



### **NEW Ninja Classes!**

- »Learn the ropes.
- »Try out for the competition team.
- »Fun for all ages and abilities.

### **The Y's first INDOOR TRIATHLON**

Coming in February. **PAGE 45**

### **CONFIDENCE BOOSTER**

New Women's Self-Defense pop-up classes coming to the Y. **PAGE 38**

# **KEENE FAMILY YMCA**

# **2024 PROGRAM GUIDE**

**WINTER SESSION | January 2-February 24**



FOR YOUTH DEVELOPMENT<sup>®</sup>  
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 who 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
- » Racquetball court, two fitness studios, and cycling studio
- » 30' Indoor climbing wall
- » Deep discounts & get priority registration for all YMCA programs

### FREE WELLNESS ORIENTATION!

As a member of the Y, you're entitled to one **FREE Wellness Orientation** with one of our trainers. It's a great opportunity to talk about your goals, sample our equipment, and ensure that you get the most out of your membership. **Book your session today in the Y app or at <https://keenefamilyymca.motionvibe.com>.**

### FACILITY HOURS

Monday - Friday | 5:00 am - 9:00 pm  
Saturday | 6:00 am - 6:00 pm  
Sunday | 8:00 am - 5:00 pm

### AQUATICS CENTER HOURS

The Aquatics Center closes 15 minutes before the facility closes.

The Aquatics Center will be closed for cleaning every Friday from 12:00-1:00 pm.

Please visit [keeneymca.org](https://keeneymca.org) or follow us on Facebook @KeeneFamilyYMCA for schedule updates.

# CHILDWATCH

## Ages 4 months to 10 years

Your workout should be stress free. To make this easy for you, we offer ChildWatch - 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. ChildWatch is FREE to all members, and available for \$3.00 to guests.

ChildWatch services will be available on a first-come first-served basis. Please check in at the Welcome Center when you arrive.

**We can accommodate up to 10 children, ages 4 months to 10 years, per 1.5-hour time slot, with no more than 2 children under the age of 12 months at any one time.** The actual number of children we can accommodate is subject to change and is dependent upon the availability of staff. Members of children under 12 months of age are encouraged to call ahead to confirm availability before coming to the Y.

**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 ChildWatch.

### CHILDWATCH HOURS OF OPERATION

**Monday-Friday: 8:45am-1:15pm and 3:45-7pm**

**Saturday: 8:45-12:00pm**

**This schedule is subject to change based on availability of staff.**



## 2023 Membership Rates

Membership Type	If you pay Monthly	If you pay Annually	One-Time Join Fee
Youth (age 0-12)	\$19	\$228	\$25
Teen (age 13-18)	\$30	\$360	\$25
Young Adult (age 19-29)	\$38	\$456	\$25
Adult (age 30+)	\$54	\$648	\$25
Adult Couple (ages 30+)	\$82	\$984	\$25
Single Parent Family	\$72	\$864	\$25
Family	\$89	\$1068	\$25
College Student	\$30	N/A	\$ -

## JOIN ONLINE!

at [keeneymca.org](https://www.keeneymca.org)  
Scan to join today:



Or 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

	SESSION DATES	REGISTRATION OPENS		
		FAMILY MEMBERS	MEMBERS	GUESTS
Winter Session	8-Week Session (PRO Classes): January 2-February 24, 2024	12/18	12/20	12/27
	4-Week Session 1 (EXP Classes): January 2-January 27, 2024			
	4-Week Session 2 (EXP Classes): January 28-February 24, 2024			
Spring Session 1	8-Week Session (PRO Classes): February 25-April 20, 2024	2/12	2/14	2/21
	4-Week Session 1 (EXP Classes) February 25-March 23, 2024			
	4-Week Session 2 (EXP Classes) March 24-April 20, 2024			

### Program Options

#### » AQUATICS

The Keene Family YMCA Swim lessons are taught by trained, experienced swim instructors from all swimming backgrounds. We focus on a swimmer's skill development, confidence, and endurance but most importantly we teach them how to keep themselves safe in and around the water.

#### » GYMNASTICS

Our gymnastics programs use innovative coaching techniques combined with 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!

#### » GENERAL WELLNESS

Healthy living is about enriching spirit, mind and body, at every age and stage of life. At the Y, we offer classes and programs that promote wellness, reduce risk for disease, and help you reclaim your health.

## HOW TO REGISTER

**For Progressive, Experience, and Pop-up classes** you can register at [keeneymca.org/programs](https://keeneymca.org/programs) anytime during the designated registration period. You must have a billing method and email address on file to register online.

**Payment is due in-full at the time of registration.** 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. **Please speak with a Welcome Center representative if you have any questions.**

**For Drop-In classes,** members can register through the Y app (MotionVibe) and pay the drop-in fee when they arrive for class. Guests must register by visiting or calling the Welcome Center.

## 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 always be scheduled on the same day or time as your original class. There are no refunds or credits for canceled 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.



# HOW TO USE THIS BROCHURE

In this guide you will find all of our program offerings arranged in the following categories:

- » INFANT/TODDLER (ages 0-2)
- » PRESCHOOL (ages 3-5)
- » ELEMENTARY (ages 6-10)
- » MIDDLE SCHOOL (ages 11-13)
- » HIGH SCHOOL (ages 14-18)
- » ADULT (ages 18+)
- » FAMILIES

**PLEASE NOTE: The age groups listed for each category are meant to be a guide.** Every program varies and the age group for each program may not cover the entire age range noted for that category. Age ranges for each program are listed in the program description.

**There are four types of classes in this guide:**

**Drop-ins (DI)** are by the class, meaning you'll register for one at a time through the Y app (MotionVibe) and pay the drop-in fee when you arrive for class.

**Experiences (EXP)** are four weeks long, giving you the flexibility to try something new without committing to a full 8-week session. Registration is done through your member account.

**Progressive (PRO)** classes are 8 weeks long and are progressive in nature, each class building upon the skills learned in previous classes. Registration is done through your member account.

**Pop-up (POP)** classes are single classes that run on specific dates. Registration is done through your member account.

The type of class is indicated in both the description, and the schedule table.

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**There will be no programs running Martin Luther King Day, January 15, or Easter Sunday, March 31. Affected programs will be prorated accordingly.**

**There will be no Gymnastics programs running on Saturday, January 13. Affected classes will be prorated accordingly.**

# INFANTS & TODDLERS (ages 0-2)

## SWIM LESSONS

### Aquatot (ages 6 months-3 years) - DI

Blowing bubbles and splashing around are the foundation to water fun. In Aquatot, parents work with their child to explore body positions, floating, and blowing bubbles, all while beginning to develop fundamental water safety skills. Caregivers are required to be in the pool with their child. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS</b>						
Aquatot	DI	Tuesday	1:00 pm	\$14	\$19	\$29
		Wednesday	4:00 pm			
		Thursday	1:00 pm			
		Saturday	8:45 am			

## PARENT/CHILD GYMNASTICS

### Toddlers (ages 1-3 years) - PRO

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 equipment for your child to crawl, roll, climb and roam while developing body awareness, balance and coordination. Caregiver participation is required. 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

### Family Gymnastics (ages walking-5 years) - PRO

In this class, young siblings can take a class together! There will be circuits available and free choice time. Caregiver participation is required. The cost listed is for each child in attendance. 45 minute class, once per week.

### Family Open Gymnastics (ages 12 & under) and Home School Open Gymnastics (ages 13 & under) - DI

Explore the Gymnastics Center under the supervision of our professional staff. If you are bringing more than one child, be sure to register each of them. All family members should be from the same household. Caregivers are required to accompany their child(ren) on the floor. Members are welcome to attend one class per day only. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

### Adaptive Gymnastics (ages 12 and under) - DI

Designed for children with moderate challenges including developmental delay, attention deficit, autism, sensory issues, and more. A caregiver is required to assist the child on the floor. 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS</b>						
Toddler Gymnastics	PRO	Monday	9:00 am	\$72	\$76	\$152
		Wednesday	10:00 am			
		Saturday	9:00 am			
Family Gymnastics	PRO	Tuesday	9:30 am	\$81	\$85	\$170
		Friday	9:30 am			
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:30 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

# INFANTS & TODDLERS (ages 0-2)

## ARTS & HUMANITIES

### Family Arts Exploration (ages 2-5) - EXP

In this art class we'll explore all of the unique ways to use our senses and engage our minds and bodies through art and science. Each month we'll explore a new theme:

- » January - Self Discovery Through Art
- » February - STEAM

All materials are included. Caregiver participation is required. 30 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>						
Family Arts Exploration	EXP	Thursday	10:15 am	FREE	\$25	\$50





# PRESCHOOL (ages 3-5)

## SWIM LESSONS

With the exception of Aquatot, swim lessons are offered in 8-week sessions, with options to attend class once per week or twice per week. **For help finding the right class for your child, please refer to the Swim Level Assessment Tool available at the Welcome Center.**

### Aquatot (ages 6 months-3 years) - DI

Blowing bubbles and splashing around are the foundation to water fun. In Aquatot, parents work with their child to explore body positions, floating, and blowing bubbles, all while beginning to develop fundamental water safety skills. Parents/Guardians are required to be in the pool with their child. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

### P1 - Preschool Water Acclimation (ages 3-5) - PRO

This beginner class introduces basic strokes, increases comfort with underwater exploration, and assists with developing basic water safety skills. This first stage lays the foundation for more advanced lessons. 30 minute class, either once or twice per week.

### P2 - Preschool Water Movement (ages 3-5) - PRO

In this class students will focus on body position and control, directional change, and forward movement in the water while continuing to practice basic self-rescue skills. This is a 30 minute class, either once or twice per week.

### P3 - Preschool Water Stamina (ages 3-5) - PRO

Swimmers in this class develop stamina across longer distances while developing intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action. This is 30 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS</b>						
Aquatot	DI	Tuesday	1:00 pm	\$14	\$19	\$29
		Thursday	1:00 pm			
		Wednesday	4:00 pm			
		Saturday	8:45 am			
P1 - Water Acclimation	PRO	Monday	4:30 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50
		Friday	4:30 pm	\$105	\$111	\$220.50
		Saturday	10:15 am	\$105	\$111	\$220.50
P2 - Water Movement	PRO	Tuesday & Thursday	4:30 pm	\$155	\$163	\$325.50
		Wednesday	5:00 pm	\$105	\$111	\$220.50
		Saturday	9:15 am	\$105	\$111	\$220.50
P3 - Water Stamina	PRO	Wednesday	5:00 pm	\$105	\$111	\$220.50

# PRESCHOOL (ages 3-5)

## PARENT/CHILD GYMNASTICS

### Toddlers (ages 1-3 years) - PRO

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 equipment for your child to crawl, roll, climb and roam while developing body awareness, balance and coordination. Caregiver participation is required. 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

### Tiny Tumblers (ages 3-4 years) - PRO

If your child is ready for a little more structure, but not quite ready to go it alone, this is the class for you! This class combines elements of the toddler and preschool classes, providing a little more structure while maintaining the comfort of having you there with your child. Caregiver participation is required in this class. 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

### Family Gymnastics (ages walking-5 years) - PRO

In this class, young siblings can take a class together! There will be circuits available and free choice time. Caregiver participation is required. The cost listed is for each child in attendance. 45 minute class, once per week.

### Family Open Gymnastics (ages 12 & under) & Home School Open Gymnastics (ages 13 & under) - DI

Explore the Gymnastics Center under the supervision of our professional staff. If you are bringing more than one child, be sure to register each of them. All family members should be from the same household. Caregivers are required to accompany their child(ren) on the floor. Members are welcome to attend one class per day only. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

### Adaptive Gymnastics (ages 12 and under) - DI

Designed for children with moderate challenges including developmental delay, attention deficit, autism, sensory issues, and more. A caregiver is required to assist the child on the floor. 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS</b>						
Toddlers	PRO	Monday	9:00 am	\$72	\$76	\$152
		Wednesday	10:00 am			
		Saturday	9:00 am			
Tiny Tumblers	PRO	Monday	10:00 am	\$81	\$85	\$170
		Wednesday	9:00 am			
		Saturday	10:00 am			
Family Gymnastics	PRO	Tuesday	9:30 am	\$81	\$85	\$170
		Friday	9:30 am			
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:30 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

# PRESCHOOL (ages 3-5)

## RECREATIONAL GYMNASTICS

### Preschool (ages 4-5 years) - PRO

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. A perfect introduction to gymnastics! 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

### Kinder (5-6 years) - PRO

Children in this class learn the "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. 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Preschool	PRO	Monday	11:00 am	\$95	\$100	\$200
		Saturday	11:00 am			
Kinder	PRO	Thursday	4:00 pm	\$95	\$100	\$200
		Saturday	12:00 pm			

## SPORTS & FITNESS

### Home School PE (grades K-8) - EXP

This class is for all school-aged children. During the session the class will be introduced to a variety of wellness and sports activities with the emphasis being on group participation and active play. Classes may include activities that focus on balance, endurance, coordination and team work. 60 minute class.

### Home School Ninja (grades K-8) - EXP

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.

### Open Ninja (ages 5+) - DI

Come and explore our Ninja Training Course! This is a drop-in class for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 60 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS</b>						
Home School PE (Grades K-8)	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional sibling - \$20		
Home School Ninja	EXP	Tuesday	2:00 pm	\$25	\$30	\$70
				Additional Sibling - \$20		
Open Ninja	DI	See MotionVibe		FREE	FREE	Guest Pass +\$3

# PRESCHOOL (ages 3-5)

## CLIMBING

Climbing is an exhilarating and rewarding sport that builds stamina and endurance, develops hand, foot and eye coordination, increases strength and flexibility, boosts confidence, and improves decision-making and problem solving skills. Here at the Keene Family YMCA, we strive to create an emotionally safe and physically secure climbing education environment where climbing students can ask questions, strengthen teamwork, and overcome challenges so they can continue to grow and learn.

### Climbing 101 & Homeschool Climbing 101 (ages 5-12 years) - EXP

A snapshot of indoor climbing, geared towards the curious beginner who wants to climb for the joy of it. With a short commitment of 4 weeks, it's a perfect introduction for those new to the sport of climbing, who want to develop solid climbing habits early on and perhaps challenge their fear of heights. Climbing 101 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 101 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Climbing 201 (ages 5-12 years) - EXP

In this class we build upon the skills learned in Climbing 101, spending less time on getting to know the procedures and more time on the wall. Climbing 201 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 201 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Mountain Rockers (ages 5-12 years) - PRO

**Pre-requisite:** Completed minimum 4 weeks of Climbing 101, or has taken the Advanced level class from the previous program format. Returning climbers or those getting serious about the sport are encouraged to join this class where instructors focus on honing basic skills and movements on the wall while solidifying secure equipment use and consistent climbing habits. Students will level up their skills, knowledge, strength, and stamina in this 8-week progressive course continuing to build upon skills learned in Climbing 101 & 201. Topics covered include, but are not limited to, belaying safety, technical terminology, climbing culture, and efficient movement. 75 minute class, once per week.

### Parent & Me Climbing (ages 5+) - EXP

Parent & Me Climbing offers a chance for you and your child to experience climbing as a team, learning the ropes together. You'll learn how to properly equip yourself and your child—we'll take care of the rest. No belaying experience required. With two instructors, you and your child will be guided and belayed up the wall at the same time on parallel routes of your choice. It's a perfect chance to bond in a unique way, learning the fun of climbing together! 75 minute class, once per week.

### Open Climb (ages 5 & up) - DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change.

**Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING</b>						
Climbing 101	EXP	Tuesday	4:00 pm	\$40	\$45	\$80
Climbing 201	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Mountain Rockers	PRO	Monday	5:00 pm	\$100	\$110	\$200
Parent & Me Climbing	EXP	Wednesday	5:00 pm	\$40	\$45	\$80
				Additional Sibling - \$20		
Open Climb	DI	See MotionVibe		FREE	FREE	N/A

# PRESCHOOL (ages 3-5)

## ARTS & HUMANITIES

### Family Arts Exploration (ages 2-5) - EXP

In this art class we'll explore all of the unique ways to use our senses and engage our minds and bodies through art and science. Each month we'll explore a new theme:

- » January - Self Discovery Through Art
- » February - STEAM

All materials are included. Caregiver participation is required. 30 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>						
Family Arts Exploration	EXP	Thursday	10:15 am	FREE	\$25	\$50

Want to save on program registration fees?  
**Become a member!**

Keene Family YMCA Members enjoy advance registration and big savings on program fees. Scan to learn more and join today!



# ELEMENTARY (ages 6-10)

## SWIM LESSONS

Youth swim lessons are offered in 8-week sessions, with options to attend class once per week or twice per week. **For help finding the right class for your child, please refer to the Swim Level Assessment Tool, available at the Welcome Center.**

### Y1 - Youth Water Acclimation (ages 6-12) - PRO

This beginner class introduces basic strokes, increases comfort with underwater exploration, and assists with developing basic water safety skills. This first stage lays the foundation for more advanced lessons. 30 minute class, either once or twice per week.

### Y2 - Youth Water Movement (ages 6-12) - PRO

It's time to take it to the next level! In this class students focus on body position and control, directional change, and forward movement in the water while continuing to practice basic self-rescue skills. 30 minute class, either once or twice per week.

### Y3 - Youth Water Stamina (age 6-12) - PRO

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. 45 minute class, either once or twice per week.

### Y4 - Youth Stroke Introduction (ages 6-12) - PRO

Students in this class develop stroke technique in front crawl and back crawl. The class focuses on refining rotary breathing and introducing components of advanced strokes. 45 minute class, either once or twice per week.

### Y5/6 - Youth Stroke Development & Mechanics (ages 6-12) - PRO

Students in this class work on more advanced stroke technique and are introduced to all major competitive strokes. 45 minute class, either once or twice per week.

### Junior Dolphins (ages 6-13) - PRO

Children in this class must have passed the Youth Stroke Development & Mechanics class, or have been evaluated by the Aquatics Director. Please email [mallard@keene-ymca.org](mailto:mallard@keene-ymca.org) for more information. 45 minute class, twice per week.

## KEENE FAMILY YMCA DOLPHINS SWIM TEAM

The Dolphins Swim Team trains athletes between the ages of 6 and 18 to become competitive swimmers. We believe that competitive swimming nurtures healthy development, and we encourage dedication to sportsmanship, academics, community involvement and life-long fitness.

### Interested in joining the swim team?

Reach out to our Aquatics Director,  
Morgan Allard at [mallard@keene-ymca.org](mailto:mallard@keene-ymca.org) or Head Coach Pedr Seymour  
at [pseymour@keene-ymca.org](mailto:pseymour@keene-ymca.org).

You'll also find information about the team,  
including a link to the KYD Handbook  
by visiting:  
<https://keeneymca.org/programs/swim-team/>

# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS</b>						
Y1 - Youth Water Acclimation	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	5:00 pm	\$155	\$163	\$325.50
		Wednesday	4:30 pm	\$105	\$111	\$220.50
		Friday	4:00 pm	\$105	\$111	\$220.50
		Saturday	10:45 am	\$105	\$111	\$220.50
Y2 - Youth Water Movement	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Wednesday	4:30 pm	\$105	\$111	\$220.50
		Friday	4:00 pm	\$105	\$111	\$220.50
		Saturday	9:45 am	\$105	\$111	\$220.50
Y3 - Youth Water Stamina	PRO	Monday	4:45 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	5:30 pm	\$155	\$163	\$325.50
		Friday	4:45 pm	\$105	\$111	\$220.50
		Saturday	10:45 am	\$105	\$111	\$220.50
Y4 - Youth Stroke Introduction	PRO	Monday	5:45 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Friday	5:45 pm	\$105	\$111	\$220.50
		Saturday	9:45 am	\$105	\$111	\$220.50
Y5/6 - Youth Stroke Development & Mechanics	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	5:45 pm	\$105	\$111	\$220.50
		Saturday	9:00 am	\$105	\$111	\$220.50
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50

# ELEMENTARY (ages 6-10)

## PARENT/CHILD GYMNASTICS

### Family Open Gymnastics (ages 12 & under) and Home School Open Gymnastics (ages 13 & under) - DI

Explore the Gymnastics Center under the supervision of our professional staff. If you are bringing more than one child, be sure to register each of them. All family members should be from the same household. Caregivers are required to accompany their child(ren) on the floor. Members are welcome to attend one class per day only. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

### Adaptive Gymnastics (ages 12 and under) - DI

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 caregiver is required to assist the child on the floor. 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:30 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## RECREATIONAL GYMNASTICS

### Kinder (5-6 years) - PRO

Children in this class learn the "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. 45 minute class, once per week. **There will be no class on Saturday, February 24th. Registration fees will be prorated accordingly.**

### Jr. Ninja (ages 6-12 years) - PRO

Based on the popular obstacle course competition, this program will help your child develop basic gymnastics skills, agility, flexibility and speed. Jr. Ninjas compete against the clock, navigating a series of age-appropriate obstacles and challenges. 60 minute class, once per week.

### Tumbling (ages 6-13 years) - PRO

Learn flips and tricks in a safe, structured setting using our Fall Floor, Tumble Trak and foam pit. This class is suitable for all abilities and is designed to assist with skill development. 60 minute class, once per week.



# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Kinder	PRO	Thursday	4:00 pm	\$95	\$100	\$200
		Saturday	12:00 pm			
Jr. Ninja	PRO	Tuesday	6:45 pm	\$100	\$106	\$211
		Saturday	1:00 pm			
Tumbling	PRO	Thursday	5:30 pm	\$100	\$106	\$211

## PROGRESSIVE GYMNASTICS

This program is designed for those striving to compete in the sport of Gymnastics. These classes provide progressive skill development in agility, endurance, strength, balance, physical conditioning, and gross/fine motor skills. Gymnasts will progress through the levels by instructor recommendation only.

### Beginner (ages 6-13 years) - PRO

Open to all gymnasts. No previous experience necessary. 60 minute class, once per week.

### Intermediate (ages 6-13 years) - PRO

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. 60 minute class, once per week.

### Advanced (ages 6-13 years) - PRO

To enter the Advanced class, participants must have been invited by their 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. 90 minute class, once per week.



**Keene Family YMCA Royals  
Gymnastics Team  
ROYAL INVITATIONAL  
Saturday, January 13th**

**Our team is hosting a gymnastics meet!  
There will be no gymnastics classes  
that day. All affected classes will be  
prorated accordingly.**

# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS</b>						
Beginner	PRO	Tuesday	4:15 pm	\$100	\$106	\$211
		Thursday	6:45 pm			
		Saturday	2:15 pm			
Intermediate	PRO	Tuesday	5:30 pm	\$100	\$106	\$211
		Thursday	4:15 pm			
Advanced	PRO	Thursday	6:15 pm	\$163	\$171	\$343
Rising Stars	PRO	Tuesday & Thursday	4:30 pm	\$324	\$340	N/A

## SPORTS & FITNESS

### Afterschool Dodgeball Club (ages 6-10 years) - EXP

Dodgeball at the Y is all about teamwork and fun! This class will help you hone skills and learn to duck-dive-dodge your way to victory! 45 minute class, once per week.

### Basketball Skills Class (ages 7-9 & 9-11) - PRO

Learn the great game of basketball! This class focuses on fundamental skill development. 60 minute class, once per week. **There will be no class on Saturday, January 13th. Registration fees will be prorated accordingly.**

### Home School Ninja (grades K-8) - EXP

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.

### Home School PE (grades K-8) - EXP

This class is for all school-aged children. During the session the class will be introduced to a variety of wellness and sports activities with the emphasis being on group participation and active play. Classes may include activities that focus on balance, endurance, coordination and team work. 60 minute class.

### Judo (ages 8+) - EXP

Judo, a martial art and sport developed in Japan, has been practiced at the Keene Family YMCA since the early 1970s. Our classes include instruction in falling, throwing and grappling techniques. Our focus is on development of body concepts, balance, discipline, sportsmanship, self-defense, and self-esteem in a supportive, safe and secure environment. Students will have opportunities to participate in optional clinics and tournaments. 60 minute class, once per week.

# ELEMENTARY (ages 6-10)

## SPORTS & FITNESS

### Ninja 101 (ages 6-12 years & 10-16 years)

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.

### Open Ninja (ages 5+) - DI

Come and explore our Ninja Training Course! This is a drop-in class for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 60 minute drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.**

### Team Ninja (ages 6-13) - EXP

Team Ninja will focus on advanced skills, techniques and conditioning to prepare participants for competitions in 2024. Ninja competitions are held throughout New England and feature exciting opportunities to showcase skills on a variety of obstacles, and interact with other athletes in our region. This is great preparation for any obstacle course race! **Open to members by invitation only.** 90 minute class, twice per week.

### Team Ninja Tryouts! (ages 6-16 years)

Want to join the Y's NEW Ninja Competition Team? Tryouts will be held on Tuesday, December 12th from 6:00-8:00 pm and Thursday, December 14th from 6:00-7:00 pm. Visit [keeneymca.org/ninja-team](http://keeneymca.org/ninja-team) for details!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS</b>						
Afterschool Dodgeball	EXP	Thursday	3:30 pm	FREE	\$30	\$60
Basketball Skills (7-9 yrs)	PRO	Saturday	9:15 am	\$65	\$70	\$130
Basketball Skills (9-11 yrs)			8:00 am			
Home School Ninja	EXP	Tuesday	2:00 pm	\$25	\$30	\$60
				Additional Sibling - \$20		
Home School PE	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional Sibling - \$20		
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$30	\$60
Ninja 101 (6-12 years)	EXP	Monday	3:30 pm	\$45	\$50	\$90
		Wednesday	6:00 pm			
		Saturday	9:00 am			
Ninja 101 (10-16 years)	EXP	Tuesday	4:00 pm	\$45	\$50	\$90
Open Ninja	DI	See MotionVibe		FREE	FREE	Guest Pass +\$3
Team Ninja (6-13 yrs) By invitation only	EXP	Tuesday & Thursday	6:00 pm	\$110	\$110	N/A

# ELEMENTARY (ages 6-10)

## CLIMBING

Climbing is an exhilarating and rewarding sport that builds stamina and endurance, develops hand, foot and eye coordination, increases strength and flexibility, boosts confidence, and improves decision-making and problem solving skills. Here at the Keene Family YMCA, we strive to create an emotionally safe and physically secure climbing education environment where climbing students can ask questions, strengthen teamwork, and overcome challenges so they can continue to grow and learn.

### Climbing 101 & Homeschool Climbing 101 (ages 5-12 years) - EXP

A snapshot of indoor climbing, geared towards the curious beginner who wants to climb for the joy of it. With a short commitment of 4 weeks, it's a perfect introduction for those new to the sport of climbing, who want to develop solid climbing habits early on and perhaps challenge their fear of heights. Climbing 101 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 101 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Climbing 201 (ages 5-12 years) - EXP

In this class we build upon the skills learned in Climbing 101, spending less time on getting to know the procedures and more time on the wall. Climbing 201 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 201 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Mountain Rockers (ages 5-12 years) - PRO

**Pre-requisite:** Completed minimum 4 weeks of Climbing 101, or has taken the Advanced level class from the previous program format. Returning climbers or those getting serious about the sport are encouraged to join this class where instructors focus on honing basic skills and movements on the wall while solidifying secure equipment use and consistent climbing habits. Students will level up their skills, knowledge, strength, and stamina in this 8-week progressive course continuing to build upon skills learned in Climbing 101 & 201. Topics covered include, but are not limited to, belaying safety, technical terminology, climbing culture, and efficient movement. 75 minute class, once per week.

### Parent & Me Climbing (ages 5+) - EXP

Parent & Me Climbing offers a chance for you and your child to experience climbing as a team, learning the ropes together. You'll learn how to properly equip yourself and your child—we'll take care of the rest. No belaying experience required. With two instructors, you and your child will be guided and belayed up the wall at the same time on parallel routes of your choice. It's a perfect chance to bond in a unique way, learning the fun of climbing together! 75 minute class, once per week.

### Open Climb (ages 5 & up) - DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change.

**Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING</b>						
Climbing 101	EXP	Tuesday	4:00 pm	\$40	\$45	\$80
Climbing 201	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Mountain Rockers	PRO	Monday	5:00 pm	\$100	\$110	\$200
Parent & Me Climbing	EXP	Wednesday	5:00 pm	\$40	\$45	\$80
Open Climb	DI	See MotionVibe		FREE	FREE	N/A

# ELEMENTARY (ages 6-10)

## ARTS & HUMANITIES

### Home School Art & Science (ages 6-12 years) - EXP

Art & science for home schoolers! All materials are included. 45 minutes class, once per week. Each month we'll explore a new theme.

- » January - Self Discover Through Art
- » February - STEAM

### Afterschool Craft Club (ages 6-10 years) - EXP

Time to get crafty! We'll work on a new project each week together and explore several different artistic mediums. Each month we will follow a theme to help guide our creativity! 45 minute class, once per week.

- » January - Self Discovery Through Art
- » February - STEAM

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>					
Home School Art & Science	Thursday	11:15 am	\$25	\$30	\$60
			Additional Sibling: \$20		
Afterschool Craft Club	Wednesday	3:30 pm	\$25	\$30	\$60



# MIDDLE SCHOOL (ages 11-13)

## SWIM LESSONS

Youth swim lessons are offered in 8-week sessions, with options to attend class once per week or twice per week. **For help finding the right class for your child, please refer to the Swim Level Assessment Tool, available at the Welcome Center.**

### Y1 - Youth Water Acclimation (ages 6-12) - PRO

This beginner class introduces basic strokes, increases comfort with underwater exploration, and assists with developing basic water safety skills. This first stage lays the foundation for more advanced lessons. 30 minute class, either once or twice per week.

### Y2 - Youth Water Movement (ages 6-12) - PRO

It's time to take it to the next level! In this class students focus on body position and control, directional change, and forward movement in the water while continuing to practice basic self-rescue skills. 30 minute class, either once or twice per week.

### Y3 - Youth Water Stamina (age 6-12) - PRO

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. 45 minute class, either once or twice per week.

### Y4 - Youth Stroke Introduction (ages 6-12) - PRO

Students in this class develop stroke technique in front crawl and back crawl. The class focuses on refining rotary breathing and introducing components of advanced strokes. 45 minute class, either once or twice per week.

### Y5/6 - Youth Stroke Development & Mechanics (ages 6-12) - PRO

Students in this class work on more advanced stroke technique and are introduced to all major competitive strokes. 45 minute class, either once or twice per week.

### Junior Dolphins (ages 6-13) - PRO

Children in this class must have passed the Youth Stroke Development & Mechanics class, or have been evaluated by the Aquatics Director. Please email [mallard@keene-ymca.org](mailto:mallard@keene-ymca.org) for more information. 45 minute class, twice per week.



# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS</b>						
Y1 - Youth Water Acclimation	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	5:00 pm	\$155	\$163	\$325.50
		Wednesday	4:30 pm	\$105	\$111	\$220.50
		Friday	4:00 pm	\$105	\$111	\$220.50
		Saturday	10:45 am	\$105	\$111	\$220.50
Y2 - Youth Water Movement	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Wednesday	4:30 pm	\$105	\$111	\$220.50
		Friday	4:00 pm	\$105	\$111	\$220.50
		Saturday	10:45 am	\$105	\$111	\$220.50
Y3 - Youth Water Stamina	PRO	Monday	4:45 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	5:30 pm	\$155	\$163	\$325.50
		Friday	4:45 pm	\$105	\$111	\$220.50
		Saturday	10:45 am	\$105	\$111	\$220.50
Y4 - Youth Stroke Introduction	PRO	Monday	5:45 pm	\$105	\$111	\$220.50
		Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Friday	5:45 pm	\$105	\$111	\$220.50
		Saturday	9:45 am	\$105	\$111	\$220.50
Y5/6 - Youth Stroke Development & Mechanics	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	5:45 pm	\$105	\$111	\$220.50
		Saturday	9:00 am	\$105	\$111	\$220.50
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50

# MIDDLE SCHOOL (ages 11-13)

## PARENT/CHILD GYMNASTICS

### Family Open Gymnastics (ages 12 & under) & Home School Open Gymnastics (ages 13 & under) - DI

Explore the Gymnastics Center under the supervision of our professional staff. If you are bringing more than one child, be sure to register each of them. All family members should be from the same household. Caregivers are required to accompany their child(ren) on the floor. Members are welcome to attend one class per day only. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 30 minute class.

### Adaptive Gymnastics (ages 12 and under) - DI

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 caregiver is required to assist the child on the floor. 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:30 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## RECREATIONAL GYMNASTICS

### Basic Rec (ages 6-12 years) - PRO

In this class your child will focus on skill development at their own pace, under the instruction of qualified staff. There will also be games and activities to enjoy. 60 minute class, once per week.

### Jr. Ninja (ages 6-12 years) - PRO

Based on the popular obstacle course competition, this program will help your child develop basic gymnastics skills, agility, flexibility and speed. Jr. Ninjas compete against the clock, navigating a series of age-appropriate obstacles and challenges. 60 minute class, once per week.

### Tumbling (ages 6-13 years) - PRO

Learn flips and tricks in a safe, structured setting using our Fall Floor, Tumble Trak and foam pit. This class is suitable for all abilities and is designed to assist with skill development. 60 minute class, once per week.

### Adult Gymnastics (ages 13+ or member of the Gymnastics Team) - DI

This class offers the opportunity to use the Y's 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. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** 45 minute class, once per week.



# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Basic Rec	PRO	Tuesday	6:15 pm	\$100	\$106	\$211
Jr. Ninja	PRO	Tuesday	6:45 pm	\$100	\$106	\$211
		Saturday	1:00 pm			
Tumbling	PRO	Thursday	5:30 pm	\$100	\$106	\$211
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15

## PROGRESSIVE GYMNASTICS

This program is designed for those striving to compete in the sport of Gymnastics. These classes provide progressive skill development in agility, endurance, strength, balance, physical conditioning, and gross/fine motor skills. Gymnasts will progress through the levels by instructor recommendation only.

### Beginner (ages 6-13 years)

Open to all gymnasts. No previous experience necessary. 60 minute class, once per week.

### Intermediate (ages 6-13 years)

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. 60 minute class, once per week.

### Advanced (ages 6-13 years)

To enter the Advanced class, participants must have been invited by their 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. 90 minute class, once per week.

### Rising Stars (ages 6-13 years)

Must be a member of the Y and either be invited by the Advanced class instructor, or have a formal evaluation done by the Gymnastics Coordinator. 90 minute class, twice per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS</b>						
Beginner	PRO	Tuesday	4:15 pm	\$100	\$106	\$211
		Thursday	6:45 pm			
		Saturday	2:15 pm			
Intermediate	PRO	Tuesday	5:30 pm	\$100	\$106	\$211
		Thursday	4:15 pm			
Advanced	PRO	Thursday	6:15 pm	\$163	\$171	\$343
Rising Stars	PRO	Tuesday & Thursday	4:30 pm	\$324	\$340	N/A

# MIDDLE SCHOOL (ages 11–13)

## SPORTS & FITNESS

### Basketball Skills Class (ages 9–11) – PRO

Learn the great game of basketball! This class focuses on fundamental skill development. 60 minute class, once per week. **There will be no class on Saturday, January 13th. Registration fees will be prorated accordingly.**

### Circuit Group Training (ages 13+) – EXP

Participants in this class are gently guided through the process of changing exercise habits through intentionally designed training circuits. This program is designed for all fitness levels. 60 minute class, twice per week.

### Fencing (ages 13+) – EXP

Weekly lessons include history, terminology, form and footwork, and individual hand-to-hand lessons with instructors. We'll also include informal and structured bouts. Maintaining a safe and individual pace is emphasized. This class is open to all fencers, regardless of experience. Equipment will be provided for use in class. 120 minute class, once or twice per week.

### Home School PE (grades K-8) – EXP

This class is for all school-aged children. During the session the class will be introduced to a variety of wellness and sports activities with the emphasis being on group participation and active play. Classes may include activities that focus on balance, endurance, coordination and team work. 60 minute class, once per week.

### IRON Teens Weightlifting Club (Grades 8–12) – PRO

Led by Olympic Weightlifting Certified Instructor, Jeff Brum, this class is designed for teens to learn and participate in the sport of weightlifting. Weightlifting is contested along gender, age and weight classes. This allows anyone, of any age or experience level to participate. Focus will be on proper technique, building strength, and powerlifting. 60 minute class, twice per week.

### Judo (ages – see description) – EXP

Judo, a martial art and sport developed in Japan, has been practiced at the Keene Family YMCA since the early 1970s. Our classes include instruction in falling, throwing and grappling techniques. Our focus is on development of body concepts, balance, discipline, sportsmanship, self-defense, and self-esteem in a supportive, safe and secure environment. Students will have opportunities to participate in optional clinics and tournaments. Beginner class is 60 minutes, once per week. Teen/Adult classes are between 75-120 minutes, once per week.

### Pickleball Clinic (ages 13+) – POP

Learn to play pickleball during one of these upcoming clinics. All are beginner focused, with each new level building upon the skills and techniques learned in the previous level. A three week, learn-to-play series.

**Beginner Level 1:** This clinic will introduce new players to the rules and basic skills to play pickleball.

» Tuesdays, January 9, 16 & 23, 2024 | 10:00 am–12:00 pm

» Fridays, January 12, 19 & 26, 2024 | 12:00–2:00 pm

» Tuesdays, January 30, February 6 & 13, 2024 | 10:00 am–12:00 pm

**Beginner Level 2:** This clinic is for players that have already taken Learn to Play Pickleball, and are looking to further develop their skills and knowledge of the game.

» Mondays, January 8, 22 & 29, 2024 | 6:00–8:00 pm

» Fridays, February 2, 9 & 16, 2024 | 12:00–2:00 pm

**Beginner Level 3:** This third clinic will help advance the techniques, strategies, and build upon the fundamentals that players learned in the first two clinics.

» Mondays, February 5, 12 & 19, 2024 | 6:00–8:00 pm

# MIDDLE SCHOOL (ages 11-13)

## SPORTS & FITNESS

### Ninja 101 (ages 6-12 years & 10-16 years)

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.

### Home School Ninja (grades K-8) – EXP

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.

### Open Ninja (ages 5+) – DI

Come and explore our Ninja Training Course! This is a drop-in class for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 60 minute drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.**

### Team Ninja (ages 6-13) – EXP

Team Ninja will focus on advanced skills, techniques and conditioning to prepare participants for competitions in 2024. Ninja competitions are held throughout New England and feature exciting opportunities to showcase skills on a variety of obstacles, and interact with other athletes in our region. This is great preparation for any obstacle course race! **Open to members by invitation only.** 90 minute class, twice per week.

### Team Ninja Tryouts! (ages 6-16 years)

Want to join the Y's NEW Ninja Competition Team? Tryouts will be held on Tuesday, December 12th from 6:00-8:00 pm and Thursday, December 14th from 6:00-7:00 pm. Visit [keeneymca.org/ninja-team](https://keeneymca.org/ninja-team) for details!

### Women's Self-Defense Clinic (ages 13+) – POP

This program is designed to introduce you to self-defense by improving your awareness, personal safety and self-confidence. Learning these important techniques and practicing in a safe environment will give you the tools and confidence you need to defend yourself. This class will be physical, so come dressed to move. It's appropriate for women of all abilities. Join us for one class, or take them all.

#### Clinic Dates/Times:

- » Friday, January 5th | 10:30-11:30 am
- » Wednesday, January 10th | 12:00-1:00 pm
- » Saturday, January 20th | 10:30-11:00 am



**REDEFINE  
YOUR OBSTACLES**

Join the  
**YMCA Ninja  
Competition Team!**  
Tryouts December 12 & 14

SCAN FOR TEAM INFO!  
or visit  
[keeneymca.org/ninja-team](https://keeneymca.org/ninja-team)

the Y  
YMCA



# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS</b>						
Basketball Skills (9-11 yrs)	PRO	Saturday	8:00 am	\$65	\$70	\$130
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Wednesday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Wednesday	6:00 pm	\$60	\$70	\$120
Home School PE	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional Sibling - \$20		
IRON Teens	PRO	Tuesday & Thursday	5:30 pm	\$100	\$110	\$200
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$35	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$35	\$70
		Wednesday	6:00 pm	FREE	\$35	\$70
Pickleball Clinics	POP	See Description		\$65	\$75	\$120
Home School Ninja	EXP	Tuesday	2:00 pm	\$25	\$30	\$70
				Additional Sibling - \$20		
Ninja 101 (6-12 yrs)	EXP	Monday	3:30 pm	\$45	\$50	\$90
		Wednesday	6:00 pm			
		Saturday	9:00 am			
Ninja 101 (10-16 yrs)	EXP	Tuesday	4:00 pm	\$45	\$50	\$90
Team Ninja (13+ yrs) By invitation only	EXP	Tuesday & Thursday	6:00 pm	\$110	\$110	N/A
Open Ninja	DI	See MotionVibe		FREE	FREE	Guest Pass +\$3
Women's Self-Defense	POP	See Description		\$10	\$15	\$25

## ARTS & HUMANITIES

### Home School Art & Science (ages 6-12 years) - EXP

Art & science for home schoolers! All materials are included. 45 minutes class, once per week. Each month we'll explore a new theme.

- » January - Self Discovery Through Art
- » February - STEAM

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>						
Home School Art & Science	EXP	Thursday	11:15 am	\$25	\$30	\$60
				Additional Sibling: \$20		

# MIDDLE SCHOOL (ages 11-13)

## CLIMBING

Climbing is an exhilarating and rewarding sport that builds stamina and endurance, develops hand, foot and eye coordination, increases strength and flexibility, boosts confidence, and improves decision-making and problem solving skills. Here at the Keene Family YMCA, we strive to create an emotionally safe and physically secure climbing education environment where climbing students can ask questions, strengthen teamwork, and overcome challenges so they can continue to grow and learn.

### Climbing 101 (ages 5-12 years) - EXP

A snapshot of indoor climbing, geared towards the curious beginner who wants to climb for the joy of it. With a short commitment of 4 weeks, it's a perfect introduction for those new to the sport of climbing, who want to develop solid climbing habits early on and perhaps challenge their fear of heights. Climbing 101 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 101 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Climbing 201 (ages 5-12 years) - EXP

In this class we build upon the skills learned in Climbing 101, spending less time on getting to know the procedures and more time on the wall. Climbing 201 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 201 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Mountain Rockers (ages 5-12 years) - PRO

**Pre-requisite:** Completed minimum 4 weeks of Climbing 101, or has taken the Advanced level class from the previous program format. Returning climbers or those getting serious about the sport are encouraged to join this class where instructors focus on honing basic skills and movements on the wall while solidifying secure equipment use and consistent climbing habits. Students will level up their skills, knowledge, strength, and stamina in this 8-week progressive course continuing to build upon skills learned in Climbing 101 & 201. Topics covered include, but are not limited to, belaying safety, technical terminology, climbing culture, and efficient movement. 75 minute class, once per week.

### Parent & Me Climbing (ages 5+) - EXP

Parent & Me Climbing offers a chance for you and your child to experience climbing as a team, learning the ropes together. You'll learn how to properly equip yourself and your child—we'll take care of the rest. No belaying experience required. With two instructors, you and your child will be guided and belayed up the wall at the same time on parallel routes of your choice. It's a perfect chance to bond in a unique way, learning the fun of climbing together! 75 minute class, once per week.

### Open Climb (ages 5+) - DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change.

**Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING</b>						
Climbing 101	EXP	Tuesday	4:00 pm	\$40	\$45	\$80
Climbing 201	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Mountain Rockers	PRO	Monday	5:00 pm	\$100	\$110	\$200
Parent & Me Climbing	EXP	Wednesday	5:00 pm	\$40	\$45	\$80
Open Climb	DI	See MotionVibe		FREE	FREE	N/A

# MIDDLE SCHOOL (ages 11-13)

## TEEN POP UP EVENTS

Our series of pop-up activities for teens continues this winter! It's a great way to spend time after school, and the perfect opportunity to meet new friends with similar interests. All of these events are open to teens ages 11-18 and their families.

### **Pour Your Art Out!**

Come learn how to mix paint for pouring. Then create own masterpieces on canvas and a flower pot using your newly learned techniques. All necessary supplies will be provided. Limited to 8 participants.

**WHEN:** Thursday, January 18th | 4:30-5:30 pm

**COST:** Family Members \$8 | Members \$10 | Guests \$12

## TEEN NIGHT OUT!

Open to all middle and high school students, Teen Night Out is a chance for teens to hang out, play games, swim, climb, and tumble with friends. Pizza, snacks and drinks will be available for purchase. All Teen Night Out events are open to middle and high school students. Registration is required.

**New Year, New Me!** - Friday, January 5th | 7:30-10:00 pm

Celebrate the New Year with us during January's Teen Night Out at the Y. Activities will include swimming, basketball, floor hockey, climbing, Ninja, and card games. Limited to 50 participants. **COST: \$5/person**

**GLOW Dance Party** - Saturday, February 10th | 7:00-9:00 pm

We're mixing it up with a dance party this month! February's Teen Night Out will be held on a Saturday, and we'll be grooving in the gym with music and glow sticks. This event is limited to 200 participants. **COST: \$5/person**

## TEEN EXCURSIONS

Join us for an adventure during your winter break! Teen Excursions are open to all teens in grades 6-12. Transportation from the Y to and from each location is included. See registration portal for list of required items for each excursion.

**Granite Gorge Mountain Park | Roxbury, NH | Tuesday, February 20th | 12:30-3:30 pm**

Come with us for a fun day of tubing at Granite Gorge! We will have hot chocolate by the fire along with some sweet treats. This activity is capped at 12 participants. **COST: \$30/person**

**The Hot Glass Art Center | Marlborough, NH | Thursday, February 22nd | 10:30 am-2:00 pm**

Come with us to The Hot Glass Art Center to learn how to blow glass. All participants will have a chance to make an ornament to bring home! Limited to 8 participants. **COST: \$45/person**

# HIGH SCHOOL (ages 14-18)

## LIFEGUARD CERTIFICATION

The YMCA is proud to offer Lifeguard Certification Courses. These are open to the community as well as Y members. We offer the programs throughout the year. Once you receive your certification, there are a variety of employment opportunities available including here at the Y! Participants who pass both written tests and in-person drills will receive a 2-year certification in Red Cross Lifeguarding, CPR, First Aid and AED.

### Full Lifeguard Certification Course, Blended Format (ages 15+) – POP

Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all E-Learning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours.

#### Course Prerequisites (verified during first class):

- » Participant must be 15 years of age by the course completion date.
- » Participant must be able to swim 300 yards non-stop using both the front crawl and breast strokes.
- » Participant must swim 20 yards, retrieve a 10 lb. brick from 6 feet of water and swim 20 yards with it within 1 minute 40 seconds, exiting the pool without using a ladder.
- » Participant must be able to tread water 2 minutes.

### Lifeguard Recertification Course, In-Person (ages 15+) – POP

This abbreviated renewal course is offered only to those who hold a current lifeguard certification, or whose certification expires 30 days or less from the start of the recertification course start date. Recertification courses are completed in one day, and typically take place on Sundays at the Keene Family YMCA.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>LIFEGUARD CERTIFICATION COURSES</b>						
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday February 24-25	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday February 25	8:00 am-4:00 pm	\$175	\$175	\$225
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday March 23-24	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday March 24	8:00 am-4:00 pm	\$175	\$175	\$225

## RECREATIONAL GYMNASTICS

### Adult Gymnastics (ages 13+ or member of the Gymnastics Team) – DI

This class offers the opportunity to use the Y's 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. **This is a drop-in class.**

**Register through your Y app (MotionVibe) up to 24-hours in advance.** 45 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15

# HIGH SCHOOL (ages 14–18)

## SPORTS & FITNESS

### Circuit Group Training (ages 13+) – EXP

Participants in this class are gently guided through the process of changing exercise habits through intentionally designed training circuits. This program is designed for all fitness levels. 60 minute class, twice per week.

### Fencing (ages 13+) – EXP

Weekly lessons include history, terminology, form and footwork, and individual hand-to-hand lessons with instructors. We'll also include informal and structured bouts. Maintaining a safe and individual pace is emphasized. This class is open to all fencers, regardless of experience. Equipment will be provided for use in class. 120 minute class, once or twice per week.

### IRON Teens Weightlifting Club (Grades 8–12) – PRO

Led by Olympic Weightlifting Certified Instructor, Jeff Brum, this class is designed for teens to learn and participate in the sport of weightlifting. Weightlifting is contested along gender, age and weight classes. This allows anyone, of any age or experience level to participate. Focus will be on proper technique, building strength, and powerlifting. 60 minute class, twice per week.

### Judo (ages – see description) – EXP

Judo, a martial art and sport developed in Japan, has been practiced at the Keene Family YMCA since the early 1970s. Our classes include instruction in falling, throwing and grappling techniques. Our focus is on development of body concepts, balance, discipline, sportsmanship, self-defense, and self-esteem in a supportive, safe and secure environment. Students will have opportunities to participate in optional clinics and tournaments. Beginner class is 60 minutes, once per week. Teen/Adult classes are between 75–120 minutes, once per week.

### Pickleball Clinic (ages 13+) – POP

Learn to play pickleball during one of these upcoming clinics. All are beginner focused, with each new level building upon the skills and techniques learned in the previous level. A three week, learn-to-play series.

**Beginner Level 1:** This clinic will introduce new players to the rules and basic skills to play pickleball.

» Tuesdays, January 9, 16 & 23, 2024 | 10:00 am–12:00 pm

» Fridays, January 12, 19 & 26, 2024 | 12:00–2:00 pm

» Tuesdays, January 30, February 6 & 13, 2024 | 10:00 am–12:00 pm

**Beginner Level 2:** This clinic is for players that have already taken Learn to Play Pickleball, and are looking to further develop their skills and knowledge of the game.

» Mondays, January 8, 22 & 29, 2024 | 6:00–8:00 pm

» Fridays, February 2, 9 & 16, 2024 | 12:00–2:00 pm

**Beginner Level 3:** This third clinic will help advance the techniques, strategies, and build upon the fundamentals that players learned in the first two clinics.

» Mondays, February 5, 12 & 19, 2024 | 6:00–8:00 pm

### Ninja 101 (ages 10–16 years)

The purpose of the Ninja program for kids is to build self-esteem, confidence and sense of accomplishment – one obstacle at a time. Our curriculum is designed to meet the requirements of a full physical fitness program. In this class, we will incorporate age-appropriate, standard apparatus including rings, balance obstacles and tumbling surfaces. Participants will be allowed to progress at their own pace, with the guidance of our experienced coaches. 60 minute class, once per week.



# HIGH SCHOOL (ages 14-18)

## Open Ninja (ages 5+) - DI

Come and explore our Ninja Training Course! This is a drop-in class for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 60 minute drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.**

## Women's Self-Defense Clinic (ages 13+) - POP

This program is designed to introduce you to self-defense by improving your awareness, personal safety and self-confidence. Learning these important techniques and practicing in a safe environment will give you the tools and confidence you need to defend yourself. This class will be physical, so come dressed to move. It's appropriate for women of all abilities. Join us for one class, or take them all.

### Clinic Dates/Times:

- » Friday, January 5th | 10:30-11:30 am
- » Wednesday, January 10th | 12:00-1:00 pm
- » Saturday, January 20th | 10:30-11:00 am

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS</b>						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Wednesday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Wednesday	6:00 pm	\$60	\$70	\$120
IRON Teens	PRO	Tuesday & Thursday	5:30 pm	\$100	\$110	\$200
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$35	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$35	\$70
		Wednesday	6:00 pm	FREE	\$35	\$70
Pickleball Clinics	POP	See Description		\$65	\$75	\$120
Ninja 101	EXP	Tuesday	4:00 pm	\$45	\$50	\$90
Open Ninja	DI	See MotionVibe		FREE	FREE	Guest Pass +\$3
Women's Self-Defense	POP	See Description		\$10	\$15	\$25

## REDEFINE YOUR OBSTACLES

Join the **YMCA Ninja Competition Team!**

Tryouts December 12 & 14





SCAN FOR TEAM INFO!  
or visit  
[keeneymca.org/ninja-team](http://keeneymca.org/ninja-team)



# HIGH SCHOOL (ages 14-18)

## CLIMBING

Climbing is an exhilarating and rewarding sport that builds stamina and endurance, develops hand, foot and eye coordination, increases strength and flexibility, boosts confidence, and improves decision-making and problem solving skills. Here at the Keene Family YMCA, we strive to create an emotionally safe and physically secure climbing education environment where climbing students can ask questions, strengthen teamwork, and overcome challenges so they can continue to grow and learn.

### Climbing 101 (18+ years) – EXP

A snapshot of indoor climbing, geared towards the curious beginner who wants to climb for the joy of it. With a short commitment of 4 weeks, it's a perfect introduction for those new to the sport of climbing, who want to develop solid climbing habits early on and perhaps challenge their fear of heights. Climbing 101 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 101 will also function as an assessment for those interested in joining the Mountain Rockers level. 75 minute class, once per week.

### Parent & Me Climbing (ages 5+) – EXP

Parent & Me Climbing offers a chance for you and your child to experience climbing as a team, learning the ropes together. You'll learn how to properly equip yourself and your child—we'll take care of the rest. No belaying experience required. With two instructors, you and your child will be guided and belayed up the wall at the same time on parallel routes of your choice. It's a perfect chance to bond in a unique way, learning the fun of climbing together! 75 minute class, once per week.

### Keene State Collage Climbing Series (ages 16+) – PRO

The Keene Family YMCA is partnering up with the Keene State College Outing Club to bring you an exciting progressive bi-weekly climbing series. This class will be lead by experienced climber, Zach Christie, the president of the KSC Outing Club. With him you will dive into the details of terminology, foundational movement, efficiency through technique, intro to climbing outdoors, and beginner climbing knots. This class is free for KSC students. No previous climbing experience necessary. **Classes will run every other Thursday from January 18th–April 18th.** 90 minute class.

### Open Climb (ages 5 & up) – DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change. **Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

### Belay Certification (ages 16+)

Get Belay Certified to assist with teaching classes, open climb, or to use the climbing wall on your own. Class times will vary throughout the fall. Register through your Y app (MotionVibe), or reach out to Emma Krishnaswami at [ekrishna@keene-ymca.org](mailto:ekrishna@keene-ymca.org).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING</b>						
Climbing 101 (18+ yrs)	EXP	Tuesday	5:30 pm	\$40	\$45	\$80
Parent & Me Climbing	EXP	Wednesday	5:00 pm	\$40	\$45	\$80
KSC Climbing Series	PRO	Every other Thursday	5:00 pm	\$30	\$35	\$70
Open Climb	DI	See MotionVibe		FREE	FREE	N/A
Belay Certification	DI	See MotionVibe		\$20	\$20	N/A

# HIGH SCHOOL (ages 14-18)

## ARTS & HUMANITIES

### Adaptive Sensory Art (ages 14+) - EXP

This class is for individuals with physical or developmental disabilities that may require extra assistance. Caregiver participation is required. 30 minute class, once per week.

### Ballroom Dancing - EXP

Join in the fun of social dance with instructor Sandi Finley. A partner is not needed, just be sure to dress in comfortable clothing, and for ease of movement, do not wear rubber-soled or open-backed shoes. This fall we're offering a Beginner class where you'll learn the Waltz, Tango, Rumba, Swing and Cha-Cha, and an Intermediate class where we'll work on Cha-Cha, Foxtrot and Tango. Participants in the Intermediate class must take the Beginner class prior, or they can combine and take both classes during the same session. 60 minute class, once per week.

### Beginner Ballet (ages 18+) - EXP

Learn the foundational movements and positions of ballet. This class will work your lower body, core and upper body simultaneously for a full-body workout. 90 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>						
Adaptive Sensory Art	EXP	Thursday	9:15 am	\$25	\$30	\$60
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
Beginner Ballet	EXP	Wednesday	4:00 pm	\$45	\$50	\$90



# HIGH SCHOOL (ages 14–18)

## TEEN POP UP EVENTS

Our series of pop-up activities for teens continues this winter! It's a great way to spend time after school, and the perfect opportunity to meet new friends with similar interests. All of these events are open to teens ages 11-18 and their families.

### **Pour Your Art Out!**

Come learn how to mix paint for pouring. Then create own masterpieces on canvas and a flower pot using your newly learned techniques. All necessary supplies will be provided. Limited to 8 participants.

**WHEN:** Thursday, January 18th | 4:30-5:30 pm

**COST:** Family Members \$8 | Members \$10 | Guests \$12

## TEEN NIGHT OUT!

Open to all middle and high school students, Teen Night Out is a chance for teens to hang out, play games, swim, climb, and tumble with friends. Pizza, snacks and drinks will be available for purchase. All Teen Night Out events are open to middle and high school students. Registration is required.

**New Year, New Me!** – Friday, January 5th | 7:30-10:00 pm

Celebrate the New Year with us during January's Teen Night Out at the Y. Activities will include swimming, basketball, floor hockey, climbing, Ninja, and card games. Limited to 50 participants. **COST: \$5/person**

**GLOW Dance Party** – Saturday, February 10th | 7:00-9:00 pm

We're mixing it up with a dance party this month! February's Teen Night Out will be held on a Saturday, and we'll be grooving in the gym with music and glow sticks. This event is limited to 200 participants. **COST: \$5/person**

## TEEN EXCURSIONS

Join us for an adventure during your winter break! Teen Excursions are open to all teens in grades 6-12. Transportation from the Y to and from each location is included. See registration portal for list of required items for each excursion.

**Granite Gorge Mountain Park | Roxbury, NH | Tuesday, February 20th | 12:30-3:30 pm**

Come with us for a fun day of tubing at Granite Gorge! We will have hot chocolate by the fire along with some sweet treats. This activity is capped at 12 participants. **COST: \$30/person**

**Level 99 & I Love Milkshakes | Natick, MA | Wednesday, February 21st | 9:15 am-6:00 pm**

Come with us to Level 99 to play a bunch of fun interactive games and puzzles to level up your avatar! After we will stop and recharge with a gourmet milkshake from I love Milkshakes! **\*This trip is for High Schoolers only.** Limited to 10 participants. **COST: \$60/person**

**The Hot Glass Art Center | Marlborough, NH | Thursday, February 22nd | 10:30 am-2:00 pm**

Come with us to The Hot Glass Art Center to learn how to blow glass. All participants will have a chance to make an ornament to bring home! Limited to 8 participants. **COST: \$45/person**

# ADULTS (ages 18 and up)

## LIFEGUARD CERTIFICATION

The YMCA is proud to offer Lifeguard Certification Courses. These are open to the community as well as Y members. We offer the programs throughout the year. Once you receive your certification, there are a variety of employment opportunities available including here at the Y! Participants who pass both written tests and in-person drills will receive a 2-year certification in Red Cross Lifeguarding, CPR, First Aid and AED.

### Full Lifeguard Certification Course, Blended Format (ages 15+) – POP

Blended learning combines online learning with in-person skills sessions where you will practice skills and demonstrate competency. Please plan to complete all E-Learning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam, at least two days prior to your first in-person skills session. Most participants complete the eLearning portion of the course in approximately 7 hours.

#### Course Prerequisites (verified during first class):

- » Participant must be 15 years of age by the course completion date.
- » Participant must be able to swim 300 yards non-stop using both the front crawl and breast strokes.
- » Participant must swim 20 yards, retrieve a 10 lb. brick from 6 feet of water and swim 20 yards with it within 1 minute 40 seconds, exiting the pool without using a ladder.
- » Participant must be able to tread water 2 minutes.

### Lifeguard Recertification Course, In-Person (ages 15+) – POP

This abbreviated renewal course is offered only to those who hold a current lifeguard certification, or whose certification expires 30 days or less from the start of the recertification course start date. Recertification courses are completed in one day, and typically take place on Sundays at the Keene Family YMCA.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS</b>						
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday February 24-25	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday February 25	8:00 am-4:00 pm	\$175	\$175	\$225
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday March 23-24	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday March 24	8:00 am-4:00 pm	\$175	\$175	\$225

## RECREATIONAL GYMNASTICS

### Adult Gymnastics (ages 13+ or member of the Gymnastics Team) – DI

This class offers the opportunity to use the Y's 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. **This is a drop-in class.**

**Register through your Y app (MotionVibe) up to 24-hours in advance.** 45 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15

# ADULTS (ages 18 and up)

## SPORTS & FITNESS

### Circuit Group Training (ages 13+) – EXP

Participants in this class are gently guided through the process of changing exercise habits through intentionally designed training circuits. This program is designed for all fitness levels. 60 minute class, twice per week.

### Fencing (ages 13+) – EXP

Weekly lessons include history, terminology, form and footwork, and individual hand-to-hand lessons with instructors. We'll also include informal and structured bouts. Maintaining a safe and individual pace is emphasized. This class is open to all fencers, regardless of experience. Equipment will be provided for use in class. 120 minute class, once or twice per week.

### Judo (ages – see description) – EXP

Judo, a martial art and sport developed in Japan, has been practiced at the Keene Family YMCA since the early 1970s. Our classes include instruction in falling, throwing and grappling techniques. Our focus is on development of body concepts, balance, discipline, sportsmanship, self-defense, and self-esteem in a supportive, safe and secure environment. Students will have opportunities to participate in optional clinics and tournaments. Beginner class is 60 minutes, once per week. Teen/Adult classes are between 75-120 minutes, once per week.

### Open Ninja (ages 5+) – DI

Come and explore our Ninja Training Course! This is class is for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 60 minute drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.**

### Open Pickleball – DI

We've taped off three courts in the gymnasium and have added structured play times to the Basketball Court Schedule. At this time, Pickleball is available for members only. **View available times and register through your Y app (MotionVibe) by clicking on "Court Sports" up to 24-hours in advance.**

### Pickleball Clinic (ages 13+) – POP

Learn to play pickleball during one of these upcoming clinics. All are beginner focused, with each new level building upon the skills and techniques learned in the previous level. A three week, learn-to-play series.

**Beginner Level 1:** This clinic will introduce new players to the rules and basic skills to play pickleball.

» Tuesdays, January 9, 16 & 23, 2024 | 10:00 am-12:00 pm

» Fridays, January 12, 19 & 26, 2024 | 12:00-2:00 pm

» Tuesdays, January 30, February 6 & 13, 2024 | 10:00 am-12:00 pm

**Beginner Level 2:** This clinic is for players that have already taken Learn to Play Pickleball, and are looking to further develop their skills and knowledge of the game.

» Mondays, January 8, 22 & 29, 2024 | 6:00-8:00 pm

» Fridays, February 2, 9 & 16, 2024 | 12:00-2:00 pm

**Beginner Level 3:** This third clinic will help advance the techniques, strategies, and build upon the fundamentals that players learned in the first two clinics.

» Mondays, February 5, 12 & 19, 2024 | 6:00-8:00 pm

### Racquetball – DI

We have one court available for play. One member of your group must reserve court time through the Y app (MotionVibe). Players are encouraged to bring their own equipment. All borrowed equipment should be wiped down after use, and returned to it's proper place.

# ADULTS (ages 18 and up)

## Women's Self-Defense Clinic (ages 13+) – POP

This program is designed to introduce you to self-defense by improving your awareness, personal safety and self-confidence. Learning these important techniques and practicing in a safe environment will give you the tools and confidence you need to defend yourself. This class will be physical, so come dressed to move. It's appropriate for women of all abilities. Join us for one class, or take them all.

### Clinic Dates/Times:

- » Friday, January 5th | 10:30-11:30 am
- » Wednesday, January 10th | 12:00-1:00 pm
- » Saturday, January 20th | 10:30-11:00 am

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS</b>						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Wednesday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Wednesday	6:00 pm	\$60	\$70	\$120
Judo - Beginner	EXP	Saturday	9:00 am	<b>FREE</b>	\$35	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	<b>FREE</b>	\$35	\$70
		Wednesday	6:00 pm	<b>FREE</b>	\$35	\$70
Open Ninja	DI	See MotionVibe		<b>FREE</b>	<b>FREE</b>	Guest Pass +\$3
Open Pickleball	DI	See MotionVibe		<b>FREE</b>	<b>FREE</b>	\$15
Pickleball Clinics	POP	See Description		\$65	\$70	\$120
Racquetball	DI	See MotionVibe		<b>FREE</b>	<b>FREE</b>	N/A
Women's Self-Defense	POP	See Description		\$10	\$15	\$25



# ADULTS (ages 18 and up)

## CLIMBING

Climbing is an exhilarating and rewarding sport that builds stamina and endurance, develops hand, foot and eye coordination, increases strength and flexibility, boosts confidence, and improves decision-making and problem solving skills. Here at the Keene Family YMCA, we strive to create an emotionally safe and physically secure climbing education environment where climbing students can ask questions, strengthen teamwork, and overcome challenges so they can continue to grow and learn.

### Climbing 101 (ages 18+) - EXP

A snapshot of indoor climbing, geared towards the curious beginner who wants to climb for the joy of it. With a short commitment of 4 weeks, it's a perfect introduction for those new to the sport of climbing, who want to develop solid climbing habits early on and perhaps challenge their fear of heights. Climbing 101 is a non-progressive class, focused on fun and recreation where we will teach you the essential principles applicable to any climbing gym using games and simple challenges. Climbing 101 will also function as an assessment for those interested in joining the Mountain Rockers level. If Mountain Rockers does not fit a student's schedule, instructors will cater to a climber's abilities as best as possible in Climbing 101, however progression may be inconsistent. 75 minute class, once per week.

### Parent & Me Climbing (ages 5+) - EXP

Parent & Me Climbing offers a chance for you and your child to experience climbing as a team, learning the ropes together. You'll learn how to properly equip yourself and your child—we'll take care of the rest. No belaying experience required. With two instructors, you and your child will be guided and belayed up the wall at the same time on parallel routes of your choice. It's a perfect chance to bond in a unique way, learning the fun of climbing together! 75 minute class, once per week.

### Keene State Collage Climbing Series (ages 16+) - PRO

The Keene Family YMCA is partnering up with the Keene State College Outing Club to bring you an exciting progressive bi-weekly climbing series. This class will be lead by experienced climber, Zach Christie, the president of the KSC Outing Club. With him you will dive into the details of terminology, foundational movement, efficiency through technique, intro to climbing outdoors, and beginner climbing knots. This class is free for KSC students. No previous climbing experience necessary. **Classes will run every other Thursday from January 18th–April 18th.** 90 minute class.

### Open Climb (ages 5 & up) - DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change. **Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

### Belay Certification (ages 16+)

Get Belay Certified to assist with teaching classes, open climb, or to use the climbing wall on your own. Class times will vary throughout the fall. Register through your Y app (MotionVibe), or reach out to Emma Krishnaswami at [ekrishna@keene-ymca.org](mailto:ekrishna@keene-ymca.org).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING</b>						
Climbing 101	EXP	Tuesday	5:30 pm	\$40	\$45	\$80
Parent & Me Climbing	EXP	Wednesday	5:00 pm	\$40	\$45	\$80
KSC Climbing Series	PRO	Every Other Thursday	5:00 pm	\$30	\$30	\$70
Open Climb	DI	See MotionVibe		FREE	FREE	N/A
Belay Certification	DI	See MotionVibe		\$20	\$20	N/A



# ADULTS (ages 18 and up)

## ARTS & HUMANITIES

### Adaptive Sensory Art (ages 14+) - EXP

This class is for individuals with physical or developmental disabilities that may require extra assistance. Caregiver participation is required. 30 minute class, once per week.

### Ballroom Dancing - EXP

Join in the fun of social dance with instructor Sandi Finley. A partner is not needed, just be sure to dress in comfortable clothing, and for ease of movement, do not wear rubber-soled or open-backed shoes. This fall we're offering a Beginner class where you'll learn the Waltz, Tango, Rumba, Swing and Cha-Cha, and an Intermediate class where we'll work on Cha-Cha, Foxtrot and Tango. Participants in the Intermediate class must take the Beginner class prior, or they can combine and take both classes during the same session. 60 minute class, once per week.

### Beginner Ballet (ages 18 and up) - EXP

Learn the foundational movements and positions of ballet. This class will work your lower body, core and upper body simultaneously for a full-body workout. 90 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES</b>						
Adaptive Sensory Art	EXP	Thursday	9:15 am	\$25	\$30	\$60
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
Beginner Ballet	EXP	Wednesday	4:00 pm	\$45	\$50	\$90

## CHRONIC DISEASE PREVENTION

### Tai Ji Quan™: Moving for Better Balance (ages 50+)

This program aims to improve balance, coordination, and stability using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based, 24-week program has been shown to increase confidence, reduce the risk of falling, and enhance overall fitness for participants. All levels are welcome, and this program can accommodate individuals who need some assistance walking such as use of a cane. In addition to the programs physical benefits, the safe, supportive group setting provides an opportunity for participants to find some relief from the isolation that sometimes comes from living with limited mobility. 60 minute class. **This program meets twice per week for 24 weeks. Tuesdays & Thursdays from 1:00-2:00 pm from September 5th-February 23rd.**

### Diabetes Prevention Program

This program focuses on small, measurable, and reasonable goals to give participants confidence that they can make the necessary changes to reduce their risk for Type 2 Diabetes and live healthier lives. **Primary goals are:** reduce body weight by 7%, and increase physical activity to 150 minutes per week. A trained lifestyle coach will facilitate discussions about healthy eating, physical activity and other behavior changes over 25 sessions. This is a year-long program that starts out with weekly sessions and moves to monthly sessions as we progress. Class is forming now with our start date to be determined. **To register, please contact Health & Wellness Director, Bridget Moynihan at [bmoynihan@keene-ymca.org](mailto:bmoynihan@keene-ymca.org).**

# FAMILIES

At the Y, we're committed to providing as many opportunities as possible for families to spend time together, strengthening their bond and creating those precious moments that will live on forever as cherished memories. That's why we offer several of our programs free for Family Members. From engaging fitness classes where parents and children can exercise side by side to interactive workshops that encourage learning and growth, the YMCA cultivates an environment where shared experiences flourish. We will continue to add to this list, and hope to see you enjoying some family time together at the Y!

## SWIMMING

### Family Open Swim (all ages)

Take the kids for a dip in the pool! We have open swim times available in the Teaching Pool and the Lap Pool at various times throughout the day. Find the most up-to-date schedule at <https://keeneymca.org>, or stop by the Welcome Center.

## PARENT/CHILD GYMNASTICS

### Family Open Gymnastics (ages 12 & under) - DI

Explore the Gymnastics Center under the supervision of our professional staff. **This is a drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.** If you are bringing more than one child, be sure to register each of them. All family members should be from the same household. Parents/Guardians are required to accompany their child(ren) on the floor. Members are welcome to attend one class per day only. 30 minute class.

### Adaptive Gymnastics (ages 12 and under) - DI

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 parent/caregiver is required to assist the child on the floor. 45 minute class.

## CLIMBING

### Open Climb (ages 5 & up) - DI

Climb the wall under the supervision of a belay-certified staff member. The times listed for open climb are subject to change. **Please check your Y app (MotionVibe) for class times and register up to 24-hours in advance.**

## BASKETBALL

### Open Basketball

Throw the ball, shoot some hoops, play a pick up game or just run around the basketball court! Members are welcome to use the basketball court any time it isn't being used for programming. Find the most up-to-date schedule at <https://keeneymca.org>, or visit the Welcome Center.

## ARTS & HUMANITIES

### Family Arts Exploration (ages 2-5) - EXP

In this art class we'll explore all of the unique ways to use our senses and engage our minds and bodies through art and science. Each month we'll explore a new theme:

- » January - Self Discovery Through Art
- » February - STEAM

All materials are included. Caregiver participation is required. 30 minute class, once per week.

## NINJA

### Open Ninja (ages 5+) - DI

Come and explore our Ninja Training Course! This is a drop-in class for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 60 minute drop-in class. Register through your Y app (MotionVibe) up to 24-hours in advance.**

# FAMILIES

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIMMING</b>					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
<b>PARENT/CHILD GYMNASTICS</b>					
Family Open Gymnastics	Sunday	9:00 am, 9:45 am, or 10:30 am	FREE	FREE	N/A
	Tuesday	10:30 am or 11:15 am			
	Friday	10:30 am			
	Saturday	3:30 pm			
Adaptive Gymnastics	Wednesday	1:00 pm	\$10	\$10	\$15
<b>CLIMBING</b>					
Open Climb	See MotionVibe		FREE	FREE	N/A
<b>BASKETBALL</b>					
Open Basketball	See Court Schedule		FREE	FREE	Varies
<b>ARTS &amp; HUMANITIES</b>					
Family Arts Exploration	Thursday	10:15 am	FREE	\$25	\$50
<b>NINJA</b>					
Open Ninja	See MotionVibe		FREE	FREE	Guest Pass +\$3





## PERSONAL TRAINING

Find your potential at the Keene Family YMCA! At the Y, our focus has always been on people, which is why we make your success our top priority. Many members find that personal training is a key piece of their wellness success. Whether your goal is weight loss, increased strength, improved athletic performance, or simply being more active, our trainers are here to help. We'll design a personalized fitness plan, coach and motivate you as you work, and most importantly, support you every step of the way.

If you would like to book a session with one of our trainers, you can reach out to them through the Y app (MotionVibe) to schedule an appointment. You are also welcome to reach out directly to Health and Wellness Director, Bridget Moynihan at [bmoynihan@keene-ymca.org](mailto:bmoynihan@keene-ymca.org). She'll help match you with the trainer that best suits your goals.

### AQUATIC PERSONAL TRAINING

PT in the water! This training incorporates specialized equipment to take full advantage of the water's natural resistance and buoyancy. Contact Tammi Squires at [tsquires@keene-ymca.org](mailto:tsquires@keene-ymca.org) to book a session today!

### PERSONAL TRAINING RATES

All training sessions are priced as follows:

- 1-hour session: Member \$50 | Guest \$70
- 5 1-hour sessions: Member \$225 | Guest \$300
- Half-hour session: Member \$30 | Guest \$50
- 5 half-hour sessions: Member \$130 | Guest \$200

### HUMAN MOVEMENT ANALYSIS

Work closely with Dave Olson, Human Movement Specialist to analyze your movement patterns, identify overactive and underactive muscle groups, and develop a tailored exercise program that will allow you to reach your full potential. Contact Dave at [dolson@keene-ymca.org](mailto:dolson@keene-ymca.org) to book your session today!

#### Private Session:

Member \$60 | Guest \$100

## GROUP EXERCISE

As a member of the Keene Family YMCA **you have access to more than 70 free group exercise classes every week.** We've got everything from Aquacise to Zumba! All in-studio group exercise classes require reservations. Register up to 24-hours in advance in your Y app (MotionVibe) by clicking on "Group Fitness."

Prefer to workout at home? **Try one of our Virtual Fitness classes!** Also available through your Y app by clicking on "Virtual Fitness."

# CELEBRATE YOUR BIRTHDAY AT THE Y!



The Keene Family YMCA is the perfect venue for your child's BIRTHDAY PARTY. Rentals are available from September through May. **To book your party, visit <https://keeneymca.org/facility/facility-rentals/>**

## YOUR 2-HOUR BIRTHDAY PARTY RENTAL INCLUDES

1 hour – party room with tables and chairs

1 hour – activity area with qualified staff to assist

30 minutes to set up & 15 minutes to clean up

Use of refrigerator and/or freezer

One free one-day guest pass to the Keene Family YMCA for every guest

A YMCA goodie bag for the Guest of Honor!

## BIRTHDAY PARTY PRICING

YMCA Family Members: \$225

YMCA Members: \$250

Guests (non-members): \$300

**SCAN**

to book your party  
today!



**AMERICAN SAFETY & HEALTH INSTITUTE**

**MEDIC First Aid**

### ASHI CPR/AED for Infant/Child/Adult (ages 13+)

2-year certifications, and all participants will receive a free CPR Mask to take home. Participants must register one week prior to class and complete required coursework online.

Contact Kelly Fleurette for upcoming classes or visit <https://keeneymca.org/events-2>

**COST:** Members \$45 | Community \$60

**Mobile CPR/AED and First Aid classes are available. We'll come to you!**  
**Our fee structure is flexible depending on your business needs.**

Contact Tammi Squires at [tsquires@keene-ymca.org](mailto:tsquires@keene-ymca.org) for details.

# SPECIAL EVENTS

## JANUARY 2024

### CRIBBAGE & COFFEE

**DATE/TIME:** Wednesdays | 9:30-11:30 am BEGINNING JAN 3

**LOCATION:** Keene Family YMCA Lobby

**AGES:** 18+

**COST:** Family Member FREE | Member FREE | Guest N/A

Enjoy some coffee (or tea), cards, and conversation! Looking for an opportunity to meet people and learn something new? Join us during our Cribbage & Coffee socials! Coffee and tea will be provided.

### ADULT DODGEBALL NIGHT

**DATE/TIME:** Friday, January 19 | 7:30-9:30 pm

**LOCATION:** Keene Family YMCA Basketball Court

**AGES:** 18+

**COST:** \$80/team

Let's play some dodgeball! Dodgeball for grown-ups returns to the Y. Teams must consist of 8 players, and there must be at least 2 female players from each team on the court during play. Register your team today!

## FEBRUARY 2024

### KIDS NIGHT OUT

**DATE/TIME:** Friday, February 9 | 5:30-9:00 pm

**LOCATION:**

**AGES:** 5-13 years

**COST:** Family Member \$25 | Member \$30 | Guest \$40

PRICES LISTED ARE FOR ONE CHILD. ADDITIONAL SIBLING \$20

At the Y, we know parents need a break from time to time. With Kids Night Out, parents can enjoy a night out while the kids engage in fun and safe activities at the Y. Kids will participate in games, crafts, climbing, and the new Ninja Rig! We'll even provide dinner and a snack.

### TAYLOR SWIFT DANCE PARTY

**DATE/TIME:** Saturday, February 10 | 3:00-5:00 pm

**LOCATION:** Keene Family YMCA Basketball Court

**AGES:** All ages

**COST:** Family Member \$5 | Member \$10 | Guest \$20

Member Family (2 adults + 2 children) \$20

Come dressed in your favorite Era, swap friendship bracelets and dance and sing the afternoon away with other Swifties!

### FIRST ANNUAL KEENE FAMILY YMCA INDOOR TRIATHLON

**DATE/TIME:** Sunday, February 11 | 9:00 am-12:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 13+

**COST:** Family Member \$20 | Member \$20 | Guest \$30

Join us for to Swim, Bike & Run at our first annual indoor triathlon! We'll begin with a wave start in the pool for a 10 minute swim, followed by 30 minute bike on one of our Spin bikes, and ending with a 20 minute treadmill run or walk. Distances will determine placement. This is a fun event with medals at the podium.

## SAVE THE DATE!

### Pickleball Tournament

**March 2-3, 2024 | 8:00 am-4:00 pm**

Open to all players age 13+ More details coming soon!

View all Keene YMCA events and ticket/registration information  
at <https://keeneymca.org/events>