate swimming into a healthy lifestyle. We will cover all strokes and include other aquatic activities and sports, such as water polo, synchro, canoeing, aquatic safety, pre-lifeguard skills and more! Limited capacity of 6/class. Director's approval is needed.

Mon 4:35-6:10pm
Wed 4:35-6:10pm

Members: \$410

AQUATICS TEEN & ADULT PROGRAMS

Swim Fitness

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

Please visit our website for schedule:
westporty.org/schedules



Aquatic Fitness Programs

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



Water Rat Swim Team

The Water Rat Swim Team is a year-round, nationally recognized competitive swim program, organized and operated by the Aquatics Department of the Westport Weston Family YMCA.

Coaching Staff:

Ellen Johnston - Director of Competitive Swimming/Head Coach

Rob Urban - Head Developmental Coach

Adam King - Head Junior Coach

Kristen Finnegan - Assistant Age Group Coach

More information: wrat.org

Lifeguard Certification

Certification programs resume this fall starting in October. Please check our website and social media posts for dates and times.

For more information or details, please visit our website, westporty.org, or contact Brian Ference: bference@westporty.org.

Employment Opportunities

Certified lifeguards interested in working at our indoor and/or outdoor pools should please contact Brian Ference: bference@westporty.org.



Please note schedules and programs are subject to change.

Please visit our website, westporty.org, and social media for updates.

Facebook: [@westportwestonfamily](https://www.facebook.com/westportwestonfamily)
Instagram: [@westportwestonfamilyymca](https://www.instagram.com/westportwestonfamilyymca)
Twitter: [@WestportWestonY](https://twitter.com/WestportWestonY)



DANCE YOUR HEART OUT



DANCE PROGRAMS FOR ALL AGES FALL 2021 WESTPORT WESTON FAMILY YMCA

Session Rates

45min/1 hr. class (8 weeks) \$185
45min/1 hr. class (15 weeks) \$345
*classes are 8 weeks

Island Princess Vacation Dance Camp (Ages 3-5)

The camp is filled with dance and a fun craft!
Please bring a snack and drink. Dance attire
not required. Please wear comfortable clothing
and sneakers.

Date: Thursday, September 16
Time: 9:30-11:30am
Fee: \$250 Members, \$300 Non-members

Leaps, Turns and Jumps Clinics

Break it down in our skills clinics. Pirouettes,
pique turn, posse jump and more!

Dates: Sunday, Sep 12, Oct 17, Nov 14
Grades 1-3 (Level 1)
Time: 1:30-2:30pm
Grades 4+ (Level 2)
Time: 2:30-3:30pm
Fee: \$40/day Members, \$80/day Non-members

For more information or to register, please contact
Lillian Cenatiempo, Dance Center Director:
lcenatiempo@westportymca.org 203-226-8981 x 118

Session Dates

***8 Weeks: Wed, Sep 8 - Sun, Oct 31**
15 Weeks: Wed, Sep 8 - Sun, Dec 19
No classes: Sept 6, 7, 16, Nov 25-28

Important Dates

Oct 11-15 Parent Visitation Week
Dec 13-20 Parent Visitation Week

Dance Birthday Parties

Enjoy a birthday to remember in our Dance
Center! Customize your party with us today!
For children ages 3-10 years old. One hour
in the studio and 1/2 hour in the party
room.

Party themes include:
Princess Dress Up, Disney Dance Mix,
High school Musical, Hannah Montana,
Descendants, Trolls, Frozen

Combine any of the above themes or create
your own!

Fee: \$300 Members/\$350 Non-members
Contact: Dance Center Director

Dance Privates – Book NOW!

For more information or to book, please
contact our Dance Center Director
203-226-8981 x118

Private: \$100/ hour
Semi Private \$150/hour (2 students)
Semi Private \$200/hour (3 students)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTPORT WESTON FAMILY YMCA DANCE CENTER • FALL 2021

Pre School Classes **Dance Studio

MONDAY

9:45-10:30am Mommy & Me 18mo-3yr
4:15-5:15pm Hippy Hoppin Shake* 3-5yr

TUESDAY

9:45-10:15am Parent/Child Creative Dance 18mo.-3yr
2:00-3:00pm Ballet/Tap Combo 4yr
3:15-4:00pm Broadway Babies 2-4yr

WEDNESDAY

9:45-10:15am Creative Dance* 2yr
2:00-3:00pm Ballet/Tap Combo 3yr
3:15-4:00pm Musical Minis 3-5yr
4:15-5:15pm Jazz/Tap Combo 3-5yr

THURSDAY

2:00-3:00pm Creative Movement* 2-4yr
3:15-4:00pm Mini Divas 3-5yr

FRIDAY

9:45-10:30am Preschool Ballet 2-3yr
3:15-4:00pm Storybook Ballet* 3-5yr

SATURDAY

10:15am Tutus & Tiaras* 2-4yr
10:30-11:15am Tutus & Tiaras* 2-4yr
11:30-12:15pm Jumpin' Jams* 3-5yr
1:00-2:00pm Twinkle Tots* 2-4yr

Session Rates

45min/1 hr. class (8 weeks) \$185
45min/1 hr. class (15 weeks) \$345

*classes are 8 weeks

Session Dates

8 Weeks: Wed, Sep 8 - Sun, Oct 31
5 Weeks: Wed, Sep 8 - Sun, Dec 19
No classes: Sept 6, 7, 16, Nov 25-28

Important Dates

Oct 11-15 Parent Visitation Week
Dec 13-20 Parent Visitation Week

DANCE WITH A PRINCESS

Come dressed up and spend an hour twirling and dancing with Belle. (Limit 15)

Sunday 11:00am-12:00pm
October 17 and November 14

Members: \$30/session
Non-members: \$60/session

AFTERNOON/EVENING CLASSES **STUDIO B (across from dance studio)

MONDAY

5:15-6:15pm Ballet I & II 7-10yr

TUESDAY

5:30-6:30pm Open Lyrical 7-10yr

WEDNESDAY

4:15-5:15pm Movers & Shakers 4-6yr
5:30-6:30pm Ballet/Tap Combo 5-6yr

AFTERNOON/EVENING CLASSES **DANCE STUDIO

MONDAY

6:15-7:15pm Contemporary 6-9yr

WEDNESDAY

4:15-5:15pm Musical Theater 6-9yr
5:30-6:30pm Jazz FUNK! 6-9yr
6:45-7:30pm Tap I & II 6-9yr

FRIDAY

4:15-5:15pm Jazz II 7-10yr
5:30-6:30pm Open Hip Hop 9-13yr
6:30-7:15pm Xtreme Team Hip Hop Ensemble* By audition only.

Adult Classes 18+

**Dance Studio

MONDAY

7:30pm-8:30pm Ballroom Fusion

WEDNESDAY

7:45pm-8:30pm Adult Tap

THURSDAY

9:45am-11:15am Brain Based Ballet

FRIDAY

7:30pm-8:30pm Adult Hip Hop

SATURDAY

8:15am-9:15am Adult Ballet

ELITE TEAM CLASSES-INVITE ONLY

MONDAY

4:30-6:00pm Elite Team Y (Tap, Jazz & Ballet)

TUESDAY

4:15-5:15pm Elite Team M & C (Ballet)
5:30-6:30pm Elite Team M & C (Lyrical)

THURSDAY

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



WESTPORT WESTON FAMILY YMCA

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

FOR MORE INFORMATION, PLEASE CONTACT:

Lillian Cenatiempo, Dance Center Director:
lcanatiempo@westport.org 203-226-8981 x118

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 8 per class

Sep 8– Oct 29

Mon 1:15–2:00pm

Mon 2:15–3:00pm

Tue 2:00–2:45pm

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

Member Fee: \$170

Combo Beginner and Advanced Beginner (Ages 5 – 11)

Levels are separated by ability.

Masks encouraged.

Limit 15 per class

Sept 8 – Oct 31

Mon 2:45–3:45pm

Mon 4:10–5:10pm

Mon 5:20–6:20pm

Tues 2:45–3:45pm

Tue 4:10–5:10pm

Tue 5:20–6:20pm

Wed 2:45–3:45pm

Fri 3:00–4:00pm

Fri 4:10–5:10pm

Sun 9:30–10:30am

Sun 10:40–11:40am

Member Fee: \$205

NEW! Adult Gymnastics

Tumbling, trampoline and tumble trak. All levels are welcome!

Sep 13– Oct 25

Mon 8:00pm–9:15pm

Member Fee: \$210

INVITE ONLY CLASSES

Intermediate

Sep 9– Dec 18

Thu 4:00–6:00pm

Sat 1:00–3:00pm

Member Fee: \$475

Advanced

Sep 10– Dec 19

Wed 4:15–6:15pm

Sun 10:00am–12:00pm

Member Fee: \$475

Teen Tumbling (Grades 6+)

Sep 10 – Dec 18

Wed 6:30–8:30pm

Member fee: \$475

Pre-Competitive Team

By invitation only.

Sep 9– Dec 19

Tue and Thu 4:15–6:15pm

Member Fee: \$820

TNT Hot Shots–Invite Only

Grades 1–3 (Limit 8 per class)

Designed to draw upon students' natural abilities and enthusiasm for gymnastics. Students are selected for this program by our Senior Staff.

For evaluation, please contact Sally at ssilverstein@westporty.org.

Sep 8– Dec 15

Mon 5:00–6:30pm

Wed 5:00–6:30pm

Member Fee: \$325

High School Gymnastics

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

Oct 9– Nov 20

Thu and Sat

Time: TBA

Member Fee: \$385

Showtime Team

**Nationally recognized
Exhibition Gymnastic Team**

Gold Medal Award Winning Exhibition Team

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

Contact Sally Silverstein:

ssilverstein@westporty.org

Season: September–February

Fee: \$920/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 missed 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. All programs are at our 11,000 sq. ft. YMCA Gymnastic Center in Westport.

NEW! NINJASTICS CLASSES

This co-ed Ninja & Gymnastics program is the best of both worlds! Combination of Ninja Warrior activities with fundamental gymnastics exercises. 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)

Tues 1:00-2:00pm
Fri 1:00-2:00pm

Ninjastics (Ages 6-12)

Sat 2:30-3:30pm
Sat 3:45-4:45pm
Sat 5:00-6:00pm

Sept 11 - Oct 30

Member Fee: \$165 (class limit 12)

Boys Beginner (Ages 5-11)

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

Thu 5:10-6:10pm
Fri 5:10-6:10pm

Sept 9-Oct 29

Member Fee: \$205

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)

Sept 12- Oct 31
Sun 9:30-10:30am

Member Fee: \$165

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.

Sept 8- Oct 31

Wed 4:00-5:00pm

Sun 9:00am-10:00am

Member Fee: \$165

Gymnastic Privates (Age 6+)

Contact Sally Silverstein to schedule a private.

203-226-8981 ext.130

Fee: \$85/hour
\$45/1/2 hour

Competitive Team

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

Season: September-June

Level III & IV	\$4,484/yr
Level V	\$4,4816/yr
Level VI, VII, VIII	\$4,908/yr

SESSION INFORMATION

Fall Session Dates

Wed, Sep 8-Sun, Oct 31

No classes

Sept 6, 7, 16, Nov 25-28

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

For questions about classes or placement, please contact Sally Silverstein, Gymnastic Center 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 missed classes.



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

Half Day Gymnastic Camp (Ages 5-11)

Gymnastics, games and a craft! Bring a nut-free snack and drink. Limited to 35 children.

Tuesday, September 7

Thursday, September 16

Time: 12:30-3:30pm

Member Fee: \$50 per child/day

Election Day Camp (Ages 5-11)

Lots of gymnastics, a craft and games. Please bring water bottles, snack and drink.

Tuesday, November 2

Time: 12:00-3:00pm

Member Fee: \$50/day

Parents Night Out at the YMCA Gymnastic Center (Ages 6+)

Play in the Gymnastic Center, enjoy organized games, free-swim, snack and drink provided. Eat dinner before you come.

Saturday, October 16

Time: 5:30-9:00pm

Member Fee: \$30/child, \$15 each additional 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+)

Coaches spotting and shaping to help each child perfect their skills. All levels welcome.

Date: Sunday: Sep 12, Oct 17, Nov 14

Time: 9:00-10:30am

Fee: \$45/day (Limit 15 gymnasts)

Beam and Bar Clinic (Ages 5 +)

For all levels. Learn new skills and work on ones you are developing.

Date: Sunday, Sep 12

Time: 9:30-11:00am

Fee: \$45 (Limit 15 gymnasts)

Family Events in the YMCA Gymnastic Center

Family Y Halloween Spooktacular

All ghosts and goblins are welcome! Join the fun, wear a costume, parents stay. Family friendly activities for children up to age 10. Face painting, craft, ring toss, bean bag throw and lots of free play in the gym.

Saturday October 23

Time: 5:00-6:30pm

Fee: \$5/child (pay at the door)

Pizza with Santa

Celebrate the holiday the Westport Weston Family YMCA way! Cookie decorating, craft, pizza, drink, face painting and lots of free play in the gym. Santa will be here! Parents must stay.

Saturday, December 18

Time: 5:00-6:15pm

Fee: \$10/child (pay at the door)

Cartwheel Clinic (Ages 4+)

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

Date: Sunday: Sep 12, Oct 17, Nov 14,

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: Sep 12, Oct 17, Nov 14

Time: 9:00-10:30am

Fee: \$45/day (Limit 15 gymnasts)

GYMNASTICS

Beginner/Adv. Beginner Classes		Limit 19				
Class Age 5-11	Days	Times	Class Starts	Class Ends	Session	Tuition
Beg/Ad Beg	Mon	2:45-3:45p	9/13/21	10/25/21	Fall 1	\$205
Beg/Ad Beg	Mon	4:10-5:10p	9/13/21	10/25/21	Fall 1	\$205
Beg/Ad Beg	Mon	5:20-6:20p	9/13/21	10/25/21	Fall 1	\$205
Beg/Ad Beg	Tues	2:45-3:45p	9/14/21	10/26/21	Fall 1	\$205
Beg/Ad Beg	Tue	4:10-5:10p	9/14/21	10/26/21	Fall 1	\$205
Beg/Ad Beg	Tue	5:20-6:20p	9/14/21	10/26/21	Fall 1	\$205
Beg/Ad Beg	Wed	2:45-3:45p	9/8/21	10/27/21	Fall 1	\$205
Beg/Ad Beg	Fri	3-4pm	9/10/21	10/29/21	Fall 1	\$205
Beg/Ad Beg	Fri	4:10-5:10p	9/10/21	10/29/21	Fall 1	\$205
Beg/Ad Beg	Sun	9:30-10:30a	9/12/21	10/31/21	Fall 1	\$205
Beg/Ad Beg	Sun	10:40-11:40a	9/12/21	10/31/21	Fall 1	\$205
Boys Beg/Ad Beg	Thu	5:10p-6:10p	9/9/21	10/28/21	Fall 1	\$205
Boys Beg/Ad Beg	Fri	5:10-6:10p	9/10/21	10/29/21	Fall 1	\$205

Pre School/Beginner	Limit 8	Co -Ed				
Class age 3-4	Days	Times	Class Starts	Class Ends	Session	Tuition
Pre School	Mon	1:15-2:00p	9/13/21	10/25/21	Fall 1	\$170
Pre School	Mon	2:15-3:00p	9/13/21	10/25/21	Fall 1	\$170
Pre School	Tues	2-2:45p	9/14/21	10/26/21	Fall 1	\$170
Pre School	Wed	1:30-2:15p	9/8/21	10/27/21	Fall 1	\$170
Pre School	Wed	2:30-3:15p	9/8/21	10/27/21	Fall 1	\$170
Pre School	Thu	1:30-2:15p	9/9/21	10/28/21	Fall 1	\$170
Pre School	Thu	2:30-3:15p	9/9/21	10/28/21	Fall 1	\$170
Pre School	Fri	1:00-1:45p	9/10/21	10/29/21	Fall 1	\$170
Pre School	Fri	2-2:45p	9/10/21	10/29/21	Fall 1	\$170

Ninjastics	Co Ed	Limit 12				
	Days	Times	Class Starts	Class Ends	Session	Tuition
Age 4-6	Tues	1:00-2:00pm	9/14/21	10/26/21	Fall 1	\$165
Age 4-5	Fri	1:00-2:00p	9/10/21	10/29/21	Fall 1	\$165
Age 6-12	Sat	2:30-3:30p	9/11/21	10/30/21	Fall 1	\$165
Age 6-12	Sat	3:45-4:45p	9/11/21	10/30/21	Fall 1	\$165
Age 6-12	Sat	5:00-6:00p	9/11/21	10/30/21	Fall 1	\$185

Skill Classes/Invite Only						
Need Evaluation	Days	Times	Class Starts	Class Ends	Session	Tuition
Intermediate	Thu	4:00-6:00p	9/9/21	12/16/21	Fall	\$475
Intermediate	Sat	1:00-3:00p	9/11/21	12/18/21	Fall	\$475
Advanced	Wed	4:15-6:15p	9/8/21	12/15/21	Fall	\$475
Advanced	Sun	10-12:00p	9/12/21	12/19/21	Fall	\$475
Pre Competition	Tue/Thu	4:15-6:15p	9/9/21	12/16/21	Fall	\$820
TNT Hot Shots	Mon	5-6:30pm	9/13/21	12/13/21	Fall	\$325
TNT Hot Shots	Wed	5-6:30pm	9/8/21	12/15/21	Fall	\$325

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 Westport Weston Family 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, included with your membership, 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

Open through September!

The outdoor pool and splash pad will be open through September 31. There are no reservations required at this time to enjoy the aquatics areas.

Monday-Friday 3:30-6:00pm

Saturday & Sunday 1:00-6:00pm

ARCHERY (8 yrs+)

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

Date: See website for details

Saturday & Sunday 12:00-3:00pm



OPEN SLIDES

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

Date: See website for details

Monday-Friday 4:00-6:00pm

Saturday/Sunday 1:00-6:00pm

CANOEING/PADDLE BOATING, KAYAKING

We have all you need to enjoy scenic Lees Pond.

Saturday & Sunday 1:00-4:00pm

SPORTS AND RECREATION

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



For more information, please contact:

Casey McMahon; Outdoor Center and Sports Coordinator: cmcmahon@westparty.org 203-226-8981

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

Complimentary Session

Please contact Brian Marazzi, Membership Engagement Director to inquire about a complimentary personal training session.



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

Brian Marazzi, Membership Engagement Director: bmarazzi@westporty.org 203-226-8981 x 104

SPECIAL NEEDS PROGRAMMING

FALL 1 SESSION INFORMATION

SESSION DATES: Wednesday, September 8 - Sunday, October 31

REGISTRATION DATE: Family Members - Saturday, August 7; Open Registration - Saturday, August 14

NO CLASS ON: Rosh Hashanah - Tuesday, September 7; Yom Kippur - September 15 & 16

CONTACT: Shannon Connors, Youth Development Director: sconors@westporty.org 203-226-8981 x119

Participants do not have to wear a mask if they are fully vaccinated. Masks should be worn by anyone who is not vaccinated. Your family's health and wellness are important to us.

Please note all sports and recreation programs are subject to change due to CT COVID Guidelines.

SPECIAL NEEDS SPORTS & RECREATION PROGRAMS

ADAPTIVE SWIMMING

Age	Member Fee	Day	Time	Location
8-25	\$90	Saturday	11:00-12:00pm	Pool

8-25 \$90 Saturday 12:00-1:00pm Pool

ADAPTIVE BASKETBALL

Age	Member Fee	Day	Time	Location
8-25	\$60	Sunday	9:45-10:45am	Gym

Programs subject to change in accordance with updated state guidance.

FRIDAYS IN MOTION

Fridays in Motion events are hosted at the YMCA one Friday each month for youth ages 5-17 with diverse abilities. This FREE monthly themed social event encompasses 2 hours of activities with like-minded individuals and is run by volunteers who engage the participants through games, activities, arts and crafts.

This is a drop-off event, intended for like minded teens to socialize together. Families are not required to participate in activities. Participation is free and open to members and non-members. Space is limited; pre-registration is required.

Dates: October 8, November 12, December 10

STAY TUNED FOR MORE INFORMATION!

SUNDAYS IN MOTION

This FREE monthly event encompasses 2 hours of recreation at the YMCA and is run by YMCA volunteers who help monitor and guide the youth through an hour of gym time and a second hour in the pool. Parents and siblings are encouraged to join!

Our mission is to encourage, help, build and strengthen healthy physical activity, confidence, social skills and more. Participants can enjoy a variety of activities that promote health, wellness, creative enrichment, socialization and more. Participation is free and open to members and non-members. Space is limited; pre-registration is required.

Dates: September 26, October 24, November 21, December 19

STAY TUNED FOR MORE INFORMATION!

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 are looking to complete credits or just looking for another way to get involved in the community, we have opportunities available for you.

For more information on volunteer opportunities, please contact Shannon Connors, Program Coordinator: sconors@westporty.org 203-226-8981 x119.



SPECIAL NEEDS PROGRAMMING VOLUNTEER OPPORTUNITIES WESTPORT WESTON FAMILY YMCA

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 are looking to complete credits or just looking for another way to get involved in the community, we have opportunities available for you.

Programs

- Adaptive Swimming, Adaptive Track and Adaptive Basketball
- Fridays in Motion and Sundays in Motion



WESTPORT WESTON FAMILY YMCA

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

QUESTIONS?

Shannon Connors, Youth Development Director
203-226-8981 x 119 sconnors@westport.y.org

SPORTS & RECREATION

FALL 1 SESSION INFORMATION

SESSION DATES: Wednesday, September 8 - Sunday, October 31

REGISTRATION DATE: Family memberships: Saturday, August 7; Open registration Saturday, August 14

CONTACT: Casey McMahon; Outdoor Center & Sports Coordinator: cmcmahon@westportny.org 203-226-8981 x142

*Participants do not need to wear a mask as long as they are fully vaccinated. Masks should be worn by anyone who is not vaccinated. Your family's health and wellness are important to us. *Subject to change on accordance with state guidelines.



INTRAMURAL YOUTH PROGRAMS

Program	Age/Grade	Member Fee	Non-Member Fee	Day	Time	Location
Archery**	Grades 3-5	\$150	\$200	Tue	4:00-5:00pm	Mahackeno Archery Range
Floor Hockey**	Grades 3-5	\$125	\$175	Wed	4:30-5:30pm	Mahackeno Court
Tennis	Grades 3-5	\$150	\$200	Wed	4:30-5:30pm	South Court
Flag Football**	Grades 3-5	\$125	\$175	Thu	4:30-5:30pm	Mahackeno Field
Stretch and Sketch	4-5 years old	\$125	\$175	Sat	8:00-9:00am	TBD
Intro to Tennis	Grades K-2	\$150	\$200	Sat	9:00-10:00am	North Court
Lacrosse**	5-6 year olds	\$150	\$200	Sat	1:00-2:00pm	Mahackeno Field
Lacrosse**	7-8 year olds	\$150	\$200	Sat	2:15-3:15pm	Mahackeno Field

YOUTH KARATE PROGRAMS

Program	Age/Grade	Member Fee	Non-Member Fee	Day	Time	Location
Karate	Grades K-2	\$150	\$200	Sun	9:45-10:45am	North Court
Karate	Grades 3-4	\$150	\$200	Sun	11:00-12:00pm	North Court
Karate	Grades 5-6	\$150	\$200	Sun	12:15-1:15pm	North Court

FENCING WITH COACHES FROM CANDLEWOOD FENCING

Program	Age/Grade	Member Fee	Non-Member Fee	Day	Time	Location
Beginner Fencing	Grades K-2	\$175	\$225	Fri	4:30-5:30pm	TBD
Beginner Fencing	Grades 3-5	\$250	\$300	Fri	5:30-7:00pm	TBD
Beginner Fencing	Grades 6-8	\$250	\$300	Fri	7:00-8:30pm	TBD



For almost 30 Years, Candlewood Fencing has been dedicated to promoting the sport of fencing at both the competitive and recreational levels. From the youngest participants to our World Team Members, National Champions and many NCAA Recruits, Candlewood Fencing coaches are dedicated to each individual that walks through our door. They offer personally tailored instruction for individuals and groups of all ages to ensure each student's learning, growth and fun in a nurturing environment.

****Sports programs held outside at the Mahackeno site - we 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.**

SPORTS & RECREATION

YOUTH PROGRAMS

YOUTH BASKETBALL PROGRAMS

Program	Age/Grade	Member Fee	Non-Member Fee	Day	Time	Location
Pint Size Basketball Skills	Grades K-2	\$125	\$175	Mon	4:30-5:30pm	North Court
High School Prep Clinic	Grades 9-12	\$150	\$200	Mon	7:30-9:00pm	Full Court
Pint Size Basketball Games	Grades 3-4	\$125	\$175	Tue	4:30-5:30pm	North Court
Travel Academy	Grades 5-6 Boys	\$150	\$200	Tue	5:30-7:00pm	North Court
Travel Academy	Grades 7-8 Boys	\$150	\$200	Wed	5:30-7:00pm	North Court
High School Prep Clinic	Grades 9-12	\$150	\$200	Wed	7:30-9:00	Full Court
Travel Academy	Grades 5-6 Girls	\$150	\$200	Thu	5:30-7:30	North Court
Shooting Clinic	Grades 6-8 Boys	\$150	\$200	Fri	4:30-5:30pm	North Court
Travel Academy	Grades 7-8 Girls	\$150	\$200	Fri	5:30-7:30pm	North Court
Pre-K Basketball**	Grades	\$125	\$175	Sat	8:00-8:45am	Mahackeno Court
Pint Size Basketball Skills**	Grades K-2	\$125	\$175	Sat	9:00-10:00am	Mahackeno Court

YOUTH SOCCER PROGRAMS

Program	Age/Grade	Member Fee	Non-Member Fee	Day	Time	Location
Parent and Me Soccer**	3-4 years old	\$90	\$140	Sat	8:00-8:45am	Mahackeno Field
Peewee Soccer	3 years old	\$90	\$140	Sat	9:00-9:45am	Mahackeno Field
Rookies	4-5 years old	\$150	\$200	Sat	10:00-11:00am	Mahackeno Field
Winners	5-6 years old	\$150	\$200	Sat	11:15-12:15pm	Mahackeno Field

**Sports programs held outside at the Mahackeno site - we 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.

SPORTS & RECREATION

ADULTS



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	Mon	12:00-2:00	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	Wed	2:00-4:00	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
Pickleball 18+	Ages 18+	Free	Sun	1:30-3:30pm	Full Court
Basketball 18+	Ages 18+	Free	Sun	8:00-9:30am	Full Court

Adult sports are free to Westport Weston Family YMCA Members; \$10/visit for Non-members.

****Sports programs held outside at the Mahackeno site - we 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.

For more information on sports programs or to view the latest offerings be sure to visit our website: westporty.org.
Questions? Please contact Casey McMahon, Outdoor Center & Sports Coordinator: cmcmahon@westporty.org

HEALTH & WELLNESS



WELLNESS CENTER - POLICIES

Wellness Center Youth/Teen Policy

Teens ages 14+ are permitted to use the Wellness Center, but are strongly encouraged to complete an Equipment Orientation. Youth ages 10-13 are not permitted in the Wellness Center until they have completed a Fit Family Orientation. 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. A YMCA Wellness Coach will teach proper technique and operation of the strength and cardio equipment. Call 203-226-8981 x109 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 x109 to set up your complimentary appointment.

FALL 1 SESSION:

SESSION DATES: Wednesday, September 8 - Sunday, October 31

CONTACT: Denise Hotch, Fitness Coordinator: dhotch@westporty.org



YOUTH FITNESS TRAINING*

Small-group training led by our Certified Personal Trainers. Designed for middle schoolers who are 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. Meets in the Wellness Center.

Thu 4:00-5:00pm

Members: \$90 Non-members: \$125

TEEN SPORTS CONDITIONING*

Small-group training designed for high schoolers looking to cross-train and improve athletic performance. Led by our Certified Personal Trainers.

Tue 4:00-5:00pm

Members: \$90 Non-members: \$125

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. Youth who attend our After School program on Wednesdays will be brought to the studio for class.

Wed 4:30-5:15pm Studio C

Members: \$90 Non-members: \$125

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*

Boutique-style small group training designed 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 schedule information and/or to register, please contact Denise Hotch: dhotch@westporty.org**

RUNNING CLUB*

The YMCA Running Club will start up soon. Please stay tuned for program details.



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