

AQUATICS

Summer I 2017 6/26- 7/23

Summer II 2017 7/24- 8/20

*No classes held July 4. Make up classes held Tues, July 7th same time.

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.

W 5:15-5:45pm

Members: \$24
Community: \$72

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.

W 9:30-10am

Sa 9-9:30am

Members: \$24
Community: \$72

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

Sa 9:30-10am

Members: \$24

Community: \$72

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

*Tu 3:30-4pm

W 9-9:30am

W 3:30-4pm

W 4:30-5pm

Th 5-5:30pm

Sa 10-10:30am

AGES 6-12

*Tu 4:30-5:15pm

W 5:45-6:30pm

Members: \$35

Community: \$69

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

*Tu 4-4:30pm

W 9-9:30am

W 4-4:30pm

Th 5:30-6pm

Sa 10:30-11am

AGES 6-12

*Tu 4:30-5:15pm

W 9:30-10:15am

Th 4:30-5:15pm

Sa 10-10:45am

Members: \$35

Community: \$69

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

*Tu 4-4:30pm

Sa 9:30-10am

AGES 6-12

*Tu 5:30-6:15pm

W 4:15-5pm

Th 5:15-6pm

Sa 11-11:45am

Members: \$35

Community: \$69

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 5:30-6:15pm

W 5:15-6pm

Sa 11:45am-12:30pm

Members: \$35
Community: \$69

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

Members: \$35

Community: \$69



READY FOR MORE?

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

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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: \$35

Community: \$69

SUMMER SWIM TEAM

Always wanted to try the swim team but weren't sure about committing to an entire season? Want to build your strength and swimming skills? Summer Swim Team is for you!
*Team meets 6/19-8/10

M & W 4:30-6pm

Tu & Th 8:30-10am

Members: \$155

Community: \$175

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

*Tu 5:30-6:30pm

Members: \$35

Community: \$69

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 6-6:45pm

Sa 11:15am-12pm

Members: \$36

Community: \$62

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 6:30-7:15pm

W 8-8:45am

Members: \$36

Community: \$62

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.

Not available in Summer Sessions

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



GYMNASTICS

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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.

F 4-4:45pm

Members: \$28 Community: \$57

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.

F 5-5:45pm

Members: \$34 Community: \$59

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 4:30-5:15pm

Members: \$38 Community: \$62

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.

W 5:30-6:15pm

Members: \$38 Community: \$62

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!

F 6-7pm

Members: \$40 Community: \$64

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: \$40 Community: \$64

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 6:45-7:45pm

Members: \$40 Community: \$64



GYMNASTICS

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SCHOOL AGE

Ages 6-13

Keep your child active and engaged with Y gymnastics. Our school age gymnastics 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 4:15-5:15pm Members: \$40 Community: \$64

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.

Tu 5:30-6:30pm Members: \$40 Community: \$64

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, releve walking forward and sideways on beam, tuck jump dismount off beam, bridge with feet together, handstand without cheese, and backward roll down the cheese.

W 6:30-7:30pm Members: \$40 Community: \$64

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: \$67

**KEENE FAMILY YMCA
603-352-6002**

OPEN GYMNASTICS

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, 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: June 12th

Community: June 19th

www.KEENEYMCA.org



HELPING YOUNG ATHLETES GO THE DISTANCE.

Train like a pro-athlete this summer.

2017 SUMMER SPEED, STRENGTH, & FUN CAMP

The **Keene Family YMCA** and the **Parisi Speed School of New Hampshire** are teaming up to offer the same training and recovery approaches used with professional and collegiate athletes! Using the Parisi Speed School's time-tested and evidence-based techniques, campers will:

- Learn proper running mechanics
- Improve speed, flexibility, and agility
- Build body strength
- Increase jumping skills
- Improve overall conditioning
- Gain self-confidence
- & much more!

CAMP DETAILS

For Ages 7-18

June 27th - August 7th

(6 week & 3 week options)

Every Tue & Thu 9am-12pm



3 WEEK RATES

Members: \$150

Community: \$180

6 WEEK RATES

Members: \$300

Community: \$360

***Refer a friend to camp, and you both get a FREE WEEK of classes at the Parisi Speed School of NH!**

TO REGISTER, CONTACT:

Keene Family YMCA

603.352.6002 | keeneymca.org

SPORTS & PLAY

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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 5:45-6:45pm Members: \$100 Community: \$200
*8 Weeks. Includes Session I & II.**

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 bouts. Emphasis is placed on maintaining a safe and individual pace. Open to all experience levels.

**M & W 6-8pm Members: \$46 Community: \$100
*8 Weeks. Includes Session I & II.**

OPEN CLIMB

Ages 4+

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: June 12th

Community: June 19th



Looking for adventure this summer?

TEEN CLIMBING CAMP

Ages 13-18

Come climb with the YMCA Climbing Guides! This camp is for the teen who's already experienced some climbing, & is ready to take it to the next level. Campers will learn a variety of climbing techniques at different climbing areas every day. Campers will also be introduced to climbing logistics & safety protocols along with the opportunity to master belaying, repelling, and constructing a variety of anchor systems.

Campers will climb for the first 3 days at local sites including: Marlow Profile, Hewes Hill, & Rose Ledges. On Thursday, the camp packs up & heads to one of New England's premier climbing destinations, Pawtuckaway State Park for an overnight & 2 days of great climbing.

July 17th - 21st Members: \$200 Community: \$300

To Register, Contact:

Deb Ellison, Camp Registrar, dellison@keene-ymca.org

Want To Learn More About Recreational And Competitive Y Programs?

Contact Us:

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