YOUR PICK FOR FALL FITNESS

September Session:
Sept. 7–Oct. 3
Registration opens
Members: Aug. 24
Community: Aug. 31

October Session:
Oct. 5–31
Registration opens
Members: Sept. 21
Community: Sept. 28

November Session:
Nov. 2–28
Registration opens
Members: Oct. 19
Community: Oct. 26

December Session:
Nov. 30–Dec. 26
Registration opens
Members: Nov. 16
Community: Nov. 23
YOUR Y MEMBERSHIP

YOUR YMCA MEMBERSHIP SERVICES

Hours of Operation
Monday-Friday: 5am - 9pm
Saturday: 6am - 6pm
Sunday: Closed

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. Child Watch is FREE to family members and available for $3 to other members.

ChildWatch services will be by reservation only through MotionVibe at https://keenefamilyymca.motionvibe.com and limited to 8 children, ages 4 months to 10 years, per 1.5-hour time slot. Members can register for ChildWatch services up to 24 hours in advance through MotionVibe. Members and children will be screened upon check-in at the Welcome Center desk. Children will be required to wash their hands upon arrival to the program and any time they touch their face. Children will wash hands prior to and after snack time. ChildWatch staff will clean toys and all surfaces after each group leaves the area. Soft toys will be laundered after every shift. Bathrooms will be cleaned after each usage. For the safety of our members with peanut and tree nut allergies, we do not allow snacks containing peanuts and tree nuts. In the interest of keeping our friends engaged in healthy activities, we do not permit the use of electronic and screen-based devices in ChildWatch.

Member Services Director: Jocelyn Frain
jfrain@keene-ymca.org; 603.283.5260

2020 Membership Rates (subject to change)

<table>
<thead>
<tr>
<th>Category</th>
<th>Monthly</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (12 &amp; Under)</td>
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<td>Teen (13-18)</td>
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<td>Family</td>
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HOURS: Monday-Friday: 8:45am-1:45pm and 3:45-7 pm
Program Sessions, Dates, & Registration

<table>
<thead>
<tr>
<th>Program Sessions</th>
<th>Registration Opens</th>
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<tbody>
<tr>
<td></td>
<td>Member</td>
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<tr>
<td>September</td>
<td>9/7-10/3</td>
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<td>11/2-11/28</td>
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<td>December</td>
<td>11/30-12/26</td>
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PROGRAM INFORMATION AND POLICIES

Program Registration

You can register at keenymca.org 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 exceptions to this policy are in the case of injury, illness or COVID isolation 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.

COVID PROGRAM GUIDELINES: What to expect when taking a program at the YMCA

1. Upon arriving at the YMCA, please enter through the appropriate program door:
   - Aquatic Center: Enter by the side door next to the garage door.
   - Group Exercise and Gymnastics: Enter by the door next to the childcare entrance.
   - Fitness Center, Track and Gym: Enter by the main doors into the lobby.
2. All members entering the building must wear a mask (children 3 and up).
3. All members entering the building are required to have their temperature checked and will be asked requisite COVID screening questions.
4. All members MUST show up 5 minutes prior to class. There will be NO late entries unless cleared by a director and then arrivals must enter by the main entrance.
5. Only one adult per child can watch/participate in a class when allowed. All spectators must wear a mask and sit 6 feet apart in the designated areas.
6. All members will be asked to wash their hands prior to class and again before leaving. Depending on the class, participants may be asked to use hand sanitizer before using certain equipment.
**AQUATICS**

**Child/Parent Swim Lessons**  
*These classes all require an adult to participate with the child.*

**Water Discovery:**
*AquA Tots 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.

**Water Movement:**  
*Ages 3-5 yrs*  
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.

**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.

**Stroke & Endurance**  
Looking to increase your skills in the water? The perfect class to refine your stroke technique and build endurance.

**Youth Swim Lessons:**

**1 — Water Acclimation**  
*Ages 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 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 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 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.

**5/6 — Stroke Development & Mechanics**  
*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. Swimmers at this level refine technique on all major competitive strokes. They learn how to incorporate

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**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 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**

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<thead>
<tr>
<th># of Lessons</th>
<th>Private</th>
<th>Member</th>
<th>Community Member</th>
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<td>1</td>
<td>$42</td>
<td>$57</td>
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<td>3</td>
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<table>
<thead>
<tr>
<th>Semi-Private</th>
<th>Member</th>
<th>Community Member</th>
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<tbody>
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# AQUATICS—CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages.  
**All Classes Meet Twice per Week at the Same Times with the Exception of Wednesday and Saturday Classes.**

## Child/Parent Aquatics

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>COST</th>
<th>MON &amp; THURS</th>
<th>TUES &amp; FRI</th>
<th>WED &amp; SAT</th>
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<tbody>
<tr>
<td>AquaTots Swim</td>
<td>18-36 mo</td>
<td>M $55; CM $110</td>
<td>5-5:30 pm</td>
<td>5-5:30pm &amp; 10:30-11am</td>
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<tr>
<td>Preschool Water Acclimation</td>
<td>3-5 yrs</td>
<td>M $74; CM $148</td>
<td>3:30-4pm OR 5:45-6:15pm</td>
<td>3:30-4pm OR 4:15-4:45pm</td>
<td>3:30-4pm &amp; 9-9:30am</td>
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<tr>
<td>Preschool Water Movement</td>
<td>3-5 yrs</td>
<td>M $74; CM $148</td>
<td>4:15-4:45pm</td>
<td>3:30-4pm OR 5-5:30pm</td>
<td>4:15-4:45pm &amp; 9:45-10:15am</td>
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## School-Age Swim Lessons

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<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>COST</th>
<th>MON &amp; THURS</th>
<th>TUES &amp; FRI</th>
<th>WED &amp; SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 — Water Acclimation</td>
<td>6-12</td>
<td>M $74; CM $148</td>
<td>4:15-4:45pm</td>
<td>5-5:30pm</td>
<td>4:15-4:45pm &amp; 10-10:30am</td>
</tr>
<tr>
<td>2 — Water Movement</td>
<td>6-12</td>
<td>M $74; CM $148</td>
<td>3:30-4:15pm</td>
<td>4-4:45pm</td>
<td>3:30-4:15pm &amp; 9-9:45am</td>
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<tr>
<td>3 — Water Stamina</td>
<td>6-12</td>
<td>M $74; CM $148</td>
<td>4-4:45pm</td>
<td>5-5:45pm</td>
<td>6-6:45pm &amp; 11-11:45am</td>
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<tr>
<td>4 — Stroke Introductions</td>
<td>6-12</td>
<td>M $74; CM $148</td>
<td>5-5:45pm</td>
<td>6-6:45pm</td>
<td>4-4:45pm &amp; 9-9:45am</td>
</tr>
<tr>
<td>5/6 — Stroke Development &amp; Mechanics</td>
<td>6-12</td>
<td>M $74; CM $148</td>
<td>6-6:45pm</td>
<td>4-4:45pm</td>
<td>5-5:45pm &amp; 10-10:45am</td>
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## Adult Swim Lessons

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>COST</th>
<th>MON &amp; THURS</th>
<th>TUES &amp; FRI</th>
<th>WED &amp; SAT</th>
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</thead>
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<tr>
<td>Adult Beginner</td>
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<tr>
<td>Adult Stroke &amp; Endurance</td>
<td>Adult</td>
<td>M $74; CM $148</td>
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<td>6-6:45pm</td>
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Aquatics Director: Menachi Pillai  
mpillai@keene-ymca.org; 603.283.5249
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 how you feel about yourself. This program is designed for all fitness levels and participants are gently guided through the process of changing exercise and eating habits. This class will be held outdoors and may move to virtual via Zoom as it gets colder and darker.

Virtual Small Group Personal Training  Ages 13+
Led by our personal trainer, Dave Olsen, this program is designed to push yourself to meet and set wellness goals over the course of the month. These progressive monthly workouts begin with a "measured" start point for everyone, making it easy to track your progress, improve your strength, cardiovascular fitness, flexibility, balance and overall performance while having fun with a supportive team. This program will meet virtually.
Members: $56
Community Members: $112

Youth Basketball Skills  Ages 7-9
Learn the great game of basketball! These classes will focus more on skills than the game.

Squeaky Sneakers  Ages 3-5
This 45-minute class will include stretching, movement activities and simple games to enhance early development of large motor skills. This class will occur outside as much as possible

The following programs will return when the Y and staff feel it is safe to do so:

Mixed Martial Arts
Youth Judo
Teen and Adult Judo
Fencing
Climbing Wall

Virtual Classes & MotionVibe
The Y offers numerous weekly virtual group exercise classes via its main Facebook page, its members’ Facebook group (Keene Family YMCA Group Exercise) and Zoom. More classes will be coming this fall. To participate, access classes through MotionVibe, our new software platform for health and fitness.

To create your MotionVibe account, which is also used for group exercise class and lap lane pool reservations, visit https://keenefamilyymca.motionvibe.com.

Coming SOON at the Y!

Virtual Running Series: “Run For A Reason”
This running series will be 4 months of races to support 4 local causes.
September 26: Alzheimer’s Walk
October 24: “Crooze for Shoes” to support the Follow ME sneakers for second-graders program of the Keene Elm City Rotary
November 14: “Turkey Trot” to support The Community Kitchen
December 12: “Jingle Bell Rock” to support the Keene Senior Center

Watch for more information on our Facebook page and website regarding registration, racing information and more.

NEW! Human Foosball
Human Foosball is what you may expect, a cross between the game of Foosball and the game of Football (Soccer). It is a “Human Foosball Game” or “Lifesize Foosball.” Human Foosball is played by two 5-person teams, each Foosball player on the outdoor pitch played by a real person.

League Play: Sept. 14-Oct. 23
The cost per team is $75.
Adult League: (ages 16+):
Wednesday/Thursday evenings, 5-7pm (depending on number of teams, 1-2 games/week)
Family/Youth/Teen League: (ages 8 and up):
Sunday afternoons, 3-5pm (1 game per week)
Each team will consist of 5 people. Each game will be 50 minutes long with a 10-minute halftime.

To watch for more information on our social media pages and website or contact Kelly Fleuette at kfleuette@keene-ymca.org.
FITNESS—CLASS SCHEDULE

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>COST</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
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<tr>
<td>Squeaky Sneakers</td>
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<td>M $28; CM $56</td>
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<td>Youth Basketball</td>
<td>7-9</td>
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<tr>
<td>Human Foosball Adult</td>
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<td>$75/team of 5</td>
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<td>League p. 6</td>
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<td>players</td>
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<tr>
<td>Human Foosball Family</td>
<td>8+</td>
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Senior Program Director: Kelly Fleuette
kfleuette@keene-ymca.org; 603-283-5240

GYMNASTICS Nurturing the Potential of Every Child and Teen

For all Gymnastics classes, enter at the door under the stairs near the childcare entrance. Please arrive for all classes 5 minutes before the start time. The doors will lock at the start time of class and you will not be able to join if you are late. Only one adult will be allowed in the Y and will need to wear a mask. Classes that fall on a holiday that the Y is closed will be prorated at sign-up. More classes may be added during the daytime hours, so please keep an eye out!

Gymnastics Coordinator:
Sara Johnson
sjohnson@keene-ymca.org
603-283-5252

PARENT/CHILD CLASSES:
Requires adult to participate with child on the gymnastics floor.

**Toddlers**
Ages walking-2.5 years
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. We use age appropriate play equipment for your child to crawl, roll, climb, and roam while developing body awareness, balance, and coordination.

**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.
RECREATIONAL CLASSES:
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.

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.

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.

PROGRESSIVE GYMNASTICS CLASSES:  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 will be recommended by instructors when they are ready to move to a different class.

Beginner
Open to all gymnasts. No previous experience required.

Intermediate
To enter the Intermediate class, participants must have either been invited to move up by instructor or be able to 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, cartwheel and perform a handstand against a cheese mat.

Advanced
To enter the Advanced class, participants must have either been invited to move up by instructor or 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, cartwheel with correct form, handstand on floor, and backward roll down the cheese.

Competitive Gymnastics Pre-Team/Team
Must have a formal gymnastics evaluation done by Gymnastics Coordinator.

GYMNASTICS

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>COST</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>M = Member</td>
<td>CM = Community Member</td>
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PARENT/CHILD GYMNASTICS

Toddler p. 7
walking 2.5
M $32; CM $63
9:30-10:15am
11-11:45am
9-9:45am

Tiny Tumblers p. 7
2.5-3.5
M $36; CM $72
11-11:45am
9:30-10:15am
10:15-11am

RECREATIONAL GYMNASTICS

Preschool p. 8
3.5-4.5
M $43; CM $86
9:30-10:15am
3:15-4pm
11-11:45am
11:30am-12:15pm

Kinder p. 8
4.5-6
M $43; CM $86
11-11:45am
4:15-5pm
9:30-10:15am
12-12:45pm

Jr Ninja p. 8
6-10
M $45; CM $90
6:15-7:15pm
1:15-2:15pm

Tumbling p. 8
6-13
M $45; CM $90
4:45-5:45pm

PROGRESSIVE GYMNASTICS

Beginner p. 8
6-13
M $45; CM $90
4:30-5:30pm
3-4pm

Intermediate p. 8
6-13
M $45; CM $90
4:45-5:45pm
6:15-7:15pm

Advanced p. 8
6-13
M $72; CM $148
6-7:30pm
Run for A Reason
4 Months, 4 Causes

Coming SOON!
Virtual Running Series: “Run For A Reason”
This running series will be 4 months of races to support 4 local causes:
September 26: Alzheimer’s Walk
October 24: “Crooze for Shoes” to support the Follow ME sneakers for second-graders program of the Keene Elm City Rotary
November 14: “Turkey Trot” to support The Community Kitchen
December 12: “Jingle Bell Rock” to support the Keene Senior Center
Watch for more information on our Facebook page and website regarding registration, racing information and more.

The Monadnock Youth Coalition was established in 2020 in response to the coalition’s primary goal of engaging our youth in our community prevention efforts. The MYC is a youth group founded from the YMCA Community Coalition that represents the youth “voice” and helps prevent youth substance use in youth ages 11-17 in the Keene and Swanzey areas. From this coalition stems a youth group that meets once a week. This youth group hosts events, conducts focus group discussions, and lends a youth focus to the issues affecting our community. This youth group will work toward educating peers and the community about youth substance use. This group is still relatively new in the making, but we strive to grow bigger with every week and be as welcoming as possible to new members.

For more information about this group, please contact Meghan Marcucci, YMCA Community Coalition Program Coordinator, at mmarcucci@keene-ymca.org.