



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Keene Family YMCA Fall 2018 Program Guide

FALL
into
fitness

**Session I:
Sept 4 –
Oct 28**

Registration opens
Members: Aug 13
Community: Aug 20

**Session II:
Oct 29 –
Dec 23**

Registration opens
Members: Oct 15
Community: Oct 20

Two 2018 Community Conversations Keene Family YMCA Community Impact Events Free & Open to the Public

Diversity and Inclusion

It is challenging to achieve diversity and inclusion and the Keene Family YMCA is committed to working with our neighbors to create a community where everyone is welcome.

Please join us for this special event to explore a range of diversity and inclusion issues.

Hear keynote speaker Kath McLaughlin share her story of dealing with a spinal cord injury. Listen to speakers on race, income disparity, transgender, sexual orientation, and disability.

Steps and actions we can take to achieve diversity and inclusion are part of the discussion.

Stations with information, graphics, quick facts, pamphlets, and "at a glance" data sheets are part of the event.

At the stations, attendees have opportunities to speak directly with people who have lived experiences of each topic.

Healing After Tragedy Continues

Please join us for this unique community event for all generations led by the voices of the greatest generation and the emerging generation.

This is a follow-up to this past Spring's Healing After Tragedy event.

Included are presentations about individual and collective trauma—depression/anxiety; violence; substance misuse; and mental health—from the perspectives of older adults and younger adults.

Speakers share strategies and practices to forge connections between generations.

The goal of the evening is to try to come together - as one community - for one purpose: to contribute to the collective healing of all of us.

Emily Read Daniels, M.Ed., MBA, NCC, is the facilitator.

Thursday, October 25
Doors open 5:30pm
Event 6-8pm
In the Y Gym

Tuesday, November 13
Doors open 5:30pm
Event 6-8pm
In the Y Childcare Center Multipurpose Room

Host site for both events is Keene Family YMCA, 200 Summit Road, Keene, NH 03431

**For event information and to register contact
Renee Woliver, YMCA Community Impact Office; rwoliver@keene-ymca.org; 603.283.5580**

Diversity and Inclusion Community Impact Event is made possible by the generous support of

- Keene Family YMCA Community Impact Office
- Keene State College
- Elevatus Training

Healing After Tragedy Continues Impact Event is made possible by the generous support of

- Keene Family YMCA Community Impact Office
- Cheshire Medical Center
- Monadnock Alcohol & Drug Abuse Coalition
- Here This Now
- Monadnock Voices for Prevention

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 & 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
- Healthy Monadnock 2020
- Hilltop Recovery
- Inspire School
- Keene High School
- Keene Housing Authority – Kids Collaborative Program
- Keene Senior Center
- Keene State College
- Mayhew
- 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

Please note: on November 12 the Y will be closed from 11:30am-3:30pm for staff training.

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 Labor Day and Thanksgiving the Y's hours are 8am to noon.

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 FREE 2 Week 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—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 (described below).

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 3:45-7pm
 Saturday 8:45am-12:30pm
 Sunday 9am-Noon

PRIMETIME Ages 6- 10 yrs

Your child needs physical activity and healthy options, too, and finds them in the Y's 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 gymnasium. Children not picked up by the program closure will be transferred to Child Watch.

Monday-Thursday 4-6:30pm

Membership Rates

Category	Fee	
	Monthly	Annual
Youth (12 & Under)	\$16	\$192
Teen (13-18)	\$28	\$336
Young Adult (19-29)	\$34	\$408
Adult (30+)	\$49.50	\$594
Adult Couple (30+)	\$74.25	\$891
Single Parent Family	\$65.25	\$783
Family	\$82	\$984



PROGRAM INFORMATION

Program Sessions, Dates, & Registration

Session	Program Dates	Registration	
		Members	Community
Fall 1	9/4-10/28	8/13/2018	8/20/2018
Fall 2	10/29-12/23	10/15/2018	10/22/2018
To help you get ready below are upcoming session dates			
Winter	12/31/2018-2/24/2019	12/3/2018	12/10/2018
Spring 1	3/4-4/28	2/4/2019	2/11/2019
Spring 2	4/29-6/16	4/8/2019	4/15/2019

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 need your password reset.

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

Hélène Mogridge
hmogridge@keene-ymca.org
Marj Droppa
mdroppa@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
childcare@keene-ymca.org

CEO
603.283.5251
Development and Community Impact Director
603.283.5256
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
Assistant Childcare Director
603.283.5242

Tammie Patnode
tpatnode@keene-ymca.org
Cindy Puza
cpuza@keene-ymca.org
Peter Sebert
psebert@keene-ymca.org

Menachi Pillai
mpillai@keene-ymca.org
Steve Snow
ssnow@keene-ymca.org
Renee Woliver
rwoliver@keene-ymca.org

Finance/HR Director
603.283.5255
Administrative Assistant
603.283.5264
Acting Gymnastics Director
Healthy Lifestyles Director
603.283.5257
Aquatics Director
603.283.5249
Facilities Manager
603.283.5263
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

**A - WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B - WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 - WATER
ACCLIMATION**

Can the student do a front and back float on his/her own?

NOT YET

**2 - WATER
MOVEMENT**

Can the student swim 10–15 yards on his/her front and back?

NOT YET

**3 - WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 - STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 - STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 - STROKE
MECHANICS**

*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

Get Ready! Swim Programs for Every Age

SWIM

Child/Parent Aquatics

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

Water Discovery

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. We share fun games and songs as we splash and play.

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.

Youth Swim Lessons

1 — Water Acclimation

Ages 3-5 & 6-12 yrs

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 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.

3 — Water Stamina

Ages 3-5 & 6-12 yrs

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 yrs

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 yrs

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 Development

Ages 6-12 yrs

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 Program

If your young swimmer is confident in the water and looking for something more than basic lessons, this non-competitive swim program could be perfect. This program focuses on age-appropriate skill development and stroke technique throughout the 8-week session. Designed for more advanced young swimmers who want more time in the water, but less of a commitment than swim team.

Jr. Dolphins

Ages 7-10 yrs

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.

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.

Swim Refresher

Not ready for the next level? Need more time to practice? Join us for the last 4 weeks of the session for a refresher in our Beginner/Advanced Beg. lessons.

YMCA Arthritis Program

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, however, is required.

AQUATICS – CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages

CHILD/PARENT AQUATICS									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Water Discovery p. 7	6-18 mo	M \$49; CM \$129		9:30-10am	5:15-5:45pm				
AquaTots Swim p. 7	18-36 mo	M \$49; CM \$129			6-6:30pm		9-9:30am	9-9:30am	
Water Acclimation p. 7	3-5 yrs	M \$60; CM \$106						9:30-10am	11- 11:30am

YOUTH SWIM LESSONS									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
1 — Water Acclimation p. 7	3-5 yrs	M \$70; CM \$124	3:30-4pm	9-9:30am 3:30-4pm	3:30-4pm	5-5:30pm	9:30-10am	10- 10:30am	10:30- 11am
1 — Water Acclimation p. 7	6-12 yrs	M \$70; CM \$124	4:30- 5:15pm	4:45- 5:30pm		4:15-5pm			
2 — Water Movement p. 7	3-5 yrs	M \$70; CM \$124	4-4:30pm	4-4:30pm	4-4:30pm	5:30-6pm	9:30-10am	10:30- 11am	10- 10:30am
2 — Water Movement p. 7	6-12 yrs	M \$70; CM \$124	5:45- 6:30pm	3:30- 4:15pm	4:15-5pm	3:30- 4:15pm		10- 10:45am	9- 9:45am
3 — Water Stamina p. 7	3-5 yrs	M \$70; CM \$124	4:15- 4:45pm	4:15- 4:45pm				9:30-10am	
3 — Water Stamina p. 7	6-12 yrs	M \$70; CM \$124	3:30- 4:15pm	5-5:45pm	5:15-6pm	4:15-5pm		11- 11:45am	
4 — Stroke Introductions p. 7	3-5 yrs	M \$70; CM \$124			3:30-4:15pm				
4 — Stroke Introductions p. 7	6-12 yrs	M \$70; CM \$124	5-5:45pm	5:45- 6:30pm		5:15-6pm		11:45am- 12:30pm	
5 — Stroke Development p. 7	6-12 yrs	M \$70; CM \$124		5:30- 6:15pm		6-6:45pm		Noon- 12:45pm	
6 — Stroke Development p. 7	6-12 yrs	M \$70; CM \$124			6-6:45pm	6-6:45pm			

AQUATICS – CLASS SCHEDULE

Prepare to Enjoy Swimming For All Ages

YOUTH COACHED PROGRAM									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Junior Dolphins p. 7	7-10 yrs	M \$133 CM \$266		3:30- 4:30pm		3:30- 4:30pm			

ADULT SWIM LESSONS									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Beginner p. 7	Adult	M \$65 CM \$124			6:45-7:30pm			11:15am- Noon	
Advanced Beginner p. 7	Adult	M \$65 CM \$124	6:30- 7:15pm					Noon- 12:45pm	
Intermediate p. 7	Adult	M \$65 CM \$124		6:00- 6:45pm					
YMCA Arthritis Program p. 7	Adult	Free for members	10:15- 11:00am			9:00- 10:45am			

Private Swim Lessons

5+ yrs

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.



# of Lessons	Private	
	Member	Community Member
1	\$30	\$45
3	\$90	\$135
6	\$180	\$270

# of Lessons	Semi-Private	
	Member	Community Member
1	\$20	\$30
3	\$60	\$90
6	\$120	\$180

HEALTHY LIVING—FITNESS

Sports & Play For All Ages

HEALTH, WELL-BEING & FITNESS

Tai Ji Quan: Moving for Better Balance 50+ yrs
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!

Weight Loss Boot Camp Age 13+ yrs
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+ yrs
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.

Smallest Winner Ages 13+ yrs
Designed and led by our personal training staff, this 12-week competitive program is designed to push both yourself and your team to meet wellness goals. You'll meet twice a week: once as a team for progressive, small-group workouts and once for 1-on-1 personal training sessions. You track improvements with weekly goals and weigh-ins. Improve yourself and make fitness gains with

help and motivation from your team! The team with the most inches/weight lost is named "Smallest Winner", bringing home the glory. Teams select one meeting time.

HEALTH, WELL-BEING & FITNESS

Teen and Adult Judo Ages 13+ yrs
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+ yrs
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.

Strong Girls Ages 12-18
This group works together with a Y trainer to develop healthy habits, self-esteem, positive body image, and whole-body strength. Strong Girls gain confidence with different exercise techniques while building a positive relationship with their community.

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.

Corporate Challenge Battle of the Businesses on September 22!

Sign up your company to compete in volleyball and on an obstacle course against other companies.

A great team-building opportunity—and lots of fun.

Open to Members and Community Members

Teams of 4-15 people \$200 entry fee/team

Want details? Contact Peter psebert@keene-ymca.org

HEALTHY LIVING—FITNESS

Sports & Play For All Ages

HEALTH, WELL-BEING & FITNESS

Cheerleading

Ages 6-17

Children explore the fundamentals of cheerleading. Led by trained and experienced Y staff, this program teaches motions, jumps, cheers, and basic stunting in a safe, fun high-energy environment. Children learn the value of teamwork, sportsmanship, and gain self-confidence.

Youth Judo

Ages 8+ yrs

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

Youth Basketball

Ages 7-11

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 a real opportunity to gear up for the upcoming season. Players receive a full 8-week game schedule and are guaranteed at least one refereed game/week with a playoff tournament to end the season.

Youth/Teen Climbing

Geckos

Ages 6+ yrs

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

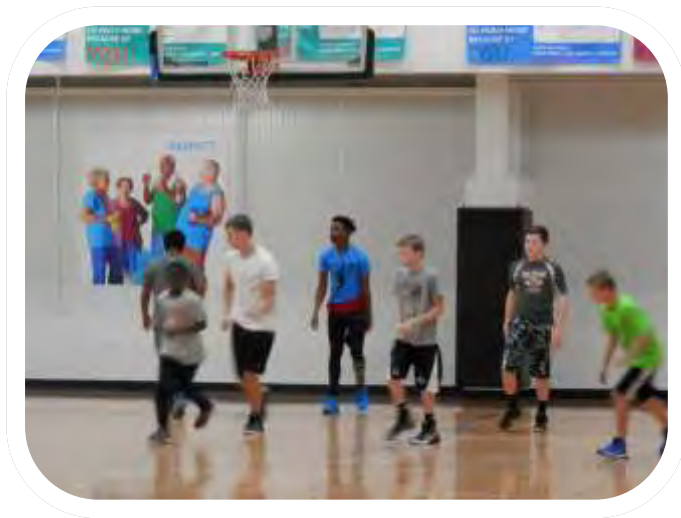
Ages 8+ yrs

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+ yrs

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.



HEALTHY LIVING—FITNESS

Sports & Play For All Ages

FITNESS									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
Tai Ji Quan Moving for Better Balance p. 10	50+ yrs	M \$125; CM \$200		11:30am-12:30pm		11:30am-12:30pm			
Weight Loss Boot Camp p. 10	13+ yrs	M \$100; CM \$200	6-7pm		6-7pm				
Sm Group Personal Training p. 10	13+ yrs	M \$100; CM \$200		9-10am		9-10am			
Sm Group Personal Training p. 10	13+ yrs	M \$150; CM \$225	9-10am		9-10am		9-10am		
Smallest Winner P. 10	13+ yrs	M \$300; CM \$500		6-7pm	6-7pm		8-9am	8-9am	
Teen and Adult Judo p. 10	13+ yrs	M \$50; CM \$100				6:30-7:30pm			
Fencing p. 10	13+ yrs	M \$50; CM \$100	6-8pm		6-8pm				
Strong Girls p. 10	12+ yrs	M \$75; CM \$125		4:15-5:15pm		4:15-5:15pm			
Jr.Fit™ p. 10	8-12 yrs	M \$50; CM \$100		3:30-4:15pm		3:30-4:15pm			
Cheerleading p. 11	6-17 yrs	M \$80; CM \$130					3:45-5:15pm		
Youth Judo Beginner p. 11	8+ yrs	M \$50; CM \$100						9-10am	
Youth Judo Advanced p. 11	8+ yrs:	M \$50; CM \$100						10-11am	
Youth Basketball P. 11	7-11 yrs	M \$50; CM \$100						9-10am	
Middle School Basketball League p. 11	Grades 5-8 Co-ed	\$20/player			6-8pm				
Geckos p. 11	6+ yrs	M \$50; CM \$100	4-4:45pm						
Mountain Goats p. 11	8+ yrs	M \$50; CM \$100			4-5pm				
Teen Climbing Club p. 11	12+ yrs	M \$50; CM \$100		4-5pm					

GYMNASTICS

Nurturing the Potential of Every Child and Teen

SPORTS & PLAY

Parent/Child Gymnastics Toddler Ages 12mo-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 Tumbler

Ages 2.5-3.5 yrs

Has your child mastered our Toddler Gymnastics class? Is your child 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.

Gymnastics Preschool

Ages 3.5-4.5 yrs

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 his/her body. This class is a perfect introduction to gymnastics or other structured activities and sports.

Kindergymnastics

Ages 4.5-6 yrs

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 Challenge

Ages 6-10

Let your child harness his/her 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 spring 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 even if your child isn't quite ready for the competitive track. 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 his/her own pace. The program is designed for those who enjoy the sport recreationally and is age-based.

Basic Recreational Class Beginner

Ages 6-9 yrs

Open to all gymnasts. No previous experience required.

Advanced Recreational Class

Ages 9-13

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 either passed the Beginner Evaluation or 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 either passed the Intermediate Evaluation 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, handstand without cheese, and backward roll down the cheese.

Rising Stars

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

Adult Drop-In

Ages 13+

Why should kids have all the fun?! Adult Gymnastics offers you the opportunity to learn gymnastics skills and enjoy the Y's Gymnastics Center in this structured drop-in program.

GYMNASTICS

Nurturing the Potential of Every Child and Teen

GYMNASTICS									
Fall 1 & 2 Schedule M = Member CM = Community Member									
PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT	SUN
CHILD/PARENT GYMNASTICS									
Toddler p. 13	12 mo- 2.5 yrs	M \$60; CM \$120		10-10:45am	9-9:45am			9-9:45am	
Tiny Tumbler p. 13	2.5-3.5 yrs	M \$70; CM \$125		9-9:45am	10-10:45am			10- 10:45am	
GYMNASTICS									
Preschool p. 13	3.5-4.5 yrs	M \$80; CM \$130		11-11:45am 4:30-5:15pm		9-9:45am		11- 11:45am	
Kindergymnastics p. 13	4.5-6 yrs	M \$80; CM \$130		4:15-5pm		4:15-5pm		11:15am- Noon	
Flipping 101 p. 13	6-13 yrs	M \$84; CM \$140		5:45-6:45pm					
Jr Ninja Challenge p. 13	6-10 yrs	M \$84; CM \$140		6:30-7:30pm				12:15- 1:15pm	
Tumbling p. 13	6-13 yrs	M \$84; CM \$140				5:45-6:45pm			
Adult Drop-In p. 13	13+ yrs	M \$10/ class; CM Guest Fee +\$10			6:30-7:30pm				
RECREATIONAL GYMNASTICS									
Basic Recreational Class p. 13	6-9 yrs	M \$84; CM \$140		5:15-6:15pm					
Advanced Recreational Class p. 13	9-13 yrs	M \$140; CM \$200		5:30-7:00pm					
PROGRESSIVE GYMNASTICS									
Beginner p. 13	6-13 yrs	M \$84; CM \$140			4-5pm	5:15-6:15pm			
Intermediate p. 13	6-13 yrs	M \$84; CM \$140			5:15-6:15pm	4:30-5:30pm			
Advanced p. 13	6-13 yrs	M \$140; CM \$200				5:45-7:15pm			
Rising Stars p. 13	6-13 yrs	M \$175 (members only)		4-5:30pm		4-5:30pm			

YMCA BIRTHDAY PARTIES ARE EASY, FUN, AND MEMORABLE

Our birthday parties are designed for children of all ages. We offer several options to meet the interests of your birthday party guests. A party room for gifts and refreshments you provide is available for one hour with all party rentals for an additional \$50, based on availability. Please note: our party rooms are peanut/tree nut free areas and candles are not permitted by fire code.

POOL PARTY

All Ages

Splish, splash with this super fun pool party bash. Pool parties include one hour of pool time in our Lap or Teaching pool for up to 25 guests. Inflatable slide is available on Saturday and Sunday from 2-3pm for those who pass the swim test. Please read our swim test policy (keeneymca.org/the-facility/aquatics-center/).

Available: Saturdays 12:30-1:30pm or 2-3pm / Optional Party Room 1:30-2:30pm or 3-4pm

Sundays 2-3pm / Optional Party Room 3-4pm

Cost: Pool: Y Members: \$150; Community Members: \$200 (+\$50 Optional Party Room)

GYMNASTICS PARTY

Ages 18 months+

If your child likes to do back flips off the couch, perhaps a gymnastics party might be the perfect birthday celebration! No experience necessary. Birthday guests can use our tumble track, various apparatus, and jump into our amazing foam pit for a one-of-a-kind birthday experience. Our gymnastics staff supervises children and adults in a safe, fun environment. This is a one hour Gymnastics Center rental, with optional one hour Party Room rental, for up to 20 guests. Obstacle course, Ninja Jr., and theme parties are options for this selection.

Available: Saturdays 3:30-4:30pm / Optional Party Room 4:30-5:30pm

Sundays 1-2pm or 2:30-3:30pm / Optional Party Room 2-3pm OR 3:30-4:30pm

Cost: Y Members: \$155; Community Members: \$205 (+\$50 Optional Party Room)

CLIMBING WALL PARTY

Ages 10+

Your party scales to new heights on the Y's 32' climbing wall! A certified belayer assists your guests in climbing up this fun, challenging terrain for one hour. Up to 10 guests. No experience necessary.

Available: Saturdays 1:30-2:30pm / Optional Party Room 2:30-3:30pm

Sundays Noon-1pm / Optional Party Room 1-2pm

Cost: Y Members: \$100; Community Members: \$150 (+\$50 Optional Party Room)

GYMNASIUM/COURT PARTY

All Ages

For children who can't get enough "gym time"—whether it's playing basketball, indoor soccer, or old-fashioned PE games—this gym party might be the perfect party! Birthday guests have half the gym all to themselves to run, dash, shoot, and score! A Y instructor who tailors games to meet your child's needs leads the party. This is a one hour, half Court Rental with optional one hour Party Room rental for up to 20 children.

Available: Saturdays 3-4pm / Optional Party Room 4-5pm

Cost: Y Members: \$125; Community Members \$175 (+\$50 Optional Party Room)

MIX & MATCH

Is your child having a difficult time deciding how to celebrate his/her special day? You can combine several options to make an unforgettable birthday!

Saturday: Pool 12:30-1:30pm; Climb 1:30-2:30pm; Court 3-4pm; Party Room 4-5pm

Saturday: Pool 2-3pm; Gymnastics 3:30-4:30pm; Party Room 4:30-5pm

Sunday: Pool 1:30-2:30pm; Gymnastics 2:30-3:30pm; Party Room 3:30-4:30pm

BOOK YOUR PARTY TODAY!

For information or to make a reservation, please contact Cindy Puza: cpuza@keene-ymca.org or 603-283-5264.

AFTER HOURS PARTIES/GATHERINGS

Rent spaces in the Y, Saturdays after 6pm for \$200/space/hour.

For details, please contact Peter Sebert: psebert@keene-ymca.org or 603-283-5257.



Fall Foliage 5K - Saturday, October 13, 2018

Ready to run for a good community cause?
Join your friends and neighbors at the Y's 5th annual Fall Foliage 5K!



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

Registration & racer check-in starts at 8:30am
Race starts at 10am
Family Fun Run at 11am; Family Fun Run only: \$10
Members: \$20 Community Members/Day-Of: \$25

For info: Peter Sebert
psebert@keene-ymca.org
603.283.5257

Get Ready for Mini-Camps

School year mini-camps—Winter, February, April breaks and more!

Registration for all of them opens September 21!

Want info and details? Contact
Ashley Engelbrecht (aengelbrecht@keene-ymca.org)



Free Fridays in October

Bring your friends! Tell everyone about the Y!

Fridays are free in October at your Y!

Come check out the Y offerings!



WE ARE YOUR YMCA



JOIN. PARTICIPATE. DONATE. VOLUNTEER.

We are a not-for-profit organization that exists to serve the needs of our community with a focus on Youth Development, Healthy Living, and Social Responsibility.

We are here to serve YOU.

FINANCIAL ASSISTANCE AVAILABLE
For membership and programs to those who qualify.

The Y is for everyone. Join today!

KEENE FAMILY YMCA
200 Summit Road, Keene, NH 03431
603.352.6002
WWW.KEENEYMCA.ORG