



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A SPRING TO DISCOVER

**WESTPORT WESTON FAMILY YMCA
SPRING PROGRAM GUIDE**

SESSION: MARCH 28 – JUNE 13

**Family Member Registration: Sat, MAR 5
Open Registration: Wed, MAR 9**

TABLE OF CONTENTS

Aquatics 2-3
 Childcare 4
 Dance 5
 Gymnastics..... 6-7
 Special Needs..... 8
 Sports & Recreation9-11
 Health & Wellness 12-13

HOURS OF OPERATION

BEDFORD FAMILY CENTER

Monday – Friday 5:30AM – 9:00PM*

Saturday – Sunday 7:00AM – 6:00PM*

MAHACKENO OUTDOOR CENTER

Pools open to Members Memorial Day – Labor Day

Monday – Friday 3PM – 6PM

Saturday – Sunday 1PM – 6PM

*subject to change

FINANCIAL ASSISTANCE

To ensure access for all who want to participate in programs, the Family YMCA provides financial assistance to individuals and families unable to afford membership or program fees.

Not all of our costs are covered by membership and program fees, so we rely on the generosity of our Y members and supporters to help us to fulfill our charitable mission in the community. The Westport Weston Family YMCA is a nonprofit charitable agency with a 501(c) 3 tax status. It is not part of the town government and relies solely on membership fees – which cover only the programs and services used – and contributions from generous members of the community.

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 email, fax, or mail.

OUR MISSION

The Westport Weston Family YMCA enriches the community by developing and nurturing youth, promoting healthy living for all and fostering social responsibility.

REGISTRATION INFORMATION

SESSION: MARCH 28 – JUNE 13

REGISTRATION DATES

Sat, MAR 5: Family Member, Priority Registration

Wed, MAR 9: Open Registration for All

[CLICK TO REGISTER](#)

REGISTER FOR AN ONLINE ACCOUNT

Membership or a non-member, Community Member account that is set-up in our web-based Membership Database. You will be able to safely and securely search and register for classes, programs, events and vacation day camps, view your payments and transaction history, manage and update your account information and print receipts. Get started today!

Current Y Members: To register for programs, visit WESTPORTY.ORG, click Register on the main navigation bar, then Login! Family memberships receive priority registration on March 5.

[CLICK TO SIGN IN](#)

Not a Y Member Yet? Register for a Community Member Account: If you're a general member of the community and not an existing Y member, you can still register online as a 'Community Member'. View WESTPORTY.ORG, click Register on the main navigation bar, then Sign Up and choose Community Member (CM) to create an account. CM rates differ from discounted membership rates. To receive priority registration and member discounts, simply upgrade your membership by selecting your preferred Membership category and 'Next'!

[BECOME A MEMBER](#)

FAMILY COMES FIRST

Go further with a Family Membership and get priority registration for all classes and programs! Enjoy complimentary group fitness classes, fun youth and family programs, a variety seasonal events, and more!

[GET A FAMILY MEMBERSHIP](#)

[UPGRADE YOUR MEMBERSHIP](#)

BENEFITS OF MEMBERSHIP

Friendships, achievements, support, encouragement and belonging are some of the best parts of our Westport Weston Family YMCA. A positive lifestyle and healthy living can be symptoms of good habits, meaningful relationships and fulfillment. When you join the Y, you'll have access, not only to hundreds of programs and an amazing facility, but also a wonderful supportive community. Our Y offers programs for all people at any stage of their life, whole families big and small, regardless of age, fitness level or income. Our Y is so much more than a single program or group, it's a community. Together we can build a better us.

**TOGETHER
WE CAN BUILD
A BETTER US.**

MEMBERSHIP OFFERS A GREAT VALUE

- **SAVINGS & PRIORITY REGISTRATION FOR ALL SESSION PROGRAMS**

Including Dance, Gymnastics, Swim Lessons, Sports & Recreation, Youth and Specialized Fitness Classes, Camp Mahackeno and more!

- **STATE-OF-THE-ART WELLNESS CENTER**

Free customized demo so you get the most out of our facility.

- **75+ GROUP FITNESS CLASSES EACH WEEK**

Including Pilates, Zumba, TRX, yoga, indoor cycling, water fitness, to name only a few!

- **COMPLIMENTARY KIDS CLUB**

On-site, worry and hassel free drop off child care in our amazing Nussbaum Kids Club. Let the kids play and socialize for up to 75 minutes while you work out, take a class or participate in Y activities.

- **MAHACKENO OUTDOOR CENTER**

Including heated, outdoor pool and splash pad, giant slides, canoeing, archery, playgrounds, hiking trails, sports fields, basketball courts and more!

MEMBERSHIP TYPE

FAMILY

Family – 1 Adult

Family – 2 Adult

Senior Couple (65+)

*Family Membership
Adult Add-on Available

INDIVIDUAL

Adult (18-22)

Adult (23-64)

Senior (65+)

YOUTH

Youth (0-13)

Youth X2 (0-13)

Youth X3

High School (14-17)

WHICH MEMBERSHIP IS RIGHT FOR YOU

BENEFITS	FAMILY MEMBERSHIP	INDIVIDUAL MEMBERSHIP	YOUTH MEMBERSHIP
Priority & discounted registration for session based programs	●		
Priority Vacation Day camps & Camp Mahackeno registration	●		
Access to aquatics & wellness center	●	●	●
Access to Mahackeno Outdoor Center	●	●	●
Complimentary kids club	●		
Option to rent facilities for programs and events	●	●	

PARENT/CHILD

PRESCHOOL

SCHOOL AGE



STAGE A: WATER DISCOVERY

AGES: 6-17 months
DURATION: 30 minutes
TUE 10:10 AM
WED 9:35 AM
FRI 9:35 AM
SAT 9:20 AM
SUN 9:55 AM
M: TUE, WED - \$230
FRI, SAT, SUN - \$207

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

[CLICK TO REGISTER](#)

STAGE B: WATER EXPLORATION

AGES: 18-36 months
DURATION: 30 minutes
TUE 9:35 AM
WED 10:10 AM
FRI 10:10 AM
SAT 9:55 AM
SUN 9:20 AM
M: TUE, WED - \$230
FRI, SAT, SUN - \$207

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

[CLICK TO REGISTER](#)

PRESCHOOL STAGE 1

AGES: 3-5
DURATION: 30 minutes
MON 1:30PM, 2:40PM, 3:10PM
3:45PM, 4:20PM
TUE 9:35AM, 2:40PM, 3:10PM
4:20PM, 5:30PM
WED 10:45AM, 2:05PM, 3:10PM,
4:55PM
THU 2:05PM, 2:40PM, 3:45PM
4:20PM, 5:30PM
FRI 11:00AM
SAT 9:20AM, 9:55AM, 11:05AM
SUN 8:45AM, 10:30AM,
11:40AM
M: MON, TUE, WED, THU - \$230
FRI, SAT, SUN - \$207

Children with little to no experience, will not go under water voluntarily.

[CLICK TO REGISTER](#)

PRESCHOOL STAGE 2

AGES: 3-5
DURATION: 30 minutes
MON 1:30PM, 2:05PM, 3:10PM
4:20PM, 5:30PM
TUE 10:10AM, 2:05PM, 3:10PM
3:45PM, 4:20PM, 4:55PM
WED 9:35AM, 10:10AM, 2:05PM
2:40PM, 3:45PM, 4:20PM
5:30PM
THU 2:40PM, 3:10PM, 4:55PM
SAT 8:45AM, 9:55AM, 10:30AM
11:05AM, 12:15PM
SUN 8:45AM, 9:20AM, 10:30AM
11:05AM, 11:40AM
M: MON, TUE, WED, THU - \$230
SAT, SUN - \$207

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

[CLICK TO REGISTER](#)

Questions? Learn more about our Aquatics Program at WESTPORTY.ORG or contact Josephine Rojas (P) 203.221.8390 (E) jrojas@westporty.org

PRESCHOOL STAGE 3

AGES: 3-5
DURATION: 30 minutes
MON 2:05PM, 3:45PM,
4:55PM
TUE 10:45AM, 2:40PM,
3:45PM
4:55PM, 5:30PM
WED 2:40PM, 3:10PM,
5:30PM
THU 2:05PM, 3:10PM,
3:45PM
4:55PM
FRI 10:30AM
SAT 8:45AM, 9:20AM,
10:30AM
11:40AM
SUN 9:20AM, 9:55AM,
11:05AM
M: MON, TUE, WED, THU - \$230
FRI, SAT, SUN - \$207

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

[CLICK TO REGISTER](#)

PRESCHOOL STAGE 4

AGES: 3-5
DURATION: 30 minutes
MON 2:40PM, 4:55PM
TUE 2:05PM
WED 4:20PM
THU 5:30PM
SAT 11:40AM
SUN 9:55AM
M: MON, TUE, WED, THU - \$230
SAT, SUN - \$207

Can swim 10-15 yards of front crawl and backstroke.

[CLICK TO REGISTER](#)



SCHOOL AGE STAGE 2 & 3

AGES: 6-12
DURATION: 45 minutes
MON 3:45PM, 5:25PM
TUE 3:45PM, 4:35PM
WED 3:45PM, 4:35PM
THU 3:45PM, 5:25PM
SAT 9:20AM, 11:50AM
SUN 8:45AM, 10:25AM
M: MON, TUE, WED, THU - \$260
SAT, SUN - \$234

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

[CLICK TO REGISTER](#)

SCHOOL AGE STAGE 4

AGES: 6-12
DURATION: 45 minutes
MON 3:45PM, 4:35PM
TUE 3:45PM, 5:25PM
WED 3:45PM, 5:25PM
THU 3:45PM, 4:35PM
SAT 8:30AM, 10:10AM
11:00AM
SUN 9:35AM, 11:15AM
M: MON, TUE, WED, THU - \$260
SAT, SUN - \$234

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.

[CLICK TO REGISTER](#)



SCHOOL AGE STAGE 5

AGES: 6-12
DURATION: 45 minutes
MON 5:25PM
TUE 4:35PM
WED 4:35PM, 5:25PM
THU 4:35PM
SAT 10:30AM
SUN 8:45AM, 10:25AM
M: MON, TUE, WED, THU - \$260
SAT, SUN - \$234

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

[CLICK TO REGISTER](#)

SCHOOL AGE STAGE 6

AGES: 6-12
DURATION: 45 minutes
MON 4:35PM
TUE 5:25PM
WED 4:35PM
THU 5:25PM
SAT 11:20AM
SUN 9:35AM, 11:15AM
M: MON, TUE, WED, THU - \$260
SAT, SUN - \$234

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

[CLICK TO REGISTER](#)



TEEN & ADULT

YMCA AQUATIC CLUB

AGES: 10-15
DURATION: 45 minutes
MON 4:35PM
WED 5:25PM
M: \$260

This class is more than just swimming! For teens who have finished Stage 6 and are not interested in joining a swim team, but want 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.

[CLICK TO REGISTER](#)

ADULT BEGINNER SWIM INSTRUCTION

AGES: 18+
DURATION: 45 minutes
MON 6:00PM
M: \$260

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

[CLICK TO REGISTER](#)

SCHOOL AGE CHILD CARE

AFTERSCHOOL CHILD CARE

GRADES: K-5 **DATES:** 8/31/2021 - 6/17/2022
TIME: End of School Day - 6:00PM
3 DAYS: \$505/month
4 DAYS: \$565/month
5 DAYS: \$630/month

For students attending Westport Public Schools. Students are transported via YMCA Buses and District Buses to the Westport YMCA Bedford Center where they may enjoy a variety of activities, homework help, and more by YMCA staff. Program follows Westport Public Schools calendar, including scheduled early dismissals.

[CLICK TO REGISTER](#)

REGISTERING FOR CHILD CARE & VACATION DAY CAMPS

[REGISTER ONLINE AT WESTPORTY.ORG](#)

- Register online early as space is limited. Children must be registered at least 1 week prior to starting.
- Registration form, payment, current health form, all health forms and applicable medication information required to complete registration.



VACATION DAY CAMPS

GRADES: K-5
DATES: 4/15, 4/18, 4/19, 4/20, 4/21, 4/22
TIME: 7:30AM - 6:00PM
M: \$115/day **C:** \$145/day

Located at the Westport Weston Family YMCA, Vacation Day Camps are a great way to stay active and have fun in a safe environment during school year vacations and days off. Each vacation day consists of arts and crafts, physical activities in the gym or outdoors at the Mahackeno Outdoor Center, a snack, and swimming.

[CLICK TO REGISTER](#)



DID YOU KNOW?

When you participate in our After School Child Care program, our Y Child Care Staff will deliver your child to any additional Y programs they are enrolled in! If their class ends before 6PM, they will be picked up and brought back to the After School Child Care program.

Questions? Learn more about our Child Care Program at [WESTPORTY.ORG](#) or contact **Maria Chatman** (P) 203.571.6044 (E) mchatman@westporty.org

FAMILY MEMBERSHIP BENEFIT

KIDS CLUB

AGES: 6 weeks to 12 years old
MON - FRI 8:00AM - 12:00PM, 4:30-7:30PM
SAT - SUN 8:00AM - 12:00PM
FAMILY: FREE **CM:** \$10

We provide up to 75 minutes of supervised care for your child in a safe, enriching through non-structured, age-appropriate play activities so your little one can develop social skills while you participate in at activities at the Y, exercise or take a class.

[LEARN MORE](#)

“Thanks to the Kids Club my husband and I get to workout together on the weekends in the new Zone! Our two kids love doing all the activities offered and the staff are fantastic.”

- Chevaun, Family Member

INFANT & TODDLERS



PARENT/CHILD CREATIVE DANCE

AGES: 18 months - 2 years
DATES: 3/29 - 6/7
TUE 9:45AM - 10:30AM
M: \$253

AGES: 2 - 3 years
DATES: 3/30 - 6/8
WED 9:45AM - 10:30AM
M: \$253

For tots and a grown-up (mom, dad, grandparent, or caretaker) to experience their first dance class. Children will learn gross motor skills, hand/eye coordination, left and right, all while having fun through dance games and songs!

[CLICK TO REGISTER](#)

CREATIVE MOVEMENT

AGES: 2-4 **DATES:** 3/31 - 6/9
THU 2:30PM - 3:15PM
M: \$253

A more advanced Creative Dance class, Creative Movement incorporates introductory ballet steps and basic locomotor movement.

[CLICK TO REGISTER](#)

TUTUS & TIARAS

AGES: 2-4 **DATES:** 4/2 - 6/11
SAT 9:30AM - 10:15AM
10:30AM - 11:15AM

M: \$253
A gentle introduction to Ballet with a focus on imagination and creative movement.

[CLICK TO REGISTER](#)

BEGINNER BALLET

AGES: 7+ **DATES:** 3/28 - 6/13
MON 5:00PM - 6:00PM
M: \$253

Dancers will work on proper positioning of the arms and feet while learning basic Ballet technique and terminology.

[CLICK TO REGISTER](#)

JUMPIN' JAMS

AGES: 3-5 **DATES:** 4/2 - 6/11
SAT 11:30AM - 12:15PM
M: \$253

Little ones will move and groove while learning basic jazz and locomotor movement.

[CLICK TO REGISTER](#)

STORYBOOK BALLET

AGES: 3-5 **DATES:** 4/1 - 6/10
FRI 3:30PM - 4:15PM
M: \$253

Along with learning Ballet technique, stories are read and come to life through dancing and creative movement!

[CLICK TO REGISTER](#)

PERFORMANCE GROUPS

BALLET/TAP

AGES: 3 **DATES:** 1/4 - 6/8
WED 2:00PM - 3:00PM
M: \$483

AGES: 4 **DATES:** 1/4 - 6/7
TUE 2:00PM - 3:00PM
M: \$483

AGES: 5-6 **DATES:** 1/4 - 6/8
WED 5:30PM - 6:30PM
M: \$483

[CLICK TO REGISTER](#)

TAP/JAZZ

AGES: 3-5 **DATES:** 1/4 - 6/7
WED 4:15PM - 5:15PM
M: \$483

[CLICK TO REGISTER](#)

TAP

AGES: 9+ **DATES:** 1/4 - 6/8
WED 6:45PM - 7:30PM
M: \$483

[CLICK TO REGISTER](#)

ADULT LYRICAL JAZZ

AGES: 18+ **DATES:** 3/30 - 6/8 WED
7:30PM - 8:30PM
M: \$253

This beginner level class incorporates the expressive movement of Lyrical with the sharp, yet fluid motions of Jazz. Class starts with a lengthy warm up/stretch, followed by traveling steps across the floor, and finishes with choreography that is added to each week.

[CLICK TO REGISTER](#)

HIP HOP

AGES: 18+ **DATES:** 3/29 - 6/7
TUE 7:00PM - 8:00PM
M: \$253

Hip Hop is a fun, energetic form of dancing and is an ideal way to express one's creativeness and personal style. Class begins with a lengthy warm up/stretch and conditioning, followed by choreography with new moves added to the dance each week.

[CLICK TO REGISTER](#)

Questions? Learn more about our Dance Program at [WESTPORTY.ORG](#) or contact **Alison Ligi** (P) 203.571.6039 | (E) aligi@westporty.org

JAZZ

AGES: 9+ **DATES:** 1/4 - 6/9
THU 4:30PM - 5:30PM
M: \$483

[CLICK TO REGISTER](#)

JAZZ FUNK

AGES: 6-9 **DATES:** 1/4 - 6/8
WED 5:30PM - 6:30PM
M: \$483

[CLICK TO REGISTER](#)

LYRICAL

AGES: 7-10 **DATES:** 1/4 - 6/7
TUE 5:30PM - 6:30PM
M: \$483

[CLICK TO REGISTER](#)

MOVERS/SHAKERS

AGES: 4-6 **DATES:** 1/4 - 6/8
WED 4:30PM - 5:30PM
M: \$483

[CLICK TO REGISTER](#)

APRIL BREAK CAMP

AGE: 5+
DATES: 4/18, 4/19, 4/20
MON, TUE, WED 12:00PM - 3:00PM
M: \$50/day

Lots of gymnastics a craft and games.
Bring a snack, drink and water bottle.

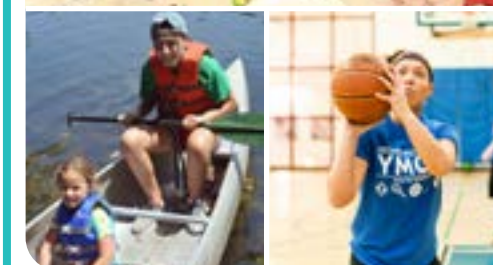
JOIN OUR TEAM!

Realize your leadership potential and to discover a career that is so much more than a job. Have fun, learn new skills, and develop meaningful relationships that will benefit you and your family for years to come.

Part-time | Full-time | Seasonal

CHECK OUR FULL LISTING OF OPPORTUNITIES AT
WESTPORTY.ORG

[LEARN MORE](#)



YOUTH GYMNASTICS

Participants work on floor, balance beam, uneven bars and vaulting skills and are grouped according to ability. Gymnasts must wear leotards.

PRESCHOOL GYMNASTICS

AGES: 3-4 DATES: 3/28 - 6/12*
MON 1:15PM - 2:00PM
MON 2:15PM - 3:00PM
TUE 2:00PM - 2:45PM
WED 1:30PM - 2:15PM
WED 2:30PM - 3:15PM
THU 1:30PM - 2:15PM
THU 2:30PM - 3:15PM
FRI 1:00PM - 1:45PM
FRI 2:00PM - 2:45PM
M: \$268

*No class April 15-24, May 30

[CLICK TO REGISTER](#)

COMBO BEGINNER & ADVANCED BEGINNER

AGES: 5-11 DATES: 3/28 - 6/12*
MON 4:10PM - 5:10PM
MON 5:20PM - 6:20PM
TUE 4:10PM - 5:10PM
TUE 5:20PM - 6:20PM
FRI 4:10PM - 5:10PM
SUN 9:30AM - 10:30AM
SUN 10:40AM - 11:40AM
SUN 11:45AM - 12:45PM
SUN 12:50PM - 1:50PM
M: \$323

*No class April 15-24, May 30

[CLICK TO REGISTER](#)

BOYS BEGINNER

AGES: 5-11 DATES: 4/1 - 6/10
FRI 5:10PM - 6:10PM
M: \$323

Skills on the floor, trampoline, rings, vault, bar, tumble trak and more.

[CLICK TO REGISTER](#)

TRAMPOLINE & TUMBLE

AGES: 6+ DATES: 4/3 - 6/12*
SUN 9:30AM - 10:30AM M: \$260
Learn to jump, spin, flip and tumble with ease! All skill levels are welcome from beginner to the most advanced.

*No class April 17, 24

[CLICK TO REGISTER](#)

TODDLER ADVENTURE GYM

AGES: 6 months - 7 years
DATES: 1/3 - 6/17
MON-FRI 9:00AM - 11:00AM
M: \$10 C: \$12

Open play. Children must participate with parent or caregiver. Masks may be required. This is open to Members and community members.

*May 30

[LEARN MORE](#)

LITTLE NINJAS

AGE: 4-5 DATES: 3/28 - 6/10
MON 3:00PM - 4:00PM
TUE 3:00PM - 4:00PM
FRI 3:00PM - 4:00PM
M: \$260

The beginner version of our Ninjastics class, Little Ninjas introduces young students to a variety of fun and safe Ninja Warrior activities and basic gymnastic exercises!

*No class April 15-24, May 30

[CLICK TO REGISTER](#)

NINJASTICS

AGES: 6-12 DATES: 4/2 - 6/11*
SAT 2:30PM - 3:30PM
SAT 3:45PM - 4:45PM
M: \$237

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!

*No class April 9, 23

[CLICK TO REGISTER](#)

Questions? Learn more about our Gymnastics Program at WESTPORTY.ORG or contact Megan Willett (P) 203.226.8981 ext.132 (E) gymnastics@westporty.org



GYMNASTIC PRIVATE CLASS

AGES: 6+
COST: \$85/hour
\$155/Semi Private (2 children)
\$45/30 minutes

Contact Megan Willett to schedule a private lesson at 203-226-8981 ext. 132



GYMNASTICS MAKEUP CLASS POLICY

No refunds or credits for classes missed, unless the YMCA cancels a class and provides a makeup. Read the full Makeup Class Policy at WESTPORTY.ORG

INVITE ONLY CLASSES

INTERMEDIATE

DATES: 3/31 - 6/11*
THU 4:00PM - 6:00PM
SAT 1:00PM - 3:00PM
M: THU - \$475 | SAT - \$432
*No class April 9, 21, 23

[CLICK TO REGISTER](#)

ADVANCED

DATES: 3/30 - 6/8*
WED 4:15PM - 6:15PM
M: \$475
*No class April 20

[CLICK TO REGISTER](#)

TEEN TUMBLING

GRADES: 6-12
DATES: 3/30 - 6/8*
WED 6:30PM - 8:30PM
M: \$475
*No class April 20

[CLICK TO REGISTER](#)

PRE-COMPETITIVE TEAM

DATES: 3/9 - 6/7*
TUE/THU 4:15PM - 6:15PM
M: \$820
*No class April 19, 21

[CLICK TO REGISTER](#)

TNT HOT SHOTS

DATES: 1-3 DATES: 3/28 - 6/6*
MON 5:00PM - 6:30PM
WED 5:00PM - 6:30PM
M: \$325

Girls in these select groups will work levels 1-3 of the USA Gymnastics system. Gymnasts will be provided the opportunity to acquire skills necessary to compete as a future Level 3 while working on physical and mental strength as well as flexibility, discipline and work ethic.
*No class April 18, 20, May 30

[CLICK TO REGISTER](#)

SUNDAY GYMNASTICS CLINICS

CARTWHEEL CLINIC

AGES: 4+ DATES: 3/13, 4/3, 5/15
SUN 10:30AM - 12:00PM
M: \$45
Learn your cartwheel or just clean them up! Stations and drills.

[CLICK TO REGISTER](#)

WALKOVER CLINIC

M: 5+ DATES: 3/13, 4/3, 5/15
SUN 9:00AM - 10:30AM
M: \$45

Must have a cartwheel and a standing backbend.

[CLICK TO REGISTER](#)

BACK HANDSPRING CLINIC

M: 5+ DATES: 3/13, 4/3, 5/15
SUN 9:00AM - 10:30AM
M: \$45

Coaches will set up stations, circuit of drills and progression skills. Must have a clean round off and standing back bend kick over.

[CLICK TO REGISTER](#)



ADAPTIVE SPORTS

BASKETBALL

AGES: 8-18 **DATES:** 3/28 - 6/13
SAT 10:00AM - 10:45AM
M: \$140 **CM:** \$195

Coaches and volunteers help participants work on basic basketball skills, gross motor skills, and teamwork skills in a safe and inclusive environment.

[CLICK TO REGISTER](#)

SWIMMING

AGES: 8-18 **DATES:** 4/3 - 6/12
SUN 3:00PM - 3:45PM
SUN 3:45PM - 4:30PM
SUN 4:30PM - 5:15PM
M: \$140 **CM:** \$195

Coaches and volunteers help participants work on learning new skills and acclimating to being in the pool.

[CLICK TO REGISTER](#)

TRACK

AGES: 8-18 **DATES:** 3/28 - 6/13
MON 5:15PM - 6:00PM
M: \$140 **CM:** \$195

A program for participants with special needs aged 8-18. Coaches and volunteers will help the participants work on all of the basic track skills in a safe and inclusive environment. Participants will work on gross motor skills and teamwork alike. Practice will be held at our Outdoor Center.

[CLICK TO REGISTER](#)



SOCCER SHOTS EMPOWER

AGES: 8-13 **DATES:** 4/1 - 6/10
FRI 5:00 - 5:45PM
M: \$280 **CM:** \$330

Soccer Shots EMPOWER provides children with disabilities a safe place to learn and grow! It encourages social development, participation, and fun through the game of soccer.

The program and curriculum are built around a continuum of multisensory strategies, as we provide a progression of activities to gain confidence, balance, movement, and basic soccer skills.

Empower encourages the use of visuals and participant helpers and can be modified to accommodate children's needs. We celebrate participation, growth and having fun each week! Class takes place at our Outdoor Center.

[CLICK TO REGISTER](#)



YOUTH CLASSES

ARCHERY

GRADES: 3-4 **DATES:** 4/2 - 6/11
SAT 10:00AM - 11:00AM
GRADES: 5-6
SAT 11:00AM - 12:00PM
GRADES: 7-8
SAT 12:00PM - 1:00PM
M: \$180 **C:** \$225

This class is designed for kids who are new to the organized rules of archery. We will cover the safety procedures, basic shooting technique, and beginner equipment care using a variety of shooting games. Class takes place at our archery range located on our Outdoor Center.

[CLICK TO REGISTER](#)

FLAG FOOTBALL

GRADES: 3-5 **DATES:** 4/1 - 6/10
FRI 4:30PM - 5:30PM
M: \$180 **C:** \$225

Learn the basics of football in a safe, fun atmosphere. Teamwork, good sportsmanship and skill development are the hallmarks of the program. Program lead by Staples High School's Coach Jefferson Kitt. Class takes place at our Outdoor Center.

[CLICK TO REGISTER](#)

PINT SIZE BASKETBALL

GRADES: K-2 **DATES:** 3/28 - 6/13
MON 4:30PM - 5:30PM
M: \$190 **C:** \$250

For boys and girls Grades K-2. Join YMCA Youth Sports Staff for a skills based basketball class. Gross motor skills and the fundamentals of basketball are the focus for all participants. This class will be held on the outdoor basketball court.

[CLICK TO REGISTER](#)

SHOOTING CLINIC

GRADES: 5-8 **DATES:** 4/1 - 6/10
FRI 4:30PM - 5:30PM
M: \$180 **C:** \$225

Shooting clinic for grades 5-8. YMCA Sports Staff will oversee the program. Class will take place on the outdoor basketball court.

[CLICK TO REGISTER](#)

STREET HOCKEY

GRADES: 3-5 **DATES:** 3/29 - 6/7
TUE 4:30PM - 5:30PM
M: \$190 **C:** \$250

Come learn the basics of Hockey on our outdoor center court. Learn stick handling, passing and shooting. Get to know all the rules and play a game every week. Make sure to wear sneakers.

[CLICK TO REGISTER](#)



Make A Difference



VOLUNTEER AT OUR Y!

We are an organization enriched by the community we serve. We are always looking for new volunteers to enrich and help with our special needs programs. People who want to spend some time helping kids and young adults learn new skills in a safe and fun environment.

WAYS YOU CAN HELP TO BETTER OUR SPECIAL NEEDS PROGRAM THROUGH VOLUNTEERING:

- Help with Adaptive Sports
- Help with Social Events
- Camp Cares Volunteer Opportunities

[FIND OUT MORE](#)

YOUTH ENRICHMENT



MUSIC TOGETHER AT THE MAHACKENO OUTDOOR CENTER

AGES: 0-5 **DATES:** 3/29 - 6/11
TUE 9:30AM - 10:15AM, 10:30AM - 11:15AM
THUR 9:30AM - 10:15AM, 10:30AM - 11:15AM
SAT 9:30AM - 10:15AM, 10:30AM - 11:15AM
11:30AM - 12:15PM
M: \$345 **C:** \$365

Come sing, dance and play with your child! Your child will develop the foundation they need to express themselves with music and movement while having fun with rhythmic chants, songs, instrument play, and dance. Adults must participate and learn how to support their child's musical and overall development through playful, developmentally appropriate activities and our research based, musically diverse and enriching curriculum.

[CLICK TO REGISTER](#)

YOUTH CLASSES

MINI SOCCER SHOTS

AGES: 2 **DATES:** 3/29 - 6/7
TUE 3:30PM
SUN 9:45AM
M: TUE-\$280 | SUN-\$250
C: TUE-\$330 | SUN-\$300

Soccer Shots is an engaging childrens soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Class takes place at our Outdoor Center.

[CLICK TO REGISTER](#)

CLASSIC SOCCER SHOTS

AGES: 3-5 **DATES:** 3/29 - 6/7
TUE 4:15PM
SUN 10:30AM
M: TUE-\$280 | SUN-\$250
C: TUE-\$330 | SUN-\$300

Soccer Shots is an engaging childrens soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Class takes place at our Outdoor Center.

[CLICK TO REGISTER](#)

PREMIER SOCCER SHOTS

AGES: 6-8 **DATES:** 3/29 - 6/7
TUE 5:15PM
SUN 11:15AM
M: TUE-\$280 | SUN-\$250
C: TUE-\$330 | SUN-\$300

Soccer Shots is an engaging childrens soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Class takes place at our Outdoor Center.

[CLICK TO REGISTER](#)



FENCING

GRADES: K-2 **DATES:** 4/1 - 6/10
FRI 4:30PM - 5:30PM
M: \$325 **C:** \$385
GRADES: 3-5 **DATES:** 4/1 - 6/10
FRI 5:30PM - 7:00PM
M: \$385 **C:** \$485

Balance footwork and blade control are the fundamentals taught in these age-appropriate classes. Class is led by Coach Phil of Candlewood Fencing.

[CLICK TO REGISTER](#)



KARATE PRE-K

AGES: 3-5 **DATES:** 3/30 - 6/8
WED 1:30PM - 2:30PM
M: \$200 **C:** \$255

Karate provides the tools that children need to strengthen their mind, body and spirit. Children will learn the fundamentals of karate. Lead by Sensei William of Legacy Martial Arts

[CLICK TO REGISTER](#)

KARATE

GRADES: K-2 **DATES:** 3/28 - 6/13
MON 4:30PM - 5:30PM
WED 4:30PM - 5:30PM
SUN 9:45AM - 10:45AM
M: MON-\$220 | WED, SUN - \$200
C: MON-\$280 | WED, SUN - \$255

Karate provides the tools that children need to strengthen their mind, body and spirit. Children will learn the fundamentals of karate. Lead by Coach Joseph.

[CLICK TO REGISTER](#)

Questions? Learn more about our Sports & Recreation at WESTPORTY.ORG or contact recreation@westporty.org

YOUTH HEALTH & WELLNESS

YOUTH YOGA

AGES: 7-14 **DATES:** 3/30 - 6/8
WED 4:00PM - 5:00PM
M: \$165 **C:** \$235

Yoga is an excellent way to bring calm and balance into our minds and bodies. Ages 7+. No experience needed. Participants in our After School Program will be brought to the studio for class and returned to the program.

[CLICK TO REGISTER](#)

YOUTH CYCLING

GRADES: 6-8 **DATES:** 3/29 - 6/7
TUE 4:00PM - 5:00PM
M: \$165 **C:** \$235

Youth Cycling is engaging, safe, and fun! Get in great shape while rocking out to the latest and greatest tunes. Cycling is awesome for all fitness levels as you will spin at the pace and resistance that feels right for you. Minimum height requirement is 4' 10".

[CLICK TO REGISTER](#)

TEEN CYCLING

GRADES: 9-12 **DATES:** 3/31 - 6/9
THU 4:00PM - 5:00PM
M: \$165 **C:** \$235

Teen cycling is engaging, safe, and fun! Get in great shape while rocking out to the latest and greatest tunes. Cycling is awesome for all fitness levels as you will spin at the pace and resistance that feels right for you. Minimum height requirement is 4' 10".

[CLICK TO REGISTER](#)

Questions? Learn more about our Youth Health & Wellness Program at WESTPORTY.ORG or contact **Judy Klein** (P) 203.571.6035 (E) jklein@westporty.org

At the Westport Weston Family YMCA, we believe in the importance of providing adults the opportunity to engage in individual and team sports. We intentionally schedule time for adults to use our facilities to play basketball, volleyball, pickle ball, badminton & more!

[LEARN MORE](#)



PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
ADULT PICKLEBALL	9:00 AM 2 hours	12:00 PM 2 hours	9:00 AM 2 hours	12:00 PM 2 hours	9:00 AM 2 hours		
ADULT BASKETBALL	11:30 AM 2 hours		11:30 AM 2 hours		11:30 AM 2 hours		
ADULT VOLLEYBALL				6:30 PM 2 hours			3:00 PM 3 hours

MASTERS SWIMMING

The Master's program is designed for adult lap swimmers who want to swim with a team under the guidance of a coach. Training programs will be designed for swimmers of varying abilities and fitness levels. Each member has the opportunity to participate in organized workouts and competitive swim meets if they choose to.

[LEARN MORE](#)



MON	TUES	WED	THU	FRI	SAT	SUN
5:30AM 90 min.		5:30AM 90 min.		5:30AM 90 min.		7:30AM 90 min.
MONTHLY DRAFT: \$54 DROP IN RATE: M: \$10 CM: \$20						

SWIM FIT

Swim Fit is an adult lap swim program that has organized workouts under the guidance of a coach. Workouts range from 2,200-3,500 yards of mainly freestyle stroke. This program is designed for those who are looking for a lap swim fitness regimen but are not interested in competing in meets.

[LEARN MORE](#)



MON	TUES	WED	THU	FRI	SAT	SUN
8:20AM 60 min.	9:30AM 60 min.	8:20AM 60 min.	9:30AM 60 min.	8:20AM 60 min.		
MONTHLY DRAFT: \$54 DROP IN RATE: M: \$10 CM: \$20						



TRIATHLON CLUB

AGES: 18+ **DATES:** 1/2 - 12/31
DAILY **M:** \$375

Train and race together as the Westport-Weston Family YMCA Triathlon Team.

January through April - pre-season and base phase to build strength and endurance. Indoor triathlon on March 20th.

May through June - build phase - increase training load according to specific performance goals with a combination of short, long, mixed intervals. Participate in some local races.

July through September - specialty phase, including final pre-race block of training, familiarity, pacing efforts, dress rehearsal, simulators. Race goals to include Full Ironman, Half Ironman, Olympic and Sprint Triathlons. We will possibly go to Nationals in early August.

October through December - post-season with focus on swim technique, bike handling skills, strength training for running on trails.

Daily workouts will be delivered through the Training Peaks platform in each member account. Expert coaching in swimming, cycling, and running.

All levels are encouraged to join.

[LEARN MORE](#)

FACILITY AMENITIES

State-of-the-Art Wellness Center

Our Wellness Center features extensive cardiovascular and strength training machines, as well as substantial free weight equipment.

Zone Studio

The 1,600 square foot Zone Studio is designed for Functional Fitness, with exclusive, specialized equipment.

[LEARN MORE](#)

GROUP FITNESS CLASSES

We feature 50+ Group Fitness Classes including Pilates, Yoga, Cycle, Group Power, and so much more! Check our Group Fitness Schedule for class descriptions, days and times offered, and to reserve your spot in class.

[VIEW SCHEDULES](#)

MX4 SMALL GROUP TRAINING

AGES: 16+ DATES: ONGOING*

*See our Group Fitness Schedule for all days and times. Register through our MotionVibe app up to seven days in advance of class:

<https://westporty.motionvibe.com>.

M: FREE 1st 3 sessions.
Prepaid 20 Pack | \$200
Prepaid 10 Pack | \$150

Get inspired and achieve results with MX4, high intensity small group training classes. In 45 minutes, you will increase power, strength & endurance while burning fat and improving cardiovascular fitness. All sessions are customized, fast-paced HIIT (high intensity interval training) workouts, using unique functional fitness training tools.

You will get the most out of your MX4 sessions with the MyZone training system. MyZone will enable you to track your effort with 99.4% accuracy for heart rate, calories burned, and time exercising. You will earn MyZone Effort Points (MEP's) and status rewards.

LIMITED TIME OFFER: Purchase a Prepaid 20 Pack by 3/31 and get the MZ-Switch tracker for only \$70.

[CLICK TO REGISTER](#)



The MyZone Training System is available in the Wellness Center on all Matrix Cardiovascular Machines. It will also be used during Cycle classes and MX4 Small Group Training. This system will track your effort with 99.4% accuracy while monitoring your heart rate, calories and time exercising in real-time. By tracking this data, you will learn how to exercise at the appropriate intensity and therefore, reap the greatest physiological benefits.

To use MyZone, you will need to purchase the MZ-Switch tracker. Retail price is \$159 – our price, \$99. Please make payment at the Front Desk and bring your receipt to Judy Klein, Health & Wellness Director, to pick up your tracker.

Questions? Learn more about our Health & Wellness Program at WESTPORTY.ORG or contact Judy Klein | (P) 203.571.6035 | (E) jklein@westporty.org

PERSONAL TRAINING

Intensify and accelerate results by hiring one of our qualified fitness professionals. Your personal trainer will motivate and educate you so that you can reach your health and wellness goals through a logical, carefully planned progression.

AGES: 10+

COST FOR MEMBERS:

HOURS	PREPAID
10 hours	\$700
5 hours	\$375
1 hour	\$80
10-half hour sessions	\$450

C: Call Judy Klein for Community Member rates.

[CLICK TO REGISTER](#)

STRETCHING SESSIONS

AGES: 14+

M: \$450/ 10 half hour sessions

C: Call Judy Klein for rates

Each session is designed to provide you with a deep and extensive full body stretch that focuses on all major muscle groups. Improve your range of motion and flexibility while loosening tight muscles and decreasing joint stiffness. Stretch sessions help prevent injury, improve your ability to do everyday activities, and can optimize your sports performance.

[CLICK TO REGISTER](#)



LIVESTRONG® AT THE YMCA

Livestrong® at the YMCA is a free 12-week program that provides a safe, supportive environment for cancer survivors and their families to participate in physical and social activities. The program is focused on strengthening the whole person in mind, body, and spirit.

AGES: 18+ DATES: 4/4 - 6/22
MON, WED 2PM - 3:15PM

M: FREE C: FREE

[CLICK TO REGISTER](#)

SAVE YOUR SPOT IN CLASS

DOWNLOAD THE MOBILE APP
Reservations are needed for Aqua Fitness and Group Fitness programming. Members can create their accounts via the Westport Weston Family Y mobile app or online at:

westporty.motionvibe.com

Set up your account with the barcode on your membership card. For assistance, please call the YMCA at 203.226.8981.

YOGA FOR PARKINSON'S

AGES: 18+ DATES: ONGOING
TUE 4:15PM - 5:15PM
M: FREE C: \$125/month

Calm your mind while improving total body strength and flexibility. Please bring your mat and props. Caregivers are encouraged to attend as needed. Exercises that focus on balance, coordination, and agility help those affected by Parkinson's to maintain higher levels of function and greater quality of life.

[CLICK TO REGISTER](#)

PARKINSON'S BOXING & CONDITIONING

AGES: 18+ DATES: ONGOING
MON 12:30PM - 1:30PM
THU 12:30PM - 1:30PM
M: FREE C: \$125/month

A class for all levels that combines strength, balance, and cardio training for an all-around workout. Bring your own boxing gloves & wraps. Caregivers are encouraged to attend as needed. Exercises that focus on balance, coordination, and agility help those affected by Parkinson's to maintain higher levels of function and greater quality of life.

[CLICK TO REGISTER](#)

OFF-SEASON STRENGTH & CONDITIONING FOR MIDDLE SCHOOL ATHLETES

GRADES: 6-8 DATES: 3/30 - 6/11
WED 5PM - 6PM
SAT 3PM - 4PM
M: \$330 C: \$475

Improve your strength, power, endurance, and agility during the off-season. This program meets twice a week, Wednesdays at 5pm and Saturdays at 3pm. Our Strength & Conditioning Coaches will push you to reach your ultimate potential.

[CLICK TO REGISTER](#)

OFF-SEASON STRENGTH & CONDITIONING FOR HIGH SCHOOL ATHLETES

GRADES: 9-12 DATES: 3/30 - 6/11
WED 4PM - 5PM
SAT 2PM - 3PM
M: \$330 C: \$475

Improve your strength, power, endurance, and agility during the off-season. This program meets twice a week, Wednesdays at 4pm and Saturdays at 2pm. Our Strength & Conditioning Coaches will push you to reach your ultimate potential.

[CLICK TO REGISTER](#)





UPCOMING SUMMER FUN!

ENJOY THE MAHACKENO OUTDOOR CENTER

As a Family Member of the Westport Weston Family YMCA, your membership includes access to our Mahackeno Outdoor Center throughout the year. Enjoy fun family programs and events to outdoor picnics, hikes, swimming, archery, bouldering, canoeing, and so much more!



LAP SWIM, FAMILY SWIM,
AND SPLASH PAD



BOULDERING
AND ROCK CLIMBING



ARCHERY



CANOEING AND BOATING



PLAYGROUNDS



OUTDOOR SPORTS

[LEARN MORE](#)



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