# 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Members</th>
<th>Community</th>
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<tbody>
<tr>
<td>Tu</td>
<td>9:30-10am</td>
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<td>W</td>
<td>5:15-5:45pm</td>
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## 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.

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## 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.

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<tr>
<td>Th</td>
<td>4:30-5pm</td>
<td>$59</td>
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## 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.

<table>
<thead>
<tr>
<th>Ages 3–5</th>
<th>Ages 6–12</th>
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<tr>
<td>M 3:30–4pm</td>
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<td>Th 5–5:30pm</td>
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<tr>
<td>F 9–9:30am</td>
<td>Members: $69</td>
</tr>
<tr>
<td>Sa 10–10:30am</td>
<td>Community: $138</td>
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### 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.

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### 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.

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### 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.

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<tr>
<td>Tu 5:45–6:30pm</td>
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<tr>
<td>Th 5:15–6pm</td>
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### 5 | STROKE DEVELOPMENT & MECHANICS

Students in Stage 5 work on more advanced stroke technique and are introduced to all major competitive strokes.

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<tbody>
<tr>
<td>Th 6–6:45pm</td>
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<tr>
<td>Sa 11:45am–12:30pm</td>
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## READY FOR MORE?
Flip the page for our Coached Swim Programs, Adult Lessons, and YMCA Arthritis Program!

www.KEENEYMCA.org
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**
M & W 3:30-4:15pm
Members: $133
Community: $266

**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 & Th 3:30-4:30pm**
Members: $133
Community: $266

**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.

**AGES 10-15**
M 5:15-6:15pm
Members: $69
Community: $138

**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**
Members: Free
Th 9-10:45am
*Y Members Only

**REGISTRATION BEGINS**
Members: December 5th
Community: December 12th

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*Scholarships Available*
SPORTS & PLAY
Winter 2017  1/2 – 3/5  *No classes 2/20-26

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: $46 Community: $100

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 Members: $46 Community: $100
Sa 9-10am
Advanced Sa 10-11am

MIXED MARTIAL ARTS
Your child will focus 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: $50 Community: $100
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: $46 Community: $100

Club Y Dance Grades 6-8
This class gives participants a great start on partner dancing. Each class begins with a classic line dance warm up, then moves on to a partner dances like Swing, Salsa, or Cha Cha. Dances will be broken down for both leaders and followers, covering rhythms, patterns, lead and follow techniques and etiquette. No partner is needed, there will be lots of switching up to promote working together.
W 3:30-4:15pm Members: $75 Community: $150

Baton Twirling Ages 7-12
TWIRLING! Twirling develops your child’s hand-eye coordination, ambidexterity, joint flexibility, timing, and rhythm. Learn basic dance technique as a basis for using the body correctly to control and master the baton. Three modes of twirling, aerials, rolls, and contact material, will also be taught and practiced in class. Batons provided.
Th 4:30-5:30pm Members: $46 Community: $100

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: $46 Community: $100

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: December 5th
Community: December 12th

www.KEENEYMCA.org
KEENE FAMILY YMCA
603-352-6002
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: $100 Community: $200

ADULT DANCE  
This class is designed to give participants the fundamentals needed for partner dancing. Class begins with a popular/classic line dance warm up, followed by a lesson featuring a fun, usable, partner dance like Swing, Salsa, or Cha Cha. The instructor will break down each dance for leaders and followers with rhythms, patterns, lead and follow techniques and tips given.

M 6:30-7:30pm  
Members: $120 Community: $240

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.

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 them to a variety of fun climbing challenges and games.

M 4-4:45pm  
Members: $50 Community: $100

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 this part of the state. The climbing wall schedule is posted on the Y website and is updated monthly. Youth age 8 and under must be accompanied by an adult. *All guest fees and policies apply for non-members.

* Please see Open Climb Schedule for times

Members: FREE  
Community: Guest Fee

Want To Learn More About Recreational And Competitive Y Programs?  
Contact Us:  
Peter Sebert, Healthy Lifestyles Director, psebert@keene-ymca.org

Stay active all winter with a YMCA Youth or Teen Membership, starting at only $15.50 per month.

WANT MORE?

*Scholarships Available

www.KEENEYMCA.org
GYMNASTICS
Winter 2017  1/2 – 3/5  *No classes 2/20-26

TOODLER  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: $56  Community: $113
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: $67  Community: $118
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: $76  Community: $123
Th 9-9:45am
F 4:30-5:15pm
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: $76  Community: $123
F 5:30-6:15pm
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 6:45-7:45pm  Members: $80  Community: $128
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.
F 6:30-7:30pm  Members: $80  Community: $128

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: $80  Community: $128

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: $80  Community: $128
W & F 11-12pm  Members: $133  Community: $180

www.KEENEYMCA.org

KEENE FAMILY YMCA
603-352-6002
SCHOOL AGE

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 5:15-6:15pm  Members: $80 Community: $128
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: $80 Community: $128
Th 4:15-5:15pm

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.
Th 5:30-6:30pm  Members: $80 Community: $128

RISING STARS
To enter the Rising Star class, participants need to have passed the Advanced Evaluation or have the approval of the Gymnastics Director.
M 4:30-6:30pm  Members: $133

ADULT GYMNASICS

Why should the kids have all the fun? We know you want to play too! Adult Gymnastics 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: $76 Community: $123

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.

*Raise To Learn More About Recreational And Competitive Y Programs?

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

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