



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN, GROW, THRIVE AT OUR Y

WESTPORT WESTON FAMILY YMCA Winter 2016 Program Brochure

Family Member Registration Begins Saturday, December 5
Open Registration Begins Monday, December 7
Winter Session Begins Monday, January 4

Bedford Family Center
14 Allen Raymond Lane
203-226-8981
westporty.org

WESTPORT WESTON FAMILY YMCA WINTER 2016 CALENDAR

DECEMBER 5	WINTER SESSION FAMILY REGISTRATION BEGINS
DECEMBER 7	WINTER SESSION OPEN REGISTRATION BEGINS
DECEMBER 19	INTRASQUAD WATER RAT SWIM MEET
DECEMBER 21	FALL SESSION ENDS
DECEMBER 24	CHRISTMAS EVE – FAMILY YMCA CLOSSES AT 2:00 PM
DECEMBER 25	CHRISTMAS DAY – FAMILY YMCA CLOSED
DECEMBER 31	NEW YEAR’S EVE – FAMILY YMCA CLOSSES AT 2:00 PM
JANUARY 1	NEW YEAR’S DAY – FAMILY YMCA OPEN 8:00 AM–2:00 PM
JANUARY 4	WINTER SESSION BEGINS
JANUARY 11	SUMMER CAMP REGISTRATION BEGINS
JANUARY 18	MARTIN LUTHER KING, JR. DAY – NO YOUTH CLASSES
JANUARY 23–24	WATER RAT PENTATHLON SWIM MEET
JANUARY 30	SPRING SESSION I FAMILY REGISTRATION BEGINS
FEBRUARY 1	SPRING SESSION I OPEN REGISTRATION BEGINS
FEBRUARY 15–21	WINTER RECESS – NO YOUTH CLASSES

HOURS OF OPERATION

Monday–Friday	5:30 am–10:00 pm
Saturday	7:00 am–7:30 pm
Sunday	7:30 am–6:00 pm

OUR MISSION

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

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George H. Damman	William E. Mitchell	

WELCOME TO YOUR FAMILY YMCA

The Westport Weston Family YMCA is located at 14 Allen Raymond Lane in Westport on our 32-acre Mahackeno campus, home of our summer day camp. It's accessible via a short connector road from Wilton Road (Route 33) and the northbound on/off ramps at Exit 41 of the Merritt Parkway (Route 15). The YMCA's Bedford Family Center is a 54,000 sq. ft. facility that includes a 10-lane, 25-yard lap pool and an adjacent shallow warm-water pool for family, teaching and therapeutic use; Wellness Center with expansive views of the Saugatuck River; multi-purpose Gymnasium; three group-fitness studios; Kids' Club child watch area; five locker rooms, including one for those with dependent care; Cafe serving healthy foods and beverages for members; and other amenities of a modern, family-oriented YMCA.

The Westport Family YMCA also operates the YMCA Gymnastics Center at 145 Main Street in Norwalk. The 6,500 sq. ft. facility offers classes for all ages and abilities, from toddlers through high school, including a competitive team for gymnasts Levels 3-8 in addition to the Showtime Exhibition Gymnastics Team.

BEDFORD FAMILY CENTER



YMCA GYMNASTICS CENTER



MEMBERSHIP

MEMBERSHIP TYPE & FEES

Type	Age Range	Join Fee	Monthly Fee	Annual Fee
Youth	0-13	\$25	N/A	\$250
8th Grade*	8th Grade	N/A	\$15	N/A
High School	14-17**	\$25	\$47	\$564
Adult	18-64	\$75	\$79	\$948
Family 1 Adult Age 23+	***	\$100	\$105	\$1260
Family 2 Adult Age 23+	***	\$100	\$125	\$1500
Family 3 Adult Age 23+	***	\$100	\$145	\$1740
Family 4 Adult Age 23+	***	\$100	\$165	\$1980
Senior	65+	\$25	\$57	\$684
Senior Couple	65+	\$50	\$90	\$1080

*For Westport and Weston students.

**Individuals age 18 and still in high school are eligible for the High School Membership rate. School ID required.

***Family Memberships consist of all members in the household. Rates are based on the number of adults age 23+.

PAYMENT OPTIONS

Members can choose to pay via monthly draft or in full for the year. No contracts or obligations. Memberships can be placed on hold for up to 3 months per calendar year.

ONLINE AT WESTPORTY.ORG

In addition to online registration for classes, programs and special activities, our website is the go-to place for all information regarding facility closures, program cancellations, inclement weather updates and schedules.

Also online is our Membership Handbook, which includes complete information regarding membership policies and procedures, visitor and guest policies, payment information, changes to membership, supervision, health and wellness guidelines, water safety and our Annual Campaign. There is a separate Kids' Club Handbook that details policies for our child watch area.

GET ALL THE LATEST Y NEWS

There are two great ways to stay in touch with what's happening at our YMCA: "Like" us on Facebook by searching "Westport Weston Family Y" or sign up for our weekly e-newsletter at westporty.org or stop by our Welcome Center to give us your current email address.



MEET OUR MEMBERSHIP ENGAGEMENT DIRECTOR



BRIAN MARAZZI

203-226-8981 x104
bmarazzi@westporty.org

Brian grew up at the Valley YMCA in Ansonia. Over the past two decades, he has worked at the Valley, Stamford, Norwalk

and the Hamden/North Haven YMCAs. Brian is a graduate of Southern Connecticut State University with a degree in Recreation and Health & Human Services.

MEMBERSHIP GIFT CARDS

Give the gift of health and wellness to friends and family! YMCA Membership gift cards can be purchased at the Welcome Center for any membership type, for any fee-based program and for any denomination. Membership gift cards are a great gift for any occasion – anniversary, birthday, graduation, holiday, etc.!

FINANCIAL ASSISTANCE

The Westport Weston Family YMCA does not turn any one away due to the inability to pay. All membership prospects and current Family YMCA members are eligible to apply for financial assistance. Financial assistance applications are available at the Family YMCA Welcome Center, online at westporty.org or may be requested via fax, mail or email. Please call Brian Marazzi for more information.

ADDITIONAL DISCOUNTS

Town of Westport or Weston Employees: 20%
Active/Reserve Military Members: 100%

PROGRAM REFUNDS

Program and registration fees are non-refundable. Should the Family YMCA decide to cancel a program, participants may be eligible for program credits at the discretion of the program director.

PROGRAM FEE PRORATES

Program fees will be prorated 50% after the fifth week of classes.

WEATHER CANCELLATIONS

Makeup classes due to inclement weather will be scheduled at the discretion of the program director.



CAMP MAHACKENO

At YMCA Camp Mahackeno, campers enjoy fun-filled days with their friends and our wonderful staff. Camp Mahackeno, located on the YMCA property just across Poplar Plains Brook from the Bedford Family Center, is looking forward to its 74th summer! Camp activities include swimming, canoeing, arts & crafts, sports, nature activities, performing arts and special events. Campers entering grade 3 or higher also enjoy archery and our zip-line.

Camp Mahackeno is for children entering 1st through 9th grades. Camp runs Monday-Friday 9:00 am-4:00 pm. Extended hours are available with pre-care beginning at 7:30 am and post-care running until 6:00 pm. Our two-week sessions allow campers to make new friends and develop new skills. Single weeks are available on a limited basis for the traditional Mahackeno program and must be arranged with the Camp Director.

Camp Mahackeno strives to meet the needs of all campers and families. We offer our Special Cares program for campers with special needs. We match up a camper with a staff member in a 1:1 ratio. Campers enjoy a typical camp experience while receiving a helping hand from their aide.

Registration for Camp Mahackeno will begin in January. Keep your eye out for the camp brochure!

Camp Mahackeno Summer 2016 Dates:

- Session 1 June 27-July 8
- Session 2 July 11-22
- Session 3 July 25-August 5
- Session 4 August 8-19
- Special Events Week August 22-26



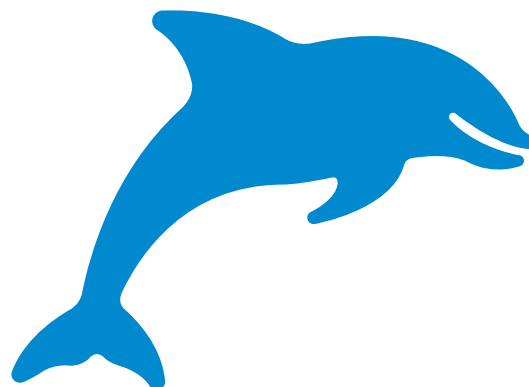
MEET OUR CAMP & FAMILY SERVICES DIRECTOR



MEG GEORGE

203-226-8981 x119
mgeorge@westport.org

Meg George joined the Family YMCA in 2012. She has been working in the Y camp world since 1997 in New York and Connecticut. Meg is a graduate of Springfield College where she earned a degree in Human Services and Administration with a concentration in YMCA Management.



HAFADAY

Hafaday is primarily a swim program, with both a lesson and a free swim period each day. It's the best way to learn to swim! Arts and crafts, music and gym time round out each morning of fun. Within the four main age groups students are grouped by ability for the swim lessons. Hafaday is designed for children ages 4-8.

HAFADAY DURING FEBRUARY SCHOOL BREAK!

February 15-19
Monday-Friday 8:45 am-12:30 pm

Members \$280
Non Members \$320

SUMMER 2016 DATES:

- Session 1 June 20-24
- Session 2: June 27-July 1
- Session 3: July 5-8*
- Session 4: July 11-15
- Session 5: July 18-22
- Session 6: July 25-29
- Session 7 August 1-5
- Session 8: August 8- 12
- Session 9: August 15-19
- Session 10: August 22-26

Monday-Friday 8:45 am-12:30 pm

Members \$280
Non Members \$320
*No camp on the 4th of July.
Fees \$224 and \$256.

KIDS' CLUB

The **Nussbaum Family Kids' Club** is a fun and safe space for kids to enjoy while their parents are working out or taking a class. This kids-only club is free for Family Members age 6 weeks to 12 years who come to the Y with their parents. Youth Members, the children of Adult Members or guests may use the room for a nominal fee. The Kids' Club offers quiet areas and activities made special for infants and toddlers. Our Kids' Club also features "Fort Mack," an indoor jungle gym for children ages 4 and up. Best of all are the great Y staff who supervise the children. For more information about the program, please stop by the Kids' Club for our handbook, visit westporty.org or contact Meg George.

Monday-Friday	8:00 am-1:30 pm
Monday-Friday	3:45-8:00 pm
Saturday	8:00 am-2:00 pm
Sunday	9:00 am-3:00 pm

Time limits for Kids' Club

Monday-Friday: 2 hours
Saturday-Sunday: 1 1/4 hours
School holidays or snow days: 1 1/4 hours

Family Members	Free
Youth Members	\$5/visit
Children of Adult Members	\$5/visit
Members of other Ys or a guest of a member	\$5/visit

SCHOOL AGE PROGRAMS

AFTER SCHOOL PROGRAM

The Family YMCA After School Program provides a fun, safe environment for children in grades K-5 in Westport Public Schools. On Mondays, Wednesdays and Fridays the program runs at Saugatuck Elementary school from the end of the school day until 6:00 pm. The program uses both the cafeteria and the gym at Saugatuck Elementary School. On Tuesdays and Thursdays, the program runs at the YMCA and the children enjoy swimming and other activities until they are picked up at 6:00 pm.

Children participating in the After School Program will start each afternoon with a healthy snack as well as quiet activities and homework time. After gym time or swimming, the group will have more time for homework or games before they are picked up. Students are welcome to enroll at any time as long as there is space in the program and their registration paperwork has been processed. If you are interested in learning more about the program, please contact Meg George.

Rates for 2015-2016:

Monthly	2 days/week	3 days/week	4 days/week	5 days/week
Members	\$370	\$450	\$530	\$590
Non-members	\$400	\$480	\$560	\$620

VACATION DAY SPECIALS

The Family YMCA Vacation Special Program runs on most holidays and breaks when local schools are closed. Vacation Day Specials include field trips, play time and a movie. Participants also enjoy swimming and gym time at the Family YMCA. Children should bring a nut-free lunch, their bathing suit and towel, and wear sneakers and socks. Families may sign up for individual days to best fit their schedule.

Winter Dates:	December 28, Holiday Recess	Drop off 7:30-9:30 am. Pick up 4:00-6:00 pm
	December 29, Holiday Recess	Members: \$95/day
	December 30, Holiday Recess	Non-members: \$115/day
	January 15, Staff Development Day	
	January 18, Martin Luther King, Jr. Day	
	February 15, Winter Recess	
	February 16, Winter Recess	
	February 17, Winter Recess	
	February 18, Winter Recess	
	February 19, Winter Recess	

AQUATICS

THE STRITTMATTER FAMILY AQUATICS CENTER

Our 10-lane, 25-yard **Ann Reuther Onton Lap Pool** features:

- Convenient access to five locker rooms, including a family locker room
- Aquatic Climbing Wall
- Handicap lift

Our shallow warm-water pool features:

- Ramp for easy entry/exit into and from the water as well as handicap lift
- "Splash Pad" for young children
- In-pool tile bench with whirlpool jets
- Water basketball (two hoops at either side of pool)
- Two 20-yard lanes for lessons, lap swimming and aqua fitness classes

AQUATIC CLIMBING WALL

The Y's lap pool boasts a special feature for youngsters: an Aquatic Climbing Wall. This innovative play feature rises 14 ft. out of the deep end of the lap pool. Its clear Plexiglas wall, angled out toward the water, is studded with dozens of rock-climbing hand and footholds, a free-form obstacle course for kids to navigate their way up and then plunge back down into the 9 ft. deep water. Hours depend on wall-specific lifeguard availability. Lifeguards may close the climbing wall at any time for safety considerations.

POOL RULES

Showers are required before using pools. Persons with infections, communicable diseases or open wounds are prohibited from using the pools. Rough-housing is not permitted in the pool area or locker rooms. Kick boards and pool buoys may be used by adults. They are not to be used as toys.

SUPERVISION

Non-swimmers and beginners must be accompanied and supervised by an adult. Adults accompanied by children who require supervision must use the family locker room. Children are not allowed in the adult locker rooms. Children 8 years old or younger who have a Youth membership and are participating in a Y program may be accompanied by an adult who does not have a membership.

Please abide by the following rules regarding family use of our pools:

- Children 12 years and under must have a guardian in the pool area with them. They cannot be dropped off while parents work out.
- Children 5 and younger must have a guardian in the water with them.
- Children not toilet-trained must be double diapered — swim diaper and rubber cover over.
- Experienced swimmers only are allowed to use the Aquatic Climbing Wall.

MEET OUR AQUATICS DIRECTOR

NICOLE TURECHEK



203-226-8981 x121
nturecek@westporty.org

Nicole has been a part of the Westport Weston Family YMCA since 2003, as a lifeguard and swim instructor. After leaving to teach preschool for a few years, she returned in 2010.

LAP SWIM

Circle swimming is observed. Diving is not allowed in adult lap lanes. Children under 13 years of age are not permitted in lap lanes during adult lap swim.

THERAPEUTIC SWIM

Therapeutic swim is scheduled for those with any physical condition or disability, such as arthritis or back problems. Please respect the rights of our members who legitimately use this time for therapy.

OPEN SWIM

Open to all members. Two lanes are set aside for lap swimming. Visit westporty.org for schedule.



SWIM LESSONS

WINTER SESSION DATES

January 4–February 28

\$145 preschool / \$160 youth

Membership required for program participants

No programming:

January 18 Martin Luther King, Jr. Day

February 15–21 Winter Recess

PENTATHLON SWIM MEET

Pools will be closed for a Water Rat Swim Team meet. Swim lessons will not run.

Saturday, January 23

Sunday, January 24

PARENT/CHILD SWIM CLASSES (AGES 6–48 MONTHS WITH PARENT)

The primary objective of these classes is to acquaint both the parent and the child to the aquatic environment. They are designed for the child to have fun in the water, learn basic propulsive movements and personal safety under the guidance of his or her parent.

Children will learn skills as flotation, blowing bubbles, body positioning, kicks and pulls. In addition, they will learn independence in the water which will prepare them for lessons without parents.

SHRIMP/KIPPERS (AGES 6–18 MONTHS)

Saturday 8:45–9:15 am

Sunday 10:30–11:00 am

INIA/PERCH (AGES 19–36 MONTHS)

Monday 10:00–10:30 am

Saturday 9:45–10:15 am

Sunday 10:00–10:30 am

Sunday 11:30 am–12:00 pm

PIKE I (AGES 3–5 YEARS)

Saturday 9:15–9:45 am

Sunday 11:00–11:30 am

PRE-SCHOOL SWIM LESSONS (AGES 3–5 YEARS WITHOUT PARENT)

Classes are designed to improve basic swimming skills, introduce rotary breathing and the crawl stroke, increase endurance and emphasize water safety. Classes are divided into skill levels. Class size is such that the instructor can provide children with individual attention.

PIKE II

Instructors focus on getting swimmers acclimated to the water, balancing in the water without a flotation device and maneuvering through the water using a barbell.

Monday 9:30–10:00 am

Monday 2:05–2:35 pm

Monday 3:15–3:45 pm

Monday 4:30–5:00 pm

Tuesday 1:30–2:00 pm

Tuesday 2:05–2:35 pm

Tuesday 3:30–4:00 pm

Wednesday 9:30–10:00 am

Thursday 1:30–2:00 pm

Thursday 2:05–2:35 pm

Thursday 3:15–3:45 pm

Thursday 4:25–4:55 pm

Saturday 10:15–10:45 am

Saturday 10:50–11:20 am

Sunday 10:00–10:30 am

Sunday 11:00–11:30 am

RAY

Swimmers no longer wear flotation devices at this level. Instructors will teach them to swim 20 feet unassisted using the front, back and side strokes.

Monday 10:30–11:00 am

Monday 1:30–2:00 pm

Monday 2:40–3:10 pm

Monday 4:00–4:30 pm

Monday 5:00–5:30 pm

Tuesday 2:40–3:10 pm

Tuesday 4:50–5:20 pm

Wednesday 4:00–4:30 pm

Thursday 1:30–2:00 pm

Thursday 3:15–3:45 pm

Thursday 3:50–4:20 pm

Saturday 10:50–11:20 am

Sunday 11:00–11:30 am

EEL

Instructors focus on refining body position in the water, stroke development on front and back and being able to swim 15 feet without a flotation device.

Monday 10:00–10:30 am

Monday 2:05–2:35 pm

Monday 2:40–3:10 pm

Monday 3:15–3:45 pm

Tuesday 1:30–2:00 pm

Tuesday 2:05–2:35 pm

Tuesday 4:05–4:35 pm

Wednesday 10:00–10:30 am

Wednesday 2:50–3:20 pm

Wednesday 4:30–5:00 pm

Thursday 2:05–2:35 pm

Thursday 2:40–3:10 pm

Thursday 4:25–4:55 pm

Saturday 10:15–10:45 am

Saturday 11:25–11:55 am

Sunday 10:30–11:00 am

STARFISH

Swimmers learn how to swim the full length of the pool unassisted using front, back and side strokes. The instructors focus on teaching level body positions, rhythmic breathing and rotary head movement.

Tuesday 3:30–4:00 pm

Wednesday 4:35–5:05 pm

Thursday 3:15–3:45 pm

Thursday 5:00–5:30 pm

Saturday 10:50–11:20 am

SEAHORSE

For those swimming at the highest level for this age group. Rotary breathing, breaststroke, backstroke, sidestroke and intro to butterfly are covered.

Monday 3:15–3:45 pm

Wednesday 3:25–3:55 pm

Thursday 3:50–4:20 pm

YOUTH SWIM CLASSES (AGES 6-12 WITHOUT PARENT)

Each skill level builds upon the preceding level covering all strokes, diving fundamentals and safety skills. Children learn at their own pace and progress to the next level when they can proficiently and safely perform the appropriate skills.

POLLIWOG

Water adjustment, basic elements of floating and gliding, rhythmic breathing and paddle stroke.

Monday	3:50-4:30 pm
Tuesday	4:05-4:45 pm
Wednesday	4:45-5:25 pm
Thursday	5:00-5:40 pm
Saturday	11:25 am-12:05 pm

GUPPY

Swimmers will learn how to swim 20 yards with minimal assistance, master rhythmic breathing and be introduced to rotary breathing techniques.

Monday	4:00-4:40 pm
Monday	4:45-5:25 pm
Tuesday	4:00-4:40 pm
Tuesday	4:50-5:30 pm
Wednesday	4:00-4:40 pm
Wednesday	4:45-5:25 pm
Thursday	4:00-4:40 pm
Thursday	4:45-5:25 pm
Saturday	8:30-9:10 am

MINNOW

Swimmers will learn how to complete 1-2 lengths in the pool without stopping, master the breast stroke and be introduced to over-arm recovery and the flutter kick.

Monday	4:00-4:40 pm
Monday	4:45-5:25 pm
Tuesday	4:05-4:45 pm
Tuesday	4:50-5:30 pm
Wednesday	4:00-4:40 pm
Wednesday	5:30-6:10 pm
Thursday	4:00-4:40 pm
Thursday	4:45-5:25 pm
Saturday	9:15-9:55 am

FISH

Swimmers will learn how to swim each stroke (breast, front, back and side) 50 yards without stopping and be introduced to open turns and the dolphin kick.

Monday	4:00-4:40 pm
Wednesday	4:45-5:25 pm
Thursday	4:00-4:40 pm
Saturday	10:00-10:40 am

FLYING FISH

Swimmers will learn how to swim each stroke (breast, front, back and side) 100 yards without stopping, refine open-turns and pull-outs, and be introduced to the butterfly stroke.

Monday	5:30-6:10 pm
Tuesday	4:40-5:20 pm
Wednesday	5:30-6:10 pm
Thursday	4:45-5:25 pm
Saturday	10:45-11:25 am

SHARK

Swimmers will learn how to swim each stroke (butterfly, breast, front, back and side) for up to 200 yards without stopping, master starts, flip turns and complete a 200 individual medley.

Monday	5:30-6:10 pm
Wednesday	5:30-6:10 pm
Saturday	11:30 am-12:10 pm

PORPOISE (AGES 13-15)

Saturday	10:00-10:40 am
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YOUTH AQUATICS

PRIVATE SWIM LESSONS

Private lessons will be scheduled around group lessons.

30 minutes

Members: \$45 per lesson

Non-members: \$55 per lesson

60 minutes

Members: \$85 per lesson

Non-members: \$95 per lesson

SEMI-PRIVATE SWIM LESSONS

For two or more participants.

Members: \$35 per child per lesson

Non-members: \$45 per child per lesson

LIFEGUARD CERTIFICATION (AGES 15 & UP)

The Red Cross lifeguarding course emphasizes practical lifesaving skills and job-related responsibilities. Standard first aid and CPR for the professional rescuer are included. Participants must be strong swimmers.

Classes offered monthly. Please check westporty.org for upcoming dates.

Members: \$350/session

Non-members: \$395/session

LIFEGUARD RE-CERTIFICATION

Please check westporty.org for dates.

Members: \$230

Non-members: \$265

SWIMMING FUNDAMENTALS (AGES 9-14)

A structured workout for those who wish to further develop skills already learned in swim lessons or to better prepare for advancing to a competitive swim team. You will learn proper stroke technique, fine tune all strokes, dives and flip turns. Participants must be evaluated before registering for this group.

January 4-April 21

Tuesday and Thursday 5:30-6:15 pm

Members: \$500

AQUAFINS-SPECIAL NEEDS SWIM LESSONS

January 4-March 30

Classes must have a minimum of two participants to run.

Beginner (Ages 5-7)

Work on basic water skills, coordination and safety skills in this small group class. For students comfortable in the water, but who still need assistance to swim.

Monday 4:00-4:30 pm

Members: \$144

Non-members: \$189

Level I (Ages 7-13)

This is a "bridging" class designed for children with special needs who are ready to be introduced to a regular swim lesson format. Must be comfortable in the water and able to swim at least 5-10 yards.

Monday 5:40-6:35 pm

Members: \$180

Non-members: \$225

Level II Team Class (Ages 11 & up)

This twice-a-week lesson is designed for the stronger swimmer looking for a structured workout. Focus is on technique, endurance and working as a team. Must be able to swim at least 25 yards.

Monday and Wednesday 4:40-5:35 pm

Members: \$340

Non-members: \$385

Please contact Erin Selke at eselke@westporty.org or Nicole Turechek with any questions or to schedule an assessment for your child.



ADULT AQUATICS

PERSONAL TRAINING IN THE POOL!

Get in the pool with a certified aquatic trainer for individual instruction. Your trainer can write up a program for you to do on your own or schedule multiple sessions for one-on-one attention. Please contact Patty Kondub at nortonpk@aol.com.

SWIM FITNESS

Emphasis on interval swimming, kicking, pulling and distance training. Participants should be intermediate swimmers or better. Instructor-led program.

Monday-Friday 9:00-10:00 am

RUTH'S SENIOR AQUA FITNESS

Tuesday & Thursday 11:00 am-12:00 pm

DEEP WATER WORKOUT

Monday 8:30-9:30 am

Friday 6:30-7:30 pm

AQUA FITNESS: GET WET, GET FIT

Run, jog, bicycle, cross country ski, step, row and weight train against the water's resistance. This is a high intensity, low impact, fat burning, cardiovascular, muscle strengthening non-swimming workout.

Monday, Wednesday & Friday 6:45-7:45 am
8:30- 9:30 am

Tuesday & Thursday 6:45-7:45 am
9:00-10:00 am

Monday & Wednesday 6:30-7:30 pm
Sunday 9:15-10:15 am

MASTERS SWIM TEAM

The Westport Weston Family YMCA Masters Swim Team competes regularly in both YMCA and US Masters Competitions. Each member has the opportunity to participate in organized workouts and competitive swim meets. Y coaches organize ongoing practices. Please contact Michael Laux at lauxlaw@gmail.com for more information.

Monday & Wednesday 5:35-6:35 am
Tuesday & Thursday 8:15-10:00 pm
Saturday 11:15 am-12:30 pm

ADULT INSTRUCTIONAL SWIM

January 4-February 28

Members: \$170

Beginner: For adults who don't feel at ease in the water or who have never participated in swimming lessons. Non-swimmers are taught basic swimming skills and water safety.

Monday 7:30-8:15 pm

Saturday 8:30-9:10 am

Intermediate: For adults who are comfortable in the water and would like to work on stroke development and endurance. It is perfect for those who have limited swimming skills and would like to improve their techniques.

Saturday 9:15-9:55 am

V.I.P. WATER PHYSICAL FITNESS AND PRE/POST NATAL WATER EXERCISE

A safe, effective and enjoyable class for pre/post natal women as well as those with various conditions (MS, diabetes, Parkinson's or stroke patients). Class includes muscle strengthening, flexibility, stretching and moderate cardio segments taught by a certified water exercise instructor.

Tuesday & Thursday 10:15-11:00 am

ARTHRITIS AQUATIC PROGRAM

Ruth Sherman teaches the Arthritis Foundation Family YMCA Aquatic Program in our warm-water pool. The class consists of specially designed exercises that help improve joint flexibility and relieve pain and stiffness. It is not necessary to know how to swim. Members with severe joint problems or who have had joint surgery are encouraged to check with their physician about the need for special precautions.

Monday, Wednesday & Friday 9:00-9:45 am





The Westport Weston Family YMCA Water Rat Swim Team is a year-round, nationally recognized competitive swim program. The Water Rats compete in both YMCA and USA Swimming competitions that are held locally, regionally and nationally.

Our swimmers have qualified for and been champions in Connecticut in both the age group and senior level competitions. Additionally, the Water Rats have excelled and had champions at the Zone All-Star meet, Sectional

Championships, YMCA Nationals, USA Swimming Junior Nationals, USA Swimming Nationals, US Open and USA Olympic Trial Qualifiers.

The Water Rat coaching staff is well regarded throughout the swimming community. The staff has a love for the sport of swimming and encourages the same for our swimmers. For more Water Rat Swim Team information, please visit www.wrat.org or contact Ellen Johnston at ejohnston@westport.org.

Mission Statement:

The Westport Weston Family YMCA Water Rat Swim Team embraces a team philosophy that commits to develop the highest level of competitive excellence for every swimmer, while simultaneously encouraging spirit, honesty, team pride, personal commitment and individual growth.

HOME MEETS (SUBJECT TO CHANGE)

The Water Rat Swim Team will host three swim meets in the Strittmatter Family Aquatics Center this winter.

Saturday, December 19

Saturday, January 23

Sunday, January 24

Intrasquad Meet

Pentathlon

Pentathlon



DANCE

The Westport Weston Family YMCA Dance Center has been providing quality Ballet, Pointe, Jazz, Hip Hop, Tap, Modern and Creative Dance for children, teens and adults for over 30 years. We offer a strong recreational and competitive dance program. Our education-based program is geared toward creating well rounded dancers with strong technique, coordination and focus.

The Dance Center includes the award-winning Teen, Junior, Mini and Kinder Performing Companies. Entrance to the Companies is by audition. The Dance Program meets from September to June. We offer two semesters, Fall and Winter/Spring. The end-of-the-year recital is in June. Membership required for program participants.

January 4–June 11

\$280 for 1/2 hour classes

\$560 for 45 minute and 1 hour classes

\$840 for 1 1/2 hour classes

Prices include recital costume fee.

DANCE CENTER DATES

No classes:

January 18 – Martin Luther King, Jr. Day

February 15–18 – Winter Recess

Recital information:

Friday, June 10 – Dress Rehearsal

Saturday, June 11 – Dance Recital, Bedford Middle School

DANCE CENTER DRESS CODE

Hair

All dance students are required to wear their hair secured back away from their face.

Preschool (Creative, Pre-Ballet, Pre-Tap, Pre-Company)

Black leotard, Capezio light suntan tights and pink leather ballet shoes. Pre-Tap classes need black Mary Jane tap shoes.

Ballet

Black leotard, Capezio light suntan tights, pink leather ballet shoes, optional chiffon skirt in black or pink only to the knee. Hair secured in a bun.

Tap and Jazz

Black leotard, Capezio light suntan tights, black dance pants. Jazz classes need black jazz sneakers, and tap classes need black Bloch Mary Jane tap shoes.

Hip Hop

Comfortable clothing, no jeans or short shorts, black dance sneakers.

Boys

Black shirt, black long shorts, black lace-up tap shoes, black lace-up jazz shoes.

Where to Purchase

Clothing and shoes may be purchased at Attitude Dance & Active Wear in Norwalk, Payless or online at discountdance.com.

MEET OUR DANCE DIRECTOR



LILLIAN CENATIEMPO

203-226-8981 x118

lcenatiempo@westportymca.org

Lillian, a native of Connecticut, began her training locally where she participated in numerous regional and national dance competitions. She earned a Dance Certificate from Naugatuck Valley Community College in 2007 and has been teaching dance at the YMCA Dance Center since 2008.





FEBRUARY PRINCESS DANCE CAMP

Leap and twirl through Ballet and Jazz with a new Princess theme and craft project each day. Ballet and Jazz shoes preferred but not required.

February 15-18

Monday-Thursday 12:30-2:00 pm

Fee: \$215 (no membership required)

HIPPY HOPPIN' SHAKE (AGES 2-4)

These classes introduce a structured environment while allowing children to recognize their own individuality and body mobility.

DANCE SOUP (AGES 3 & 4)

Ballet and Jazz blended with creative props to inspire fantasy and theater for young dancers. This class provides an excellent dance foundation with benefits such as coordination, confidence, listening skills, comprehension, spatial awareness, rhythm and fun!

OFF BROADWAY KIDS, JR. (PRE-K-1ST GRADE)

In this fun-filled program, children experience the joy of theater. The class includes storytelling, singing, dancing, improvisation, and theater games in an environment that encourages self-expression, builds self-confidence, team work and performance skills.

MONDAY

4 yr. Pre-Ballet/Pre-Tap
3:15-4:15 pm
Studio A

Kinder Company
4:15-5:45 pm
Studio B

Jazz Funk I & II
5:00-6:00 pm
Studio A

Dance Crew
6:00-6:45 pm
Studio A

Teen Company Ballet
6:00-7:00 pm
Studio B

Teen Company Pre-Pointe
7:00-7:30 pm
Studio B

TUESDAY

3yr. Pre-Ballet/Pre-Tap
2:00-3:00 pm
Studio A

Creative Movement
3:15-4:00 pm
Studio A

Junior Company Ballet
4:00-5:00 pm
Studio A

Junior & Teen Company
Lyrical
5:00-6:00 pm
Studio B

5 & 6 yr. Ballet/Tap
5:15-6:15 pm
Studio A

WEDNESDAY

Dance Soup
2:30-3:15 pm
Studio A

Pee Wee Hip Hop
3:15-4:00 pm
Studio A

Junior Company Hip Hop
4:00-5:00 pm
Studio B

Junior Company Tap
5:00-6:00 pm
Studio B

Teen Company Hip Hop
6:00-6:45 pm
Studio B

Teen Company Tap
6:45-7:30 pm
Studio B

THURSDAY

Hippy Hoppin' Shake
2:00-2:45 pm
Studio A

Off Broadway Kids, Jr.
3:15-4:00 pm
Studio A

Ballet I
4:00-5:00 pm
Studio A

Mini Company Tap/Jazz
4:00-5:00 pm
Studio B

Mini Company Ballet
5:00-5:45 pm
Studio B

Tap I
5:15-6:00 pm
Studio A

GYMNASTICS

145 MAIN STREET, NORWALK, CT 06851
203-857-1139

The Westport Weston Family YMCA Gymnastics Center emphasizes individual skill development in a safe, fun and supportive environment. Our coaching staff wants your child to have a rewarding experience and encourages children of all ages and abilities to participate.

The YMCA Gymnastics Center occupies a specially designed 6,500 sq. ft. space and is conveniently located midway between the Merritt Parkway and I-95, a short distance from the Bedford Family Center. With its high ceilings, new equipment in the uneven bar and balance beam areas and a Tumble Track, our Gymnastics Center is able to provide training for beginner through elite level.

YMCA Membership required unless otherwise stated.
The Gymnastics Center is a nut-free gym.

MEET OUR GYMNASTICS DIRECTOR

SALLY SILVERSTEIN



203-857-1139
ssilverstein@westportymca.org

Sally has been with the Family YMCA since 1987. She holds a B.S. in Physical Education K-12 and a Minor in Music Education.

She grew up as a competitive gymnast and swimmer at the YMCA and worked as a lifeguard, gymnastic instructor and camp counselor. Sally is coach to the Y's internationally ranked Showtime Exhibition Gymnastic Team and a regular guest choreographer, clinician, workshop speaker and Area Representative for USA Gymnastics.



YMCA GYMNASTICS CENTER WINTER CALENDAR OF SPECIAL EVENTS

REGISTER RIGHT AT THE GYM!

MONDAY, JANUARY 18	MARTIN LUTHER KING, JR. DAY GYMNASTICS CAMP	11:00 AM-3:00 PM	AGES 5 & UP	\$50
SUNDAY, JANUARY 24	BALANCE BEAM CLINIC	9:00-10:30 AM	AGES 5 & UP	\$30
SUNDAY, JANUARY 24	UNEVEN BARS PULLOVER CLINIC	10:30 AM-12:00 PM	AGES 5 & UP	\$30
SUNDAY, JANUARY 10-SUNDAY, FEBRUARY 14	CHEER CLINIC-6 WEEKS	3:00-5:00 PM	AGES 7-12. MUST HAVE CARTWHEEL	\$80
SUNDAY, JANUARY 31	BACK HANDSPRING CLINIC	9:00-11:00 AM	MUST BE ABLE TO DO BRIDGE AND/OR KICK OVER WITH NO SPOT	\$45
SUNDAY, JANUARY 31	CARTWHEEL CLINIC	11:00 AM-1:00 PM	AGES 4 & UP	\$45
MONDAY, FEBRUARY 15-FRIDAY, FEBRUARY 19	VACATION WEEK GYMNASTICS CAMP	12:00-4:00 PM	AGES 5 & UP	\$50/daily \$195/week
SUNDAY, FEBRUARY 21	BALANCE BEAM CLINIC	9:00-10:30 AM	AGES 5 & UP	\$30
SUNDAY, FEBRUARY 21	UNEVEN BARS PULLOVER CLINIC	10:30 AM-12:00 PM	AGES 5 & UP	\$30
SUNDAY, FEBRUARY 28	BACK HANDSPRING CLINIC	9:00-11:00 AM	MUST BE ABLE TO DO BRIDGE AND/OR KICK OVER WITH NO SPOT	\$45
SUNDAY, FEBRUARY 28	CARTWHEEL CLINIC	11:00 AM-1:00 PM	AGES 4 & UP	\$45
SUNDAY, MARCH 20	BALANCE BEAM CLINIC	9:00 AM-10:30 AM	AGES 5 & UP	\$30
SUNDAY, MARCH 20	UNEVEN BARS PULLOVER CLINIC	10:30 AM-12:00 PM	AGES 5 & UP	\$30
SUNDAY, MARCH 27	BACK HANDSPRING CLINIC	9:00-11:00 AM	MUST BE ABLE TO DO BRIDGE AND/OR KICK OVER WITH NO SPOT	\$45
SUNDAY, MARCH 27	CARTWHEEL CLINIC	11:00 AM-1:00 PM	AGES 4 & UP	\$45

TODDLER ADVENTURE OPEN GYM (AGES 6 MONTHS-4 YEARS)

Focuses on fun as youngsters crawl, roll, jump and explore. Children must participate with parent or caregiver.

January 4-April 1
Monday-Friday 9:00-11:00 am

\$10/day
No membership required

CREATIVE/BEGINNER (AGES 3-6)

An introduction to tumbling, gymnastics skills and creative movement. Child must be age listed by September 1. Parents do not stay.

Monday	2:00-3:00 pm	(ages 3-4)
Monday	3:00-4:00 pm	(ages 4-6)
Wednesday	1:00-2:00 pm	(ages 3-4)
Wednesday	2:00-3:00 pm	(ages 3-4)
Thursday	2:00-3:00 pm	(ages 4-5)
Thursday	3:00-4:00 pm	(ages 4-6)
Friday	2:00-3:00 pm	(ages 4-5)
Friday	3:00-4:00 pm	(ages 4-6)

January 4-April 1

Fee: \$260

COMBO GYMNASTICS CLASSES FOR BEGINNER & ADVANCED BEGINNER (AGES 5 & UP)

Levels are separated by ability. Created for parent/student convenience.

Monday	4:00-5:00 pm
Monday	5:00-6:00 pm
Tuesday	4:00-5:00 pm
Tuesday	5:00-6:00 pm
Friday	4:00-5:00 pm

January 4-April 1

Fee: \$260

GYMNASTICS CENTER PARTIES

Birthday parties include one hour of action-packed activities for children ages 2-7 with an instructor and a half-hour in an area for your guests where you provide refreshments. All guests must sign a participation waiver. Party times are offered on Saturdays from 1:00-8:00 pm and on Sundays from 12:00-3:00 pm. Weekday mornings are available between 11:00 am-1:00 pm. Please contact Sally Silverstein.

Members: \$230

Non-members: \$280

Limit 15 children. \$10 each additional child after 15

YOUTH GYMNASTICS

Participants work on the mats, balance beam, parallel and uneven bars, and vaults, grouped according to ability. For class placement questions, please contact Sally Silverstein at 203-857-1139 or ssilverstein@westportymca.org. All gymnasts must wear a leotard.

January 4-April 1

BOYS GYMNASTICS

Beginner (ages 5-11)

Friday 4:00-5:00 pm
Fee: \$260

FUTURE STARS INVITATION ONLY

Designed for children with previous gymnastics experience who demonstrate talent and desire to continue at a more challenging level. Children are evaluated for placement by Family YMCA senior coaching staff.

Tuesday 4:00-5:00 pm
Fee: \$275

TNT HOT SHOTS

By instructor invitation only. 4 hours per week.

Monday & Wednesday 4:00-6:00 pm
Fee: \$655

GYMNASTICS PRIVATES (AGES 6 & UP)

Please contact Sally Silverstein.

Fee: \$80/hour

INTERMEDIATE 2-HOUR CLASS

Thursday 4:00-6:00 pm
Fee: \$410

ADVANCED 2-HOUR CLASS

Wednesday 4:00-6:00 pm
Fee: \$410

PRE-COMPETITIVE GYMNASTICS

4 hours per week. By invitation only.

Tuesday & Thursday 3:50-5:50 pm
Fee: \$740

TEEN TUMBLING 2-HOUR CLASS (GRADES 7 & UP)

Wednesday 6:30-8:30 pm
Fee: \$410

COMPETITIVE GYMNASTICS TEAM

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

Season: September-June

Level III & IV	\$3,750
Level V	\$4,015
Level VI, VII & VIII	\$4,100

SKILL CLINICS

The YMCA Gymnastics Center offers a variety of skill specific clinics for athletes who want to enhance their performance, place extra attention and practice on a specific skill or enjoy more time in the gym.

Membership not required for skill clinics.

CHEER CLINIC (AGES 7-12)

Work on jumps, stunts and tumbling skills.

January 10-February 14

Sunday 3:00-5:00 pm

Fee: \$80

BEAM CLINIC (AGES 5 & UP)

Learn fun mounts and dismounts, scales, poses, walks, cartwheels, handstands walkovers and more while working on both low and high beams.

January 24, February 21, March 20

Sunday 9:00-10:30 am

Fee: \$30/day

PULLOVER/BAR CLINIC (AGES 5 & UP)

Interested in learning a pullover on bars, back hip circle, stride circle and becoming a stronger gymnast? Work on this and more with coaches spotting and shaping one on one to help each child learn and perfect the skills.

January 24, February 21, March 20

Sunday 10:30 am-12:00 pm

Fee: \$30/day

BACK HANDSPRING CLINIC

Emphasis on the back handspring and the roundoff. Work one on one, stations, circuit of drills and progressive skills in this clinic.

January 31, February 28, March 27

Sunday 9:00-11:00 am

Fee: \$45/day

CARTWHEEL CLINIC (AGES 4 & UP)

Learn your cartwheel or just clean them up! One on one and beneficial stations and drills.

January 31, February 28, March 27

Sunday 11:00 am-1:00 pm

Fee: \$45/day

MARTIN LUTHER KING, JR. DAY CAMP (AGES 5 & UP)

Gymnastics, games and a fun art project! Please bring a lunch, snack and drink. No nuts, please, as we are a nut-free gym.

January 18

Monday 11:00 am-3:00 pm

Fee: \$50

GYMNASTICS CAMPS

We are a nut-free gym, so please do not bring nuts.

All campers must have a signed waiver to participate.

Membership not required for camp programs.

FEBRUARY VACATION GYMNASTICS CAMP (AGES 5 & UP)

Includes 2 hours of gymnastics, games and an art project each day. Please bring a snack and drink.

February 15-19

Monday-Friday 12:00-4:00 pm

Fee: \$195/week, \$50/daily drop-in

SUMMER GYMNASTICS CAMP (AGES 5 & UP)

Gymnastics and games in an air-conditioned gym! Family Y buses take the campers and coaches to free-swim in the pool at our Y in Westport. Gymnasts must be able to swim without a flotation device. Drop off is at 145 Main Street, Norwalk, and pick up is at the Westport Weston Family YMCA at 14 Allen Raymond Lane, Westport. Please bring a snack and drink, bathing suit and towel.

Session 1 June 27-July 1

Session 2 July 4-8

Session 3 July 11-15

Session 4 July 18-22

Session 5 July 25-29

Session 6 August 1-5

Session 7 August 8-12

Session 8 August 15-19

Monday-Friday 12:00-4:00 pm

Fee: \$195/week, \$50/daily drop-in

SUMMER GYMNASTICS CAMP FULL DAY OPTION (AGES 5 & UP)

Games, crafts, lots of gymnastics, fun themes for each day and free-swim! Drop off at 145 Main Street, Norwalk. Pick up is at the Westport Weston Family YMCA, 14 Allen Raymond Lane, Westport. YMCA buses take the gymnasts and coaches to the Y for free-swim. Please bring bathing suit, towel, snack, drink and lunch! Sign up early. These full-day camps filled to capacity last summer! Camp fee nonrefundable after May 1.

Session 6 August 1-5

Session 7 August 8-12

Session 8 August 15-19

Monday-Friday 8:45 am-4:00 pm

Fee: \$260

SUMMER FANTASY GYMNASTICS ART PROGRAM (AGES 3-6)

Gymnastics, games and an art project each day. Air-conditioned gym. Please bring a snack and drink. No nuts, please, as we are a nut-free gym. Drop off and pick up is at the Gymnastics Center at 145 Main Street, Norwalk. Age 3 gymnasts must be turning 4 by July 2016 and must be toilet trained completely; no exceptions. No daily drop-in for this program. All gymnasts must register for the 4 days.

Session 1 June 27-30

Session 2 July 4-7

Session 3 July 11-14

Session 4 July 18-21

Session 5 July 25-28

Monday-Thursday 9:00 am-12:00 pm

Fee: \$210

YOUTH, TEEN & FAMILY PROGRAMS

BIRTHDAY PARTIES

We can make your child's next party a day to remember! Call the Y at 203-226-8981 and we will see how we can accommodate you! Party fees are nonrefundable.

POOL PARTIES (AGES 3 & OLDER)

All parties are scheduled for two hours during open swim on Saturdays and Sundays between 1:00-5:00 pm. Parties are limited to 15 swimmers with a maximum of 20 guests. All children 5 years and younger must have an adult with them. Please email Nicole Turechek at nturechek@westporty.org to schedule a party.

Members: \$250
Non-members: \$300
Limit 15 children

ZUMBA/SPORTS/KARATE PARTIES

Offered on Saturday and Sunday afternoons. Ages 7 and up. Please email Sam Kenny at skenny@westporty.org to reserve your party.

Members: \$240
Non-members: \$290
Limit 15 children. \$10 each additional child after 15

GYMNASTICS CENTER PARTIES

Birthday parties in the YMCA Gymnastics Center at 145 Main Street in Norwalk include one hour of action-packed activities for children ages 2-7 with an instructor and a half-hour in an area for your guests where you provide refreshments. All guests must have a signed participation waiver. Available times are offered on Saturdays from 1:00-8:00 pm and Sundays from 12:00-3:00 pm. Weekday mornings are available between 11:00 am-1:00 pm. Please contact Sally Silverstein at ssilverstein@westporty.org.

Members: \$230
Non-members: \$280
Limit 15 children. \$10 each additional child after 15

MUSIC CLASSES & LESSONS

Music with Miss Heidi

(Ages 18 months-4 years with an adult)

Parents, toddlers and preschool children will spend time making music together. Creative movement components develop balance, timing and spatial awareness. Register for Wednesday or Thursday.

January 4-February 28
Members: \$145

Wednesday 10:00-10:45 am
Thursday 10:00-10:45 am

Private Piano & Voice Lessons (Ages 7-Adult)

Piano and voice lessons by appointment in the Music Room at the YMCA. Please contact Heidi List at hlist@westporty.org to schedule your lesson.

Single Lesson - \$50
10 Lesson Pack - \$450

YOUTH & TEEN NIGHTS

Activities include sports, free-swim including the aquatic climbing wall, bingo, football, air hockey, board games and much more! The time for both groups is 7:30-9:30 pm on Saturday nights, giving tweens and teens our YMCA all to themselves! Pre-registration is recommended and can be done in person or online.

Youth (Grades 4-5)	January 9	February 6	March 12
Teen (Grades 6-8)	January 30	February 27	March 19

Saturday 7:30-9:30 pm

Members: \$15
Non-members: \$20



ATHLETICS

WINTER SESSION INFORMATION

Session Dates: January 4-February 28
No Youth Classes: Monday, January 18
Winter Recess: Mon-Sun, February 15-21

ADULT ATHLETICS

VOLLEYBALL

Volleyball is free for YMCA members and open to non-members as well. Dalton Ghetti organizes games and provides instruction.

Recreational Tue 8:30-10:00 pm
Intermediate Thu 8:30-10:00 pm

Member Fee: Free
Non-member Fee: \$10 drop-in

ADULT BASKETBALL

Mon-Fri 5:30-7:30 am Full Court
12:00-2:00 pm Full Court
Sat 7:00-8:30 am Full Court
Sun 7:30-9:00 am Full Court

ADULT/TEEN KARATE

Self-confidence and discipline are learned in this beginner course.

Ages 11+ Tue 7:00-8:00 pm
Member Fee: \$115
Location: Studio A

PICKLEBALL

Fri 9:00-10:30 am Half Court
Sun 9:00-11:00 am Half Court

FENCING

Balance, footwork and blade control are the fundamentals taught in these age appropriate classes.

Ages 5-7 Fri 4:00-4:45 pm
Age 8-10 Fri 5:00-5:45 pm
Age 11-18 Fri 6:00-6:45 pm
Age 18+ Fri 7:00-7:45 pm

Member Fee: \$115
Location: Studio B

Participants are encouraged to purchase equipment for proper fitting.

YOUTH BASKETBALL

Basketball clinics will use the full court of the Gymnasium if there are more than 12 participants.

SHOOTING CLINICS

Drills and skills will focus on shooting off screens and the dribble. Players will get hundreds of shots during each class.

BOYS

Grades 3-5 Mon 4:15-5:30 pm
Grades 6-8 Wed 4:15-5:30 pm

GIRLS

Grades 5-8 Thu 4:15-5:30 pm

Member Fee: \$225
Non-member Fee: \$350

WINTER BASKETBALL SKILLS & DRILLS

A strict focus on skill development for beginners. Each week coaches will expand on the drills. Scrimmages may be introduced by the end of the session.

COED

Grades K-2 Tue 4:15-5:30 pm
Grades 3-5 Sun 9:00-10:15 am
Grades 6-8 Sun 10:15-11:30 am

Member Fee: \$225
Non-member Fee: \$350

FRIDAY FUN BASKETBALL

45 minutes of structured practice followed by 30 minutes of playing simulated games.

COED

Grades 5-8 Fri 4:15-5:30 pm

Member Fee: \$225
Non-member Fee: \$350

GIRLS BASKETBALL GAME DAY

Girls will practice structured skills and drills and will progress into simulated game play throughout the 8 weeks.

Grades 3-5 Sat 10:00-11:15 am

Member Fee: \$225
Non-member Fee: \$350

MEET OUR ATHLETIC DIRECTOR



JAY JARONKO

203-226-8983
jjaronko@westport.org

Jay is the Senior Program Director at the Family YMCA and is currently acting as interim Athletic Director.

Jay has worked for the YMCA for 12 years in athletics, camp, and a variety of youth, teen and family programs.

YOUTH ATHLETICS

Soccer, Lacrosse and Floor Hockey Clinics will use the South Court of the Gymnasium unless otherwise noted.

TINY TOFFEES (SOCCER)

The curriculum develops motor and communication skills, positive group interaction, teamwork and teaches the fundamental of soccer skills.

WITH PARENTS

Ages 3-5 Tue 2:00-3:00 pm
Thu 2:00-3:00 pm

WITHOUT PARENTS

Ages 3-5 Tue 3:00-4:00 pm
Thu 3:00-4:00 pm

Member Fee: \$240
Non-member Fee: \$360

PEE WEE SPORTS

Children will learn the basics in a fun and engaging setting.

Soccer

Ages 3-5 Mon 2:00-3:00 pm
Wed 2:00-3:00 pm

Floor Hockey

Ages 3-5 Mon 3:00-4:00 pm
Wed 3:00-4:00 pm

Member Fee: \$225
Non-member Fee: \$350

KARATE KIDS

Tang Soo Do karate provides the tools that children need to strengthen their spirit, mind & body.

Ages 5-10 Thu 5:00-6:00 pm

Member Fee: \$115
Location: Studio C



Professional Youth Coaches

All youth clinics this winter will be taught by professional coaches. Basketball will be taught by CT Premier Hoops Development (ctphd.com). Floor Hockey and Lacrosse will be taught by Straton Sports (stratonsports.com). Soccer will be taught by Everton America (evertonamericact.com).

WELLNESS

Located on the lower level and with expansive floor-to-ceiling views, the 5,600 sq. ft. **Robin Tauck Wellness Center** includes a wide variety of strength and cardiovascular equipment as well as a stretching area for flexibility and functional exercises.

Also on our lower level are three studios used for Group Fitness. Upstairs on the main level you'll find our Cycle Studio, a bright, high-ceilinged space equipped with 23 Keiser M3+ Indoor Cycles, all fully adjustable and "wired."

WELLNESS CENTER EQUIPMENT ORIENTATION

Not sure how to use the machines? No problem! Our YMCA Wellness Coaches will show you how, and how you can best track your progress. Sign up for a one-hour appointment at the Wellness Center or call 203-226-8981.

WELLNESS CENTER YOUTH/TEEN POLICY

Teens ages 14-17 are permitted to use the Wellness Center. This age group is strongly encouraged to take advantage of a complimentary Wellness Center Orientation to learn proper technique and operation of equipment.

Youth ages 10-13 are not permitted in the Wellness Center without having completed a Fit Family Orientation and having direct supervision from a parent/guardian at all times. At select peak times, youth ages 10-13 are not permitted in the Wellness Center.

Please stop by the Wellness Center or call 203-226-8981 for more information.

FITSTART

FitSTART is a complimentary 6-week program for Y members ages 16 and up, centered on nutrition, strength training, cardiovascular health and stress management. A full-body strength equipment orientation is included and performed on the first of the six appointments. After that, you'll meet with us once per week, by appointment to learn different tasks you'll complete between appointments to improve your health. Additionally, our powerful LF Connect software will allow you to connect with our Wellness Coach team, and them to connect with you. Sign up at the Wellness Center!

FIT FAMILY PROGRAM

Youth ages 10-13 must complete 1 or 2 orientations depending on age. Youth ages 10-11 will be instructed by a Family YMCA Wellness Coach on usage of **only** the cardio equipment in 1 appointment. Youth ages 12-13 will be trained on both the cardio and strength training equipment in two separate appointments. Parents or legal guardians are also given the orientation alongside their children. Upon completion of the program, youth are permitted to use the Wellness Center's specific areas with direct supervision from a parent or guardian at all times.

MEET OUR HEALTH & WELLNESS DIRECTOR



ALEXEI BACHURETZ, CSCS

203-226-8981 x109
abachuretz@westport.org

Alexei Bachuretz joined the Family YMCA team in April 2014. His Y career began eight years ago at the Greater Waterbury YMCA as a Certified Strength and Conditioning Specialist. He joins us from the Northwestern CT YMCA as the former Wellness & Aquatics Director.



TRIATHLON CLUB

Swim, bike, and run your way to the best shape of your life! Our progressive plans allow you to train on your schedule for your first or next triathlon! No previous experience is needed.

January 4-October 31

Members: \$199

Non-members: \$299

PERSONAL TRAINING

Working with a Personal Trainer allows you to receive workouts personalized to your body, your goals, on your time.

- 1 sessions (60 minutes) – \$80 per session
- 10 sessions (60 minutes) – \$70 per session
- 1 session (30 minutes) – \$50 per session
- 10 sessions (30 minutes) – \$40 per session

Share the cost! Bring a friend or two and keep your training personal at the same time! Discounted rates are available for two-on-one or three-on-one personal training sessions.

SMALL GROUP TRAINING

Small-group training presents an exciting opportunity for you to experience the motivation, knowledge and creativity of a Certified Personal Trainer/Certified Group Fitness Instructor while lowering the financial impact. SGT offers more personal attention, greater accountability and measurable results! Each SGT group receives programs designed to target your goals, basic nutritional guidance, pre/post-test assessments to measure your progress and weekly challenges to keep you motivated!

Choose from any one of the following SGT programs:

BodyShock /TRX /Osteoporosis/Pilates Barre/Kettlebell

January 4-February 28

Minimum 4 persons, maximum 8 persons.

Flexible payment options. Please contact Alexei Bachuretz or Shelly Goldman for more information.

YOUTH TRAINING

Small Group-Training programs, designed for youth ages 9-13, led by Certified Personal Trainers in the Wellness Center.

YOUTH FITNESS TRAINING

A Certified Personal Trainer will guide the student through a variety of cardio, strength and flexibility exercises in an easy to understand format. This class is appropriate for those who are budding athletes or who are simply looking for a fun activity to kickstart life-long healthy habits.

January 5-February 24

Wednesday 4:00-5:00 pm

Members: \$149



REGENERATE PROGRAM FOR CANCER SURVIVORS

The Family YMCA, in conjunction with Norwalk Hospital's Whittingham Cancer Center, have partnered to offer a safe, fun and effective fitness program developed specifically for cancer survivors. Throughout the 8-week program, participants meet in small groups to improve functional mobility, cardiovascular health, flexibility, endurance, and strength while learning effective relaxation techniques to reduce cancer therapy side effects. The program is taught by Certified Cancer Exercise Specialists. A complimentary 12-week YMCA membership is included. Please note: Direct referral from The Whittingham Cancer Center is required.

CARDIAC REHAB PROGRAM

St. Vincent's Hospital is partnering with the Family YMCA to offer a Phase 3 Cardiac Rehab Program. This 12-week program will allow cardiac patients who have completed their Phase 2 program to continue with their exercise in a medically supervised and monitored program.

CARDIO FOR LIFE PROGRAM

Want to experience Personal Training for your cardio goals at a fraction of the cost? Using our LF Connect software, you can! A Certified Personal Trainer will send you a comprehensive, progressive and complete cardio plan and even show you all your results along the way. Plans progress over an 8-week period to YOUR goals!

Members: \$99

SPORTS STRENGTH & CONDITIONING

Designed for middle school athletes who are looking to improve their game, develop strength and cardiovascular endurance, increase flexibility and prevent injuries.

January 5-February 26

Tuesday and Friday 4:00-5:00 pm

Members: \$299

"IN SHAPE" FOR YOUTH/TEENS WITH SPECIAL NEEDS

This limited-size class will give those with special needs the opportunity to have fun and learn to work out safely and properly with a Certified Personal Trainer.

January 7-February 25

Thursday 4:00-5:00 pm

Members: \$149

GROUP FITNESS

Your Family YMCA membership includes access to more than 100 Group Fitness classes offered throughout the week. Please visit westporty.org for our complete Group Fitness schedule and class descriptions.

Classes available first-come, first-served. Please note studio capacities:

Studio A: 15 persons	Studio B: 15 persons
Studio A/B: 30 persons	Studio C: 22 persons

MEET OUR GROUP FITNESS COORDINATOR

SHELLY GOLDMAN

203-226-8981 x124
sgoldman@westporty.org



Shelly has been a Certified Fitness instructor at the Family YMCA since 2003. As Group Fitness Coordinator, Shelly is primarily responsible for staffing, scheduling, assessing, administering, developing and promoting the group fitness classes and instructors.

CYCLING

Our Cycle Studio features 23 Keiser M3+ Indoor Cycles. Monitor your heart rate (Polar compatible), pedal time, gear setting, odometer, revolutions per minute, and even your power output in watts, right on the bike! The bikes also feature adjustable Shimano combo pedals, water bottle holders and a four-way adjustable seat position.

Indoor cycling classes are designed for people of all abilities, ages 16 and up. Indoor cycling improves cardiovascular fitness, leg strength and endurance.



CARDIO, STRENGTH, ENERGY

Studios A & B provide a motivating atmosphere for getting the best from yourself! Let our Certified Group Fitness Instructors push you toward your goals by building your cardio endurance, strength and energy in a variety of class formats, from Body Shock to Zumba.



SPIRIT, MIND, BODY

Choose among many Yoga, Meditation, Pilates and Y-Method classes, which take place daily in Studio C. Our experienced, professional and caring instructors will motivate, encourage and help you to improve your quality of life.

LIGHT & LOW SERIES

Enjoy all the same classes with less impact; gentle yet challenging. Perfect for beginners, seniors or less-conditioned participants.

YOUTH GROUP FITNESS

Inclusive Group Fitness classes designed for youth ages 6-15.
Please contact Shelly Goldman for more information.

CARDIO KIDS

A challenging, full-body workout that strengthens your entire body. Modifications will be offered to accommodate all fitness levels.

January 7-February 25
Thursday 4:00-5:00 pm

Members: \$159
Non-members: \$215

YOGA FOR KIDS

This yoga class is meant for kids of all abilities. Learn about yoga poses and how they can help make you stronger and feel great.

January 6-February 24
Friday 4:00-5:00 pm

Members: \$159
Non-members: \$215

ZUMBA® KIDS

Kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

January 4-February 22
Monday 4:00-5:00 pm

Members: \$159
Non-members: \$215

YOUTH GROUP FITNESS PUNCH PASS

Mix it up with our Punch Pass! Choose any combination of 10 Youth Group Fitness classes. All 10 classes must be attended before the end of each session.

January 4-February 26

Members: \$249
Non-members: \$339



SENIOR FRIDAYS

Fridays are for Seniors at the YMCA! We invite you to join fellow active older adults in our gymnasium every Friday for Pickleball and one of our A.O.A Group Fitness classes. Following these activities, please join us in the Schine Meeting Room for a social hour that includes lectures, talks, book clubs and games! Participants are invited to bring lunch. Simply Delicious, which operates our Member Cafe, offers Senior Friday participants 10% off all food and drink purchases between 10 am and 1 pm on Fridays.

9:00-10:30 am – Pickleball – Gymnasium
10:45-11:30 am – Active Older Adult Class – Gymnasium
11:30 am-1:00 pm – Senior Social – Schine Meeting Room



GROUP FITNESS PARTIES

Two hours of celebrating your happy event. First hour includes a private group fitness class of your choice. Choose Zumba, Yoga, GLOW Cycle or another Group Fitness class. Second hour is in our party room. Parties supply their own food, paper goods, and decorations. Contact Shelly Goldman for availability.

Members \$220
Non-Members \$260

THE WESTPORT WESTON FAMILY YMCA'S ANNUAL CAMPAIGN

Together, We Can Do So Much More!

You know the Westport Weston Family YMCA through swimming lessons, camp, gymnastics and fitness classes. The Y is much more – serving as a resource for local individuals and families in need. Those with financial constraints are supported by the Y through scholarships and financial assistance. Our YMCA also collaborates with community social services organizations to extend the benefits of Family YMCA membership and programming to all segments of the community.

The Family YMCA is a nonprofit charitable organization 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 to help us to fulfill our obligations in the community.

The Family YMCA's Annual Campaign allows our Y to provide camp scholarships, free or subsidized memberships and other financial assistance to local families and individuals in need. In our community, the Family YMCA made the following impacts on lives in 2014:

Family YMCA Members Receiving Financial Assistance or Scholarship Aid:	892
Amount of Direct Financial Assistance and Subsidies:	\$168,000
Community Outreach and Indirect Support of Nonprofit Partners:	\$281,000
2014 Total Community Support:	\$449,000

Demonstrate your belief in the mission of the Westport Weston Family YMCA and your desire to share your resources in a manner that benefits the larger community by contributing to our annual fundraising effort. Stop by the YMCA's Welcome Center to pick up a pledge form or drop off your check. To make a safe, secure online donation, please visit westporty.org and click on the Giving tab.

Pat Riemersma, CEO, is happy to answer any questions you may have about the YMCA's Annual Campaign. She can be reached at 203-226-8985 or priemersma@westporty.org.

