



Keene Family YMCA Winter 2021 Program Guide



MORE VIRTUAL PROGRAMS!

- VIRTUAL RUNNING
- PERSONAL TRAINING
- WEIGHT LOSS BOOT CAMP

February Session:

Feb. 1-27

Registration opens

Members: Jan. 18

Community: Jan. 25

March Session:

March 1-27

Registration opens

Members: Feb. 15

Community: Feb. 22

FOREVER THRIVING.

For a better us.

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. **Please check our website or follow our Facebook updates for the Y's open hours on holidays as these continue to change due to COVID-19 staffing needs and developments.**

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. Masks are required for school-age children. 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.

HOURS: Monday-Friday: 8:45am-1:45pm and 3:45-7 pm

2021 Membership Rates (subject to change)

Category	Fee	
	Monthly	Annual
Youth (12 & Under)	\$17	\$204
Teen (13-18)	\$28	\$336
Young Adult (19-29)	\$35.75	\$429
Adult (30+)	\$51.50	\$618
Adult Couple (30+)	\$77.25	\$927
Single Parent Family	\$68	\$816
Family	\$84.75	\$1,017



**Contact our Welcome Center Staff
 for Membership Information
 at 603.352.6002.**

PROGRAM INFORMATION

Program Sessions, Dates, & Registration

2021 WINTER SESSIONS	DATES	REGISTRATION OPENS	
		Member	Community
January	1/4 to 1/30 2021	12/21/20	12/28/20
February	2/1 to 2/27 2021	1/18/21	1/25/21
March	3/1 to 3/27 2021	2/15/21	2/22/21

PROGRAM INFORMATION AND POLICIES

Program Registration

You can register at keeneymca.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:
 - *Aquatics 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:

AquaTots Swim

Ages 6 mos-3yrs

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 swim skills are introduced through fun activities and songs.

Preschool Water Acclimation

Ages 3-5yrs

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.

Preschool Water Movement

Ages 3-5yrs

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.

Preschool Water Stamina

Ages 3-5yrs

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

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.

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 swimming into a healthy lifestyle through guided workout sessions and targeted stroke development clinics.

Youth Stroke & Endurance

Ages 8-15

Swimmers that have passed levels 1-6 can practice their skills, refine their stroke and build their endurance in this challenging but fun class!

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**



of Lessons

	Private	Member	Community Member
1		\$42	\$57
3		\$126	\$171
6		\$252	\$342
		————— Per Person —————	
Semi-Private	Member	Community Member	
1	\$32	\$42	
3	\$96	\$126	
6	\$192	\$252	

AQUATICS—CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages.

Classes Meet Twice per Week at the Same Times with the Exception of Wednesday and Saturday Classes, which Meet Once per Week (Excluding Youth Stroke & Endurance).

CHILD/PARENT AQUATICS WINTER SCHEDULE							
M = Member		CM = Community Member					
PROGRAM	AGES	2/CLASS/ WEEK COST	MON & THURS	TUES & FRI	1/CLASS/ WEEK COST	WED	SAT
AquaTots Swim p. 4	6 mos- 3yrs	M \$74; CM \$148	5-5:30 pm		M \$50; CM \$100		10:30-11am
Preschool Water Acclimation p. 4	3-5 yrs	M \$74; CM \$148	3:30-4pm	4:15-4:45pm	M \$50; CM \$100	3:30-4pm	9-9:30am
Preschool Water Movement p. 4	3-5 yrs	M \$74; CM \$148	4:15-4:45pm	5-5:30pm	M \$50; CM \$100	4-4:30pm	9:45-10:15am
Preschool Water Stamina p. 4	3-5 yrs			5-5:30pm			

SCHOOL-AGE SWIM LESSONS WINTER SCHEDULE								
M = Member		CM = Community Member						
PROGRAM	AGES	2/CLASS/ WEEK COST	MON & THURS	TUES & FRI	WED & SAT	1/CLASS/ WEEK COST	WED	SAT
1 — Water Acclimation p. 4	6-12	M \$74; CM \$148	4:15-4:45pm			M \$50; CM \$100	4-4:30pm	10-10:30am
2 — Water Movement p. 4	6-12	M \$74; CM \$148	3:30-4:15pm	4-4:45pm		M \$50; CM \$100	4:45-5:30pm	
3 — Water Stamina p. 4	6-12	M \$74; CM \$148	4-4:45pm	5-5:45pm		M \$50; CM \$100	6-6:45pm	11-11:45am
4 — Stroke Introduction p. 4	6-12	M \$74; CM \$148	5-5:45pm			M \$50; CM \$100	4-4:45pm	9-9:45am
Youth Stroke Development & Mechanics p. 4	6-12	M \$74 CM \$148		4-4:45pm				
Youth Stroke & Endurance p. 4	6-12	M \$74; CM \$148			5-5:45pm (W) & 10-10:45am (S)			

ADULT SWIM LESSONS WINTER SCHEDULE						
M = Member		CM = Community Member				
PROGRAM	AGES	COST	MON & THURS	TUES & FRI	WED	SAT
Adult Beginner p. 4	Adult	M \$50 CM \$100				11:15am-12pm

Interim Aquatics Director: Morgan Allard
mallard@keene-ymca.org; 603.283.5249

HEALTHY LIVING—FITNESS

Sports and Play
For All Ages

Weight Loss Boot Camp

Ages 13+

Losing weight isn't only what the scale says but more importantly, its 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 offered both on the track and virtually via Zoom.

Happy and Healthy Together

Thursdays, 11:15 am- 12:30 pm

Come join our new walking program at the YMCA! Join Stacy Wilbur, our group exercise coordinator, for a 45-minute walk outside or on our track and then stay for lunch to learn about nutrition and fellowship. Wear your sneakers and proper outside walking clothes and bring a healthy lunch to enjoy with new walking friends. Stacy will share lunch recipes and nutrition tips to help keep you healthy and happy! Members: \$20; Community: \$40

Virtual Running Program

Ages 13+

Get up and moving and find the love of running! The YMCA will provide a daily program to follow that will include one 30-minute class each week with YMCA personal trainer Dave Olson via ZOOM covering proper stretching techniques, running, nutrition guidance and safety protocols. At the end of the session, have fun completing a virtual race within our community. This program also includes a private group Facebook page for daily workouts, support, and guidance as an individual and as a group. Day and time will be decided as a class. 4-week sessions.

Members: \$56; Community: \$102

Personal Training — In-House or Virtual

1-Hour Sessions: Member: \$50; Community: \$60

5 1-Hour Sessions: Member: \$200; Community: \$250

Half-Hour Sessions: Member: \$30; Community: \$40

5 Half-Hour Sessions: Member: \$120; Community: \$170

NEW!! Want to have one of our personal trainers create a 4-week workout program for you? Let us know by email to zponce@keene-ymca.org and we'll set you up with a personal trainer. They will meet with you by phone to discuss program goals and set up a 4-week program for you! Members: \$50; Community Members: \$60

Youth Basketball Skills

Ages 7-9 or 9-11

Learn the great game of basketball! These classes will focus more on skills than the game.

Members: \$30; Community: \$60

Coming Soon!

"WINTERVENTION" CHALLENGE
A 5-week challenge of exercising 5 days a week for 20 minutes each day with lots of new classes, exercises, and support!

Watch for more information later in January!

SNOWSHOE RESERVATIONS start Jan. 16 through MotionVibe! Members can reserve appropriate sizes (adult, youth or preschool) under the "Program" tab.

Time slots Monday-Saturday 8-11 am or 1-4 pm

Special time requests for evenings and Sundays, please contact Kelly Fleurette at 283-5240 or kfleurette@keene-ymca.org

Check our website and Facebook page for ongoing and new youth and fitness programs!

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, as well as live streaming of in-house studio classes. All virtual classes can be found under virtual fitness in MotionVibe. Members can also enjoy past classes in the on-demand section!

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 keenefamilyymca.motionvibe.com.



Download the "Keene Family YMCA" app wherever you find apps for your device and use it to make quick reservations!

FITNESS—CLASS SCHEDULE

FITNESS WINTER SCHEDULE		M=Member	CM=Community Member							
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN	
Weight Loss Boot Camp p. 6	13+	M \$56; CM \$112	5:30-6:30pm		5:30-6:30 pm					
Youth Basketball p. 6	7-9	M \$30; CM \$60						9:15-10am		
Youth Basketball p. 6	9-11	M \$30; CM \$60						8-8:45-am		
Happy & Healthy Together p. 6	13+	M \$20 CM \$40				11:15am- 12:30pm				
Virtual Running Program p. 6	13+	M \$56 CM \$102	MEETING DAYS TBD BY CLASS PARTICIPANTS							

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.

Family Gymnastics

Ages walking-5 years

This is a class where young siblings can take a class together. There will be circuits available and free choice time. This class is designed to be taken with 2 or more siblings together.



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 WINTER SCHEDULE M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
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	
Family Gymnastics p. 7	Walking-5	M \$36; CM \$72					10-10:45am 11:15am-12pm		
RECREATIONAL GYMNASTICS									
Preschool p. 8	3.5-4.5	M \$43; CM \$86		9:30-10:15am				11:30am-12:15pm	
Kinder p. 8	4.5-6	M \$43; CM \$86		11-11:45am		4:15-5pm		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				5:30-7pm			



YMCA Programs for Middle School Youth in Grades 6-8

Members: \$5 | Community: \$10



Friday Teen Night Out at the YMCA

Games, crafts, friends and snacks!
6:30-8:30pm
Jan. 22
Feb. 12, 26
March 12, 26

Saturday Mornings at the Takodah Y

9am-12pm
Feb. 6, 20
March 6, 20

Space is limited and youth must sign up through the YMCA or contact Kelly Fleuette at kfleuette@keene-ymca.org.



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.

