

HITTING THE ROAD THIS SUMMER? THE Y. ALWAYS WELCOME IN EVERY COMMUNITY.

There are thousands of Ys across the country and your Keene Family YMCA membership opens the door to all of them at little or no cost! No more vacation days ruined by bad weather.

Visit any Y in the United States FREE of charge.
Search for a Y near your destination at YMCA.net.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUMMER 2018 PROGRAM GUIDE June 25- August 19

the **Y** YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE KEENE FAMILY YMCA
BURPEE RELAY

- Teams of three will have one hour to complete as many burpees as possible.
- One person must be performing burpees at all times.
- Only one person may be performing burpees at a time.

Come celebrate the birthday of Royal Huddleston Burpee

Keene Family YMCA June 3rd
200 Summit Road 10-11am
Keene, NH 03431
603-352-6002
www.keeneymca.org \$20 per team
#burpeechallenge Suggested donation

THE SQUAT THE KICK BACK THE PUSH UP THE SQUAT THE JUMP

BOOK YOUR SUMMER & FALL BIRTHDAY PARTIES TODAY!

GYMNASTICS PARTIES
POOL PARTIES
WATER SLIDE PARTIES
COURT (SPORT) PARTIES

Two Sessions!		Registration Opens	
Summer 1	June 25-July 22	Members	June 11
Summer 2	July 23-August 19	Community Members	June 18

SUMMER GUIDE



FOR YOUTH DEVELOPMENT®
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YOUR YMCA MEMBERSHIP SERVICES

Memorial-Labor Day Weekends

Summer Hours of Operation

M-F	5am-9pm
Sa	6am-6pm
Su	8am-5pm

The pool closes 15 minutes before the facility closes. The building closes promptly at the stated time, so please leave time at the end of your workout or swim for locker room usage. On Memorial Day, Independence Day, and Labor Day, the Y is open from 8am to noon.

Summer 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 (see 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.

M-F	8:45am-1:30pm
M-Th	3:45-7pm
Sa	8:45am-12:30pm
Su	9-11:30am

PRIMETIME **Ages 6-10 yrs**

Your child needs physical activity and healthy options too and will find them in the PRIMETIME program. You can have a stress-free workout while your child engages in supervised age-appropriate activities. PRIMETIME is FREE to Y members. 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.

M-Th	9-11:30am
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The Keene Family YMCA: A community where everyone is welcome and thriving.

YOUR SUMMER GUESTS ARE WELCOME HERE AT YOUR YMCA!

- Check with a Welcome Center Rep about guest passes you may have on your account
- All day guest rates
\$15 for adults
\$7 for children*
\$25 for families
*Must be accompanied by an adult, age 18+
- Child Watch/PRIMETIME services are available to Community Members for an additional \$3 per child
- Guests can take classes too!

Staff Directory

Helene Mogridge hmogridge@keene-ymca.org 603.283.5251 CEO	Katie Gregory childcare@keene-ymca.org 603.283.5242 Assistant Childcare Director
Sherry Carter mapleave@keene-ymca.org 603.313.2719 Maple Ave. Child Care Coordinator	Tammie Patnode tpatnode@keene-ymca.org 603.283.5255 Finance/HR Director
Ashlee Crosby apatnode@keene-ymca.org 603.283.5252 Gymnastics Director	Joanna Pirnat jpirnat@keene-ymca.org Gymnastics Coordinator
Marj Droppa mdroppa@keene-ymca.org 603.283.5256 Development and Community Impact Director	Cindy Puza cpuza@keene-ymca.org 603.283.5264 Administrative Assistant
Debby Ellison All/Financial Assistance/Camp Registrar dellison@keene-ymca.org 603.283.5254 Membership Coordinator	Peter Sebert psebert@keene-ymca.org 603.283.5257 Healthy Lifestyles Director
Jocelyn Frain jfrain@keene-ymca.org 603.283.5260 Member Services Director	Paul Simpson psimpson@keene-ymca.org 603.283.5249 Aquatics Director
Kelly Fleurette kfleurette@keene-ymca.org 603.283.5240 Childcare Services, School Age/Camp Director	Steve Snow ssnow@keene-ymca.org Facilities Manager
	Renee Woliver rwoliver@keene-ymca.org 603.283.5580 Marketing Director



Youth Judo **Ages 8+ yrs**
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 at the first class for details.
Summer 1 & Summer 2
Members \$50 Community Members \$100

Beginner	Advanced
Sa 9-10am	Sa 10-11am

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.
Summer 1 & Summer 2
Members \$50 Community Members \$100

Th	6:30-7:30pm
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Adult Judo **Ages 13+ yrs**
Falling, throwing, grappling with a focus on development of body awareness, balance, discipline, sportsmanship, self-esteem building, and fun! Optional clinics and tournaments.
Summer 1 & Summer 2
Members \$50 Community Members \$100

Th	6:30-8:30pm
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Fencing **Ages 13+ yrs**
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.
Summer 1 & Summer 2
Members \$50 Community Members \$100

M	6-8pm
W	6-8pm

Juggling **Ages 11+ yrs**
Would you like to learn how to bounce a soccer ball on your head? On your foot? And juggle at the same time? Or ride a unicycle? Juggle three balls all in one hand? Juggle clubs, juggle rings? Juggle *fire!* This class, plus determination to practice, will get you started in juggling!
Summer 1 & Summer 2
Members \$50 Community Members \$100

Th	4:15-5pm
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HEALTH, WELL-BEING & FITNESS

New This Summer!

Rock Climbing 101 **Family; children 5+ yrs**
Want to experience climbing a real rock face as a family?

Let the Keene Family Y's lead climbing Instructor Peter Sebert make this possible and take care of everything you need.



You and your family are guided on a climbing excursion designed to meet the adventure level of your group.

You'll learn the ropes at our outdoor climbing site

on Marlow Profile in Marlow, NH. Allowing for climbing at all levels, this site offers stunning, beautiful views of two states from the crag's top.

All you need is a willingness for adventure—no experience necessary. All equipment included.

Members \$40 Community Members \$60

Sa, July 7 10am-3pm
(Rain Date: F, July 13; 10am-3pm)

Register today!
Fall Foliage 5k
First 100 entries receive a race long-sleeve shirt.
Members \$20 Community Members \$25



Sa, Oct 13 10am



PROGRESSIVE CLASSES **Ages 6-13 yrs**
 Progressive gymnastics classes are perfect for your driven child and as an alternative to traditional team sports. This program offers progressive skill development in agility, endurance, strength, balance, physical conditioning, gross motor and fine motor skills with addition of a special element: fun! Led by the Y's qualified, experienced staff, this program is designed for those striving to compete. Participants receive evaluations on skill progress at the end of each session.

Beginner Gymnastics
 Open to all gymnasts. No previous experience required.
Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Tu 5:15-6:15pm

Intermediate Gymnastics
 To enter the Intermediate class, gymnasts 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.
Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Tu 5:30-6:30pm

Advanced Gymnastics
 To enter the Advanced class, gymnasts 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.
Summer 1 & Summer 2 **Members \$70** **Community Members \$100**

W 5:45-7:15pm

Rising Stars
 To enter the Rising Star class, gymnasts need to have passed the Advanced Evaluation or have the Gymnastics Director's approval.
Summer 1 & Summer 2 **Membership Required** **4 Wk \$88**

Tu 4-5:30pm
 W 4-5:30pm

ROYALS TEAM/PRE-TEAM
 There are several ways to become part of pre-team or the competitive team. Gymnasts in our progressive 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 request an evaluation for placement with our Gymnastics Director. Our team competes in the Eastern and Western YMCA Leagues and in the USA Gymnastics League. Pre-team participates in two to three "fun" meets.
A YMCA membership is required for both team and pre-team.

Basic Rec **Ages 6-9 yrs**
 Our recreational class is a great way for your child to enjoy the fun of gymnastics even if he/she isn't quite ready for the competitive track. Kids develop strength, flexibility, and more in a fun, low-pressure class with peers. Under the instruction of qualified, nurturing staff your child focuses on his/her own skill development at his/her own pace. For children who enjoy the sport recreationally, this class is open to all gymnasts. No previous experience required.
Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Tu 6:30-7:30pm

Open Gymnastics
 Give your child the opportunity to find his/her inner gymnast while exploring our state-of-the-art Gymnastics Center. Your child can tumble or bounce down the Tumble Trak, jump into the giant foam pit, and try the balance beam and other apparatus.
 This program is a **FREE member service.**
Summer 1 & Summer 2
No open gym 8/19, 8/20, 8/26, 8/27, 9/2, or 9/3.



Mini Open Gymnastics **Ages 18 mos-5 yrs**
 Adult guardian to be present on the floor with the gymnast at all times.

Su 9:30-10am
 Su 10:15-10:45am

Youth Open Gymnastics **Ages 5-13 yrs**
 Gymnast does not need assistance from an adult guardian on the floor.
 Su 11-11:45am
 Su Noon-12:45pm

Advanced/Adult Open Gymnastics Ages 13+ yrs
 For this class, gymnasts must be enrolled in Rising Stars, PreTeam, Team, or receive approval from the Gymnastics Director.

M 7-7:45 pm

SPORTS & PLAY

WEIGHT LOSS BOOT CAMP **Ages 13+ yrs**
 Losing weight isn't only what the scale says—it's also about 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, help prevent 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 gently guides you through the process of changing your exercise and eating habits.

Summer 1 & Summer 2
Members \$100 **Community Members \$200**

M 6-7pm
 W 6-7pm

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 gains. Improve your strength, cardiovascular fitness, flexibility, balance, and overall performance while having fun in a supportive team.
Summer 1 & Summer 2 **M/W/F Members \$150** **Community Members \$225**
Tu/Th Members \$100 **Community Members \$200**

M 9-10am Tu 9-10am
 W 9-10am Th 9-10am
 F 9-10am

DISCOVER Y PROGRAMS

PROGRAM INFORMATION and POLICIES

Program Sessions and Registration Dates

Summer 1 Session **June 25-July 22**
Summer 2 Session **July 23-August 19**

Registration opens:
 Members **June 11**
 Community Members **June 18**

July 4 classes will be held on Friday, July 6 at their regularly scheduled times.

Program Registration
How to Register for Programs

- Program Registration is on a first-come, first-served basis.
- Register one of three ways:
 - 1) Online at KEENEYMCA.ORG under the PROGRAMS tab anytime during your designated registration period. You must have a billing method and email address on file with the Y to register online. Please speak with a Welcome Center representative if you need your password reset.
 - 2) By phone (603.352.6002) with a credit card.
 - 3) In person at the YMCA Welcome Center.
- 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.
- Payment is due in full at the time of registration. No exceptions. Spots will not be held without payment.

Program Procedures
Switching Classes

If you wish to switch classes/programs before registration closes, you may do so at the Y Welcome Center. Once a session has begun, only directors may process class moves. If for any reason a program is not suitable, please see your instructor or program director.

You are responsible for any fee difference between programs. The difference must be paid at the time of the class switch.

Withdrawing From a Program

If you need to withdraw from a program before the first class you may do so at the Y Welcome Center. You will have the option of a system credit to be used toward another program or receiving a refund via credit card return or by check issued within 10 business days. No refunds will be issued after the first class. Withdrawals for medical reasons with a doctor's note will receive a pro-rated credit for remaining classes.

We want you to have a positive program experience; we understand that not all programs are a perfect fit for every person. If you have concerns about a class please speak with the instructor or the director immediately. Should you choose to withdraw from a class after the class begins, you will receive a credit to be used toward a future program.

Program Cancellations

If a program is cancelled for the session by the Y for any reason, you will have the option of a system credit to be used toward another program or receiving a refund via credit card return or by check issued within 10 business days. No cash refunds.

Class Cancellations

If a class is cancelled for the day by the Y for any reason, we will make every attempt to offer a make-up class. Please be advised that make-ups are not always at the same day/time as the class in which you are enrolled. No refund/credit will be given if a make-up class is offered.

Program Drop-off and Pick-up

Children under 11 years of age 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 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 Y staff at the beginning and end of class. We discourage "coaching" from the sidelines, as such behavior can be distracting to both your child's and other participants' learning.

If you have concerns or comments that warrant additional time, please make an appointment to speak with the program director.

KEENE FAMILY YMCA SUMMER CAMP

WWW.KEENEYMCA.ORG/SUMMERCAMP

June 25-Aug 17

BEST SUMMER EVER

Registering Now!

Camp Hummingbirds	Grades PreK-K
Camp Wakonda	Grades 1-6
Creative Art Camp	Grades 1-5
Mixed Bag Camp	Grades 1-5
Outdoor Adventure Camp	Grades 3-5
Gymnastics and More	Ages 6-12
Ninja Camp	Ages 6-12

**Pool Thunderstorm/Inclement Weather Policy:**

Our pool is required to close during and immediately following thunder and lightning activity. Depending on the timing, duration, and severity of the storm, classes will either finish with activities outside of the water, be rescheduled that day, or moved to a later date. Please contact our front desk or monitor our Facebook page for updates on class cancellations or rescheduling.

SWIM LESSONS: YOUTH & ADULT

YOUTH

Water Acclimation — Stage 1

Your child is ready to learn to swim! This class introduces basic strokes, increases comfort with underwater exploration, and assists swimmers with developing basic water safety skills. Stage 1 lays the foundation that allows for further progress in swimming.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 3-5 yrs

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 yrs

Tu 4:30-5:15pm
W 5:45-6:30pm
Th 4:15-5pm

Water Movement — Stage 2

It's time to take your swimming to the next level! In Stage 2, swimmers focus on body position and control, directional change, and forward movement in the water while continuing to practice basic self-rescue skills.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 3-5 yrs

Tu 4-4:30pm
W 4-4:30pm
Th 5:30-6pm
Sa 10:30-11am

Ages 6-12 yrs

Tu 4:30-5:15pm
W 10:15-11am
Th 4:15-5pm
Sa 10-10:45am

Water Stamina — Stage 3

In Stage 3, swimmers develop stamina across longer distances. Stage 3 develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 3-5 yrs

Tu 4-4:30pm
W 5:15-5:45pm
Sa 9:30-10am

Ages 6-12 yrs

Tu 5:30-6:15pm
W 4:15-5pm
Th 5:15-6pm
Sa 11-11:45am

Stroke Introduction — Stage 4

Swimmers in Stage 4 develop stroke technique in front crawl and back crawl. This class focuses on refining rotary breathing and introducing components of advanced strokes.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 3-5 yrs

W 3:30-4:15pm

Ages 6-12 yrs

Tu 5:30-6:15pm
Th 6-6:45pm
Sa 11:15am-Noon

**Stroke Development — Stage 5**

Stage 5 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 side-stroke.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 6-12 yrs

Tu 6:15-7pm
Sa 11:45am-12:30pm

Stroke Mechanics — Stage 6

Swimmers in this coached program refine technique on all major competitive strokes. Swimmers learn how to incorporate swimming into a healthy lifestyle through guided workout sessions and targeted stroke development clinics.

Summer 1 & Summer 2 **Members \$35** **Community Members \$70**

Ages 6-12 yrs

W 5:15-6pm

ADULT

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.

Summer 1 & Summer 2 **Members \$32** **Community Members \$64**

W 6-6:45pm
Th 6:15-7

Advanced Beginner/Intermediate

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 before starting this level.

Summer 1 & Summer 2 **Members \$32** **Community Members \$64**

Tu 6:15-7pm

YMCA Arthritis Program

Don't let aching joints 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 eight participants. Member-only service that is free; registration, however, is required.

Summer 1 & Summer 2

M 10:15-11am
Th 9-10:45am



Private Swim Lessons— Youth and Adult

Does your child need more one-on-one help in the water? And, what about *you*? Do you want to take your swimming skills to the next level?

The Keene Family YMCA offers private swim lessons with our experienced instructors.

Want details about Private Swim Lessons? Contact:

Deb Ellison 603.283.5254
privateswimlessons@keene-ymca.org



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Child/Parent Classes

These five classes require an adult to take part 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 and share fun games and songs as we splash and play.

Summer 1 & Summer 2 **Members \$25** **Community Members \$75**

W 5:15-5:45pm

AquaTot Swim Class**Ages 18-36 mos**

Blowing bubbles and splashing 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 child works towards independent motion. Basic swimming skills are introduced through fun activities and songs.

Summer 1 & Summer 2 **Members \$25** **Community Members \$75**

W 9:30-10am
Sa 9-9:30am

Water Acclimation with Parent **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! We have a class 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.

Summer 1 & Summer 2 **Members \$30** **Community Members \$60**

Sa 9:30-10am

Toddler Gymnastics**Ages Walking-2.5 yrs**

Introduce your young child to physical activity and social interaction early! Toddler Gymnastics encourages exploratory fun in a playgroup-type atmosphere. Instructors help you and your child explore and play in a safe, caring environment. The class also provides opportunities for parents and caregivers to meet other moms and dads while toddlers begin social interaction with other 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.

Summer 1 & Summer 2 **Members \$30** **Community Members \$60**

F 4-4:45pm

Tiny Tumblers**Ages 2.5-3.5 yrs**

Has your child mastered skills taught in Toddler Gymnastics and is ready for a little more structure, but not quite ready to let go of your hand? Tiny Tumblers combines the parent aspect of our Toddler classes with the structure and circuits of our Preschool classes. Tiny Tumblers helps transition your child into a more instructor-led class while still having the comfort of you on the floor.

Summer 1 & Summer 2 **Members \$35** **Community Members \$65**

Tu 5-5:45pm



GYMNASTICS

Preschool**Ages 3.5-4.5 yrs**

Designed to promote beginner skill development with an emphasis on safety and fun, your child learns valuable skills including how to follow directions, participate safely in group activities, and control his/her body. This class is the perfect introduction to gymnastics or other structured activities and sports.

Summer 1 & Summer 2 **Members \$40** **Community Members \$70**

Tu 4:15-5pm

Kindergymnastics**Ages 4.5-6 yrs**

Your child learns "lead-up" drills required for basic gymnastics skills. He/she is introduced to gymnastics terminology, use age-appropriate equipment and is gradually exposed to the larger Olympic apparatus. Kindergymnastics is designed to promote motor skill development and improve your child's ability to follow directions in a group setting.

Summer 1 & Summer 2 **Members \$40** **Community Members \$70**

Tu 4:30-5:15pm

Jr. Ninja Challenge**Ages 6-10 yrs**

Let your child harness his/her inner NINJA! Based on a popular international obstacle course competition, but specific for children, this class helps your child develop basic gymnastics skills, agility, flexibility, and speed. Competing against the clock, your child navigates a series of obstacles and challenges, setting personal bests and working his/her way towards becoming an expert ninja!

Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Th 6:45-7:45pm

Flipping 101**Ages 6-13 yrs**

For children who are interested in learning how to perform front and back flips in a safe manner. Starting with basic rolls and safety falls, we work our way up to flips on the floor in our state-of-the-art gymnastics facility. Highly trained staff work with students through direct spotting, indirect spotting, and drills to help children build confidence in themselves and their skills.

Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Tu 5:45-6:45pm

Tumbling**Ages 6-13 yrs**

Our qualified instructors teach 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.

Summer 1 & Summer 2 **Members \$42** **Community Members \$75**

Tu 6:45-7:45pm

