

Summer 2009 Family Y Calendar

May 2009

May 11 Summer Registration
Begins at 8:00a

May 25 Family Y Closed (Memorial Day)

June 2009

Jun 20 Summer Hours of Operation Begin

Jun 21 Spring Session Ends

Jun 22 Camp and Summer Sessions Begin

July 2009

Jul 4 Family Y Closed
(Independence Day)

Jul 12 Summer Sundays begin at
Mahackeno Outdoor Center

Jul 18 31st Point to Point Swim

August 2009

Aug 10 Fall Registration
Begins at 8:00a

Aug 16 Last Day of Summer Session
Last day of Summer Sundays at
Mahackeno Outdoor Center

Aug 17-21 . . Special Events Week
Camp Mahackeno

September 2009

Sep 7 Family Y Closed (Labor Day)

Sep 8 Fall Session Begins

Spring/Fall Hours

Mon–Fri 5:30a–10:00p

Saturday 7:30a–7:30p

Sunday 8:30a–5:00p

Summer Hours

(Jun 22–Aug 30)

Mon–Fri 5:30a–9:30p

Saturday 7:30a–5:30p

Sunday 7:30a–1:00p

SUMMER 2009 GROUP FITNESS/SPINNING SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zumba 8:30-9:30a Emm Studio	Spin 5:40-6:40a Clay		Spin 5:40-6:40a Steve		Spin 8:15-9:15a Amelie	
Spin 9:00-10:00a Dave	Hatha Yoga 8:15-9:30a Leslie Bresslin Room	Spin 8:30-9:15a Dave	Taiji Shen Gong 8:30-9:30a Mark Studio		Zumba 8:30-9:30a Emm Studio	Spin 9:15-10:15a Patty
Step 9:30-10:30a Emm Studio	Stretch, Strength, Relax 9:00-10:00a Shelley Bedford Room	Dance Fusion 8:30-9:30a Gayle Studio	Spin 9:00-10:00a Judy	Dance Fusion 8:30-9:30a Gayle Studio	Pilates Mat 9:30-10:30a Jane Studio	Zumba 9:30 - 10:30 a Diane Studio
+Feldenkrais 9:30-10:30a Leigh Bresslin Rm	Zumba 9:30-10:30a Emm Studio	Two for One 9:30-10:30a Shelley/Judy Studio/Upper Gym	Half & Half 9:00-10:00a Shelley Bedford Room	Body Sculpt 9:15-10:00a Shelley Bedford Room	Vinyasa Yoga 11:00 - 12:00 Cheryl Board Room	
Body Sculpt 10:15-11:00a Judy Upper Gym	Pilates Mix 10:00-11:00a Pam Bedford Room	Hatha Yoga 10:30a-12:00n Leslie Bresslin Room	Cardio Bosu/Step 9:30-10:30a Jill F. Studio	Step 9:30-10:30a Emm Studio		
FFAA/ Pilates 11:00a-12:00p Pam Studio	15 Minute Abs/Core Strength 10:15-10:30a Stretch Room	FFAA/ Zumba Gold 11:00a-12:00p Emm Studio	Pilates Mat 10:00-11:00a Cristina Upper Gym	Anusara Yoga 10:00-11:00a Shelley Bedford Room		Pilates Mix 10:30-11:30a Pam Studio
	Ballet Barre Workout 10:45a-12:00p Lisa Bedford Room	Bosu Bars and Balls 12:00-12:45p Lory Studio	15 Minute Abs/Core Strength 10:15-10:30a Stretch Room	FFAA Cardio/Yoga 11:00a-12:00p Shelley Studio		Yoga 11:30a-12:30p Nancy Studio
	Kickbox Express 12:00-12:45p Shelley Studio				Chakra Breath Meditation 12:00a-1:15p Pam Board Room	
Yoga For All 5:00-6:00p Maria Board Room		Zumba 6:00-7:00p Jill Studio		Gentle Yoga with Meditation 6:00- 7:15 p Maria Board Room		
Step & Sculpt 6:00-7:00p Jill F. Studio	Pilates Mat 6:00-7:00p Pam Bedford Room	Spin 6:30-7:30p Amelie	Pilates Mix 6:00-7:00p Pam Studio			
	Kripalu Yoga 7:00-8:15p Greg Board Room		Yoga 7:00-8:15p Tina Board Room			
	Spin 7:15-8:00p Shelley G.					

*Starts Nov 1. Call the Family Y for more information (226-8981 x198) or email Shelley Moll (smoll@westportny.org) with questions about Group Fitness. Class schedule subject to change. Check bulletin board outside Aerobic Studio.

SUMMER 2009 RECREATIONAL SWIM SCHEDULES 6/22 - 8/16



- BROPHY POOL -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult 5:35-7:30a Adult Therapeutic 12:30-1:30p Parent/Tot 1:30-2:00p Adult Therapeutic 5:30-6:30p All Ages 6:30-8:30p Adult 8:30-9:30p	Adult 5:35-7:30a Adult Therapeutic 12:30-1:30p Parent/Tot 1:30-2:00p All Ages 6:30-8:30p Adult 8:30-9:30p	Adult 5:35-7:30a Adult Therapeutic 12:30-1:30p All Ages 2:15-3:30p Adult Therapeutic 5:30-6:30p All Ages 6:30-8:30p Adult 8:30-9:30p	Adult 5:35-7:30a Adult Therapeutic 12:30-1:30p All Ages 1:30-3:30p All Ages 7:00-8:30p Adult 8:30-9:30p	Adult 5:35-7:30a Adult Therapeutic 12:30-1:30p All Ages 1:30-3:30p Adult Therapeutic 5:30-6:30p All Ages 6:30-8:30p Adult 8:30-9:30p	Adult 7:30-8:30a Adult Therapeutic 12:00-1:00p All Ages 1:00-5:30p	Adult 7:30-8:30a

- STAUFFER POOL -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap 5:35-9:00a Adult Lap 10:00-2:15p All Ages 2:15 - 3:45p Adult Lap/Master 5:30-9:30p*	Adult Lap 5:35-8:30a Adult Lap 10:00-2:15p All Ages 2:15 - 3:45p Adult Lap/Master 5:30-9:30p*	Adult Lap 5:35-9:00a Adult Lap 10:00-2:15p All Ages 2:15 - 3:45p Adult Lap/Master 5:30-9:30p*	Adult Lap 5:35-8:30a Adult Lap 10:00-2:15p All Ages 2:15 - 3:45p Adult Lap/Master 5:30-9:30p*	Adult Lap 5:35-8:30a Adult Lap 10:00-2:15p All Ages 2:15 - 3:45p Adult Lap 5:30-7:00p** All Ages 7:00-9:30p	AdultLap 12:00-1:30p+ All Ages 1:30-4:30p Adult Lap 4:30-5:30p	Adult Lap 7:30-10:30a All Ages Rec 10:30-1:00p

*Masters use 4 lanes till 7:45 -9:30p **AquaFit uses 2 lanes 6:00-7:30p +Masters use 4 lanes 12:00-12:30p

- STAUFFER SHALLOWS -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult 5:35-6:45a Adult 8:45-12:30p All Ages 2:45-4:00p Adult 5:30 - 6:15p All Ages 7:30-9:30p	Adult 5:35-6:45a Adult 8:45-12:30p All Ages 2:45-4:00p Adult 4:00 - 5:30p All Ages 7:00-9:30p	Adult 5:35-6:45a Adult 8:45-12:30p All Ages 2:15-4:00p Adult 5:30 - 6:15p All Ages 7:30-9:30p	Adult 5:35-6:45a Adult 8:45-12:30p All Ages 2:15-4:00p Adult 4:00 - 5:30p All Ages 7:00-9:30p	Adult 5:35-6:45a Adult 8:45-12:30p All Ages 2:15-4:00p Adult 4:00 - 5:30p All Ages 5:30-9:30	All Ages 12:15-4:30p Adult 4:30-5:30p	Adult 7:30-9:15a All Ages 10:15a-1:00p

SUMMER 2009 AQUA FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 6:45–7:45a Patty	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Dave	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Patty		
Arthritis 8:45–9:45a Brophy Pool Ruth		Arthritis 8:45–9:45a Brophy Pool Ruth		Arthritis 8:45–9:45a Brophy Pool Ruth		
Aqua Fitness 9:00–10:00a Carla	Aqua Fitness 9:00–10:00a Shelly	Aqua Fitness 9:00–10:00a Debbie	Aqua Fitness 9:00–10:00a Hildy	Aqua Fitness 9:00–10:00a Amelie		Aqua Fitness 9:15–10:15a Shelly & Debbie
	VIP/PrePost Natal* 10:15–11:00a Shelly		VIP/PrePost Natal* 10:15–11:00a Hildy			
	Senior Aqua Fitness 11:00–12:00n Brophy Pool Ruth		Senior Aqua Fitness 11:00–12:00n Brophy Pool Ruth			
Aqua Fitness 6:15–7:15p Patty		Aqua Fitness 6:15–7:15p Patty		Aqua Deep Jog/Run 6:00–7:00p Shelly		

Call the Family Y for more information (226-8981 x165) or email Patty Kondub (pkondub@westporty.org) with questions.

*Requires additional program fee.

SUMMER 2009 LOWER GYMNASIUM SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 6:00–8:00a	Open 6:00–7:30a	Open 6:00–8:30a	Open 6:00–7:30a	Open 6:00–7:30a	Open 7:00–11:00a	
Hafaday 8:00–12:30p	Swim Team 7:30–8:30a	Hafaday 8:30–12:30p	Swim Team 7:30–8:30a	Swim Team 7:30–8:30a	STAR & CLASP 11:00–12:00n	Adult B-Ball 8:00–11:30a
Adult B-Ball 12:30–1:30p	Hafaday 8:30–12:30p	Adult B-Ball 12:30–1:30p	Hafaday 8:30–12:30p	Hafaday 8:30–12:30p	STAR & CLASP 12:00–1:00p	Youth B-Ball 11:30–1:00p
Open 1:30–3:00p	Adult B-Ball 12:30–1:30p	Open 1:30–3:00p	Adult B-Ball 12:30–1:30p	Adult B-Ball 12:30–1:30p	Adult B-Ball 1:00–1:30p	
Child Care 3:00–4:00p	Open 1:30–3:00p	Child Care 3:00–4:00p	Open 1:30–3:00p	Open 1:30–3:00p	Adult B-Ball 1:30–2:30p	
Open 4:00–6:00p	Child Care 3:00–4:00p	Fencing 4:00–6:00p	Child Care 3:00–4:00p	Child Care 3:00–4:00p	Open 2:30–5:30p	
Gymtensity 6:00–8:00p	Open 4:00–7:00p	Open 6:00–9:30p	Open 4:00–7:00p	Open 4:00–9:30p		
Adult B-Ball 8:00–9:30p	Volleyball 7:00–9:30p		Volleyball 7:00–9:30p			

Call the Family Y for more information (226-8981 x165) or email Sally Silverstein (ssilverstein@westport.org) with questions.

* June 9 - July 3 Basketball Camp Mon - Fir 9:00 -12:00p

SUMMER 2009 UPPER GYMNASIUM SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 6:00–10:00a	Open 6:00–8:00a	Open 6:00–9:00a	Open 6:00–9:00a	Open 6:00a–9:00a		
Body Sculpt 10:15–11:00a	Open 8:00–9:00a	Group Exercise 9:30–10:30a			Open 7:30–9:00a	
	Group Exercise 9:00–10:00a	Three Four Academy 10:30–11:30 a	Group Exercise 9:00–11:00a	Group Exercise 9:15–11:00a	Soccer Class 9:00–10:00 a	Open 8:00–1:00p
	Drums Alive 10:30a–11:15a	Open 11:30a–6:00p	Open 11:00–12:00n	Open 11:00–3:00p	T Ball Class 10:00–11:00a	
Open 11:00–6:00p	Gymtensity 11:15–1:00p		Badminton 12:00–3:00p	Child Care 3:00–4:00p	Open 11:00–12:30p	
	Y's Men 1:00–4:00p	Gymtensity 6:00–8:30p		Open 4:00–6:00p	Badminton 12:30–2:00p	
Badminton 6:00–8:00p				Gymtensity 6:00–8:30p		
Open 8:00–9:30p	Open 4:00–5:00p	Open 8:30–9:30p	Open 3:00–5:00p	Open 8:30–9:30p	Open 3:00–5:30p	
	In Shape 5:00–6:00p					
	Open 6:00–7:00p		Parkoor 5:00–6:00p			
	Fencing 7:00–8:00p		Open 6:00–9:30p			
	Open 8:00–9:30p					

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