



WESTPORT WESTON FAMILY YMCA



FALL INTO
NEW PROGRAMS
2025 FALL PROGRAM GUIDE
AT THE Y



TRY IT ALL THIS FALL

2025 FALL PROGRAM SESSION:
TUE, SEP 2 – SUN, DEC 14

REGISTRATION DATES:
WWFY Family Members
SAT, AUG 2, 8:00 AM

Adult, Youth & Community
Members
WED, AUG 6, 8:00 AM

.....

HOLIDAYS/NO CLASS
DATES FOR PROGRAMS:

ROSH HASHANAH
TUE, SEPT 23

YOM KIPPUR
THU, OCT 2

THANKSGIVING RECESS
WED, NOV 26 – SUN, NOV 30

Check additional no class dates at
westporty.org/hours

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OPERATING HOURS:

BEDFORD FAMILY CENTER
MON-FRI | 5:30 AM-9:00 PM
SAT-SUN | 7:00 AM-6:00 PM

westporty.org/hours



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OPPORTUNITY FOR ALL

As an inclusive organization we welcome all who want to belong or participate in programs at our Y. We provide financial assistance to individuals and families in need regardless of their ability to pay.

Not all of our costs are covered by membership and program fees, so we rely on the generosity of our members, donors and supporters to help us to fulfill our charitable mission in the community as a 501(c)(3) charitable organization.












Financial assistance applications are available online or can be requested at the Membership Desk.

[LEARN MORE](#) 

THE Y IS FOR EVERYONE

MEMBERSHIP DETAILS

When you belong to our Y, you have access to hundreds of programs, an amazing facility and amenities, and a wonderful supportive community. We are a vibrant, inclusive, intergenerational organization that welcomes all.

BENEFITS	FAMILY FAMILY – 1 ADULT/\$137 FAMILY – 2 ADULT/\$164 SENIOR COUPLE (65+)/\$116	INDIVIDUAL ADULT (18–22)/\$71 ADULT (23–64)/\$103 COLLEGE (18+)/\$55 SENIOR (65+)/\$72	YOUTH YOUTH (0–13)/\$32** YOUTH (14–17)/\$61
PRIORITY REGISTRATION FOR SESSION PROGRAMS			
STATE-OF-THE-ART WELLNESS & AQUATICS CENTER			
50+ GROUP FITNESS CLASSES PER WEEK			
COMPLIMENTARY KIDS CLUB			
MAHACKENO OUTDOOR CENTER			

**Youth members must be accompanied by an adult member at outdoor pool/splash pad.

LEARN MORE



HERE FOR YOU HERE FOR GOOD

WESTON WESTPORT FAMILY YMCA



1. BEDFORD FAMILY CENTER

- Gymnasium
- Basketball
- Pickleball
- Volleyball
- Wellness Center
- Personal Training
- Cycle & Yoga Studios
- MX4 Zone
- Tech-integrated Equipment
- Saunas & Steam Room
- Adult, Family Locker Rooms
- ADA Accessible
- Cafe & Lounge
- Aquatics Center
- 10 Lane Pool
- Warm Pool & Splash Pad
- Gymnastics Center
- Dance Center
- Child Care Center
- Free Kids Club
- Child Watch
- Afterschool Programs
- School Vacation Camp
- Adaptive Programs

2. MAHACKENO OUTDOOR CENTER

- Camp Mahackeno
- ## 3. PLAYGROUND
- ## 4. BECK LODGE
- Multi-Purpose Room
 - Camp Office
 - Party & Corporate Rentals

5. OUTDOOR POOL

- Heated Family Pool
- Splash Pad
- Locker Rooms

6. LEE'S POND DOCK

- Canoes
- Paddleboats

7. MINI GOLF

8. PICNIC PAVILION AREA

- Boulderling Wall
- Fire Pit
- Gaga Pit

9. BASKETBALL COURTS

10. SPORTS FIELD

11. ARCHERY & PAVILION

12. GIANT SLIDES

13. LOGS AMPITHEATER

14. LASER TAG

15. FIRE PIT

Welcome to our vibrant, thriving Y, located on an idyllic 32-acre campus. We are dedicated to building stronger, more connected communities through youth development, healthy living, and social responsibility. Our Y provides a variety of programs, services, and initiatives that enable kids to realize their potential, offers ways for families to have fun together, and empowers people to live healthier lives. With hundreds of safe, fun and creative programs for people of all ages to choose from, your membership includes the ability to pursue your passions and interests while living an active lifestyle.

STRONG SWIMMERS CONFIDENT KIDS

STARTERS

FUNDAMENTALS

DEVELOPMENT

A

Water
Discovery

Parent/Child

B

Water
Exploration

Parent/Child

1

Water
Acclimation

Preschool or
School Age

2

Water
Movement

Preschool or
School Age

3

Water
Stamina

Preschool or
School Age

4

Stroke
Introduction

Preschool or
School Age

5

Stroke
Development

School Age

6

Stroke
Mechanics

School Age

PARENT*/CHILD

STAGE A/B: WATER DISCOVERY | 6-36 MO.

STAGE B: WATER EXPLORATION | 18-36 MO.

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

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

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, caregivers, grandparents, or other.

PRESCHOOL

STAGE 1: WATER ACCLIMATION AGES 3-5

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

STAGE 2: WATER MOVEMENT AGES 3-5

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

STAGE 3: WATER STAMINA AGES 3-5

Child starting to swim 2-3 paddle strokes. Will work on swimming 10 yards on front and back.

STAGE 4: STROKE INTRO AGES 3-5

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

SCHOOL AGE

STAGE 1 & 2: WATER MOVEMENT AGES 6-12

For children with little to no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Focus on body positioning and control directional change and forward movement.

STAGE 3: WATER STAMINA AGES 6-12

Students will learn how to swim to safety form a longer distance. Rhythmic breathing and integrated arm and leg action. Will need to be able to paddle stroke on front 20 yds, and kick on back for 20 yds.

STAGE 4: STROKE INTRODUCTION AGES 6-12

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.

STAGE 5: STROKE DEVELOPMENT AGES 6-12

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

STAGE 6: STROKE MECHANICS AGES 6-12

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

PARENT*/CHILD STAGE A/B: WATER DISCOVERY 6-36 MO. (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:20 AM		9:00 AM			9:40 AM 3:45 PM	9:20 AM
PARENT*/CHILD STAGE B: WATER EXPLORATION 18-36 MO. (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:55 AM 10:30 AM		9:35 AM	10:10 AM		10:15 AM	9:55 AM 10:30 AM
PRESCHOOL STAGE 1: WATER ACCLIMATION AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 9:35 AM 9:55 AM 11:40 AM	1:30 PM 2:40 PM 4:20 PM 5:30 PM	1:30 PM 2:40 PM 5:30 PM	10:45 AM 3:10 PM 3:45 PM 4:20 PM	2:05 PM 3:45 PM 5:30 PM	4:55 PM	8:45 AM 9:55 AM 11:40 AM
PRESCHOOL STAGE 2: WATER MOVEMENT AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 9:20 AM 10:30 AM 11:05 AM 11:40 AM	1:30 PM 2:05 PM 3:15 PM 3:45 PM 4:55 PM 5:30 PM	2:05 PM 3:10 PM 3:45 PM 5:30 PM	2:05 PM 2:40 PM 3:45 PM 4:20 PM 4:55 PM	2:05 PM 2:40 PM 3:10 PM 4:55PM	10:50 AM 4:20 PM 5:30 PM	8:45 PM 9:20 AM 10:30 PM 11:05 AM 11:40 AM
PRESCHOOL STAGE 3: WATER STAMINA AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:20 AM 10:30 AM 11:05 AM 11:40 AM	2:05 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM 5:30 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55PM 5:30 PM	3:45 PM 4:20 PM	9:20 AM 10:30 AM 11:05 AM
PRESCHOOL STAGE 4: STROKE INTRODUCTION AGES 3-5 (30 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:55 AM 11:05 AM	2:40 PM 4:55 PM 5:30 PM	4:20 PM 4:55 PM	2:05 PM 3:10 PM 4:20 PM 5:30 PM	4:20 PM 5:30 PM	4:55 PM	9:55 AM 11:05 AM



SCHOOL-AGE STAGE 1 & 2: WATER MOVEMENT AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
				5:25 PM		8:45 AM

SCHOOL-AGE STAGE 3: WATER STAMINA AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 10:30 AM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 5:25 PM	4:35 PM 5:25 PM	3:45 PM 5:25 PM	8:45 AM 9:35 AM 12:10 PM

SCHOOL-AGE STAGE 4: STROKE INTRODUCTION AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:35 AM 10:30 AM 11:20 AM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM 5:25 PM	4:35 PM 5:25 PM	9:35 AM 10:25 AM 11:15 AM

SCHOOL-AGE STAGE 5: STROKE DEVELOPMENT AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
9:35 AM 11:20 PM	4:35 PM 5:25 PM	4:35 PM	4:35 PM 5:25 PM	4:35 PM		11:15 AM

SCHOOL-AGE STAGE 6: STROKE MECHANICS AGES 6-12 (45 MIN)						
SUN	MON	TUE	WED	THU	FRI	SAT
10:30 AM			5:25 PM			10:25 AM

SWIM FUNDAMENTALS | AGES 9-13 (45 MIN)

This non-competitive swim program is for advanced swimmers to further develop the 4 competitive strokes, and other essentials such as starts and turns. Practices comprise of drills and technique work in an aerobic and interval training setting. Swimmer must be able complete 100 yards of each competitive stroke.

DATES: 9/3-12/10 | MON & WED: 4:30 PM

PRIVATE SWIM LESSONS | ALL AGES (30 MIN)

Whether you have little or no swimming experience our instructors are ready to help you become one with water. Our private lesson packages provide you with customized plans and one-on-one attention to help you achieve your swimming goals.

Water Rat Swimming

AGES 6+ | YEAR ROUND

The Westport Weston Family YMCA is proud home to the Water Rat Swim Team, our nationally recognized competitive swim program and USA Swimming Club celebrating over 75 years of history.



The Water Rats train year-round and compete against Connecticut YMCA teams in dual swim meets state wide along with USA Swimming sanctioned meets at the regional, state and national levels. Our experienced and dedicated coaching staff are passionate about the personal development of each individual swimmer, in the water and out, having repeatedly trained swimmers into perennial state champions and beyond with Olympic medaling alumni.

2025-2026 TRYOUTS AUGUST 5-6

AGES 6-8

AUG 5 | 3:00 PM & 3:45 PM

AUG 6 | 4:30 PM & 5:15 PM

AGES 9-10

AUG 5 | 4:30 PM & 5:15 PM

AUG 6 | 3:00 PM & 3:45 PM

AGES 11-12

AUG 5 | 6:00 PM

AUG 6 | 6:00 PM

MAKEUP TRYOUTS: AUG 25 - 26

LEARN MORE





AQUA FITNESS

Aqua Fitness is a water aerobics class that offers a mix of cardio, strength and resistance movements. This class is beneficial for all ages, is a fun, low impact workout and is great for active people recovering from injuries.

LAP SWIM

Open lanes for lap swimmers available daily.
Please check online schedules for times.



MASTERS SWIM

Masters Swim competes regularly in both YMCA and U.S. Masters Competitions. Each member has the opportunity to participate in organized workouts 4x per week and competitive swim meets.

SWIM FIT

Swim Fit is an adult lap swim program that has organized workouts 5x per week under the guidance of a coach. Workouts range from 2,200–3,500 yards of freestyle stroke, designed for those who are looking for a lap swim regimen without the competition.

ADULT SWIM INSTRUCTION

Register for a session or private lessons to focus on your specific needs and goals.

18+ | SUNDAYS | 9/7 – 12/14 | 8:30 – 9:15 AM

MASTER'S WATER POLO

Continue your passion for the sport while playing alongside like-minded athletes in a setting tailored for adults.

18+ | SUNDAYS | 9/7 – 12/14 | 4:30 – 6:00 PM

Questions? Please contact Brian Ference at bference@westporty.org

Whether you're into lap swimming, interested in an aqua fitness class, seeking therapy for a physical ailment, or learning how to swim, the water is waiting for you at the Y.

Our classes provide a chance for you to get in shape, learn a new skill and meet some friends along the way.

LEARN MORE ➔

4:00 – 9:00 PM

SESSION 1

AUGUST 5

SESSION 2

AUGUST 12 & 14



**EARN YOUR PADI
SCUBA CERTIFICATION**

westporty.org/scuba

DIVE INTO A NEW ADVENTURE

PADI® SCUBA COURSE

No prior experience is required, just a love
for adventure and the water!



INSTRUCTIONAL PICKLEBALL – AGES 18+

Whether you are new to the sport and looking to learn every aspect of pickleball including what equipment is right for you, shot technique, rules, court positioning and basic strategy or you want to refine your skills and learn some new techniques, these clinics are for all.

BEGINNERS

DATES: 9/7 – 10/12

SUN: 8:30–9:45 AM

INTERMEDIATE

DATES: 9/7 – 10/12

SUN: 10:00–11:15 AM

REGISTER



PERSONAL TRAINING

Looking to achieve your health & wellness goals in an efficient and effective way?

Working with a qualified personal trainer, you'll receive the expertise, experience and inspiration to accelerate your results! Explore our introductory packages for WWFY members new to personal training:

- 3X 30-MIN SESSIONS: \$150
- 3X 60-MIN SESSIONS: \$210

LEARN MORE



INBODY SCALE

The InBody Scale has revolutionized how we measure weight, body fat, water retention, and muscle mass, giving you the knowledge to make better health and fitness decisions.

Get your comprehensive body composition analysis in under 1 minute in our Wellness Center, all in the name of a healthier you – from the inside out!

ADULT FITNESS, SPORTS & WELLNESS OFFERINGS

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Health & Wellness Center• Parkinson's Fitness<ul style="list-style-type: none">◦ Boxing & Conditioning◦ Cycling◦ Dance Jam• Personal Training• Group Fitness Classes | <ul style="list-style-type: none">• Senior Strong• Menostrong Training• Livestrong at the YMCA• Triathlon Club• Volleyball• Basketball• Pickleball | <ul style="list-style-type: none">• Open Gym• Netball• Aqua Fitness• Lap Swim• Master Swim• Master's Water Polo |
|---|--|--|

STRONGER TOGETHER

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TRIATHLON CLUB

AGES: 18+

SESSION: 1/1-12/31 | 52 WEEKS

Stay motivated, train smarter, and race stronger—year-round! Whether you're a beginner or a seasoned triathlete, the YMCA Triathlon Club is your path to peak performance! From Sprint to Full Iron distances, our expert coaches provide personalized training plans and cutting-edge techniques tailored to your goals.

WEEKLY WORKOUTS + TRAINING PEAKS

Receive structured weekly workouts through Training Peaks and progress through strategic training phases designed to build strength, endurance, and race readiness.

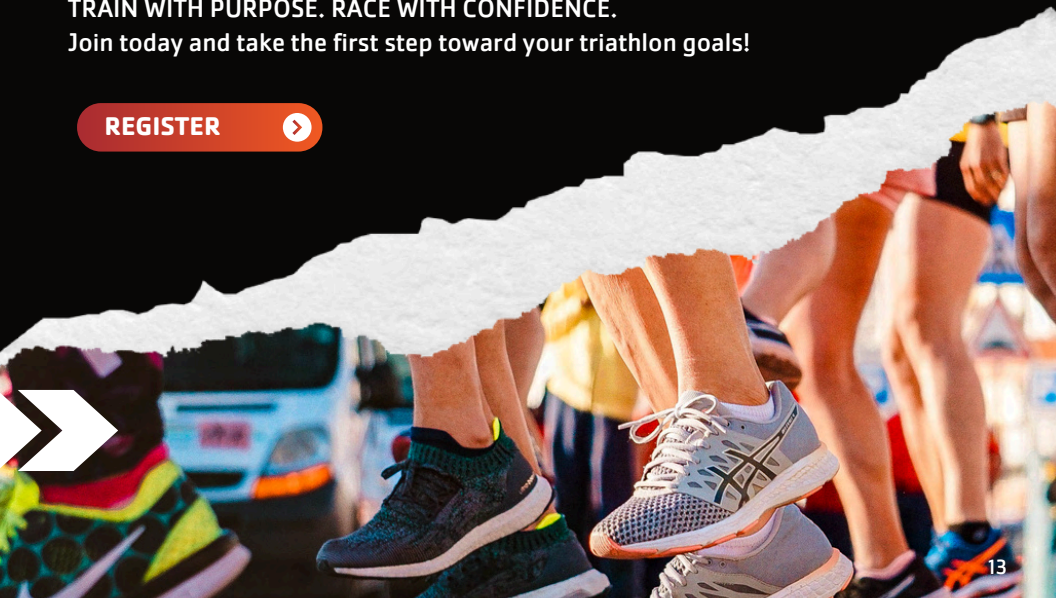
SWIM. BIKE. RUN. TOGETHER.

Join group sessions, train as a team, and build lasting friendships while pushing your limits and having fun.

TRAIN WITH PURPOSE. RACE WITH CONFIDENCE.

Join today and take the first step toward your triathlon goals!

REGISTER



ADULT FITNESS

FOR HEALTHY LIVING

SENIOR STRONG

AGES: 62+

Senior Strong is a 45-minute group fitness class for older adults looking to get more active, increase strength and decrease arthritic pain. This class incorporates low impact aerobics, resistance training plus balance and mobility exercises and is offered several times a week.

LEARN MORE ➤



PARKINSON'S FITNESS PROGRAM

The Westport Weston Family YMCA empowers individuals living with Parkinson's Disease through weekly exercise classes designed to improve quality of life, coordination, and flexibility. In partnership with Parkinson's Body and Mind, we offer safe, supportive programs like Boxing, Dance Jam, and Indoor Cycling, led by certified trainers and our amazing volunteers.

M: FREE | CM: \$125/MO

LEARN MORE ➤



LIVESTRONG[®] AT THE YMCA

AGES: 18+

LIVESTRONG at the YMCA is a FREE 12-week small group recovery program offered to adult cancer survivors looking to improve their physical and mental health in a supportive environment. A WWFY Membership is not required to participate. Medical clearance is required.

LEARN MORE ➤



AT THE Y, WE OFFER A VARIETY OF WAYS FOR TEENS TO STAY ACTIVE:

- 7TH GRADE INITIATIVE
- HEALTH & WELLNESS CENTER
- YOUTH FITNESS TRAINING
- PERSONAL TRAINING
- SWIM FUNDAMENTALS
- LAP SWIM
- SWIM TEAM
- BECOME A LIFEGUARD
- ADAPTIVE SPORTS
- OPEN GYM
- DANCE
- GYMNASTICS TEAM
- INDOOR ROWING
- TRAVEL BASKETBALL
- SUMMER CAMP
- LEADERS IN TRAINING
- SPECIAL EVENTS



7TH GRADE INITIATIVE

7th Grade is a pivotal and transitional time. Through our commitment to supporting and encouraging youth to make good decisions and form habits that lead to a healthy lifestyle, our Y proudly offers free memberships and program specific special events to all 7th grade students within our community.

7TH GRADE FIT

This youth fitness class combines traditional strength training with sport specific exercises designed to challenge balance, strength and agility.

GRADES: 7

SESSION: 3/21-6/13

FRI: 4:30-5:30 PM



FOUNDATIONS OF STRENGTH & CONDITIONING

This small group training program led by our Certified Personal Trainers is designed to help young athletes ages 10-14 establish safe workout practices and engage in a variety of cardio, strength and flexibility exercises.

TUE: 4:15-5:15 PM

WED: 4:15-5:15 PM

SAT: 12:00-1:00 PM

LEARN MORE ➤



HEALTH, WELLNESS & FITNESS PROGRAM QUESTIONS? CONTACT:

Patrick Freeman, Director of Health & Wellness at (203) 226-8981 Ext. 124 or pfreeman@westporty.org



MOVE & GROVE

PERFORMANCE DANCE

Our Performance Dance Program is a full school year commitment, from September to June. This structure gives your dancer plenty of time to develop their skills, prepare for our year-end recital and become the star you know they are.

BALLET

AGES: 3-4
MON: 3:30-4:15 PM

AGES: 4-6
THU: 3:30-4:15 PM

AGES: 5-7
MON: 4:30-5:15 PM

NEW! AGES: 8-10
MON: 5:30-6:30 PM

BALLET & TAP

AGES: 4-5
TUE: 2:00-3:00 PM

AGES: 4-6
TUE: 5:15-6:15 PM

AGES: 5-7
WED: 4:30-5:30 PM

NEW!

TAP

AGES: 7-10
TUES: 6:15-7:00 PM

NEW!

HIP HOP TOTS

AGES: 3-5
MON: 3:15-4:00 PM

BOYS HIP HOP

AGES: 6-10
TUES: 5:00-5:45 PM

HIP HOP

AGES: 6-8
WED: 5:30-6:15 PM

AGES: 9+
TUE: 6:30-7:30 PM

JAZZ

AGES: 4-6
WED: 4:30-5:15 PM

AGES: 7-10
WED: 5:30-6:30 PM

AGES: 10+
THURS: 5:30-6:30 PM

JAZZ & TAP

AGES: 4-6
TUE: 4:15-5:15 PM

AGES: 7-9
THURS: 4:30-5:30 PM

LYRICAL

AGES: 7-9
THURS: 5:15-6:15 PM

AGES: 10+
WED: 6:30-7:30 PM

NEW!

CONTEMPORARY

AGES: 5-9
MON: 4:30-5:30 PM

NEW!

GROUP CONDITIONING

Develop strength & coordination to improve the quality of your overall performance ability.

AGES: 6+
TUES: 5:45-6:30 PM

POM

AGES: 6-10
THU: 4:30-5:15 PM

NEW!

MUSICAL THEATER

AGES: 5-9
MON: 5:30-6:30 PM



CATCH THE RHYTHM

DEVELOPMENTAL DANCE

Our dance programs aren't just fun, they help kids explore rhythm, creativity, movement and a variety of dance styles while engaging in physical activity. Help your child unleash their inner dancer at the Y.

DANCE WITH ME

For little ones and their grown-up to explore dance concepts, develop movement and coordination skills while having fun through dance, games and songs.

AGES: 0.5-1

TUE: 9:30-10:15 AM

AGES: 1.5-3

TUES: 9:30-10:15 AM

AGES: 1.5-3

FRI: 9:30-10:15 AM

AGES: 2-3

SAT: 9:30-10:15 AM



STORYBOOK BALLET

Learn introductory ballet steps and terminology and use creative movement to act out a story as it's read aloud.

AGES: 3-5

FRI: 3:30-4:15 PM

PRE BALLET

An introduction to ballet with a focus on imagination and creative movement.

AGES: 2.5-4

TUE: 10:30-11:15 AM

AGES: 3-5

SAT: 10:30-11:15 AM

AGES: 3-5

SAT: 11:30-12:15 PM

LEARN MORE





MEET OUR INSTRUCTOR

Ilya, a champion ballroom dancer from Ukraine, has excelled in nearly 200 competitions. His top

achievements include 3rd at the World Dance Championship, 1st at the Empire Dance Championship (Pro Division), and a Top 5 finish at the world-renowned Blackpool Dance Championship. He's also a U.S. and triple Ukrainian champion, with podium finishes at the International Dance Championships, French Open, and Disney World Championship.



NEW!

MOVE WITH CONFIDENCE BALLROOM LESSONS

ADULT LATIN BALLROOM AGES 18+

WEDNESDAYS | 9/3 - 12/10
12:00 - 12:55 PM

PRIVATE LESSONS

18+ | 45 Min | Flexible Scheduling

WWFY MEMBERS: \$140/CLASS

COMMUNITY MEMBERS: \$180/CLASS

westporty.org/ballroom

OPEN STRUCTURE | CO-ED | 9/2 - 12/14

TODDLER ADVENTURE GYM

Come with your little one to enjoy drop-in play weekdays during the school calendar year. Open gym time allows youngsters to crawl, roll, jump and explore! Parent/ guardian participation required.

AGES: 0.5-4

MON-FRI: 9:00 AM-12:00 PM

OPEN GYM

Open structure. Work on all events. All abilities welcome. Weekly sign-up.

GRADES: K-5

SUN: 1:15-2:15 PM

GRADES: 6+

FRI: 6:30-8:00 PM

NEW!

KIDDIE CATS | CRAWLERS | 9/4 - 12/11

Come join our pre-walkers class, encouraging exploration, movement, and sensory discovery in our safe, fun, and stimulating gymnastics center.

AGES: 4-15 MONTHS

THURSDAY.....12:30 - 1:15 PM

TEEN REC

Open structure for middle school and above. Work on all events. All abilities welcome.

GRADES: 6+

MON: 6:30-8:00 PM



CUBS | PRESCHOOL | 9/2 - 12/14

Introductory gymnastics skills on all events. Gymnasts participate in fun floor circuits and work on all gymnastics events including trampoline and pit time.

AGES: 3-5

SUNDAY..... 9:00 AM | 10:00 AM | 11:00 AM

MONDAY..... 1:00 PM | 2:00 PM

TUESDAY..... 2:00 PM | 3:00 PM

WEDNESDAY... 2:00 PM | 3:00 PM

THURSDAY... 2:00 PM | 3:00 PM

FRIDAY..... 1:00 PM | 2:00 PM

SATURDAY... 9:00 AM

BEGINNER | AGES 5+ | 9/2 - 12/14

BOBCATS | BOYS

This exciting, energy-filled class introduces boys to fundamental gymnastics skills across a variety of equipment, including the floor, trampoline, rings, vault, bars, and tumble track.

AGES: 5-7

SATURDAY.....9:00 - 9:50 AM

AGES: 8+

SATURDAY.....10:00 - 11:00 AM



LEOPARDS | GIRLS | 60 MIN

Introductory gymnastics skills on all events. This class will be teaching and perfecting rolls, cartwheels, handstands, casts, pullovers, and all similar level skills.

AGES: 5-7

SUNDAY..... 9:50 AM | 11:00 AM

MONDAY..... 4:10 PM

TUESDAY..... 4:10 PM

FRIDAY..... 4:10 PM

SATURDAY..... 10:10 AM

AGES: 8+

SUNDAY..... 12:10 PM

MONDAY..... 5:20 PM

TUESDAY..... 5:20 PM

SATURDAY..... 10:10 AM

GYMNASTICS

FOR YOUTH DEVELOPMENT

SUPERCATS | 9/5 - 12/12

Combination of ninja 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 gymnastics apparatus.

AGES: 4-6

MONDAY.....3:00 PM - 4:00 PM

FRIDAY.....3:00 - 4:00 PM

TRAMPOLINE & TUMBLE | 9/7 - 12/14

Learn to jump, spin, flip and tumble with ease! Perfect for Beginner to intermediate skill levels looking to explore the sport and new skills.

AGES: 5-8

SUNDAY.....9:00-9:45 AM

AGES: 8-11

FRIDAY.....5:20-6:20 PM

HIGHSCHOOL PREP | 9/4 - 11/24

Get ready for High School gymnastics season with Coach Kelsey!

GRADES 9-12

MONDAY.....6:30 - 8:30 PM

THURSDAY...3:15 - 5:00 PM



INVITATION ONLY | INTERMEDIATE | 90 MIN | 9/3 - 12/13

TIGERS

For skilled gymnasts, this class will focus on perfecting skills such as roundoffs, back and front walkovers, pullovers, back hip circles, handstands on beam, as well as all lead up and similar level skills.

AGES 5-8

THURSDAY..... 4:00 PM | 5:30 PM

AGES 6+

SATURDAY..... 11:15 AM

AGES 9+

WEDNESDAY... 4:00 PM



INVITATION ONLY | ADVANCED | 120 MIN | 9/3 - 12/13

LIONS

These gymnasts are ready to be working on handsprings, they have mastered the lead up skills required, as well as similar skill level on the other main gymnastics apparatus.

AGES 6-17

WEDNESDAY... 5:30 PM

SATURDAY..... 1:00 PM

INVITATION ONLY | PRE TEAM | 90 MIN | 9/3 - 6/13

PRE TEAM

Gymnasts work on all events in preparation for competition level.

AGES 5-8

WEDNESDAY... 4:15 PM

SATURDAY..... 9:30 AM

SKILLS CLINICS

BEGINNER FLOOR CLINICS | AGES 4+ | 9/28 & 11/23

Stations and spotting to learn or clean up cartwheels, handstands, and standing backbends!

SUN | 10:30-11:30 AM

WALKOVER CLINICS | AGES 5+ | 9/28 & 11/23

Stations and spotting to learn or clean up back and front walkovers! Must have a cartwheel and standing backbend.

SUN | 9:30-10:30 AM

NEW!

INTRODUCTION TO BAR & BEAM | AGES 4+ | 10/26

Stations and spotting to work on casts, pullovers, and basic beam skills!

SUN | 10:30-11:30 AM

NEW!

INTERMEDIATE BAR & BEAM | AGES 6+ | 10/26

Stations and spotting to work on back hip circles and squat ons on bars, handstands and cartwheels on beam! Must have a pullover unassisted.

SUN | 9:30-10:30 AM

HANDSPRING CLINICS | AGES 5+ | 9/28 & 11/23

Stations and spotting to learn and clean up back and front handsprings! Must have a roundoff, front and back walkover.

SUN | 9:30-10:30 AM

HOLIDAY CLINICS | AGES 4+

No School! Come to the gym to work on your gymnastics skills! We will stop in the middle for a snack and craft and then finish the day with open gym!

ROSH HASHANAH CLINIC | TUESDAY | 9/23 | 12:30 – 3:30 PM

YOM KIPPUR CLINIC | THURSDAY | 10/2 | 12:30 – 3:30 PM

GYMNASTICS

FOR YOUTH DEVELOPMENT

DEVELOP SKILLS
STRENGTHEN ABILITIES
ACHIEVE GOALS
UNLEASH POTENTIAL
IGNITE PASSION
GROW CONFIDENCE

PRIVATE LESSONS

To arrange for a private gymnastics lesson, please contact:

Megan Willett
Program Manager
203-226-8981 Ext. 132

AGES: 5+

WWFY COMPETITIVE GYMNASTICS TEAM

Our premier competitive gymnastics team at the Westport Weston Family YMCA trains gymnasts from Levels 2-9 and Xcel to compete in regional and national YMCA and USAG meets. With a season running from September through June and meets from January onward, we foster a year-round commitment to skill development, strength, and team spirit. Our dedicated coaching team supports each athlete's growth and competitive journey, helping them achieve their best in a positive, motivating environment.



BYRON KNOX
Director of Gymnastics



JAY VILLEGAS
Assistant Director of Gymnastics



MEGAN WILLETT
Gymnastics Program Manager

MAKE A WISH!

HOST YOUR CHILD'S NEXT BIRTHDAY PARTY AT THE Y!

We have a number of fun party options to choose from for children 3+ years old. Parties are supervised and led by engaging YMCA staff and can be scheduled year-round indoors at the Bedford Family Center, as well as seasonally outdoors at the Mahackeno Outdoor Center.

CHOOSE FROM:

- Bounce House
- Dance
- Gymnastics
- Outdoor Splash Pad
- Mini Golf

LEARN MORE ▶

KARATE

Empower your child with the confidence, discipline, and physical skills that karate brings! We teach the fundamentals of karate in a fun and supportive environment, helping kids strengthen their mind, body, and spirit. Through structured lessons and active practice, students develop focus, resilience, and respect, skills that go beyond the dojo.

GRADES: PRE K

DATES: 9/3-12/10

WED: 1:30-2:15 PM

GRADES: K-2

DATES: 9/7-12/14

SUN: 9:45-10:45 AM

GRADES: K-2

DATES: 9/8 -12/8

MON: 4:30-5:30 PM

GRADES: 3-4

DATES: 9/7-12/14

SUN: 11:00 AM-12:00 PM

GRADES: 5-6

DATES: 9/7-12/14

SUN: 12:15-1:15 PM

SOCCER SHOTS

Soccer Shots is a fun, skill-building experience where young players learn both the fundamentals of soccer and important life values. Led by caring, expert coaches, our soccer program emphasizes teamwork, perseverance, and sportsmanship, helping children develop on and off the field.

MINI

AGES: 2

DATES: 9/7-12/14

SUN: 9:45-10:15 AM

AGES: 2

DATES: 9/2-10/28

TUES: 3:30-4:00 PM

AGES: 2

DATES: 9/4-10/30

THURS: 3:30-4:00 PM

CLASSIC

AGES: 3-5

DATES: 9/7-12/14

SUN: 10:30-11:05 AM

PREMIER

AGES: 6-8

DATES: 9/2-10/28

TUES: 5:15-6:00 PM

AGES: 6-8

DATES: 9/4-10/30

THURS: 5:15-6:00 PM



TRIPLE DOUBLE BASKETBALL

Develop and fine-tune fundamental basketball skills while learning sportsmanship and strategy. In collaboration with Triple Double, the Y offers classes for boys and girls in grades that provide opportunities for building skills and character, while focusing on game rules, shooting, passing, ball handling, and teamwork.

GRADES: K-1
DATES: 9/8-12/8
MON: 4:15-5:10 PM

GRADES: K-1
DATES: 9/11-12/11
THURS: 4:15-5:10 PM

GRADES: 2
DATES: 9/11-12/11
THURS: 5:15-6:10 PM

GRADES: 3
DATES: 9/11-12/11
THURS: 6:15-7:10 PM



SAFE ARCHERY

Safe Archery designed to introduce participants to the fundamentals of archery while prioritizing safety with specialized equipment.

AGES: 5-7
DATES: 9/11-10/30
THU: 4:30-5:15 PM

AGES: 5-7
DATES: 9/13-11/1
SAT: 9:30-10:15 AM

ARCHERY

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.

AGES: 8-12
DATES: 9/10-10/29
WED: 4:30-5:30 PM

AGES: 8-12
DATES: 9/13-11/1
SAT: 10:30-11:30 AM

MINI GOLF EXPLORERS

Welcome to an exciting journey into the world of mini golf!

This engaging 6-week class is designed for kids to learn and explore the fundamentals of mini golf while fostering teamwork, creativity, and problem-solving skills

AGES: 6-10
DATES: 9/9 - 10/21
TUES: 4:30-5:15 PM



ADAPTIVE SPORTS

Our adaptive programs are designed for participants of all abilities to flourish in a supportive environment that promotes wellness, creativity, socialization and belonging.



ADAPTIVE SWIM

At the YMCA, we prioritize developing confident swimmers and believe swimming is a life skill everyone should have access to. The goal of adaptive swim lessons are to increase comfort with water exploration, introduce basic self-rescue skills performed with assistance and begin the fundamentals of swimming through directional change and forward movement.

AGES: 3-5

DATES: 9/7-12/14

SUN: 12:15-12:45 PM, 12:45 - 1:15 PM

AGES: 6-13

DATES: 9/7-12/14

SUN: 12:15-1:00 PM

REGISTER



ADAPTIVE GYMNASTICS

Our Adaptive Gymnastics program is uniquely designed for families with children with differing abilities.

Participants will strengthen both fine and gross motor skills through an array of sensory-inclusive activities, increase joint attention, learn self-regulation strategies, and improve decision-making.

Our goal is for children to improve their confidence and abilities! Caregiver participation may be required.

AGES: 3-8

DATES: 9/7 - 12/14

SUN: 2:30-3:15 PM

ADAPTIVE BASKETBALL

Basketball for all, designed for individuals with and without intellectual disabilities! Participants will learn fundamental basketball skills, including dribbling, shooting, and passing, while also developing essential teamwork abilities such as communication, active listening, and taking turns in a supportive and inclusive environment.

SESSION DETAILS COMING SOON

Thanks to the kindness of our donors, we're able to offer financial assistance to families and children who want to participate in our classes and other Y programs.



LET'S MAKE MUSIC

MUSIC TOGETHER® CLASS



With caregivers joining in singing, movement, and instrument play, this program nurtures early development, bonding, and a lifelong love of music in a fun, engaging environment. Designed for newborns through age five.

AGES: 0-5

DATES: 9/2-12/9

TUE: 9:10-9:55 AM

REGISTER





AFTER SCHOOL CARE EXPLORE LEARN & GROW!

The WWFY After School Care Program
provides an enriching environment for
children and supports working parents.



**GRADES:
K-5**



WHAT WE PROVIDE:

- Transportation
- Homework Help
- STEM Activities
- Arts & Crafts
- Swimming
- Outdoor Play
- Sports & Recreation

MONDAY – FRIDAY

OPTIONS FOR 1-5 DAYS/WEEK

**Care is provided from school
dismissal time to 6:00 PM.**



WHEN SCHOOL IS OUT THE Y IS IN



VACATION DAY CAMPS

The Y provides a variety of Vacation Day Camp options throughout the year when school is out of session due to scheduled holidays and breaks.

Take your pick from full day care for school age students or half day preschool care where your children will enjoy swimming, gym time, outdoor play, STEM activities and more. A safe, enriching environment, where kids can be kids under caring and supportive supervision.

GRADES K-6

8:00 AM – 6:00 PM

9/23, 10/2, 10/13, 11/4

1/19, 2/13, 2/16 – 2/20, 3/20, 3/27, 4/3, 4/6–4/10, 4/13–4/17

AGES 3-5

8:30 AM – 3:00 PM

9/23, 10/2, 10/13, 11/4

1/19, 2/16 – 2/20, 4/3, 4/6 – 4/10, 4/13 – 4/17

Check our schedules for more details on afternoon specialty vacation camp options that keeps active students engaged in gymnastics or dance.

FAMILY CAMPOUT

SATURDAY
SEP 13

Grab your tent and come enjoy an overnight at Mahackeno Outdoor Center with your family filled with fun camp activities!

LET'S HAVE SOME OL' FASHIONED FUN

- Roast S'mores
- Dinner & Movie
- Organized Games
- Camp Breakfast



Upcoming Events

SEPT

13

4:00 PM - 9:00 AM

OVERNIGHT CAMPING

OCT

18

5:30 PM - 7:30 PM

FALL FRIGHT FEST

NOV

14

6:30 - 9:00 PM

PARENTS NIGHT OUT

DEC

13

4:30 - 9:00 PM

JINGLE BELL JAMBOREE

FOR FAMILY.
FOR COMMUNITY.
FOR ALL.

FIND YOUR PURPOSE

JOIN OUR TEAM



Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. At the Westport Weston Family YMCA, we are leaders, instructors, motivators, changemakers, teachers, friends, and more. Our 100-year history is steeped in dedication and compassion for those we serve and beyond.

Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you. Explore our open job opportunities and apply today!

“There's no better place to grow your career while doing meaningful work.”

westporty.org/employment