

WESTPORT WESTON FAMILY YMCA



**TEE OFF  
YOUR WINTER  
2026 WINTER PROGRAM GUIDE**

**AT THE Y**



**2026 WINTER PROGRAM SESSION:  
MON, JAN 5 – SUN, MAR 22**

**REGISTRATION DATES:**

**WWFY Family Members  
SAT, DEC 6, 8:00 AM**

**Adult, Youth & Community  
Members  
WED, DEC 10, 8:00 AM**

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**HOLIDAYS/NO CLASS  
DATES FOR PROGRAMS:**

**MLK JR. DAY  
MON, JAN 19**

**WINTER BREAK  
MON, FEB 16 – 22**

Check additional no class dates at  
[westporty.org/hours](http://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**

**WARM UP WITH  
WINTER  
PROGRAMS  
AT THE Y**

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**NEW!**

Look for the "NEW" sticker throughout the guide to discover what's new at the Y.



## 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 <b>FAMILY - 1 ADULT/\$144 FAMILY - 2 ADULT/\$172 SENIOR COUPLE (65+)/\$122</b>	INDIVIDUAL <b>ADULT (18-22)/\$75 ADULT (23-64)/\$108 COLLEGE (18+)/\$55 SENIOR (65+)/\$76</b>	YOUTH <b>YOUTH (0-13)/\$34** YOUTH (14-17)/\$64</b>
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

- Bouldering 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

# A

**Water**  
Discovery

# B

**Water**  
Exploration

## FUNDAMENTALS

# 1

**Water**  
Acclimation

# 2

**Water**  
Movement

# 3

**Water**  
Stamina

## DEVELOPMENT

# 4

**Stroke**  
Introduction

# 5

**Stroke**  
Development

# 6

**Stroke**  
Mechanics

Parent/Child

Parent/Child

Preschool or  
School Age

Preschool or  
School Age

Preschool or  
School Age

Preschool or  
School Age

School Age

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.

# YOUTH SWIM

FOR HEALTHY LIVING

## PARENT\*/CHILD | STAGE A/B: WATER DISCOVERY | 6-36 MO. (30 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
9:20 AM		9:40 AM			9:40 AM	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		10:15 AM	9:40 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 9:55 AM 10:30 AM 11:40 AM	1:30 PM 2:40 PM 3:10 PM 4:20 PM 5:30 PM	10:50 AM 1:30 PM 2:40 PM 4:20 PM 4:55 PM 5:30 PM	10:45 AM 3:10 PM 3:45 PM 4:20 PM 4:20 PM	2:05 PM 3:45 PM 4:20 PM 5:30 PM	3:45 PM 4:55 PM	8:45 AM 9:55 AM 10:30 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 9:55 AM 10:30 AM 11:05 AM 11:40 AM	1:30 PM 2:05 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM 5:30 PM	1:30 PM 2:05 PM 3:10 PM 3:45 PM 3:45 PM 5:30 PM	2:05 PM 2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55 PM	2:05 PM 2:40 PM 3:10 PM 3:45 PM 4:20 PM 5:30 PM	10:50 AM 4:20 PM 5:30 PM	9:20 AM 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	2:05 PM 3:45 PM 4:20 PM 4:55 PM	2:05 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 4:55 PM 5:30 PM	2:40 PM 3:10 PM 3:45 PM 4:20 PM 4:55PM	3:45 PM 4:20 PM	8:45 AM 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 11:40 AM	2:40 PM 4:55 PM	4:20 PM 4:55 PM	2:05 PM 5:30 PM	4:20 PM	4:55 PM	9:55 AM 11:05 AM 11:40 AM

## SCHOOL-AGE | STAGE 1 &amp; 2: WATER MOVEMENT | AGES 6-11 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
	5:25 PM					8:45 AM

## SCHOOL-AGE | STAGE 3: WATER STAMINA | AGES 6-11 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM 11:15 AM	3:45 PM 4:35 PM 5:25 PM	3:45 PM 4:35 PM	3:45 PM 5:25 PM	3:45 PM	3:45 PM 5:25 PM	9:35 AM

## SCHOOL-AGE | STAGE 4: STROKE INTRODUCTION | AGES 6-11 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
9:35 AM 10:25 AM 11:15 AM	3:45 PM 4:35 PM 5:25 PM	4:35 PM 5:25 PM	8:45 AM 9:35 AM 10:25 AM 11:15 AM			

NEW!

## SCHOOL-AGE | STAGE 4.5: BRIDGE TO STROKE DEVELOPMENT | AGES 6-11 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
	4:35 PM		4:35 PM			

## SCHOOL-AGE | STAGE 5: STROKE DEVELOPMENT | AGES 6-11 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
9:35 AM 10:25 AM	4:35 PM 5:25 PM	4:35 PM 5:25 PM	4:35 PM 5:25 PM	4:35 PM 5:25 PM		11:15 AM

## SCHOOL-AGE | STAGE 6: STROKE MECHANICS | AGES 6-12 (45 MIN)

SUN	MON	TUE	WED	THU	FRI	SAT
8:45 AM		5:25 PM		5:25 PM		10:25 AM

**NEW!**

## FUNDAMENTALS OF COMPETITIVE CONDITIONING | 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 to complete 100 yards of each competitive stroke.

DATES: 1/5 – 3/22 | TUES & THURS: 4:35 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.

# DIVE & DANCE SYNCHRO FUNDAMENTALS

Our Synchro Basics program is a great way for your child to stay active, build confidence, and learn new skills in the water.

Designed as an introduction to the fundamentals of synchronized swimming, this program focuses on developing endurance, coordination, and teamwork through fun water-based exercises and dry land workouts.

While it's not a full competitive synchronized swimming team, your child will gain a strong foundation in aquatic movement, rhythm, and body control—all in a supportive and encouraging environment.

**AGES 9-14**

**MONDAYS | 6:30 – 7:15 PM**

**SATURDAYS | 12:00 – 12:45 PM**

**NEW!**



# 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.



[LEARN MORE](#) >



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** 

## 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 | 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.

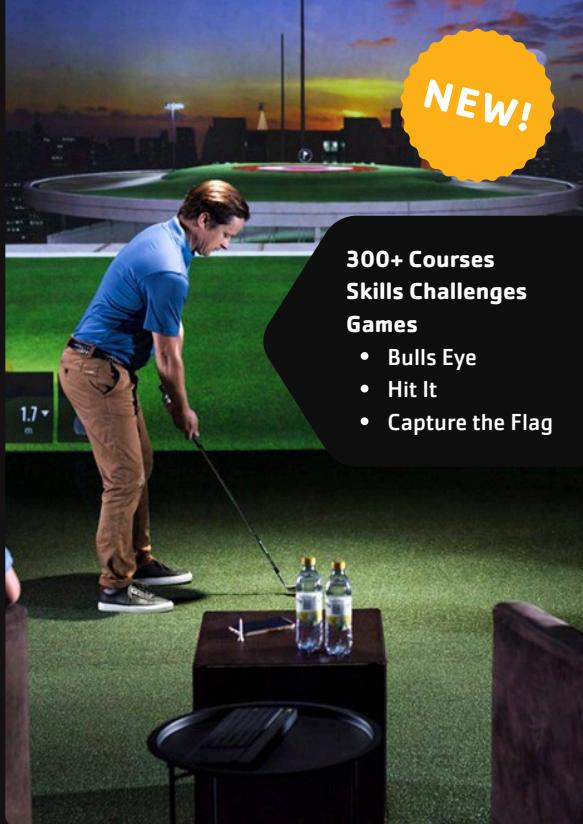
**18+ | SUNDAYS | 4:30 – 6:00 PM**

Questions? Please contact Brian Ference at [bference@westporty.org](mailto:bference@westporty.org)

SWING INTO THE NEW YEAR

# INDOOR GOLF SIMULATOR

Experience the next generation of golf with our Trackman iO golf simulator! Play on stunning course reproductions; including dream destinations such as Valderrama, Muirfield Village, PGA National, and St. Andrews. Have fun and stay active all year long!



## BAY RENTALS

**1 HOUR | UP TO 4 PLAYERS**

MEMBERS: \$50

**30 MINS | UP TO 4 PLAYERS**

MEMBERS: \$25

## PRO LESSONS

Take your game to the next level with one-on-one instruction from our PGA professional, Angelo Lopiano.

Rated one of the Top 100 Instructors in the country, Angelo has been in the golf industry since 1988 and has been a PGA Golf Professional since December 1994.

Angelo's teaching philosophy makes the swing simple, efficient, and easy on the body, helping players learn quickly, stay injury-free, and—most importantly—have fun.

### SINGLE LESSON:

30-min lesson: \$75

60-min lesson: \$135

### 30-MIN LESSON PACKAGES:

5 x 30-minute lessons: \$325  
(\$65 per 30 minutes)

10 x 30-minute lessons: \$550  
(\$55 per 30 minutes)

**300+ Courses  
Skills Challenges**

### Games

- **Bulls Eye**
- **Hit It**
- **Capture the Flag**

## REFINE YOUR SKILLS

The Y offers golf clinics and lessons to help players of all ages and abilities build confidence and improve their game.

Group clinics focus on fundamentals like grip, stance, posture, swing mechanics, and short game skills in a fun, supportive setting.

### JR. SWING HOUR

**AGES: 6 - 12**

**DATES: 1/10 - 3/21**

**SAT: 1:00 - 2:00 PM**

**M: \$300 | CM: \$350**

**AGES: 6 - 12**

**DATES: 1/13 - 3/17**

**TUES: 4:15 - 5:15 PM**

**M: \$300 | CM: \$350**

### LPGA WOMEN'S

**AGES: 18+**

**DATES: 1/13 - 3/17**

**TUES: 6:30 - 7:30 PM**

**M: \$300 | CM: \$350**



## 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.

**REGISTER**



## 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!

**LEARN MORE**



## ADULT FITNESS, SPORTS & WELLNESS OFFERINGS

- Health & Wellness Center
- Parkinson's Fitness
  - Boxing & Conditioning
  - Cycling
  - Dance Jam
- Personal Training
- Group Fitness Classes
- Senior Strong
- Menostrong Training
- Livestrong at the YMCA
- Triathlon Club
- Volleyball
- Basketball
- Pickleball
- Open Gym
- Netball
- Aqua Fitness
- Lap Swim
- Master Swim
- Master's Water Polo
- Golf Simulator



# STRONGER TOGETHER

## 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

## 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](#) 

## 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](#) 



## 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
- 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: 1/9-3/20**

**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**

**LEARN MORE** 



**HEALTH, WELLNESS & FITNESS PROGRAM QUESTIONS? CONTACT:**

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



## MOVE & GROOVE 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

**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

### **TAP**

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

### **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:** 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:** 5:30-6:30 PM

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

### **CONTEMPORARY**

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

### **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

### **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:** 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**



## RAINBOW UNICORN DANCE CAMP

The studio will be transformed into a magical fantasy world where children can come dressed wearing all the glitter, rainbows and unicorns! It's a sparkling week of movement, games, story time, arts and crafts and a little take home surprise.

These are daily camps with different activities, a new craft and story, and a variety of goodies each day, so grab a friend and join 1 or multiple days of fun!

**AGES:** 3-7

**DATES:** FEB 16 - 18 (ONE DAY CAMPS)

**TIME:** 10:00 AM - 12:00 PM

# MOVE WITH CONFIDENCE

## BALLROOM LESSONS

- For all skill levels
- No partner required!
- Enjoy \$10 off your first lesson.
- **\$10 referral discount** – the more friends you bring, the more you save!
- Standard \$35 drop-in rate available.
- Half-session options are also offered.

For any pricing adjustments, please reach out to Alison Ligi, Dance Center Director.



## 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.



## ADULT LATIN BALLROOM

**AGES 18+**

WEDNESDAYS | 1/7-3/18  
12:00 - 12:55 PM

## PRIVATE LESSONS

**18+ | 45 Min | Flexible Scheduling**

WWFY MEMBERS: \$140/CLASS  
COMMUNITY MEMBERS: \$180/CLASS

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

# GYMCATS

## 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 VILLEGRAS**  
Assistant Director of Gymnastics



**MEGAN WILLETT**  
Gymnastics Program Manager



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+**

# GYMNASICS

# FOR YOUTH DEVELOPMENT

**OPEN STRUCTURE | CO-ED | 1/5 - 3/22**

## 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: 0.5-5**

**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**



**KIDDIE CATS | CRAWLERS | 1/8 - 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**

**CUBS | PRESCHOOL | 1/5 - 3/22**

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	THURSDAY...2:00 PM   3:00 PM
MONDAY.....	1:00 PM   2:00 PM	FRIDAY..... 1:00 PM   2:00 PM
TUESDAY.....	2:00 PM   3:00 PM	SATURDAY... 9:00 AM
WEDNESDAY...	2:00 PM   3:00 PM	

**BEGINNER | AGES 5+ | 1/5 - 3/22**

## 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 | 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+**

**SUNDAY.....11:00 AM**  
**MONDAY..... 5:30 PM**  
**SATURDAY.....10:00 AM**

**AGES: 5-7**

**SUNDAY.....9:50 AM**  
**MONDAY..... 4:20 PM**  
**TUESDAY..... 4:20 PM**  
**FRIDAY.....4:20 PM**

**AGES: 7+**

**SUNDAY.....12:10 PM**  
**TUESDAY.....5:30 PM**

## SUPERCATS | 1/5 - 3/20

Combination of ninja activities with fundamental gymnastics exercises. Combine fitness and obstacle training using the rope, cargo net, rings, trampoline, tumble track 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

## CHEER PROGRAMS

### INTERMEDIATE CHEER TUMBLING

Work with Coach Kelsey on roundoffs, walkovers, handsprings. Must have a clean cartwheel and kickover.

### AGES: 7+

WEDNESDAY.....5:00 PM - 6:30 PM



### HIGH SCHOOL CHEER TUMBLING

Work with Coach Kelsey on handsprings, tucks, twisting!

### AGES: ATTENDING HIGH SCHOOL

WEDNESDAY.....3:15 PM - 4:45 PM



## INVITATION ONLY | INTERMEDIATE | 90 MIN | 1/5 - 3/22

## 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 | 1/5 - 3/22

## 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.....11:15 AM

## INVITATION ONLY | PRE TEAM | 90 MIN | 1/5 - 3/22

## 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

### INTRODUCTORY FLOOR CLINIC | AGES 4+ | 1/11 & 3/8

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

SUN | 10:30 AM – 11:30 AM

### WALKOVER CLINICS | AGES 5+ | 1/11 & 3/8

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

### INTRODUCTION TO BAR & BEAM | AGES 4+ | 2/8

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

SUN | 10:30-11:30 AM

### INTERMEDIATE BAR & BEAM | AGES 6+ | 2/8

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+ | 1/11 & 3/8

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!

MLK DAY | MON | 1/19 | 12:30 – 3:30 PM

FEBRUARY BREAK | MON – FRI | 2/16 – 2/20 | 12:30 – 3:30 PM



# 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:** 1/7-3/18

**WED:** 1:30-2:15 PM

**GRADES:** K-2

**DATES:** 1/11-3/22

**SUN:** 9:45-10:45 AM

**GRADES:** K-2

**DATES:** 1/5-3/16

**MON:** 4:30-5:30 PM

**GRADES:** 3-4

**DATES:** 1/11-3/22

**SUN:** 11:00 AM-12:00 PM

**GRADES:** 5-6

**DATES:** 1/11-3/22

**SUN:** 12:15-1:15 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 in grades that provide opportunities for building skills and character, while focusing on game rules, shooting, passing, ball handling, and teamwork.

**GRADES:** K-1 (BOYS)

**DATES:** 1/5-3/16

**MON:** 4:15-5:10 PM

**GRADES:** K-1 (BOYS)

**DATES:** 1/8-3/19

**THURS:** 4:15-5:10 PM

**GRADES:** 2 (BOYS)

**DATES:** 1/8-3/19

**THURS:** 5:15-6:10 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:** 1/11-3/22

**SUN:** 9:45-10:15 AM

**CLASSIC**

**AGES:** 3-5

**DATES:** 1/11-3/22

**SUN:** 10:30-11:05 AM



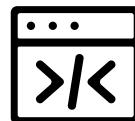
### CODE & GO WITH VEX 123

Young inventors explore the world of robotics using the VEX 123 robot! Students will continue learning how to give their robots clear, step-by-step instructions using special coding cards. They'll explore how to make their robots move, spin, and even dance — all while developing problem-solving and sequencing skills through fun games and creative challenges. We're excited to see their imaginations at work as they bring their robot creations to life!

**AGES:** 5-7

**DATES:** 1/6-3/19

**TUES:** 4:45-6:15 PM



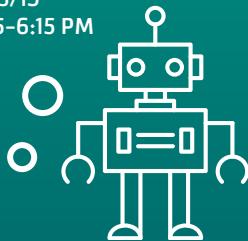
### INNOVATORS LAB: ENGINEERING WITH VEX

Get ready to bring your ideas to life with VEX GO Robotics! In this exciting, hands-on course for students in grades 3-5, you'll learn how to build and program your very own robots using the VEX GO robotics kit. Whether you're building a robot to navigate an obstacle course or programming it to complete a mission, you'll discover just how much fun learning STEM can be. This class is offered in conjunction with Huntington Learning Center.

**AGES:** 8-12

**DATES:** 1/8-3/19

**THURS:** 4:45-6:15 PM



# INCLUSIVE ENRICHMENT 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.

**REGISTER**



## 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.

### PRESCHOOL

**AGES:** 3-5

**DATES:** 1/11-3/22

**SUN:** 12:15-12:45 PM

### SCHOOL AGE

**AGES:** 6-18

**DATES:** 1/11-3/22

**SUN:** 12:15-1:00 PM

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.



## 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:** 1/11-3/22

**SUN:** 2:30-3:15 PM





# 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

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

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.

# 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!

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

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