

# NEW YEAR NEW MEMORIES NEW FUN

## WINTER SESSION 2018

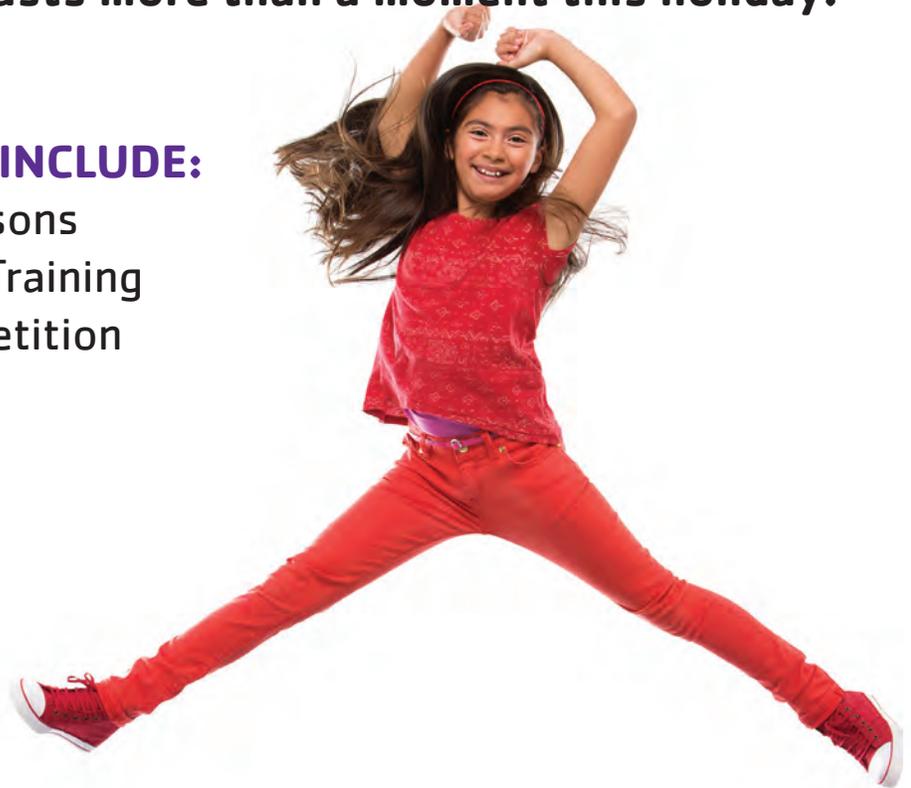
Jan 2nd - Feb 25th

Registration begins December 15<sup>th</sup>

Give your kids a gift that lasts more than a moment this holiday!

### WINTER 2018 PROGRAMS INCLUDE:

Swimming & Gymnastics Lessons  
NEW! Small Group Personal Training  
NEW! Smallest Winner Competition  
Boot Camp  
Rock Climbing  
Martial Arts  
NEW! Strong Girls  
Basketball  
& more!



### Keene Family YMCA

200 Summit Road  
Keene, NH 034301

Questions? 603.352.6002

Looking for a perfect last-minute holiday present? The Y has you covered! Stop by the Welcome Center and pick up a Y Gift Certificate in any dollar amount.

# HELPING MAKE YOUR RESOLUTIONS COUNT THIS YEAR

## Smallest Winner Program

### Your New Year's goals are achievable this winter!

Designed and led by our personal training staff, this 12 week competitive program is designed to push both yourself and your team to meet your wellness goals. You'll meet twice a week: once as a team for progressive, small-group workouts, and once for 1-on-1 personal training sessions. Participants will track their improvements with weekly goals and weigh-ins. Improve yourself and make fitness gains with the help and motivation of your team! The team with the most inches/weight lost will be named the "Smallest Winner" and bring home the glory.

### TEAM MEETING TIMES:

Select one when registering.

T 6-7pm

W 6-7am

F 12-1pm

Sa 8-9am



### COST:

Members: \$300

Community: \$500

Registration opens Dec. 15th and spots are limited.

Call or visit the Keene Family YMCA to save your spot today!

Questions? 603.352.6002

### KEENE FAMILY YMCA

200 Summit Road

Keene, NH 03431

*(Individualized training sessions normally valued at \$172 per month)*

# GYMNASTICS

Winter 2018 1/2 - 2/25

## TODDLER

**Ages 12mo-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. (Children should be walking.)

**Tu 10-10:45am**      **Members: \$59**      **Community: \$120**  
**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: \$70**      **Community: \$125**  
**Th 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: \$80**      **Community: \$130**  
**Th 4:15-5pm**  
**F 9-9:45am**  
**Sa 11-11:45am**

**REGISTRATION BEGINS**  
**December 15th**

## 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: \$80**      **Community: \$130**  
**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 6:15-7:15pm**      **Members: \$84**      **Community: \$140**  
**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, Tumble 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 5:45-6:45pm**      **Members: \$84**      **Community: \$140**

## HOME SCHOOL

**Ages 6-18**

This school aged class is designed exclusively for home-school 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: \$84**      **Community: \$140**

# GYMNASTICS

Winter 2018 1/2 - 2/25

## PROGRESSIVE CLASSES

**Ages 6-13**

Progressive gymnastics classes are perfect for your driven child and as an alternative to traditional team sports. This 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. Led by the Y's qualified, experienced staff, this program is designed for those striving to compete, and participants will receive evaluations on skill progress at the end of each session.

*Wear comfortable, fitted clothing or a leotard.*

## BEGINNER

Open to all gymnasts. No previous experience required.

**Tu 4:30-5:30pm**      **Members: \$84**      **Community: \$140**  
**W 4:15-5:15pm**

## 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 5:30-6:30pm**      **Members: \$84**      **Community: \$140**  
**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, 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 5:15-6:45pm**      **Members: \$140**      **Community: \$200**

## 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 & Th 4-5:30pm**      **Members: \$175**

**KEENE FAMILY YMCA**  
**603-352-6002**  
**keeneymca.org**

## \*NEW\* RECREATIONAL CLASSES

Keep your child active and engaged with Y gymnastics! Our recreational classes are a great way to enjoy the fun of gymnastics even if your child isn't quite ready for the competitive track. Kids will develop strength, flexibility, and more in a fun and low-pressure class with their peers. 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 who enjoy the sport recreationally, and is age-based.

*Wear comfortable, fitted clothing or a leotard.*

## BASIC REC

**Ages 6-9**

Open to all gymnasts. No previous experience required. Must meet age req.  
**Tu 5:15-6:15pm**      **Members: \$84**      **Community: \$140**

## ADVANCED REC

**Ages 9-13**

Open to all gymnasts. Must meet age req.  
**Tu 5:45-7:15pm**      **Members: \$140**      **Community: \$200**

## 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 Tumble Trak, jump into the giant foam pit, try the balance beam and other apparatus. This program is a **FREE member service**.

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

## ADULT GYMNASTICS

**Ages 13+**

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 enjoy the Y's Gymnastics Center. This is a structured program with open gym time built-in for fun.

**Tu 7:15-8:15pm**      **Members: \$80**      **Community: \$140**

## ROYALS TEAM/PRE-TEAM

There are a number of 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 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 Crosby, Gymnastics Director, [apatnode@keene-ymca.org](mailto:apatnode@keene-ymca.org)

# SPORTS & FITNESS

Winter 2018 1/2-2/25\*

\*No Class New Years Day, Jan 1<sup>st</sup>.

## 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 & Th 3:30-4:15pm**      **Members: \$50**      **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: \$50**      **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: \$50**      **Community: \$100**

## NEW! - STRONG GIRLS

**Ages 12+**

This group of all girls will work together with a Y trainer to develop healthy habits, self-esteem, positive body image, and whole body strength. Participants will gain confidence with different exercise styles, and build a positive relationship with their community.

**Tu & Th 4:15-5:15pm**      **Members: \$75**      **Community: \$125**

## TEEN CLIMBING CLUB

**Ages 12+**

Not into organized sports but looking for a challenge? Teen Climbing Club gives teens with climbing experience the opportunity to strengthen their climbing technique, and get connected to the local climbing community! Teens develop the necessary skills to safely participate in outdoor climbing, and will enjoy an outdoor climbing adventure.

**Tu 4-5 pm**      **Members: \$50**      **Community: \$100**

## 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: \$100**      **Community: \$200**



**REGISTRATION BEGINS**  
**December 15<sup>th</sup>**

**KEENE FAMILY YMCA**  
**603-352-6002**  
**www.KEENEYMCA.org**

# SPORTS & FITNESS

Winter 2018 1/2-2/25\*

\*No Class New Years Day, Jan 1<sup>st</sup>.

## TEEN & ADULT 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: \$50      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 bouts. Emphasis is placed on maintaining a safe and individual pace. Open to all experience levels.

M & W 6-8pm      Members: \$50      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](mailto:psebert@keene-ymca.org)

\*TNO season runs Oct to May.

3rd F 7-10pm      Members: \$10      Community: \$12

## Y WALKING

Enjoy staying fit and moving during the colder months, while avoiding falling hazards like ice and snow, by getting your exercise indoors at the Y! This walking program enables Community members to access the Y's Indoor Track during select times throughout the week, and also provides the opportunity to make new connections with your neighbors!

M - F 10am-2pm      Community: \$40

### PERSONAL TRAINING

Take your wellness journey to the next level! The Y offers personal training with Certified Personal Trainers to help members of all levels and abilities meet their goals. Whether it's marathon training, yoga, weight loss, sports training or more, our personal trainers can help make your goals a reality in 2018!

1 hr Session: \$50 | 5 Session Special: \$200

## NEW! - SMALL GROUP PERSONAL TRAINING

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, so you can easily track your gains. Improve your strength, cardiovascular fitness, flexibility, balance, and overall performance while having fun in a supportive team.

Sessions run monthly beginning in November.

M/W/F 9-10am      Members: \$100      Community: \$200

## 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. This progressive 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

**Ages 6+**

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

## MOUNTAIN GOATS

**Ages 8+**

Young climbers with experience on our wall enjoy the challenge of tackling more difficult routes and learning new skills. Climbers in this class will learn a variety of climbing knots, including the starter 8, and be introduced to climbing safety systems. When appropriate, children will be introduced to more advanced climbing techniques and activities, drills, and games to improve their climbing.

W 4-5pm      Members: \$50      Community: \$100

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

**Contact Us:**

Peter Sebert, Healthy Lifestyles Director, [psebert@keene-ymca.org](mailto:psebert@keene-ymca.org)

# AQUATICS

Winter 2018 \*1/2 - 2/25

\*No classes held New Years Day, Jan. 1<sup>st</sup>.

Make up classes held at their regularly scheduled times Fri, Jan. 5<sup>th</sup>.

## 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: \$49

W 5:15-5:45pm

Community: \$147

### 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: \$49

Sa 9-9:30am

Community: \$147

### 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.

Sa 9:30-10am

Members: \$60

Community: \$120

## 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

\*M 3:30-4pm

Tu 9-9:30am

Tu 3:30-4pm

W 3:30-4pm

Th 5-5:30pm

F 9:30-10am

Sa 10-10:30am

AGES 6-12

\*M 4:30-5:15pm

Tu 4:45-5:30pm

Th 4:15-5pm

Members: \$70

Community: \$140

### 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 4:30-5pm

Th 5:30-6pm

F 9:30-10am

Sa 10:30-11am

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

Members: \$70

Community: \$140

### 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

Members: \$70

Community: \$140

AGES 6-12

\*M 3:30-4:15pm

\*M 5:45-6:30pm

Tu 5-5:45pm

W 5:15-6pm

Th 4:15-5pm

Sa 11-11:45am

### 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 3-6

W 3:30-4:15pm

Members: \$70

Community: \$140

AGES 6-12

Tu 5:45-6:30pm

Th 5:15-6pm

Sa 11:45am-12:30pm

### 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

Tu 5:30-6:15pm

Th 6-6:45pm

Members: \$70

Community: \$140



### READY FOR MORE?

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

KEENE FAMILY YMCA  
603-352-6002

# AQUATICS

Winter 2018 \*1/2 - 2/25

\*No classes held New Years Day, Jan. 1<sup>st</sup>.

Make up classes held at their regularly scheduled times Fri, Jan. 5<sup>th</sup>.

## 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.

### 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**                      **Members: \$133**  
**Tu & Th 3:45-4:45pm**      **Community: \$266**

### 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 8-12**                      **Members: \$70**  
**W 6-6:45pm**                      **Community: \$140**

## 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 6:45-7:30pm**                      **Members: \$65**  
**Sa 11:15am-12pm**                      **Community: \$130**

### 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.

**\*M 6:30-7:15pm**                      **Members: \$65**  
**Sa 12-12:45pm**                      **Community: \$130**

### 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.

**Tu 6:15-7pm**                      **Members: \$65**  
**Community: \$130**

## 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**



### PRIVATE SWIM LESSONS

Does your child need more one-on-one help in the water? Do you want to take your swimming skills to the next level? The Keene Family YMCA offers private swim lessons with our experienced instructors.

Contact us for more details!

Deb Ellison, 603.283.5254  
privateswimlessons@keene-ymca.org