



KEENE FAMILY YMCA PROGRAM GUIDE

FALL SESSION I

October 31–December 25, 2021



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE KEENE FAMILY YMCA!

We're glad you're here.

The Y wellness experience is like no other. Your membership gives you access to a state-of-the-art facility with pools, fitness center, indoor track, basketball gymnasium, gymnastics center and community spaces with free WiFi. But that isn't all you get. The Y has made a promise to build the foundations of community through **youth development, healthy living and social responsibility** and what that means for you is a supportive, community of staff and members that care about your wellness success.

MEMBER BENEFITS

- » Free child care while you work out
- » Unlimited access to all Group Exercise Classes
- » Full Aquatics Center with two pools, hot tub, steam room and sauna
- » Fitness center with free weights, machines, and staff to assist
- » Indoor track for walking, running or interval training
- » Full-court basketball gymnasium
- » Gymnastics center
- » Two racquetball courts, two fitness studios, and cycling studio
- » 30' Indoor climbing wall

FREE WELLNESS ORIENTATION!

As a member of the Y, you're entitled to a **FREE Wellness Orientation** with one of our trainers. It's a great opportunity to talk about your goals, map out your fitness plan, and ensure that you get the most out of your membership. **Visit the Welcome Center or call 603.352.6002 to schedule your session today!**

HOURS OF OPERATION

Monday - Friday
5:00 am - 9:00 pm

Saturday
6:00 am - 6:00 pm

Sunday
8:00 am - 5:00 pm

The pool closes 15 minutes before the facility closes. Please leave time at the end of your workout or swim for locker room usage.

Please check visit keeneymca.org or follow us on Facebook @KeeneFamilyYMCA for the most up-to-date information.

CHILD WATCH

Ages 4 months to 10 years

Your workout should be stress free. To make this easy for you, we offer Child Watch - a free child care service where 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. Children are supervised by caring, attentive staff. Child Watch is FREE to all members, and available for \$3.00 to guests.

Child Watch services are available by reservation only through MotionVibe at:

<https://keenefamilyymca.motionvibe.com>

Attendance is limited to 8 children, ages 4 months to 10 years, per 1.5-hour time slot. Members can register for Child Watch services up to 24 hours in advance through MotionVibe.

Children will be required to wash their hands upon arrival to the program. Children will wash hands prior to and after snack time. **Masks are required for children over the age of 2.** Child Watch staff will clean toys and all surfaces after each group leaves the area.

For the safety of our members with peanut and tree nut allergies, we do not allow snacks containing peanuts and tree nuts. In the interest of keeping our friends engaged in healthy activities, we do not permit the use of electronic and screen-based devices in Child Watch.

CHILD WATCH HOURS OF OPERATION

Monday-Friday: 8:45am-1:45pm and 3:45-7 pm



2021 Membership Rates

Membership Type	If you pay Monthly	If you pay Annually	One-Time Join Fee
Youth (age 0-12)	\$17	\$204	\$5
Teen (age 13-17)	\$28	\$336	\$5
Young Adult (age 19-29)	\$36.75	\$441	\$15
Adult (age 30+)	\$52.25	\$627	\$20
Adult Couple (ages 30+)	\$78.50	\$942	\$20
Single Parent Family	\$69	\$828	\$20
Family	\$86	\$1032	\$25
College Student	\$30	N/A	\$ -

Contact our
Welcome Center
for Membership
information
at 603.352.6002

PROGRAMS AT THE Y

Activate your spirit, mind and body.

The Keene Family YMCA offers a variety of seasonal programming for every member of the family. The programs offered at the the Y are taught by qualified instructors who are interested in your development and progression. Many of our instructors have been teaching at the Y for decades. There is always a beginner class offered, so you can start during any session!

PROGRAM SESSIONS

UPCOMING SESSIONS	DATES	REGISTRATION OPENS	
		MEMBERS	COMMUNITY
Fall Session II	Oct 31-Dec 25, 2021	10/18	10/25
Winter Session I	Jan 2,-Feb 26, 2022	12/19	12/26
Spring Session I	Feb 27-Apr 23, 2022	2/14	2/21

Program Options

» AQUATICS

The Keene Family YMCA Swim lessons are taught by trained, experienced swim instructors from all swimming backgrounds. We focus on a swimmers skill development, confidence, endurance but most importantly keeping themselves safe in and around the water.

» GYMNASTICS

Our gymnastics programs uses innovative coaching techniques and supportive parental involvement. Each gymnast is given the opportunity to develop physically, emotionally, mentally, and socially through fun, safe, and challenging activities. We offer classes for every age and every level.

» SPORTS & FITNESS

We offer a wide variety of programs – from weight loss boot camp to youth weight lifting. And of course we wouldn't be a Y without basketball!

COVID GUIDELINES: What to expect when you visit the YMCA

All members entering the building must wear a face mask (ages 2 and up) regardless of vaccination status. Please maintain social distancing of 6' or more.

All participants will be asked to wash their hands prior to class, and again before leaving. Depending on the class, they may also be asked to use hand sanitizer before using certain equipment.

These guidelines are subject to change based on current guidance from the CDC.

HOW TO REGISTER

You can register at keeneymca.org anytime during the designated registration period. You must have a billing method and email address on file to register online. **Please speak with a Welcome Center representative if you have any questions.**

Payment is due in-full at the time of registration. No exceptions. Spots will not be held without payment. 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. Program Registration is on a first-come, first-served basis.

Register by phone with a credit card: 603.352.6002, in person at the Y Welcome Center , or online through your Daxko account.

Procedures and Refund Policy

Switching Classes

If you wish to change classes prior to the first class, please contact the Welcome Center. After classes have started, only the program director may process class changes. If for any reason a program is not suitable for you or your child, please see your instructor or program director. Participants are responsible for any fee difference between programs and this must be paid at the time of the class switch.

Program Refunds/Credits

If after the first class, you would like to withdraw, you will be issued a system credit that can only be used towards another program at the Y. If you have attended the first class your credit will be prorated accordingly. The only exceptions to this policy are in the case of injury, illness or COVID isolation that prevents you from completing the class. A doctor's note will be required. Please speak to the program director if you have questions.

Program Cancellations

If the Y cancels a program after you register you are entitled to your choice of a system credit or refund.

Class Cancellations

If the Y cancels an individual class due to weather or other unplanned conflicts, every effort will be made by the program director to schedule a makeup class. Please be aware that makeup classes may not be scheduled on the same day or time as your original class. There are no refunds or credits for cancelled classes.

Drop-off and Pick-up

Children under 11 years old 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 receives instructions to complete the day's objectives.



AQUATICS

Swim lessons could save your child's life.

Learning to swim is a critical skill, and at the Y we've been teaching kids to swim for decades. The Keene Family YMCA offers a variety of programs that are designed to accommodate children of all age groups and skill levels. At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. We offer competitive, non-competitive, and "pre-competitive" options to meet all students where they are at. Each swimmer is given the opportunity to develop physically, emotionally, mentally, and socially through fun, safe, and challenging activities.

Toddler & Preschool Swim Lessons

AquaTot and Preschool Beginner classes require an adult to participate with the child.

Aquatot (age 6 mos - 3 yrs)

Blowing bubbles and splashing around are the foundation to water fun. In Aquatot, parents work with their child to explore body positions, floating, blowing bubbles, and fundamental water safety skills.

Class Times:

Monday/Thursday 5:00-5:30 pm
Saturdays 10:30-11:00 am

Preschool Water Acclimation (age 3-5 yrs)

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 their basic water skills. This first stage lays the foundation that will allow a student to further progress in swimming.

Class Times:

Monday/Thursday 3:30-4:00 pm
Tuesday/Friday 4:15-4:45 pm
Wednesday 3:30-4:00 pm
Saturday 9:00-9:30 am

Preschool Water Stamina (age 3-5 yrs)

Swimmers develop stamina across longer distances while developing intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action.

Class Times:

Tuesday/Thursday 5:00-5:30 pm

Preschool Water Movement (age 3-5 yrs)

It's time to take it to the next level! Students in this class focus on body position and control, directional change, and forward movement in the water while also continuing to practice basic self-rescue skills.

Class Times:

Monday/Thursday 4:15-4:45 pm
Tuesday/Friday 5:00-5:30 pm
Wednesday 4:00-4:40 pm
Saturday 9:30-10:00 am

Learn to Swim at the Y!

FALL 2021 PRICES

Classes that meet once per week

Member Price: \$100
Community Price: \$200

Classes that meet twice per week:

Member Price: \$148
Community Price: \$296

PRIVATE SWIM LESSONS (age 5+)

For a more personal experience, Keene Family YMCA offers one-to-one or small group lessons (2-6 swimmers). Each lesson is 30 minutes, sold in packages of 1, 3, or 6 lessons.

Email mallard@keene-ymca.org for more information.

Package	Member Price	Community Price
Private - single	\$42	\$57
Private - 3 lessons	\$126	\$171
Private - 6 lessons	\$252	\$342
Semi-Private - single	\$32	\$42
Semi-Private - 3 lessons	\$96	\$126
Semi-Private - 6 lessons	\$192	\$252

Youth Swim Lessons

Youth Water Acclimation (age 6-12 yrs)

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 their basic water skills. This first stage lays the foundation that allows a student to further progress in swimming.

Class Times:

Monday/Thursday 4:15-4:45 pm
Wednesday 4:00-4:30 pm
Saturday 10:00-10:30 am

Youth Water Movement (age 6-12 yrs)

It's time to take it to the next level! 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.

Class Times:

Monday/Thursday 3:30-4:15 pm
Tuesday/Friday 4:00-4:45 pm
Wednesday 4:45 - 5:30 pm

Youth Water Stamina (age 6-12 yrs)

In this class students develop their stamina across longer distances. This stage develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action.

Class Times:

Monday/Thursday 4:00-4:45 pm
Tuesday/Friday 5:00 - 5:45 pm
Wednesday 6:00-6:45 pm
Saturday 11:00-11:45 am

Dolphins Swim Team

If you're interested in joining our swim team, please visit <https://keeneymca.org/programs/swim-team> for details and requirements for each level.

Spinners (Pre-Team, 6-12 yrs)

Practice Tuesday/Thursday 4:15-5:15 pm
Cost: \$300 (\$50/month)

Strypers (age 8-12)

Practice Monday/Wednesday/Friday 4:15-5:15 pm
Cost: \$840 (\$120/month)

Silver (age 10-13)

Practice: Monday/Tuesday/Thursday/Friday 5:15-6:45 pm
Cost: \$1120 (\$160/month)

Gold (age 12-18)

Practice: Monday/Tuesday/Thursday/Friday 5:15-6:45 pm
Saturday 1:30-3:30 pm
Cost: 1400 (\$200/month)

Youth Stroke Introduction (6-12 yrs)

Students in this class develop their stroke technique in front crawl and back crawl. The class focuses on refining rotary breathing, and introduces components of advanced strokes.

Class Times:

Monday/Thursday 5:00-5:45 pm
Wednesday 4:00-4:45 pm
Saturday 9:00-9:45 am

Youth Stroke Development & Mechanics (age 6-12 yrs)

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

Class Times:

Tuesday/Friday 4:00-4:45 pm

Junior Dolphins

Children in this class must have passed Level 5/6 or have been evaluated by the Aquatics Director. **Please email mallard@keene-ymca.org for details.**

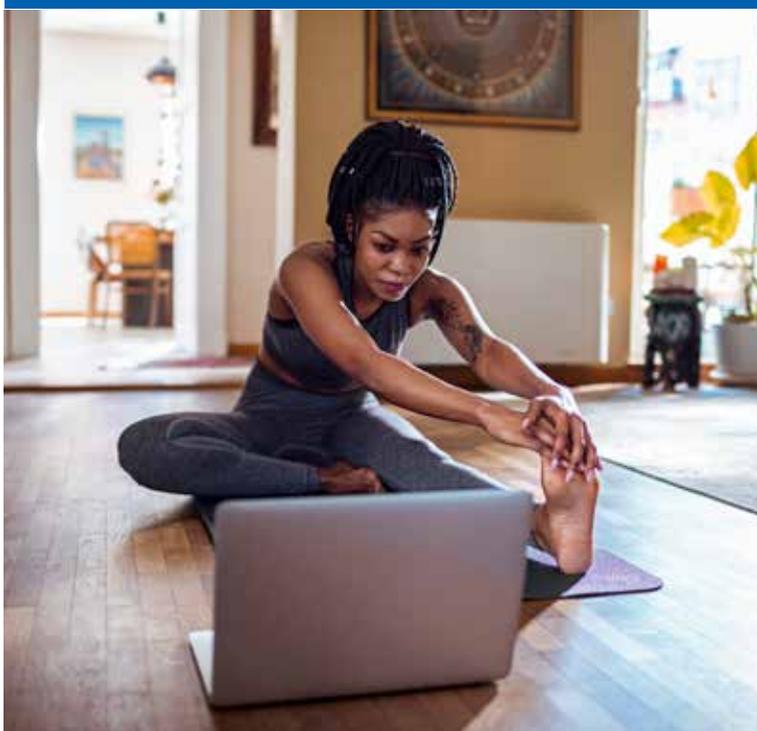
Class Times:

Wednesday 4:00-4:45 pm
Saturday 10:00-10:45 am



AQUATICS CLASS SCHEDULE

PROGRAM	AGES	2 CLASSES/ WEEK COST	MON & THURS	TUES & FRI	1 CLASS/ WEEK COST	WED	SAT
PARENT/CHILD LESSONS							
AQUATOT	6mo-3yrs	M \$148 C \$296	5-5:30p		M \$100 C \$200		10:30-11a
PRESCHOOL AGE LESSONS							
WATER ACCLIMATION	3-5yrs	M \$149 C \$296	3:30-4p	4:15-4:45p	M \$100 C \$200	3:30-4p	9-9:30a
WATER MOVEMENT	3-5yrs	M \$148 C \$296	4:15-4:45p	5-5:30p	M \$100 C \$200	4-4:30p	9:30-10a
WATER STAMINA	3-5yrs	M \$148 C \$296		5-5:30p			
SCHOOL-AGE LESSONS							
WATER ACCLIMATION	6-12yrs	M \$148 C \$296	4:15-4:45p		M \$100 C \$200	4-4:30p	10-10:30a
WATER MOVEMENT	6-12yrs	M \$148 C \$296	3:30-4:15p	4-4:45p	M \$100 C \$200	4:45-5:30p	
WATER STAMINA	6-12yrs	M \$148 C \$296	4-4:45p	5-5:45p	M \$100 C \$200	6-6:45p	11-11:45a
STROKE INTRODUCTION	6-12yrs	M \$148 C \$296	5-5:45p		M \$100 C \$200	5-5:45p	9-9:45a
STROKE DEVELOPMENT	6-12yrs	M \$148 C \$296		4-4:45p			
JUNIOR DOLPHINS	6-12yrs	M \$148 C \$296				4-4:45pm	10-10:45am



VIRTUAL FITNESS

The Y offers several virtual group exercise classes each week through our members' Facebook group (Keene Family YMCA Group Exercise) and Zoom. We're also live-streaming studio classes through the MotionVibe app.

All virtual classes can be found under Virtual Fitness in MotionVibe. Members can also enjoy past classes in the on-demand section!

To create your MotionVibe account, which is also used for group exercise class reservations, visit keenefamilyymca.motionvibe.com.

Download the "Keene Family YMCA" app wherever you find apps for your device and use it to make quick reservations!

GYMNASTICS

Nurturing the potential of every child and teen.

The Keene Family YMCA gymnastics program provides quality, individualized instruction for children and adults. Our gymnastics programs use innovative coaching techniques and supportive parental involvement. Each gymnast is given the opportunity to develop physically, emotionally, mentally, and socially through fun, safe, and challenging activities. We offer classes for every age and every level.

Parent/Child Classes

These classes require an adult to participate with your child(ren) on the gymnastics floor.

Toddlers (age 1-3 yrs)

This class encourages exploratory fun in a nurturing play-group type atmosphere. Instructors help you and your child explore and play. We use age-appropriate play equipment for your child to crawl, roll, climb, and roam while developing body awareness, balance and coordination.

Class Times:

Monday 9:30-10:15 am
Wednesday 10:30-11:15 am
Saturday 9:00-9:45 am

Cost:

Member: \$66
Community: \$130

Family Gymnastics (age walking-5 yrs)

In this class, young siblings can take a class together. There will be circuits available and free choice time. Cost for this class is for each child in attendance.

Class Times:

Tuesday 10:30-11:15 am
Friday 9:30-10:15 am
Friday 10:30-11:15 am

Cost:

Member: \$74
Community: \$148

Tiny Tumblers (age 3-4 yrs)

If your child is ready for a little more structure, but not quite ready to go it alone, this is the perfect class for you! This class combines elements of the Toddler and the Preschool classes, providing structure while maintaining the comfort of having you there with your child.

Class Times:

Monday 10:30-11:15 am
Wednesday 9:30-10:15 am
Saturday 10:00-10:45 am

Cost:

Member: \$74
Community: \$148

Open Gymnastics

All current Family & Youth members of the Y are invited to attend this FREE class! This is a great opportunity to explore our Gymnastics Center under the supervision of our professional YMCA staff. Register through MotionVibe 24-hours in advance. Each registration covers one parent/guardian and one child. If you'll be bringing along more than one child, please register each of them. All family members should be from the same household. Parents/Guardians will be required to accompany their child on the floor.

Class Times:

Tuesday 11:30 am-12:00 pm
Saturday 3:30-4:00 pm
Sunday 9:00-9:30 am, 9:45-10:15 am, 10:30-11:00 am



Recreational Gymnastics

Keep your child active and engaged with gymnastics at the Y! Our recreational classes are a great way to enjoy the fun of gymnastics, without the pressure of competition. This class will help your child develop strength and flexibility, and while allowing them to progress at their own pace.

Preschool (age 4-5 yrs)

This class promotes beginner skill development with an emphasis on safety and fun. Your child learns various skills including how to follow directions, participate safely in group activities, and control their body. This class is a perfect introduction to gymnastics.

Class Times:

Monday 11:30 am-12:15 pm
Tuesday 9:30-10:15 am
Saturday 11:00-11:45 am

Cost:

Member: \$88
Community: \$176

Kinder (age 5-6 yrs)

Children learn "lead-up" drills required for basic gymnastics skills. They are introduced to gymnastics terminology and use age-appropriate equipment while gradually being introduced to the larger Olympic Apparatus. This class promotes motor-skill development.

Class Times:

Thursday 3:45-4:30 pm
Saturday 12:00-12:45 pm

Cost:

Member: \$88
Community: \$176

Basic Rec (age 6-12 yrs)

In this class your child will focus on skill development at their own pace, under the nurturing instruction of qualified staff. There will also be games and activities to enjoy.

Class Times:

Tuesday 4:45-5:45 pm

Cost:

Member: \$92
Community: \$184

Ninja (age 6-12 yrs)

Let your child harness their inner NINJA! Based on a popular international obstacle course competition, but created for children, this program helps your child develop basic gymnastics skills, agility, flexibility, and speed. Jr Ninjas compete against the clock, navigating a series of obstacles and challenges while setting personal bests.

Class Times:

Tuesday 6:15-7:15 pm
Saturday 1:00-2:00 pm

Cost:

Member: \$92
Community: \$184

Tumbling (age 6-13)

Learn flips and tricks in a safe, structured setting, using our state-of-the-art Fall 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, to advanced athletes.

Class Times:

Thursday 4:45-5:45 pm

Cost:

Member: \$92
Community: \$184

THERE WILL BE NO CLASSES ON

**Thursday, November 25th
Friday, December 24th
Saturday, December 25th**

Affected classes will be prorated accordingly.

Progressive Gymnastics

Age 6-12 years

This program provides progressive skill development in agility, endurance, strength, balance, physical conditioning, gross motor, and fine motor skills, all enhanced with the special element of fun. Led by the Y's qualified, experienced staff, this program is designed for those striving to compete. Gymnasts will progress through the levels by instructor recommendation.

Beginner

Open to all gymnasts. No previous experience necessary.

Class Times: Tuesday 4:15-5:15 pm, Saturday 2:15-3:15 pm

Cost: Member \$92 | Community \$184

Intermediate

To progress to this level, students must have been invited by their instructor or be able to jump to front support on bars, hold Mickey Mouse ears, confidently walk forward and sideways on the beam, perform a forward roll on the floor, perform a bridge, cartwheel and perform a handstand against a wedge mat.

Class Times: Tuesday 5:30-6:30 pm, Thursday 6:00-7:00 pm

Cost: Member \$92 | Community \$184

Advanced

To enter the Advanced class, participants must have either been invited to move up by instructor or be able to hurdle onto a springboard, three casts in a row, standing glide swing, releve walking forward and sideways on the beam, tuck jump dismount off beam, bridge with feet together, cartwheel with correct form, handstand on floor, and backward roll down the wedge mat.

Class Times: Thursday 5:45-7:15 pm

Cost: Member \$151 | Community \$302

Rising Stars

Must be a member of the Y and be invited by the Advanced instructor or have a formal evaluation done by the Gymnastics Coordinator.

Class Times: Tuesday/Thursday 4:00-5:30 pm

Cost: Members Only \$300

GYMNASTICS CLASS SCHEDULE

PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT
PARENT/CHILD GYMNASTICS								
Toddler	1-3yrs	M \$66 C \$130	9:30-10:15a		10:30-11:15a			9-9:45a
Tiny Tumbler	3-4yrs	M \$74 C \$148	10:30-11:15a		9:30-10:15a			10-10:45a
Family	0-5yrs	M \$74 C \$148		10:30-11:15a			9:30-10:15a 10:30-11:15a	
RECREATIONAL GYMNASTICS								
Preschool	4-5yrs	M \$88 C \$176	11:30a-12:15p	9:30-10:15a				11-11:45a
Kinder	5-6yrs	M \$88 C \$176				3:45-4:30p		12-12:45p
Ninja	6-12yrs	M \$92 C \$184		6:15-7:15p				1-2p
Basic Rec	6-12yrs	M \$92 C \$184		4:45-5:45p				
Tumbling	6-13yrs	M \$92 C \$184				4:45-5:45p		
PROGRESSIVE GYMNASTICS								
Beginner	6-12yrs	M \$92 C \$184		4:15-5:15p				2:15-3:15p
Intermediate	6-12yrs	M \$92 C \$184		5:30-6:30p		6-7p		
Advanced	6-12yrs	M \$151 C \$302				5:45-7:15p		
Rising Stars	6-12yrs	M \$300		4-5:30p		4-5:30p		

DROP IN CLASSES

Register through MotionVibe and pay by the class!

ADAPTIVE GYMNASTICS (age under 13)

Designed for children with moderate challenges including developmental delay, attention deficit, autism, sensory issues and more. The program is designed to provide an opportunity for children with special needs to participate in a recreational activity. A guardian is required to assist the child on the floor during class. Taught by an experienced instructor.

Class Times: Wednesday 1:00-1:45 pm

Cost: Member \$10/Community \$15 per class

ADULT GYMNASTICS (age 13+)

This class is a chance for you to use our gymnastics center to hone your skills. There will be an instructor on hand to help you with what you'd like to work on. Or you are welcome to work independently.

Class Times:

Tuesday 1:30-2:15 pm

Cost: Member \$10/Community \$15 per class

HEALTHY LIVING & FITNESS

Sports and play for all ages.

The Keene Family YMCA is committed to providing Healthy Living programs for all of our community. Living healthy is about spirit, mind, and body at every age and stage. We strive to meet every participant where they are in their wellness journey. Our ultimate goal is to set our members on a path to a fit and healthy lifestyle. Our philosophy for Healthy Living programs is that there is something for everyone, regardless of age, skill level, gender, or interest.

Sports & Fitness Programs

Below you'll find descriptions for each of the sports & fitness programs offered at the Keene Family YMCA. You'll find the class times listed in the chart that follows.

Weight Loss Bootcamp (age 13+)

Losing weight isn't only what the scale says but more importantly, its how you feel about yourself. This program is designed for all fitness levels and participants are gently guided through the process of changing exercise and eating habits. This class will be offered both on the track and virtually via Zoom. This class meets twice per week.

Member \$125 | Community \$250

Walking with Ease (age 18+)

Need relief from arthritis or want to ease into being active again? We have a six-week three-day-a-week program beginning in March to get you started. The new program will be taught by certified Y/Arthritis instructors and will include your own guidebook for success. Each class is an hour long and includes stretching, walking and a topic lecture. Sessions, led by Stacy Wilbur and Kathy Seim. For more information or to join this class, please contact Stacy Wilbur at wilburs@keene-ymca.org.

Member \$125 | Community \$250

Personal Training

Want to have one of our personal trainers create a 4-week workout program for you? Let us know by email to zponce@keene-ymca.org and we'll set you up with a personal trainer. They will meet with you by phone to discuss program goals and set up a 4-week program for you!

1-Hour Sessions: Member: \$50 | Community: \$60
5 1-Hour Sessions: Member: \$200 | Community: \$250
Half-Hour Sessions: Member: \$30 | Community: \$40
5 Half-Hour Sessions: Member: \$120 | Community: \$170

Squeaky Sneakers (age 3-5 yrs)

If your kids like to move, play and be active, this is the class for you. Preschoolers will learn about stretching, warming up their muscles, and basic gross motor skills. Squeaky Sneakers will practice their skills listening, balancing, jumping, throwing, catching, and so much more! Come learn and have a blast!

Member \$40 | Community \$80

Youth Weight Lifting Class (grades 6-8)

This 1-hour class will expose teens to a variety of strength-training exercises, including free weights. Each session will include proper warm up, a focus on various exercises for major muscle groups and a cool down that focuses on bringing each participants heart rate down, and stretching. This class maybe held inside or outside. Please wear sneakers, appropriate work out clothes and bring a water bottle. This class meets twice per week.

Member \$100 | Community \$200

Open Volleyball

The YMCA will set up the volleyball net in the gym for drop-in volleyball for all ages. We will provide a few volleyballs to use for play. Grab a friend or family member and come down to the YMCA!

If you are interested in a volleyball league, or if you have volleyball knowledge and would like to teach a youth volleyball class, please reach out to Kelly Fleurette at kfleurette@keene-ymca.org or at 603.283.5240.

Member FREE | Community \$10 per person

**JOIN US FOR
FAMILY FUN NIGHT!
Annual Pumpkin Plunge
Friday, October 29
6-8pm**

**Bring the family and a pumpkin for our
annual pumpkin plunge event!
Yes, swimming with pumpkins is a fun
event for all ages.**

**FREE for members
\$15 per family for not-yet-members**

Basketball Skills Class (age 7-9 or age 9-11)

Learn the great game of basketball! These classes will focus more on fundamental skills than the game itself. There are two groups - one for youth ages 7-9 and one for youth ages 9-11.

Member \$56 | Community \$112

Pickleball

Pickle Ball is back at the YMCA. Half the courts will be reserved for play. All equipment is available for set up by players and will be kept on the far end of the courts. Single and Double play available.

Member FREE | Community \$10 per person

Home School PE (grades 1-8)

This class is for all school aged children grades 1-8. During the session the class will be introduced to a variety of wellness and sports activities with the emphasis being group participation and active play. Groups will be divided by age.

6-Week Session, Mondays or Fridays as follows:

Mondays 10-11am:

November 1st, 8th, 15th, 29th and December 6th, 12th

Fridays 10-11am:

November 5th, 12th, 19th and December 3rd, 10th, 17th

Rates:

Child #1 - Member \$40 | Community \$60

Child #2 - Member \$30 | Community \$50

Child #3 - Member \$25 | Community \$45

Family Rate (3+ children) - Member \$100 | Community \$150

SPORTS & FITNESS CLASS SCHEDULE

PROGRAM	AGES	COST	SUN	MON	TUES	WED	THURS	FRI	SAT
Basketball Skills 1	7-9yrs	M \$56 C \$112							9:15-10:15a
Basketball Skills 2	9-11yrs	M \$56 C \$112							8-9a
Home School PE - 6 week session - See description	Grades 1-8	See Description		10-11a				10-11a	
Open Volleyball	All Ages	M FREE C \$10/ person	2-4p						
Pickleball	All	M FREE C \$10/ person	8-10a		1-3p	5-7a	1-3p		
Squeaky Sneakers	3-5yrs	M \$40 C \$80				10:30-11:15a			
Weight Loss Bootcamp	13+	M \$125 C \$250		5:30-6:30p		5:30-6:30p			
Walking with Ease	18+	M \$125 C \$250	Contact Stacy Wilbur if interested in joining this class at wilburs@keene-ymca.org						
Youth Weight Lifting	Grades 5-8	M \$100 C \$200			4-5p		4-5p		

TEEN NIGHT OUT!

Save the date!! Teen Night Out returns in October. A night of fun at the YMCA, games, snacks, friends and more. Open to anyone in grades 6-8. No reservations required. \$5 for members and \$10 for everyone else.

FALL SCHEDULE

October 15 - Welcome Back Night!

November 12

December 10

6:30 - 8:30 pm at the Keene Family YMCA

CLIMBING

We'll help you reach new heights in your wellness journey.

Climbing walls are great for adults and children alike, enhancing stamina and endurance, developing hand, feet and eye coordination, increasing strength, endurance, flexibility, building confidence and self-esteem, and enhancing decision-making and problem-solving abilities.

Climbing Instruction

Geckos (beginner - age 6+)

Perfect for the first-time climber or young person who is not yet confident on our climbing wall. Climbers learn basic climbing commands, how to put on a harness, and how to tie into the end of the climbing rope. In addition to rock climbing, Geckos are introduced to various fun climbing challenges and games.

Member \$56 | Community \$112

Mountain Goats (intermediate - age 7+)

Young climbers with experience on our wall enjoy the challenge of tackling more difficult routes and learning new skills. Mountain Goats learn various climbing knots, including the starter 8, and are introduced to climbing safety systems. When appropriate, climbers are introduced to more advanced climbing techniques and activities, drills, and games to improve their technical climbing expertise.

Member \$56 | Community \$112

Teen Climbing (age 12-15yrs)

Looking for a challenge? This class gives teens the opportunity to learn or strengthen their climbing techniques and get connected to the local climbing community.

Member \$56 | Community \$112

Climbing Wall Home School (Grades 1-12)

This class is for grades 1-12, and will focus on climbing safety, skills and techniques of climbing and belaying, if age appropriate. Please contact our Climbing Wall Coordinator Tim Fogleman at tfogleman@keene-ymca.org for further information.

Member \$56 | Community \$112

Open Climb

Open climb slots are limited to four people per 45-minute class, and sessions must be reserved in MotionVibe under 'Programs'. If you are bringing your family, please complete sign up in the app for each member that will climb. The wall will be staffed with a certified belay staff member.

Member FREE

Belay Certification (age 16+)

If you are interested in being belay-certified to assist with teaching classes, open climb, or to use the climbing wall on your own, please contact Climbing Wall Coordinator Tim Fogleman tfogleman@keene-ymca.org to discuss training possibilities.

Member FREE | Community \$20/lesson

CLIMBING WALL SCHEDULE

PROGRAM	AGES	COST	MON	TUES	WED	THURS	FRI	SAT
Beginner - Geckos	6+ yrs	M \$56 C \$112	3:30-4:30p		3:30-4:30p			
Intermediate - Mt Goats	7+ yrs	M \$56 C \$112	5-6p		5-6p			
Teen Climbing	12-15 yrs	M \$56 C \$112				4-5p		
Open Climb	All	M FREE		3-7p		5-7p	5-7p	10a-12p

CELEBRATE YOUR BIRTHDAY AT THE Y!



The Keene Family YMCA is the perfect venue for your child's BIRTHDAY PARTY. Choose from swimming, climbing, gymnastics, or just use the basketball court. All party attendees are required to wear a face mask and to follow all current YMCA protocols.

Party Options

Gymnastics Party (age 18 months +)

If your child likes to do back flips off the couch, then a gymnastics party might just be the perfect birthday celebration. No experience necessary. Your guests can use our tumble track, various apparatus and amazing foam pit to roll, tumble and laugh, making for a truly one-of-a-kind birthday experience. Our gymnastics staff will supervise children and adults in a safe and fun environment. This is a 1-hour Gymnastics Center rental, for up to 20 kids.

Saturdays 4:30 pm – 5:30 pm

Sundays 11:30 am–12:30 or 12:30–1:30 pm

Cost: Members \$165 | Community \$215

+\$15 Optional 1 hour use of outdoor picnic & playground area
+\$50 Optional 1 hour Party Room

Pool Party (all ages)

Spish, splash with a super fun pool party bash. Pool parties include 1 hour of pool time in our lap or teaching pool for up to 15 children ages 13 and under. Exclusive access to the inflatable slide for children who pass the swim test (green necklace)

Saturdays 12:30–1:30 or 2:00–3:00

Sundays 1:00–2:00 or 2:30–3:30

Cost: Members \$ 165| Community \$215

+\$15 Optional 1 hour use of outdoor picnic & playground area
+\$50 Optional 1 hour Party Room

BOOK YOUR PARTY TODAY!
For more information, please contact
Kelly Fleuette at
kfleuette@keene-ymca.org

Climbing Wall Party (age 6+)

This year your party could scale to new heights on the Y's 32-foot climbing wall. A certified belayer will assist your guests in climbing through this fun and challenging terrain for one hour, up to 6 guests can participate. No experience necessary.

Saturday and Sunday times available – Hours are flexible around your needs.

Cost: Members \$150 | Community \$200

+\$15 Optional 1 hour use of outdoor picnic & playground area
+\$50 optional 1 hour Party Room

Gymnasium/Court Party (all age)

For children who cannot get enough "gym time" -- whether it be to play basketball, indoor soccer, or old-fashioned PE games -- our gym party might be just what you are looking for! Your guests will have half of the gym to themselves to run, dash, shoot, score and shout with glee! The party is led by a Y staff member who will tailor the games to meet your child's needs. This is a 1-hour 1/2 Court Rental.

Saturday and Sunday times available – Hours are flexible around your needs.

Cost: Members \$150| Community \$200

+\$15 Optional 1 hour use of outdoor picnic & playground area
+\$50 optional 1 hour Party Room

OUTDOOR GAMES

Come try out the Y's Human Foosball Game, Y disc golf course, play kickball and enjoy more outside fun at the YMCA. The party is led by a Y staff member who will tailor games to meet your party needs. This is a 1-hour rental for up to 20 kids.

Saturday and Sunday times available – Hours are flexible around your needs

Cost: Y Members: \$150; Non-Members \$200

+\$15 Optional 1 hour use of outdoor picnic & playground area
+\$50 optional 1 hour Party Room