

GIVE A GIFT THAT GIVES BACK THIS HOLIDAY SEASON.

Holiday Gifts & More...

GIFT A MEMBERSHIP

Give a gift that supports your loved ones AND your community this year! Buy a 6 or 12 month Membership Gift Certificate this holiday season, and give the gift of health and community.

PLUS: Get 1 month FREE for yourself.

CLASSES & PROGRAMS

Looking for a gift that offers a fun and active experience for your family or friends? Don't forget about Y programs and classes like Swimming, Gymnastics, Rock Climbing, Martial Arts, and more! Gift Certificates are available for purchase in any amount.

Y GEAR

Help your loved ones and friends dress with style this year! Y sweaters, t-shirts, gear & more will be available for order between 11/23-12/6. Stop by the Welcome Center to browse our catalogue and place your orders.

PRIVATE SWIM LESSONS

Great for cardio and full body fitness, swimming is a life-saving skill that can be enjoyed by both young and old. Give the gift of one-on-one coaching with our professional Swim Instructors at the Y's Aquatics Center and give a gift that lasts a lifetime!

COST:

\$30 per 30 Minute Lesson

KEENE FAMILY YMCA

200 Summit Rd. Keene, NH 03431
603.352.6002 | keeneymca.org



PERSONAL TRAINING

Know someone that would love to get personalized health & fitness training from a certified Y Personal Trainer? Personal Training Gift Certificates are the perfect way for your loved ones to receive specialized, one-on-one training & guidance for all their health & wellness goals just in time for New Years!

COST:

\$50 per 1 Hour Session

\$200 per 5 Session Combo*

(*Buy 4, get 1 FREE!)



BLACK FRIDAY

Give yourself the gift of health, and get a head start on making your New Year's Resolutions a reality by becoming a member of the Y community. Join the

Keene Family YMCA this Black Friday, and pay \$0 until December 15th!

GIVING TUESDAY

Support teens in the Monadnock Region by donating to the **Keene Family YMCA** on Nov. 28th, 2017 for Giving Tuesday! A gift from generous donors like you can help us make our goal of raising \$2,500 to help 20 teens become part of the Y family.

Ask a Y staff how you can donate today!