AQUATICS

SWIM STARTERS – w/Parent

WATER DISCOVERY
6–18 Months
Get ready to swim with your baby or toddler!
Parents accompany children as they are introduced to the aquatic environment. We will share fun games and songs as we splash and play.

Tu 9:30-10am  Members: $42
W 5:15-5:45pm  Community: $126

AQUATOT CLASS
18–36 Months
Blowing bubbles and splashing around are the foundation of water fun. In AquaTot, parents work with their child to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

F 9-9:30am  Members: $42
Sa 9-9:30am  Community: $126

WATER ACCLIMATION {w/Parent}
Ages 3–5
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! We have a class for both of you. Water Acclimation w/Parent allows you to accompany your child in the water to assist with ensuring their comfort in a class setting.

Th 4:30-5pm  Members: $42
Sa 9:30-10am  Community: $126

YOUTH SWIM LESSONS – Swim Basics To Stroke Development

1 | WATER ACCLIMATION
It’s great that your child is ready to learn to swim. This class introduces basic strokes, increases comfort with underwater exploration, and assists students with developing basic water safety skills. This 1st Stage lays the foundation that allows for a student’s further progress in swimming.

AGES 3–5  AGES 6–12
M 3:30-4pm  M 4:30-5:15pm
Tu 9-9:30am  Tu 4:30-5:15pm
Tu 3:30-4pm
W 3:30-4pm
Th 5-5:30pm
F 9:30-10am  Members: $61
Sa 10-10:30am  Community: $122
Su 10-10:30am

2 | WATER MOVEMENT
It’s time to take it to the next level! In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice basic self-rescue skills.

AGES 3–5
M 4-4:30pm
Tu 4-4:30pm
W 4-4:30pm
W 4:45-5:15pm
Th 5:30-6pm
F 9:30-10am
Sa 10-10:30am
Su 10-10:30am

AGES 6–12
M 5-5:45pm
Tu 3:30-4:15pm
W 4:15-5pm
Th 3:30-4:15pm
Sa 10-10:45am
Su 9-9:45am

Members: $61
Community: $122

3 | WATER STAMINA
In Stage 3, students develop their stamina across longer distances. This stage develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action.

AGES 3–5
M 4:15-4:45pm
Tu 4:15-4:45pm
Sa 9:30-10:00am

AGES 6–12
M 3:30-4:15pm
Tu 5:45-6:30pm
Sa 5:45-6:45pm
W 5:15-6pm
Th 4:15-5pm
Sa 11-11:45am

Members: $61
Community: $122

4 | STROKE INTRODUCTIONS
Students in Stage 4 develop stroke technique in front crawl and back crawl. The class focuses on refining rotary breathing and introducing components of advanced strokes.

AGES 6–12
Tu 5:45-6:30pm  Members: $61
W 6-6:45pm  Community: $122
Th 5:15-6pm

5 | STROKE DEVELOPMENT & MECHANICS
Students in Stage 5 work on more advanced stroke technique and are introduced to all major competitive strokes.

AGES 6–12
Th 6-6:45pm
Sa 11:45am-12:30pm  Members: $61

www.KEENEYMCA.org

READY FOR MORE?
Flip the page for our Coached Swim Programs, Adult Lessons, and YMCA Arthritis Program!

KEENE FAMILY YMCA
603-352-6002
AQUATICS

COACHED SWIM PROGRAMS

If your young swimmer is confident in the water and looking for something more than basic lessons, one of our non-competitive, coached swim programs might be the perfect fit. These programs work on age appropriate skill development and build stamina and stroke technique throughout the eight week session. Designed for more advanced swimmers who want more time in the water without the commitment of swimming on a team.

MINI DOLPHINS
Prerequisite: Must be able to swim the length of the lap pool without assistance.
AGES 3-6
W 3:30-4:15pm
Members: $61
Community: $122

JUNIOR DOLPHINS
Prerequisite: Can complete the following actions consecutively- swim the full length of the lap pool, climb out of the pool, jump into the deep end and tread water for 60 seconds (This is the Y’s regular swim test)
AGES 7-10
Tu & Th 3:30-4:30pm
Members: $116
Community: $232

YOUTH STROKE & ENDURANCE
Prerequisite: Can swim at least two lengths of the pool without assistance and be able to pass the Y’s swim test.
AGES 10-15
M 5:15-6:15pm
Members: $61
Community: $122

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.
W 6:30-7:15pm
Sa 11:15-12pm
Members: $55
Community: $110

ADVANCED BEGINNER
Looking to increase your skills in the water? This program is geared towards solidifying basic swim strokes and water safety. Participants should be able to swim at least half the length of the pool and be comfortable going under water prior to starting this level.
Tu 8-8:45am
Tu 6:30-7:15pm
Members: $55
Community: $110

INTERMEDIATE
Become a stronger, more efficient swimmer! This program works on developing stroke efficiency and mechanics. Participants should be able to swim one lap of the pool, be comfortable with submersion, and have basic knowledge of freestyle stroke.
M 6:30-7:15pm
Members: $55
Community: $110

YMCA ARTHRITIS PROGRAM

Don’t let aching joints keep you from the active life you want to have. Register for our low impact water exercise program for those with arthritis, taught in our warm water teaching pool. Each of these classes is capped at 8 participants and is available to Y members only as a free member service.
Registration is Required.
M 10:15-11am
Th 9-10:45am
Members: Free
*Y Members Only

DID YOU KNOW?
The more you practice, the better you get! Swim year-round with a YMCA Youth or Teen Membership, starting at only $15.50 per month.

*Scholarships Available

REGISTRATION BEGINS
Members: April 10th
Community: April 17th

KEENE FAMILY YMCA
603-352-6002
GYMNASTICS
Spring II 2017  5/8-6/25

TODDLER  Ages 1.5–2.5 w/Parent
Introduce young children to physical activity and social interaction early!
This class encourages exploratory fun in a playgroup type atmosphere. We
provide a safe environment in which 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.
Tu 10-10:45am  Members: $50  Community: $100  
W 9-9:45am  
Sa 9-9:45am

TINY TUMBLERS  Ages 2.5–3.5 w/Parent
Has your child mastered our Toddler Gymnastics class and is ready for
a little more structure, but not ready to let go of your hand? Check out
our Tiny Tumblers class. This class combines aspects of our Toddler and
Preschool classes. Your child gets to participate in a structured class while
still having the comfort of you on the floor with them.
Tu 9-9:45am  Members: $60  Community: $104
F 9-9:45am  
Sa 10-10:45am

PRESCHOOL  Ages 3.5–4.5
Designed to promote beginner skill development with an emphasis on
safety and fun. Your child will learn valuable skills including how to
follow directions, participate safely in group activities, and control their
bodies, providing a perfect introduction to gymnastics or other structured
activities and sports.
W 10-10:45am  Members: $67  Community: $108
Th 9-9:45am  
Th 4:15-5pm  
Sa 10:15-11am  
Sa 11-11:45am

KINDERGYMNASTICS  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,
and are gradually exposed to the larger Olympic apparatus. This class is
designed to promote motor skill development and improve the child’s ability
to follow directions in a group setting.
Tu 4:15-5pm  Members: $67  Community: $108
Th 5:15-6pm  
Sa 11:15-12pm

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 your kid,
this program will help your child develop basic gymnastics skills, agility,
flexibility, and speed. Participants compete against the clock, navigating
a series of obstacles and challenges as they set personal bests and work
their way towards becoming expert ninjas!
Th 6:30-7:30pm  Members: $70  Community: $112
Sa 12:15-1:15pm

FLIPPING 101  Ages 6–13
For children who are interested in learning how to perform front and
back flips in a safe manner. We start with basic rolls and safety falls and
work our way up to flips on the floor in our state-of-the-art gymnastics
facility. Our highly trained staff will work with your child through direct
spotting, indirect spotting, and drills to help your child build confidence in
themselves and their skills.
Tu 6:15-7:15pm  Members: $70  Community: $112

TUMBLING  Ages 6–13
Our qualified instructors teach flips and tricks in a safe and structured
setting, utilizing our state-of-the-art spring floor, Tumbl Trak, and foam
pit. This class 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.
Tu 6:30-7:30pm  Members: $70  Community: $112

HOME SCHOOL  Ages 6–18
This school aged class is designed exclusively for homeschool youth. Your
young gymnast will work on developing basic gymnastics skills including
strength and tumbling, working up to performing on the apparatus. This is
a mixed level class.
W 11–12pm  Members: $70  Community: $112

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KEENE FAMILY YMCA
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GYMNASTICS
Spring II 2017  5/8-6/25

SCHOOL AGE  Ages 6-13
Keep your child active and engaged with Y gymnastics. Our school age
ymnastics classes are a great complement or alternative to traditional
team sports. Our school-age program provides progressive skill
development in the areas of agility, endurance, strength, balance, physical
conditioning, gross motor, and fine motor skills with the special element of
fun. Under the instruction of qualified, nurturing staff your child will focus
on their own skill development at their own pace. The program is designed
for those striving to compete, as well as those who enjoy the sport
recreationally. Wear comfortable, fitted clothing or a leotard.

BEGINNER
Open to all gymnasts. No previous experience required.
Tu 5:15-6:15pm  Members: $70  Community: $112
W 4:30-5:30pm

INTERMEDIATE
To enter the Intermediate class, participants need to 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 beam, forward roll on the floor, perform a bridge, and perform
a handstand against a cheese mat.
W 5:45-6:45pm  Members: $70  Community: $112
Th 4-5pm

ADVANCED
To enter the Advanced class, participants need to have either passed
the Intermediate Evaluation, or be able to hurdle onto a springboard,
three casts in a row, standing glide swing, relevé walking forward and
sideways on beam, tuck jump dismount off beam, bridge with feet together,
handstand without cheese, and backward roll down the cheese.
Th 5:15-6:15pm  Members: $70  Community: $112

RISING STARS
To enter the Rising Star class, participants need to have passed the
Advanced Evaluation or have the approval of the Gymnastics Director.
Tu 4-6pm  Members: $117

ADULT GYMNASICS  Ages 13+
Why should the kids have all the fun? We know you want to play too! Adult
ymnastics offers adults the opportunity to learn gymnastics skills and
access the Y’s Gymnastics Center. This is a structured program with open
gym time built-in for fun.
W 7-8pm  Members: $67  Community: $108

OPEN GYMNASICS
Give your children the chance to find the gymnast inside while exploring
our state-of-the-art Gymnastics Center. They can tumble or bounce down
the Tumbl Trak, jump into the giant foam pit, try the balance beam and
other apparatus.

This program is a FREE member service. Space is limited to the first 15
members to register online through the Y’s homepage or the Y Welcome
Center. You may register up-to 24 hours in advance. Members may only
sign up for one time slot per age group, per day. Those registered must
arrive at open gym within 5 minutes before start or your spot will be given
to the person at the top of the wait list.

*Please see Open Gymnastics Schedule for Mini, Youth, & Adult
Open Session times

ROYALS TEAM/PRE-TEAM
Our team is comprised of dedicated, enthusiastic gymnasts. There are a
number of ways to become part of pre-team or the competitive team –
Gymnasts in our progressive recreational program are recognized for their
ability, dedication, and hard work and are invited through evaluations at the
end of each program session, gymnasts may transfer from other gyms or
you can request an evaluation for placement with our Gymnastics Director.
Our team competes in the Eastern and Western YMCA Leagues, as well as
the USA Gymnastics League, while our pre-team participates in two to three
“fun” meets. A YMCA membership is required for both team and pre-team.

Want To Learn More About Recreational And Competitive Y Programs?
Contact Us:
Ashlee Patnode, Gymnastics Director, apatnode@keene-ymca.org
Emma Weiler, Gymnastics Coordinator, eweiler@keene-ymca.org

REGISTRATION BEGINS
Members: April 10th  Community: April 17th

KEENE FAMILY YMCA
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www.KEENEYMCA.org
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 they just want to PLAY. JrFit™ is an athletic program that uses a fun, creative approach to increase kid’s health and fitness. Through well-researched, safe, and effective activities, including strength training, physical conditioning, and nutrition we will teach your child to play safe, so he/she can play longer.
Tu 3:30-4:15pm Members: $35 Community: $90

YOUTH JUDO
Ages 8+
Falling, throwing, grappling with a focus on the development of body concepts, balance, discipline, sportsmanship, self-esteem building, and fun! Optional clinics and tournaments. New participants will need a Judo Gi (uniform). See instructor on the first day for details.
Beginner Sa 9-10am Members: $35 Community: $90
Advanced Sa 10-11am

MIXED MARTIAL ARTS
Ages 6-10
Mixed Martial Arts focuses 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.
Ages 6-10 Members: $45 Community: $90
Sa 11-12pm
Ages 11-14 Sa 12-1pm

YOUTH BASKETBALL
Ages 7-11
He shoots! He scores! Come learn the basic skills of the game of basketball and have fun playing this YMCA-invented sport.
Sa 9-10am Members: $35 Community: $90

WEIGHT LOSS BOOT CAMP
Ages 13+
Losing weight isn’t only what the scale says, but also how you feel about yourself. The Y is here to support, motivate, and inspire your wellness journey. While losing weight can reverse or prevent diabetes, lower blood pressure, assist in preventing heart disease, increase energy, improve your immune system, and manage stress and anxiety, in the end you need to do it for you. Lose weight, tone your body, feel energized, and live a healthier lifestyle. This program is individually designed for all fitness levels and will gently guide you through the process of changing your exercise and eating habits.
M & W 6-7pm Members: $90 Community: $180

TEEN 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.
Th 6:30-7:30pm Members: $30 Community: $80

FENCING
Ages 13+
Weekly lessons include history, terminology, form, and footwork with individual hand-to-hand lessons with the instructors, as well as informal and structured bouting. Emphasis is placed on maintaining a safe and individual pace. Open to all experience levels.
M & W 6-8pm Members: $60 Community: $130

TEEN NIGHT OUT
Grades 6-12
Teen Night Out is an opportunity for teens to hang out in a safe, supervised, and substance-free environment. Teen Leader Corps participants plan the evening’s themes, activities, and food. From 9-10pm teens rule the Y after-hours. Your teen can have a say too by participating in Leader Corps. Contact Peter Sebert for more information: psebert@keene-ymca.org
*TNO season runs Oct to May.
3rd F 7-10pm Members: $8 Community: $10

REGISTRATION BEGINS
Members: April 10th Community: April 17th
www.KEENEYMCA.org
YOUTH CLIMBING

What a feeling of accomplishment for both you and your child to hear the ringing of the bell at the top of the Y’s rock wall. Rock climbing is a multi-faceted activity that challenges the mind, body, and spirit. Climbing can help your child build strength, gain confidence, and feel a sense of achievement in learning a new skill. Our progressive youth climbing program teaches young climbers the skills needed to be successful climbers in a safe and supervised environment, all while having a ton of fun!

Wear comfortable clothes. Climbing shoes are provided.

**Ages 6+**

**GECKOS**
This class is perfect for the first time climber, or young person who is not yet confident on our climbing wall. Young climbers will learn basic climbing commands, how to put on a harness, and tie into the end of the climbing rope. In addition to rock climbing, we will introduce a variety of fun climbing challenges and games.

**M 4-4:45pm**

Members: $35 Community: $90

**Ages 4+**

**OPEN CLIMB**
Bring your family. Bring your friends. Come conquer the rock! During this time, climbers of all ages and experience levels may utilize the wall under the supervision of an experienced belayer. Experience the Y’s 32 ft climbing wall, the only one of its kind in the area. The climbing wall schedule is posted on the Y website. Youth age 8 and under must be accompanied by an adult.

* Please see Open Climb Schedule for times

Members: FREE Community: Guest Fee

REGISTRATION BEGINS

Members: April 10th
Community: April 17th

Want To Learn More About Recreational And Competitive Y Programs?

Contact Us:
Peter Sebert, Healthy Lifestyles Director, psebert@keene-ymca.org

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