

the



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Keene Family YMCA Fall 2019 Program Guide

**Session I:  
Sept 3–  
October 27**

Registration opens  
Members: August 5  
Community: August 12

**Session II:  
October 28 –  
December 22**

Registration opens  
Members: October 7  
Community: October 14

**FALL**  
into  
fitness



# 7th Annual Fall Foliage 5k and Family Fun Run

Join your friends and neighbors at the Y's annual Fall Foliage 5K!

Our unique, off-the-beaten-path race takes runners through both the suburban and wooded Keene landscape.

Enjoy the beauty of a Monadnock Region autumn day as you run a dynamic course, half on the road and half on idyllic trails shaded by foliage. Race starts and finishes right here at the Y.

Our Family 1-Mile Fun Run starts at 11:00 am!

## Details:

**Date:** October 5, 2019

**Time:** 10:00 am—5k  
11:00 am—Family Fun Run

**Location:** Keene Family YMCA

**Cost:** \$20 Members and \$25 Non Members  
\$10 per family for Family Fun Run

First 100 entries receive a race long sleeve T-shirt

**Questions?** Contact Peter Sebert, Healthy Lifestyles Director, 603.283.5257



**Register online now! -**  
<https://www.runreg.com/fall-foliage-5k>

# YOUR Y COMMUNITY

## OUR VISION

A community where everyone is welcome and thriving.

## OUR MISSION

We serve all people through programs and services that build spirit, mind and body with a focus on Youth Development, Healthy Living and Social Responsibility.

## OUR VALUES

We promote four core values of respect, responsibility, honesty, and caring in all the work we do at the Y.



## OUR PARTNERS

We are proud to work with our community partners.

- American Association of Retired Persons (AARP)
- Antioch University
- Big Brothers Big Sisters of Western New Hampshire
- Brattleboro Retreat
- Cedarcrest Center for Children with Disabilities
- Cheshire Medical Center
- Chesco, Inc
- Childcare Aware, New Hampshire
- City of Keene
- Community House
- Community Kitchen
- Community Resources for Justice
- Families First
- HCRS
- Healthy Monadnock 2020
- Hilltop Recovery
- Inspire School
- Keene High School
- Keene Housing – Kids Collaborative Program
- Keene Senior Center
- Keene State College
- Mayhew
- Monadnock Alcohol and Drug Abuse Coalition
- Monadnock Area Climbing Coalition
- Monadnock Center for Violence Prevention
- Monadnock Conservancy
- Monadnock Developmental Services
- Monadnock Family Services
- Monadnock Waldorf School
- Phoenix House
- SAU 29
- Takodah YMCA
- The Woodward
- Wediko Children’s Services
- Westgate Teen Program
- Winchester ACCESS

# YOUR Y MEMBERSHIP

## YOUR YMCA MEMBERSHIP SERVICES

### Hours of Operation

Monday-Friday 5am - 9pm  
 Saturday 6am - 6pm  
 Sunday 8am - 5pm

The pool closes 15 minutes before the facility closes. As the building closes promptly at the stated time, please leave time at the end of your workout or swim for locker room usage. **On New Year's Day, Easter, Memorial Day, July 4th, Labor Day, and Thanksgiving the Y's hours are 8am to noon. On Christmas Eve and New Year's Eve the Y closes at 2pm. The Y is closed on Christmas Day.**

### Free Member Wellness Orientations

We are so glad you've decided to join our healthy community and we want to make sure you get the most out of your membership! We offer Member Wellness Orientations for members, both new *and* current, to help everyone get started on the journey to a healthier you.

Meet with a Y trainer, talk about your goals, and map out your Fitness Plan today!

Visit the Welcome Center or call 603.352.6002 to schedule your session.

### Child Watch Ages 4 mos- 10 yrs

Your workout should be stress-free. To make this easy for you, we offer Child Watch—a free babysitting service where your child can have fun at the Y while you enjoy exercising in the facility! The space is filled with stories, puzzles, blocks, board games, and calm activities, all supervised by caring, attentive staff. If you have a child 6-10 years old who wants a more active experience, we offer PRIMETIME.

Child Watch is FREE to family members and available for \$3 to other members and guests. Check-in with the Welcome Center for your Child Watch pass.

Monday-Friday 8:45am- 1:30pm  
 Monday-Thursday 3:45pm- 7:00pm  
 Saturday 8:45am- 12:30pm  
 Sunday 9:00am- 12:00pm



## PRIMETIME

### Ages 6-10 yrs

Your child needs physical activity and healthy options just like you. They find them in the Y's free PRIMETIME program. You have a stress-free workout while your child engages in supervised age-appropriate activities.

PRIMETIME is FREE to Y family members and available for \$3 to other members and guests. Check-in with the Welcome Center for your pass.

Children under 11 years old must be signed into the program, which is held in the basketball court. Children not picked up by the program closure will be transferred to Child Watch.

Monday-Thursday 4-6:30pm

### 2019 Membership Rates (subject to change)

Category	Fee	
	Monthly	Annual
Youth (12 & Under)	\$16.50	\$198
Teen (13-18)	\$28	\$336
Young Adult (19-29)	\$34.75	\$417
Adult (30+)	\$50.50	\$606
Adult Couple (30+)	\$75.75	\$909
Single Parent Family	\$66.50	\$798
Family	\$83	\$996



# PROGRAM INFORMATION

## Program Sessions, Dates, & Registration

		Registration Opens	
		Member	Community
Fall I	9/3-10/27	8/5/2019	8/12/2019
Fall II	10/28-12/22	10/7/2019	10/14/2019
Winter	1/5/20-2/29/20	12/2/2019	12/9/2019

## PROGRAM INFORMATION AND POLICIES

### Program Registration

You can register online anytime during your designated registration period. You must have a billing method and email address on file to register online. Please speak with a Welcome Center representative if you have any questions

#### Register

- by phone with a credit card 603.352.6002
- in person at the Y Welcome Center

Payment is due in-full at the time of registration. No exceptions. Spots will not be held without payment. Classes will not be pro-rated for late enrollment. We may be able to accommodate late registration if space is available, but the full program fee will be charged. Program Registration is on a first-come, first-served basis.

### Procedures and Refund Policy

#### Switching Classes

If you wish to change classes prior to the first class, please contact the Welcome Center. After classes have started, only the program director may process class moves. If for any reason a program is not suitable for you or your child, please see your instructor or program director. Participants are responsible for any fee difference between programs and this must be paid at the time of the class switch.

#### Program Refunds/Credits

If after the first class, you would like to withdraw, you will be issued a system credit that can only be used towards another program at the Y. If you have attended the first class your credit will be prorated accordingly. The one exception to this policy is in the case of injury or illness that prevents you from completing the class. A doctor's note will be required. Please speak to the program director if you have questions.

#### Program Cancellations

If the Y cancels a program after you register you are entitled to your choice of a system credit or refund.

#### Class Cancellations

If the Y cancels an individual class due to weather or other unplanned conflicts, every effort will be made by the program director to schedule a makeup class. Please be aware that make up classes may not be scheduled on the same day or time as your original class. There are no refunds or credits for cancelled classes.

#### Program Drop-off and Pick-up

Children under 11 years old must be dropped off and picked up by an adult from class at the designated beginning and end time. We value this time to communicate with our Y families and continuous supervision provides the safest possible environment for your child. Please be on time for programs to ensure your child has the proper warm-up to prevent injury and/or receives instructions to complete the day's objectives.

#### Parent Involvement in Programs

Parents are always welcome to observe their children in programs and encouraged to communicate with instructors and program directors at the beginnings and ends of classes. We discourage "coaching" from the sidelines, as such behavior can be distracting to both your child's and other participants' learning.

## Staff Directory

**Alicia Bedaw**  
mapleave@keene-ymca.org  
**Debby Ellison**  
dellison@keene-ymca.org  
**Ashley Engelbrecht**  
aengelbrecht@keene-ymca.org  
**Kelly Fleurette**  
kfleurette@keene-ymca.org  
**Jocelyn Frain**  
jfrain@keene-ymca.org  
**Katie Gregory**  
kgregory@keene-ymca.org  
**Sara Johnson**  
sjohnson@keene-ymca.org  
**Dan Kolasienski**  
dkolasienski@keene-ymca.org

**Maple Avenue Site Director**  
603-313-2719  
**Financial Assistance/Camp Registrar**  
603-283-5254  
**School Age and Camp Director**  
603-283-5241  
**Childcare Services Director**  
603-283-5240  
**Member Services Director**  
603-283-5260  
**Children's Learning Center Director**  
603-283-5242  
**Gymnastics Coordinator**  
603-283-5252  
**Facilities Manager**  
603-283-5263

**Tammie Patnode**  
tpatnode@keene-ymca.org  
**Menachi Pillai**  
mpillai@keene-ymca.org  
**Cindy Puza**  
cpuza@keene-ymca.org  
**Peter Sebert**  
psebert@keene-ymca.org  
**Daniel Smith**  
dsmith@keene-ymca.org  
**Mariah Smith**  
preschoolatjd@keene-ymca.org  
**Renee Woliver**  
rwoliver@keene-ymca.org

**Finance & Human Resources Director**  
603-283-5255  
**Aquatics Director**  
603.283.5249  
**Administrative Assistant**  
603-283-5264  
**Healthy Lifestyles Director**  
603-283-5257  
**CEO**  
603-283-5251  
**Jonathan Daniels Site Director**  
603-313-1750  
**Marketing Director**  
603-283-5580

# SWIM LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	<b>A - WATER DISCOVERY: Safety Around Water</b>
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	<b>B - WATER EXPLORATION</b>
Will the student go underwater voluntarily?	NOT YET	<b>1 - WATER ACCLIMATION</b>
Can the student do a front and back float on their own?	NOT YET	<b>2 - WATER MOVEMENT</b>
Can the student swim 10–15 yards on their front and back?	NOT YET	<b>3 - WATER STAMINA</b>
Can the student swim 15 yards of front and back crawl?	NOT YET	<b>4 - STROKE INTRODUCTION</b>
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	<b>5 - STROKE DEVELOPMENT</b>
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	<b>6 - STROKE MECHANICS</b>

\*At the Y, we know families take many forms. Thus, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# AQUATICS

## Child/Parent Swim Lessons

*These classes all require an adult to participate with the child.*

### Water Discovery:

#### Safety Around Water

**Ages 6 - 18 mos**

Get ready to swim with your baby or toddler! Enjoy special time with your little one as your child becomes acclimated to the water. Learn about water safety and what you as a parent can do to protect them, all while playing games and singing songs!

#### AquaTots Swim

**Ages 18 - 36 mos**

Blowing bubbles and splashing around are the foundation to water fun. Let our qualified instructors guide you on how to encourage and supervise your child in the water as your AquaTot works towards independent motion. Basic swimming skills are introduced through fun activities and songs.

#### Water Acclimation

**Ages 3 - 5 yrs**

If your child needs a little confidence-building in the water and isn't quite ready to make that big jump alone—it's OK! This class is for both of you. Water Acclimation With Parent allows you to accompany your child in the water to help ensure your child's comfort in a class setting.

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## Youth Swim Lessons

### 1 — Water Acclimation

**Ages 3 - 5 & 6 - 12**

It's great that your child is ready to learn to swim! This class introduces basic strokes, increases comfort with underwater exploration, and helps swimmers with developing basic water safety skills. The class lays the foundation allowing for a student's further progress in swimming.

### 2 — Water Movement

**Ages 3 - 5 & 6 - 12**

It's time to take swimming to the next level! In this class, swimmers focus on body position and control, directional change, and forward movement in the water while continuing to practice basic self-rescue skills.

### 3 — Water Stamina

**Ages 3 - 5 & 6 - 12**

Swimmers develop stamina across longer distances while developing intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action.

### 4 — Stroke Introductions

**Ages 3 - 5 & 6 - 12**

Swimmers develop stroke technique in front crawl and back crawl. The class focuses on refining rotary breathing and introduces components of advanced strokes.

### 5 — Stroke Development

**Ages 6 - 12**

Here, swimmers refine their front crawl while learning breaststroke and butterfly basics. Swimmers gain familiarity with all competitive strokes and strengthen their advanced water safety skills through treading water and sidestroke.

## 6— Stroke Mechanics

**Ages 6 - 12**

Swimmers at this level refine technique on all major competitive strokes. They learn how to incorporate swimming into a healthy lifestyle through guided workout sessions and targeted stroke development clinics.

## Youth Coached Programs

### Jr. Dolphins

**Ages 7 - 10**

Prerequisite: The swimmer can complete the following actions continuously: swim the full length of the lap pool without assistance, use the ladder to get out of the pool, jump into the deep end from the pool deck, and tread water for 60 seconds. Swimmer must be able to demonstrate a passable front crawl and backstroke.

### Swim Club

**Ages 9 - 14**

For the child who loves to swim but doesn't want to compete. Come learn the 4 competitive strokes as well as, water volleyball, water polo, and so much more! Prerequisites: Must have passed the swim test, have a strong front and back crawl, and be able to tread water continuously for 2 minutes.

## Adult Swim Lessons

### Beginner

It's never too late to learn to swim! For new swimmers, this program focuses on water acclimation, being comfortable with submersion, and basic stroke development.

### Advanced Beginner

Looking to increase your skills in the water? This class is geared towards solidifying basic swim strokes, water safety, and developing stroke efficiency and mechanics. You should be able to swim at least half the length of the pool and be comfortable going under water prior to starting this class.

### Intermediate

Become a stronger, more efficient swimmer! This program works on developing stroke efficiency and mechanics. You should be able to swim one lap of the pool, be comfortable with submersion, and have basic knowledge of freestyle stroke.

# AQUATICS – CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages

CHILD/PARENT AQUATICS									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Water Discovery: SAW p. 7	6-18 mo	M \$49; CM \$129			5:30-6:00pm				
AquaTots Swim p. 7	18-36 mo	M \$51; CM \$138			6:00-6:30pm		9-9:30am	9-9:30am	
Water Acclimation p. 7	3-5 yrs	M \$62; CM \$138						9:30-10am	11-11:30am

PRESCHOOL SWIM LESSONS									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
1 — Water Acclimation p. 7	3-5	M \$72; CM \$138	3:30-4pm	3:30-4pm	3:30-4pm	5-5:30pm	9:30-10am	10-10:30am 11-11:30am	10:30-11am
2 — Water Movement p. 7	3-5	M \$72; CM \$138	4-4:30pm	4-4:30pm	4-4:30pm	5:30-6pm	9:30-10am	10:30-11am	10-10:30am
3 — Water Stamina p. 7	3-5	M \$72; CM \$138	4:15-4:45pm	4:15-4:45pm				9:30-10am	
4 — Stroke Introductions p. 7	3-5	M \$72; CM \$138			3:30-4:15pm				

SCHOOL AGE SWIM LESSONS									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
1 — Water Acclimation p. 7	6-12	M \$72; CM \$138	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:15-5pm		11:30-12:15pm	
2 — Water Movement p. 7	6-12	M \$72; CM \$138	5:30-6:15pm	3:30-4:15pm	4:15-5pm	3:30-4:15pm		10-10:45am	9-9:45am
3 — Water Stamina p. 7	6-12	M \$72; CM \$138	3:30-4:15pm	4:45-5:30pm	5:00-5:45pm	4:15-5pm		10:45-11:30am	
4 — Stroke Introductions p. 7	6-12	M \$72; CM \$138	4:45-5:30pm	5:30-6:15pm		5:00-5:45pm		11:30-12:15pm	
5 — Stroke Development p. 7	6-12	M \$72; CM \$138		5:30-6:15pm				12:15-1:00pm	
6 — Stroke Mechanics p. 7	6-12	M \$72; CM \$138			5:45-6:30pm	5:45-6:30pm			

# AQUATICS – CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages

YOUTH COACHED PROGRAM									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Junior Dolphins p. 7 (both days required)	7-10	M \$137 CM \$275		3:30-4:30pm		3:30-4:30pm			
Swim Club p. 7 (both days required)	9-14	M: \$137 CM: \$274	4:00-5:00pm		4:00-5:00pm				

ADULT SWIM LESSONS									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Beginner p. 7	Adult	M \$72 CM \$138			6:30-7:15pm			11:30-12:15pm	
Advanced Beginner p. 7	Adult	M \$72 CM \$138	6:15-7:00pm						
Intermediate p. 7	Adult	M \$72 CM \$138		6:15-7:00pm					

## Private Swim Lessons

**Ages 5+**

Gear up to take your swimming skills to the next level with private and semi-private swim lessons!

Packages are available. A traditional package is 3 half hour lessons of 1-on-1 instruction or for a group of 2-6 swimmers. In addition to single lessons, your Y also offers packages of six lessons. Each lesson is 30 minutes.

Email [privateswimlessons@keene-ymca.org](mailto:privateswimlessons@keene-ymca.org) to be paired with an instructor and to schedule your class. In addition to the swimmer's name, please note phone number, availability, and information about the swimmer's age and objectives. **Must redeem lessons within 6 months of purchase**



### # of Lessons

#### Private

	Member	Community Member
1	\$40	\$55
3	\$120	\$165
6	\$240	\$330

#### Semi-Private

	Per Person	
	Member	Community Member
1	\$30	\$40
3	\$90	\$120
6	\$180	\$240

# HEALTHY LIVING—FITNESS

## Sports and Play For All Ages

### HEALTH, WELL-BEING & FITNESS

#### Weight Loss Boot Camp **Ages 13+**

Losing weight isn't only what the scale says but more importantly it's about how you feel about yourself. The Y is here to support, motivate, and inspire your wellness journey. We know you've heard that losing weight can reverse or prevent diabetes, lower blood pressure, assist in preventing heart disease, increase your energy, improve your immune system, and help you manage stress and anxiety, but in the end you need to do it for you. Lose weight, tone your body, and feel energized to live a healthier lifestyle. Individually designed for all fitness levels, participants are gently guided through the process of changing exercise and eating habits.

#### Small Group Personal Training **Ages 13+**

Designed and led by our personal training staff, this program is designed to push both yourself and the group to meet set wellness goals over the course of a month. These progressive monthly workouts begin with a "measured" start point for each individual, making it easy to track your progress. Improve your strength, cardiovascular fitness, flexibility, balance, and overall performance while having fun with a supportive team. Please contact Dave Olson or Peter Sebert for registration information.

#### Mixed Martial Arts **Ages 6-14**

Your child will focus on personal growth in the areas of self-discipline, self-confidence, self-defense, physical conditioning, and the core values of respect, responsibility, caring, and honesty. New participants will need to purchase gloves. See instructor on the first day for details.

#### Youth Judo **Ages 8-13**

Falling, throwing, and grappling with a focus on developing body concepts, balance, discipline, sportsmanship, self-esteem building, and fun! Optional clinics and tournaments. Beginners need a uniform, a Judo Gi. See instructor on the first day for details.

**Beginner**

**Advanced**

#### Teen and Adult Judo **Ages 13+**

A method of self-defense and an Olympic sport, Judo progressively develops falling, throwing, and grappling techniques and stresses balance, timing, conditioning, and cooperation with a partner.

#### Fencing **Ages 13+**

Weekly lessons include history, terminology, form, and footwork with individual hand-to-hand lessons with instructors in addition to informal and structured bouts. Maintaining a safe and individual pace is emphasized. Open to all fencers, regardless of experience.

#### Jr.Fit™

#### **Ages 8-12**

Develop your young athlete's potential with our group personal training program designed for kids. There is more to being a good athlete than scoring goals and running fast, but explaining the importance of stretching, hydration, and nutrition to kids can be tough when all they want to do is PLAY. JrFit™ is an athletic program with a fun, creative approach to increase kids' health and fitness. Through well-researched, safe, and effective activities, including strength training, physical conditioning, and nutrition we teach your child to play safe, so he/she can play longer.

#### Youth Basketball

#### **Ages 7-9**

#### **Ages 9-11**

Learn the great game of basketball! No experience needed.

#### Middle School Basketball League **Grades 5-8 Co-Ed**

Sign up as an individual or a team. This 8-week league gives young players an opportunity to gear up for the season. Players receive a full 8-week game schedule and have at least one refereed game per week with a playoff tournament to end the season.



# CLIMBING & SPECIALTY CLASSES

## Youth/Teen Climbing

### Geckos

**Ages 6+**

Geckos is perfect for the first-time climber or young person who is not yet confident on our climbing wall. Climbers learn basic climbing commands, how to put on a harness, and tie into the end of the climbing rope. In addition to rock climbing, Geckos are introduced to various fun climbing challenges and games.

### Mountain Goats

**Ages 8+**

Young climbers with experience on our wall enjoy the challenge of tackling more difficult routes and learning new skills. Mountain Goats learn various climbing knots, including the starter 8, and are introduced to climbing safety systems. When appropriate, climbers are introduced to more advanced climbing techniques and activities, drills, and games to improve climbing expertise.

### Teen Climbing Club

**Ages 12+**

Looking for a challenge? Teen Climbing Club gives teens with climbing experience opportunities to strengthen their climbing technique and get connected to the local climbing community! Teens develop necessary skills to safely participate in outdoor climbing and have the opportunity to experience an outdoor climbing adventure.

## Specialty Classes

### YMCA Arthritis Program

**Adult**

Aching joints shouldn't keep you from the active life you want! This low-impact water exercise program is for those with arthritis, taught in our warm water teaching pool. Each of these classes is capped at 8 participants. Member-only, free service; registration is required.

### Home School PE Class

**Grades 1-12**

This class is for all school aged children grades 1-12. During the 8 week session the class will be introduced to a variety of wellness and sports activities with the emphasis being group participation and active play. Groups will be divided by age group accordingly and all activities will be age appropriate. For more information please contact Peter Sebert.

### Tai Ji Quan: Moving for Better Balance

**Ages 50+**

Falls don't have to be a normal part of aging. Tai Ji Quan: Moving for Better Balance® is a research-based exercise program designed to help those with balance disorders reduce their risk of falling. Take steps now to maintain an active, independent lifestyle in this 24-week program!

### Adult Co-Ed Pick-Up Flag Football

**Ages 16+**

Meets in the front field every Tuesday. Channel your inner Gronk! Come join us for a fun flag football game every Tuesday night. All skill level welcome.

## New Open Gymnastics Opportunities!

### \*Mini Open Gym (30 min)

Under 5 with parent or guardian on the floor with child at all times

### \*Youth Open Gyms (30 min)

Ages 6 to 12

### \*New Family Open Gym (30 min)

Ages 12 and younger

For families that wish to just go to one open gym. This is mixed ages and will need a parent and guardian on the floor at all times.

### \*Adult Open Gym (45 min)

Ages 13 and older or children in rising stars for team.

### Mondays

Adult Open Gym 7:15-8:00pm

### Thursdays

Mini Open Gym 11:00-11:30

Mini Open Gym 11:45-12:15

### Saturdays

Mini Open Gym 1:45-2:15

Youth Open Gym 2:30-3:00

### Sundays

Mini Open Gym 9:00-9:30

Mini Open Gym 9:45-10:15

Family Open Gym 10:30-11:00

Youth Open Gym 11:15-11:45

Youth Open Gym 12:00-12:30

**Learn more and register online—  
[keeneymca.org/programs/gymnastics/](http://keeneymca.org/programs/gymnastics/)**

# FITNESS

FITNESS									
Fall Schedule M = Member      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Weight Loss Boot Camp p. 10	13+	M \$100; CM \$200	6-7pm		6-7pm				
Small Group Personal Training (2x per week) p. 10	13+	M \$100; CM \$200		9-10am		9-10am			
Small Group Personal Training (3x per week) p. 10	13+	M \$150; CM \$225	9-10am		9-10am		9-10am		
Fencing p. 10	13+	M \$55; CM \$100	6-8pm		6-8pm				
Jr.Fit™ p. 10	8-12	M \$50; CM \$100		3:30-4:15pm		3:30-4:15pm			
Mixed Martial Arts p. 10	6-10	M \$55; CM \$100						11am-12pm	
Mixed Martial Arts p. 10	11-14	M \$55; CM \$100						12-1pm	
Youth Judo Beginner p. 10	8-13	M \$55; CM \$100						9-10am	
Youth Judo Advanced p. 10	8-13	M \$55; CM \$100						10-11am	
Teen & Adult Judo p. 10	13+	M \$55; CM \$100				6:30-7:30pm			
Youth Basketball P. 10	7-9	M \$55; CM \$100						9-10am	
Youth Basketball P. 10	9-11	M \$55; CM \$100						8-9am	
Middle School Basketball League p. 10	Grades 5-8 Co-ed	\$40/player			6-8pm				

## Teen Night Out! Begins October 18<sup>th</sup> 8-10pm

Teens rule the Y after hours!  
From October-May, the 3rd Friday of the month  
is organized by, for, and about teens!

Y Members—\$10  
Community Members—\$12

Come join us!

<http://keeneymca.org/ymca-events/teen-night-out/>



# CLIMBING AND SPECIALTY

CLIMBING									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Geckos p. 11	6+	M \$55; CM \$100	4-4:45pm						
Mountain Goats p. 11	8+	M \$55; CM \$100			4-5pm				
Teen Climbing Club p. 11	12+	M \$55; CM \$100		4-5pm					

SPECIALTY									
Fall Schedule M = Member                      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
YMCA Arthritis Program p. 11	Adult	Free for members	10:15- 11:00am			9:00- 10:45am			
Tai Ji Quan Moving for Better Balance p. 11	50+	M \$125; CM \$200		11:30am- 12:30pm		11:30am- 12:30pm			
Adult Pick-Up Flag Football p.11	16+	M and CM \$30		5:00pm- 6:00pm					
Home School PE p. 11	Grades 1-12	M and CM \$55			10-11am				

## The History of Gym Class!

Join us for a special **free** presentation— **The History of Gym Class!** Dr. Rebecca Noel will explore the sometimes alarming, sometimes hilarious backstory of what we now know as gym class.

**Date:** September 25, 2019

**Time:** 7:00 pm

**Location:** Keene Family YMCA

Sponsored by the Keene Family YMCA and The Historical Society of Cheshire County.

**This free public event was made possible with support from New Hampshire Humanities,** in partnership with the National Endowment for the Humanities. Learn more at [www.nhhumanities.org](http://www.nhhumanities.org).



# GYMNASTICS

## Nurturing the Potential of Every Child and Teen

### Toddlers

#### Ages walking-2.5 yrs

Introduce young children to physical activity and social interaction early! This class encourages exploratory fun in a nurturing playgroup-type atmosphere. Instructors help you and your child explore and play. This class also provides opportunities for parents and caregivers to visit while toddlers begin social interaction with children of the same age. We use age appropriate play equipment for your child to crawl, roll, climb, and roam while developing body awareness, balance, and coordination. For this class, children should be walking.

### Tiny Tumblers

#### Ages 2.5-3.5

Has your child mastered our Toddler Gymnastics class? Are they ready for a little more structure, but not ready to let go of your hand? This class combines aspects of our Toddler and Preschool classes. Your child participates in a structured class while still having the comfort of you there.

### Preschool

#### Ages 3.5-4.5

This class promotes beginner skill development with an emphasis on safety and fun. Your child learns various skills including how to follow directions, participate safely in group activities, and control their body. This class is a perfect introduction to gymnastics or other structured activities and sports.

### Kinder

#### Ages 4.5-6

Children learn "lead-up" drills required for basic gymnastics skills. They are introduced to gymnastics terminology and use age-appropriate equipment while gradually being introduced to the larger Olympic Apparatus. This class promotes motor skill development and improves your child's ability to follow directions in a group setting.

### Flipping 101

#### Ages 6-13

Children learn how to safely perform front and back flips. We start with basic rolls and safety falls, working our way up to flips on the floor in our state-of-the-art gymnastics facility. Our highly trained staff works with your child through direct and indirect spotting and drills to help build confidence and skills.

### Jr Ninja

#### Ages 6-10

Let your child harness their inner NINJA! Based on a popular international obstacle course competition, but created for children, this program helps your child develop basic gymnastics skills, agility, flexibility, and speed. Jr Ninjas compete against the clock, navigating a series of obstacles and challenges while setting personal bests.

### Tumbling

#### Ages 6-13

Learn flips and tricks in a safe, structured setting, using our state-of-the-art Fall floor, Tumble Trak, and foam pit. Tumbling is perfect for gymnasts, cheerleaders, acrobats, and kids just wanting to have fun. This class is progressive in nature and designed to promote skill development in participants of all abilities, from beginner tumblers just starting out, to advanced athletes.

### Recreational Gymnastics

Keep your child active and engaged with Y gymnastics! Our recreational classes are a great way to enjoy the fun of gymnastics without being competitive. Your child develops strength, flexibility, and more in a fun, low-pressure class with peers. Under the nurturing instruction of qualified staff your child focuses on skill development at their own pace. The program is designed for those who enjoy the sport recreationally and is age-based.

#### Beginner

#### Ages 6-9

Open to all gymnasts. No previous experience required.

#### Advanced

#### Ages 9-13

No experience required. This class is for those who enjoy the sport of gymnastics but are not interested or ready for the competitive program.

### Progressive Gymnastics

#### Ages 6-13

Progressive gymnastics classes are perfect for your driven child and as an alternative to traditional team sports. This program provides progressive skill development in agility, endurance, strength, balance, physical conditioning, gross motor, and fine motor skills, all enhanced with the special element of fun. Led by the Y's qualified, experienced staff, this program is designed for those striving to compete. Gymnasts receive evaluations on skill progress at the end of each session.

#### Beginner

Open to all gymnasts. No previous experience required.

#### Intermediate

To enter the Intermediate class, participants must have passed the Beginner Evaluation and be able to jump to a safety stop, jump to front support on bars, hold Mickey Mouse ears, confidently walk forward and sideways on the beam, forward roll on the floor, perform a bridge, and perform a handstand against a cheese mat.

#### Advanced

To enter the Advanced class, participants must have passed the Intermediate Evaluation and be able to hurdle onto a springboard, three casts in a row, standing glide swing, releve walking forward and sideways on the beam, tuck jump dismount off beam, bridge with feet together, handstand without cheese, and backward roll down the cheese.

#### Rising Stars

To enter the Rising Star class, participants must have passed the Advanced Evaluation and have the approval of the Gymnastics Director.

# GYMNASTICS

Nurturing the Potential of Every Child and Teen

GYMNASTICS									
Spring Schedule M = Member      CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>CHILD/PARENT GYMNASTICS</b>									
Toddler p. 14	walking- 2.5	M \$61; CM \$125		10-10:45am	9-9:45am			9-9:45am	
Tiny Tumblers p. 14	2.5-3.5	M \$70; CM \$130		9-9:45am	10-10:45am			10-10:45am	
<b>GYMNASTICS</b>									
Preschool p. 14	3.5-4.5	M \$83; CM \$135		11-11:45am 4:15-5:00pm			9-9:45am	11-11:45am	
Kinder p. 14	4.5-6	M \$83; CM \$135		4:30-5:15pm		4:15-5pm		11:15am- Noon	
Flipping 101 p. 14	6-13	M \$87; CM \$145		5:45-6:45pm					
Jr Ninja p. 14	6-10	M \$87; CM \$145		6:30-7:30pm				12:30- 1:30pm	
Tumbling p. 14	6-13	M \$87; CM \$145				5:45-6:45pm			
<b>RECREATIONAL GYMNASTICS</b>									
Basic Recreational Class p. 14	6-9	M \$87; CM \$145		5:15-6:15pm					
Advanced Recreational Class p. 14	9-13	M \$144; CM \$206		5:30-7:00pm					
<b>PROGRESSIVE GYMNASTICS</b>									
Beginner p. 14	6-13	M \$87; CM \$145			4-5pm	5:15-6:15pm			
Intermediate p. 14	6-13	M \$87; CM \$145			5:15-6:15pm	4:30-5:30pm			
Advanced p. 14	6-13	M \$144; CM \$206				5:45-7:15pm			
Rising Stars p. 14	6-13	M \$180 (members only)		4-5:30pm		4-5:30pm			

# Family Events!

Did you know the Y has 2 dedicated family events every month? The **first Friday** and the **every Sunday** are dedicated to Family Events! Free for members!

- October—Pumpkin Plunge and “Trunk or Treat”
- November—Craft and Game Night
- December—Santa visits!

More information on our website and flyer wall!



## Community Coalition on Youth Substance Misuse

**Meetings occur the 4th Tuesday of each month. 3:30-5:00 at the Y**

This group brings the community together to create a plan to reduce substance misuse among youth.

Anyone interested in becoming a member of the Coalition please attend the next meeting. For more information contact Dorianne Almann, [dalmann@keene-ymca.org](mailto:dalmann@keene-ymca.org) or 603-283-5253.

## Parent-Toddler Playgroup Beginning October 1

- Playgroup group for kids 18 months-3
- Free for members and community
- Tuesdays 10:00-11:30
- Follows SAU29 school schedule

**A place to connect and create community. Every Tuesday at the Y.**

# Free Fridays in October

Free Fridays are back! The Y opens our doors to the community and welcomes everyone.

- Come try our group fitness classes
- Swim in the pool
- Play basketball
- Explore our wellness area of cardio machines, free weights, and weight machines
- Walk on our indoor track

All are invited! Bring your family, friends, and neighbors

