



SHOOTING STARS

NEW Progressive Gymnastics class for kids ages 5-8 uses an intentional yet fun approach for young gymnasts. See page 10

LEARN THE ROPES - TOGETHER

Learn to climb together in the Parent & Me Climbing class. Learn more on page 12

TRY YOUR LUCK

In the Y's first ever pickleball tournament. Event details on page 49

KEENE FAMILY YMCA

2024 PROGRAM GUIDE

SPRING SESSION 1 | February 25-April 20

SPRING SESSION 2 | April 21-June 15



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE KEENE FAMILY YMCA!

We're glad you're here.

The Y wellness experience is like no other. Your membership gives you access to a state-of-the-art facility with pools, fitness center, indoor track, basketball gymnasium, gymnastics center and community spaces with free WiFi. But that isn't all you get. The Y has made a promise to build the foundations of community through **youth development, healthy living and social responsibility** and what that means for you is a supportive community of staff and members 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
- » Ninja training course
- » Racquetball court, two fitness studios, and cycling studio
- » 30' Indoor climbing wall
- » Deep discounts & 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 by visiting the Welcome Center.**

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 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 20 children. Ages 4 months to one year: 4 per 1.5-hour slot, 13 months up to 10 years: 16 per 1.5-hour time slot, when two staff are on duty. 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.



2024 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
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			
Spring Session II	8-Week Session (PRO Classes): April 21-June 15, 2024	4/8	4/10	4/17
	4-Week Session 1 (EXP Classes): April 21-May 18, 2024			
	4-Week Session 2 (EXP Classes): May 19-June 15, 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 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

Program refunds/credits may be issued in the case of injury or illness 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 Cancelations

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

Class Cancelations

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 make up 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.

TABLE OF CONTENTS

INFANT/TODDLER (ages 0-2)	6
PRESCHOOL (ages 3-5)	8
ELEMENTARY (ages 6-10)	13
MIDDLE SCHOOL (ages 11-13)	22
HIGH SCHOOL (ages 14-18)	32
ADULTS (ages 18+)	38
FAMILIES	45
PERSONAL TRAINING	47
BIRTHDAY PARTIES	48
SPECIAL EVENTS	49

**There will be no programs running:
Healthy Kids Day, Saturday, April 27
Memorial Day, Monday, May 27.
Affected programs will be prorated accordingly.**

INFANTS & TODDLERS (ages 0-2)

SWIM LESSONS

Aquatot (ages 6 months-3 years) - EXP

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. 30 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIM LESSONS						
Aquatot	EXP	Tuesday	1:00 pm	\$56	\$76	\$116
		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.

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 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
PARENT/CHILD GYMNASTICS						
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

*There will be no class Monday, February 26 or Tuesday, February 27. Fees will be prorated accordingly.

INFANTS & TODDLERS (ages 0-2)

ARTS & HUMANITIES

Tots of Art (ages 2-5 years) - 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. For this class we will meet once a week for 30 minutes, all materials are included, and caregiver participation is required. Each month we'll explore a new theme:

- » March- Dr. Seuss
- » April- Erik Carle
- » May- Nature
- » June- Spring into Summer

Teddy Bear Tea Party (ages 2-5 years) - POP - Wednesday, April 17

Bring your favorite Teddy Bear and dress up in your finest afternoon tea party attire! Join us for:

- » A book circle
- » Iced tea/juice and light refreshments
- » Teddy Bear Craft

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES						
Tots of Art	EXP	Wednesday	11:00 am	FREE	\$25	\$50
Teddy Bear Tea Party	POP	Wednesday April 17th	1:00-2:00 pm	\$5	\$7	\$9



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) - EXP

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. 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
SWIM LESSONS						
Aquatot	EXP	Tuesday	1:00 pm	\$56	\$76	\$116
		Wednesday	4:00 pm			
		Thursday	1:00 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 Monday, February 26th. 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 Monday, February 26th. 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. **There will be no class on Tuesday, February 27th. Registration fees will be prorated accordingly.**

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 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
PARENT/CHILD GYMNASTICS						
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 Monday, February 26th. 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
RECREATIONAL GYMNASTICS						
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			

PROGRESSIVE GYMNASTICS

Shooting Stars (ages 5-8 years) - PRO

This class is for children who are ready for a little extra challenge. More attention is given to form and technique, as well as strength and flexibility development while still maintaining a fun and age-appropriate atmosphere. Must either be invited or evaluated by the Gymnastics Head Coach or Gymnastics Director. 75 min class, once per week

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280

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 up to 24-hours in advance.** 60 minute class.

PRESCHOOL (ages 3-5)

SPORTS & FITNESS

Learn to Play Lacrosse Clinic (ages 5-10 years) – POP

Do you have a child that would like to try lacrosse? Join us in this short and fun clinic to introduce the sport to our younger youth. **Clinics will occur on Tuesday, February 27 and Tuesday, March 5.**

Lacrosse Skills 101 (ages 5-10 years) – EXP

Come learn the basics of Lacrosse! This introductory class will explore the history of the sport and the foundational skills needed to play including the stickwork of scooping, throwing and cradling the ball. Bring your own stick or we will have them available to use during class. 30 minute class, once per week. **This class is being offered for Spring Session 2 only.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS						
Home School PE (Grades K-8)	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional sibling - \$20		
Home School Ninja	EXP	Thursday	2:00 pm	\$25	\$30	\$70
				Additional Sibling - \$20		
Open Ninja	DI	See Y App		FREE	FREE	\$12
Learn to Play Lacrosse	POP	Tuesday, February 27 OR Tuesday, March 5	3:30, 4:00 or 4:30 pm	FREE	\$5	\$10
Lacrosse Skills 101	EXP	Tuesday	3:30 OR 4:15 pm	\$25	\$30	\$50

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.

PRESCHOOL (ages 3-5)

CLIMBING

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 for class times and register up to 24-hours in advance.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING						
Climbing 101	EXP	Monday	3:30 pm	\$40	\$45	\$80
		Tuesday	4:00 pm			
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	4:00 pm	\$40	\$45	\$80
				Additional Sibling - \$20		
Open Climb	DI	See Y App		FREE	FREE	N/A

ARTS & HUMANITIES

Tots of Art (ages 2-5 years) - 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. For this class we will meet once a week for 30 minutes, all materials are included, and caregiver participation is required. Each month we'll explore a new theme: » March-Dr. Seuss » April-Erik Carle » May-Nature » June-Spring into Summer.

Teddy Bear Tea Party (ages 2-5 years) - POP - Wednesday, April 17

Bring your favorite Teddy Bear and dress up in your finest afternoon tea party attire! Join us for: » A book circle » Iced tea/juice and light refreshments » Teddy Bear Craft.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES						
Tots of Art	EXP	Wednesday	11:00 am	FREE	\$25	\$50
Teddy Bear Tea Party	POP	Wednesday	1:00-2:00 pm	\$5	\$7	\$9

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 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 or Head Coach Pedr Seymour
at 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
SWIM LESSONS						
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	4:30 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	5:15 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
PARENT/CHILD GYMNASTICS						
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 6-13 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.

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 Gymnastics (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. **This class is held on the Gymnastics floor.**

Beginner Tumbling (ages 6-13 years) - PRO

This class is for gymnasts, cheerleaders, and dancers ages 5-12 looking to advance their floor, acro, and tumbling. They will focus on jumps, rolls, handstands, cartwheels, roundoffs, and back and front handsprings. 60 minute class, once per week.

Advanced Tumbling (ages 6-18 years) - PRO

Advanced tumbling is for gymnasts, cheerleaders, and dancers looking to improve their tumbling and acro skills. This is for those who can already do a back and front handspring. 60 minute class, once per week.

ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
RECREATIONAL GYMNASTICS						
Basic Rec	PRO	Tuesday	6:15 pm	\$100	\$106	\$211
Kinder	PRO	Thursday	4:00 pm	\$95	\$100	\$200
		Saturday	12:00 pm			
Jr. Ninja Gymnastics	PRO	Tuesday	6:45 pm	\$100	\$106	\$211
		Saturday	1:00 pm			
Beginner Tumbling	PRO	Thursday	6:45 pm	\$100	\$106	\$211
Advanced Tumbling	PRO	Tuesday	5:00 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.

Shooting Stars (ages 5-8 years) - PRO

This class is for children who are ready for a little extra challenge. More attention is given to form and technique, as well as strength and flexibility development while still maintaining a fun and age-appropriate atmosphere. Must either be invited or evaluated by the Gymnastics Head Coach or Gymnastics Director. 75 min class, once per week

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.

Rising Stars (ages 6-13 years) - PRO

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.

ELEMENTARY (ages 6–10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280
Beginner	PRO	Tuesday	4:15 pm	\$100	\$106	\$211
		Thursday	5:30 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

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.

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.

Ninja 101 (ages 6–14 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.

ELEMENTARY (ages 6-10)

SPORTS & FITNESS

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 up to 24-hours in advance.**

Learn to Play Lacrosse Clinic (ages 5-10 years) - POP

Do you have a child that would like to try lacrosse? Join us in this short and fun clinic to introduce the sport to our younger youth. **Clinics will occur on Tuesday, February 27 and Tuesday, March 5.**

Lacrosse Skills 101 (ages 5-10 years) - EXP

Come learn the basics of Lacrosse! This introductory class will explore the history of the sport and the foundational skills needed to play including the stickwork of scooping, throwing and cradling the ball. Bring your own stick or we will have them available to use during class. 30 minute class, once per week. **This class is being offered for Spring Session 2 only.**

Girls on the Run (grades 3-5) - POP

Girls on the Run inspires individuals of all abilities to discover, build, and grow their self-confidence. Volunteer coaches facilitate lessons that blend physical activity with life skill development, including managing emotions, fostering friendships, and expressing empathy. At the end of the season, the team completes a Community Impact Project and a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion. **To participate, you must register at <https://girlsontherunnh.org>. Registration opens February 23rd.** 90 minute class, twice per week.

Youth Triathlon Training Program (ages 6-12 years) - PRO

This 6-week training program is designed for youth who want to complete their first triathlon. Participants will be guided through swimming, road riding and running in preparation for the event. All participants must have their own bicycle, helmet, sneakers, bathing suit, goggles and towel, and be able to swim 25 yards without a flotation device.

Program fee includes entry into the Y's Third Annual Otter Romp Youth Triathlon on Sunday, June 2nd! 2 hour class, once per week, Wednesdays for 6 weeks, April 17-May 29.

Skate Hour (ages 6-18 years) - DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **This is a 60 minute drop-in class. Register through your Y app up to 24-hours in advance. Drop-in Skate will be open on Thursdays: June 6, 13, & 20.**

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)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS						
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	Thursday	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	EXP	Monday	3:30 pm	\$45	\$50	\$90
		Tuesday	3:30 pm			
		Wednesday	6:00 pm			
		Saturday	9:00 am			
Open Ninja	DI	See Y App		FREE	FREE	\$12
Learn to Play Lacrosse	POP	Tuesday, February 27 OR Tuesday, March 5	3:30, 4:00 or 4:30 pm	FREE	\$5	\$10
Lacrosse Skills 101	EXP	Tuesday	3:30 OR 4:15 pm	\$25	\$30	\$50
Girls on the Run	POP	Tuesday & Thursday	4:00 pm	FREE	FREE	FREE
Youth Triathlon Training	PRO	Wednesday	4:00 pm	\$120	\$130	\$150
Skate Hour	DI	See Description	4:00 pm	\$3	\$5	\$7

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.

ELEMENTARY (ages 6-10)

CLIMBING

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 for class times and register up to 24-hours in advance.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING						
Climbing 101	EXP	Monday	3:30 pm	\$40	\$45	\$80
		Tuesday	4:00 pm			
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	4:00 pm	\$40	\$45	\$80
Open Climb	DI	See Y App		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.

- » March - Dr. Suess
- » April - Erik Carle
- » May - Nature
- » June - Spring into Summer

Afterschool Art Club (ages 6-10 years) - EXP

Let's get creative! This club will work on new projects each month that go along with our themes for our 45 minute class, that meets once per week.

- » March - Dr. Suess
- » April - Erik Carle
- » May - Nature
- » June - Spring Into Summer

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES					
Home School Art & Science	Wednesday	10:00 am	\$25	\$30	\$60
			Additional Sibling: \$20		
Afterschool Art Club	Monday	3:30 pm	\$25	\$30	\$60

YOUTH POP UP EVENTS

Introducing a series of pop-up events for kids ages 6-11 years! It's a great way to spend time after school, and the perfect opportunity to meet new friends with similar interests.

DIY Slime

Learn how to make slime while adding your own artistic flair of colors, glitter, and more!

WHEN: Wednesday | March 6 | 3:45-4:45 pm

COST: Family Members \$5 | Members \$7 | Guests \$10

No Bake Recipes

Learn how to make a few no bake recipes that you can bring home to enjoy!

WHEN: Wednesday | May 22 | 3:45-4:45 pm

COST: Family Members \$5 | Members \$7 | Guests \$10

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 for more information. 45 minute class, twice per week.

Adult Stroke & Endurance (ages 13+) - PRO

This coached workout is ideal for swimmers who already swim at an intermediate-advanced level and are looking to increase their overall performance through stroke drills and endurance based swimming.



MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIM LESSONS						
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	4:30 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	5:15 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
Adult Stroke & Endurance	PRO	Wednesday	6:30 pm	\$105	\$111	\$220.50

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 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
PARENT/CHILD GYMNASTICS						
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 6-13 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 Gymnastics (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. **This class is held on the Gymnastics floor.**

Beginner Tumbling (ages 6-13 years) - PRO

This class is for gymnasts, cheerleaders, and dancers ages 5-12 looking to advance their floor, acro, and tumbling. They will focus on jumps, rolls, handstands, cartwheels, roundoffs, and back and front handsprings. 60 minute class, once per week.

Advanced Tumbling (ages 6-18 years) - PRO

Advanced tumbling is for gymnasts, cheerleaders, and dancers looking to improve their tumbling and acro skills. This is for those who can already do a back and front handspring. 60 minute class, once per week.

MIDDLE SCHOOL (ages 11-13)

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 up to 24-hours in advance.** 45 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
RECREATIONAL GYMNASTICS						
Basic Rec	PRO	Tuesday	6:15 pm	\$100	\$106	\$211
Jr. Ninja Gymnastics	PRO	Tuesday	6:45 pm	\$100	\$106	\$211
		Saturday	1:00 pm			
Beginner Tumbling	PRO	Thursday	6:45 pm	\$100	\$106	\$211
Advanced Tumbling	PRO	Tuesday	5:00 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.

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS						
Beginner	PRO	Tuesday	4:15 pm	\$100	\$106	\$211
		Thursday	5:30 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

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.

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 (ages 8+) is 60 minutes, once per week. Teen/Adult classes (ages 13+) are between 75-120 minutes, once per week.

MIDDLE SCHOOL (ages 11-13)

SPORTS & FITNESS

Ninja 101 (ages 6-14 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 up to 24-hours in advance.**

Weightlifting Meet (ages 13+) – POP – Saturday, May 4 | 9:00 am-1:00 pm

Join Olympic Certified Judge, Jeff Brum, and fellow lifters to perform the Squat, Bench Press, and Deadlift lifts during this Y sponsored Weightlifting Meet.

Skate Hour (ages 6-18 years) – DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **This is a 60 minute drop-in class. Register through your Y app up to 24-hours in advance. Drop-in Skate will be open on Thursdays: June 6, 13, & 20.**



MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS						
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 (ages 8+)	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
Home School Ninja	EXP	Thursday	2:00 pm	\$25	\$30	\$70
				Additional Sibling - \$20		
Ninja 101	EXP	Monday	3:30 pm	\$45	\$50	\$90
		Tuesday	3:30 pm			
		Wednesday	6:00 pm			
		Saturday	9:00 am			
Open Ninja	DI	See Y App		FREE	FREE	\$12
Weightlifting Meet	POP	Saturday, May 4 9:00 am-1:00 pm		\$60	\$60	\$85
Skate Hour	DI	See Description	4:00 pm	\$3	\$5	\$7
Safe Sitter Essentials	POP	Friday, March 22	9:00 am-1:30 pm	\$85	\$90	\$125

SAFE SITTER ESSENTIALS - POP

This course is designed to prepare students in **grades 6-8** to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students learn **Safety Skills:** How to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. **Child Care Skills:** Tips to manage behavior that will help them stay in control of themselves and the children in their care. They'll also learn the ages and stages of child development and practice diapering. **Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students will practice these skills through various role plays.

WHEN: Friday, March 22 | 9:00 am-1:30 pm

COST: Family Members \$85 | Members \$90 | Guests \$125

MIDDLE SCHOOL (ages 11-13)

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: » March-Dr. Suess >> April- Erik Carle >> May- Nature >> June- Spring Into Summer.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES						
Home School Art & Science	EXP	Thursday	10:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		

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.

MIDDLE SCHOOL (ages 11-13)

CLIMBING

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 for class times and register up to 24-hours in advance.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING						
Climbing 101	EXP	Monday	3:30 pm	\$40	\$45	\$80
		Tuesday	4:00 pm			
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	4:00 pm	\$40	\$45	\$80
				Additional Sibling: \$20		
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.

No Bake Recipes

Come learn how to make a few no bake recipes and bring home what you make!

WHEN: Thursday | March 21 | 4:30-5:30 pm | **COST:** Family Members \$5 | Members \$7 | Guests \$10

Resin Jewelry Class

Learn how to make resin art and take home the jewelry you make!

WHEN: Thursday | April 11 | 4:30-6:00 pm | **COST:** Family Members \$10 | Members \$12 | Guests \$14

Table Top Games

Come hangout with friends and play new games like Fire Tower, Exploding Kittens, and Herd Mentality. Or bring one of your favorite games to play!

WHEN: Thursday | May 9 | 4:30-6:00 pm | **COST:** Family Members FREE | Members FREE | Guests \$5

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. Registration is required.

March Madness - Friday, March 1 | 7:30-10:00 pm

Join us for a night of Basketball! We will have all the favorite TNO activities available including a basketball tournament for teams of 4-5. Winning team will take home a prize! **COST: \$5/person**

Float & Flick - Friday, April 5 | 7:30-10:00 pm

Come hangout for a Friday night of chilling and floating in the pool while watching a movie and eating popcorn while floating in the water! Other activities will include gym games, basketball, and card games. **COST: \$5/person**

Sneaker Prom - Friday, May 4 | 7:00-9:00 pm

Come and dance the night away with all your friends! Don't forget to wear your sneakers and jazz them up for a chance to enter our sneaker contest. Winner will go home with a prize! **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.

Boston Museum of Science | Boston, MA | Tuesday, April 23 | 7:30 am-5:00 pm

Spend the day in Boston at the Museum of Science checking out the exhibit hall and the planetarium! **COST: \$60/person**

Rage Cage's Glow Paint Splatter Experience & Crumbl | Nashua, NH | Wednesday, April 24 | 1:00-7:00 pm

Unleash your creativity, embrace the mess, and have a blast as you create vibrant works of art that you take home! We will also be stopping in at Crumbl Cookie for a treat on the way home! **COST: \$45/person**

Pioneer Valley Indoor Karting | West Hatfield, MA | Thursday, April 25 | 9:45 am-3:30 pm

Put the pedal to the metal around this indoor race track! **COST: \$65/person**

HIGH SCHOOL (ages 14-18)

SWIM LESSONS

Adult Stroke & Endurance (ages 13+) - PRO

This coached workout is ideal for swimmers who already swim at an intermediate-advanced level and are looking to increase their overall performance through stroke drills and endurance based swimming.

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
SWIM LESSONS						
Adult Stroke & Endurance	PRO	Wednesday	6:30 pm	\$105	\$111	\$220.50
LIFEGUARD CERTIFICATION COURSES						
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
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday April 20-21	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday April 21	8:00 am-4:00 pm	\$175	\$175	\$225
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday May 18-19	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday May 19	8:00 am-4:00 pm	\$175	\$175	\$225

HIGH SCHOOL (ages 14–18)

RECREATIONAL GYMNASTICS

Advanced Tumbling (ages 6–18 years) – PRO

Advanced tumbling is for gymnasts, cheerleaders, and dancers looking to improve their tumbling and acro skills. This is for those who can already do a back and front handspring. 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 up to 24-hours in advance. 45 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
RECREATIONAL GYMNASTICS						
Advanced Tumbling	PRO	Tuesday	5:00 pm	\$100	\$106	\$211
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15

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 (ages 8+) is 60 minutes, once per week. Teen/Adult classes (ages 13+) are between 75–120 minutes, once per week.

Ninja 101 (ages 6–14 years) & Adult Ninja 101 (ages 18+) – EXP

The purpose of the Ninja program 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)

SPORTS & FITNESS

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 up to 24-hours in advance.**

Weightlifting Meet (ages 13+) - POP - Saturday, May 4 | 9:00 am-1:00 pm

Join Olympic Certified Judge, Jeff Brum, and fellow lifters to perform the Squat, Bench Press, and Deadlift lifts during this Y sponsored Weightlifting Meet.

Skate Hour (ages 6-18 years) - DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **This is a 60 minute drop-in class. Register through your Y app up to 24-hours in advance. Drop-in Skate will be open on Thursdays: June 6, 13, & 20.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS						
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 ages (8+)	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
Ninja 101	EXP	Monday	3:30 pm	\$45	\$50	\$90
		Tuesday	3:30 pm			
		Wednesday	6:00 pm			
		Saturday	9:00 am			
Adult Ninja 101	EXP	Thursday	7:30 pm	\$45	\$50	\$90
Open Ninja	DI	See Y App		FREE	FREE	\$12
Weightlifting Meet	POP	Saturday, May 4 9:00 am-1:00 pm		\$60	\$60	\$85
Skate Hour	DI	See Description	4:00 pm	\$3	\$5	\$7

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.

Adult 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. 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 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, or reach out to Emma Krishnaswami at ekrishna@keene-ymca.org.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING						
Adult Climbing 101	EXP	Tuesday	5:30 pm	\$40	\$45	\$80
Parent & Me Climbing	EXP	Wednesday	4:00 pm	\$40	\$45	\$80
				Additional Sibling \$20		
KSC Climbing Series	PRO	Every other Thursday	5:00 pm	\$30	\$35	\$70
Open Climb	DI	See Y App		FREE	FREE	N/A
Belay Certification	DI	See Y App		\$20	\$20	N/A

HIGH SCHOOL (ages 14-18)

ARTS & HUMANITIES

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
ARTS & HUMANITIES						
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Beginner Couple	DI			\$20	\$25	\$35
Ballroom Dancing Beginner Individual				\$12	\$15	\$25
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	DI			\$20	\$25	\$35
Ballroom Dancing Intermediate Individual				\$12	\$15	\$25
Beginner Ballet	EXP	Wednesday	4:00 pm	\$45	\$50	\$90



HIGH SCHOOL (ages 14–18)

TEEN POP UP EVENTS

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No Bake Recipes

Come learn how to make a few no bake recipes and bring home what you make!

WHEN: Thursday | March 21 | 4:30-5:30 pm | **COST:** Family Members \$5 | Members \$7 | Guests \$10

Resin Jewelry Class

Learn how to make resin art and take home the jewelry you make!

WHEN: Thursday | April 11 | 4:30-6:00 pm | **COST:** Family Members \$10 | Members \$12 | Guests \$14

Table Top Games

Come hangout with friends and play new games like Fire Tower, Exploding Kittens, and Herd Mentality. Or bring one of your favorite games to play!

WHEN: Thursday | May 9 | 4:30-6:00 pm | **COST:** Family Members FREE | Members FREE | Guests \$5

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. Registration is required.

March Madness – Friday, March 1 | 7:30-10:00 pm

Join us for a night of Basketball! We will have all the favorite TNO activities available including a basketball tournament for teams of 4-5. Winning team will take home a prize! **COST: \$5/person**

Float & Flick – Friday, April 5 | 7:30-10:00 pm

Come hangout for a Friday night of chilling and floating in the pool while watching a movie and eating popcorn while floating in the water! Other activities will include gym games, basketball, and card games. **COST: \$5/person**

Sneaker Prom – Friday, May 4 | 7:00-9:00 pm

Come and dance the night away with all your friends! Don't forget to wear your sneakers and jazz them up for a chance to enter our sneaker contest. Winner will go home with a prize! **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.

Boston Museum of Science | Boston, MA | Tuesday, April 23 | 7:30 am-5:00 pm

Spend the day in Boston at the Museum of Science checking out the exhibit hall and the planetarium! **COST: \$60/person**

Rage Cage's Glow Paint Splatter Experience & Crumbl | Nashua, NH | Wednesday, April 24 | 1:00-7:00 pm

Unleash your creativity, embrace the mess, and have a blast as you create vibrant works of art that you take home! We will also be stopping in at Crumbl Cookie for a treat on the way home! **COST: \$45/person**

Pioneer Valley Indoor Karting | West Hatfield, MA | Thursday, April 25 | 9:45 am-3:30 pm

Put the pedal to the metal around this indoor race track! **COST: \$65/person**

ADULTS (ages 18 and up)

SWIM LESSONS

Adult Stroke & Endurance (ages 13+) – PRO

This coached workout is ideal for swimmers who already swim at an intermediate-advanced level and are looking to increase their overall performance through stroke drills and endurance based swimming.

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
SWIM LESSONS						
Adult Stroke & Endurance	PRO	Wednesday	6:30 pm	\$105	\$111	\$220.50
LIFEGUARD CERTIFICATION						
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
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday April 20-21	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday April 21	8:00 am-4:00 pm	\$175	\$175	\$225
Full Certification <small>Must meet course prerequisites</small>	POP	Saturday & Sunday May 18-19	8:00 am-4:00 pm	\$325	\$325	\$375
Recertification <small>Requires current certification</small>	POP	Sunday May 19	8:00 am-4:00 pm	\$175	\$175	\$225

ADULTS (ages 18 and up)

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 up to 24-hours in advance.** 45 minute class, once per week.

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

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)

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 (ages 8+) is 60 minutes, once per week. Teen/Adult classes (ages 13+) are between 75-120 minutes, once per week.

Adult Ninja 101 (ages 18+) – EXP

The purpose of the Ninja program 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 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 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, unless otherwise noted. **View available times and register through your Y app up to 24-hours in advance.**

ADULTS (ages 18 and up)

Community Pickleball – POP

We are opening up our indoor pickleball courts for community play from 8:30-10:30 am on the following dates (Sunday): February 11th, 15, and 25th. Members and non-members are welcome to join. **Anyone interested in play must register through the Play Time Scheduler at <https://playtimescheduler.com>.**

Racquetball (all ages) – DI

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

Weightlifting Meet (ages 13+) – POP – Saturday, May 4 | 9:00 am-1:00 pm

Join Olympic Certified Judge, Jeff Brum, and fellow lifters to perform the Squat, Bench Press, and Deadlift lifts during this Y sponsored Weightlifting Meet.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS						
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 (ages 8+)	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
Adult Ninja 101	EXP	Thursday	7:30 pm	\$45	\$50	\$90
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	N/A
Community Pickleball	POP	See Description		FREE	FREE	\$5
Racquetball	DI	See Y App		FREE	FREE	N/A
Weightlifting Meet	POP	Saturday, May 4 9:00 am-1:00 pm		\$60	\$60	\$85

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.

Adult 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. 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 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING						
Adult Climbing 101	EXP	Tuesday	5:30 pm	\$40	\$45	\$80
Parent & Me Climbing	EXP	Wednesday	4:00 pm	\$40	\$45	\$80
				Additional Sibling: \$20		
KSC Climbing Series	PRO	Every Other Thursday	5:00 pm	\$30	\$30	\$70
Open Climb	DI	See Y App		FREE	FREE	N/A
Belay Certification	DI	See Y App		\$20	\$20	N/A

ADULTS (ages 18 and up)

ARTS & HUMANITIES

Painting with Watercolors (ages 18+) – POP – Tuesday, March 5th

Join us in learning how to paint with water colors and experiment with different brush techniques. All participants will go home with their works of art!

Fluid Art (ages 18+) – POP – Tuesday, April 2nd

Join us for an hour of learning how to mix paint and layer different colors to create your own unique pattern on canvas and other materials!

Vision Boards (ages 18+) – POP – Tuesday, May 7th

Bring a friend and come create your vision board! Vision boards are collages that can include photographs, quotations, pictures from magazines, or other visuals that help convey your dreams and goals. Participants are welcome to bring pictures to use on their boards. Come use our many materials to manifest your vision of 2024!

Pet Portraits (ages 18+) – POP – Tuesday, June 4th

Join us in learning how to make pet portraits with pen and water color! Don't have a pet? That's ok, bring a picture of your dream pet! We ask that all participants bring a paper printed copy of your pet, this will help assist you in transferring your pet's shape and details!

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. **Drop-in option available.**

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 for 5 weeks from January 24-February 21.



ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES						
Painting with Watercolors	POP	Tuesday, March 5	6:00-6:45 pm	\$12	\$18	\$25
Fluid Art	POP	Tuesday, April 2	6:00-7:00 pm	\$20	\$25	\$40
Vision Boards	POP	Tuesday, May 7	6:00-6:45 pm	\$12	\$18	\$25
Pet Portraits	POP	Tuesday, June 4	6:00-7:00 pm	\$12	\$18	\$25
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Beginner Couple	DI			\$20	\$25	\$35
Ballroom Dancing Beginner Individual				\$12	\$15	\$25
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	DI			\$20	\$25	\$35
Ballroom Dancing Intermediate Individual				\$12	\$15	\$25
Beginner Ballet	EXP	Wednesday	4:00 pm	\$45	\$50	\$90



ADULTS (ages 18 and up)

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 1:15-2:15 pm from April 9-September 10, 2024.**

COST: Family Members \$150 | Members \$160 | Guests \$300

Tai Ji Quan™: Moving for Better Balance Maintenance Class (ages 50+) - EXP

Did you enjoy the 24 week program and want to continue to grow and learn. Join our maintenance class to keep it going. **Wednesdays from 12:45-1:45 pm.**

COST: Family Members \$25 | Members \$30 | Guests \$50

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.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRIBBAGE & COFFEE

Every Wednesday, 9:30-11:30 am

Enjoy some coffee (or tea), cards, and conversation! Join us in the lobby for our Cribbage & Coffee socials. **Coffee and tea will be provided. Free for members, ages 18+. No registration required.**



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 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 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.

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 up to 24-hours in advance.**

FAMILIES

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIMMING					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
PARENT/CHILD GYMNASTICS					
Family Open Gymnastics	Sunday	9:00 am, 9:45 am, or 10:30 am	FREE	FREE	N/A
	Tuesday	10:30 am			
	Friday	10:30 am			
	Saturday	3:30 pm			
Adaptive Gymnastics	Wednesday	1:00 pm	\$10	\$10	\$15
CLIMBING					
Open Climb	See Y App		FREE	FREE	N/A
BASKETBALL					
Open Basketball	See Court Schedule		FREE	FREE	Varies
NINJA					
Open Ninja	See Y App		FREE	FREE	\$12





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. 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 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 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.

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

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/programs-classes/birthday-parties>**

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 Tammi Squires for upcoming classes or visit <https://keeneymca.org/events>

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 for details.

SPECIAL EVENTS

FEBRUARY 2024

FLICK & FLOAT: ELEMENTAL

DATE/TIME: Friday, February 23 | 6:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All ages

COST: Family Member \$10 | Member \$15 | Guest \$25

Grab your suit and watch your favorite flick while you float in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

MARCH 2024

TRY YOUR LUCK PICKLEBALL TOURNAMENT

DATE/TIME: Sunday, March 3 | 8:00 am-7:30 pm

LOCATION: Keene Family YMCA

AGES: 13+

COST: \$40/person + \$5 event fee

Find a partner and Try Your Luck at the Keene Family YMCA's first pickleball tournament! Register today at <https://pickleballbrackets.com?Tryyourluck>

KIDS NIGHT OUT

DATE/TIME: Friday, March 8 | 5:30-8:30 pm

LOCATION: Keene Family YMCA

AGES: 5-13 years

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

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

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.

FLICK & FLOAT: TROLLS BAND TOGETHER

DATE/TIME: Friday, March 22 | 6:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All ages

COST: Family Member \$10 | Member \$15 | Guest \$25

Grab your suit and watch your favorite flick while you float in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

EASTER EGG HUNT IN THE POOL!

DATE/TIME: Friday, March 29 | 5:30-7:30 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: 2-12

COST: Family Member \$3 | Member \$5 | Guest \$7

Hunt for eggs in the pool then stick around for Family Open Swim!

APRIL 2024

FLICK & FLOAT: MIGRATION

DATE/TIME: Friday, April 26 | 6:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All ages

COST: Family Member \$10 | Member \$15 | Guest \$25

Grab your suit and watch your favorite flick while you float in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

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

SPECIAL EVENTS

APRIL 2024

FOR THE HEALTH OF IT! & HEALTHY KIDS DAY

DATE/TIME: Saturday, April 27 | 10:00 am–4:00 pm

LOCATION: Keene Family YMCA

AGES: All ages

COST: Free and open to all!

A health fair featuring exhibitors, demos & workshops and a wide variety of activities for all members of the family.

MAY 2024

WEIGHTLIFTING MEET

DATE/TIME: Saturday, May 4 | 9:00–1:00 pm

LOCATION: Keene Family YMCA Wellness Center

AGES: 13+

COST: Member \$60 | Guest \$85

Join Olympic Certified Judge, Jeff Brum, and fellow lifters to perform the Squat, Bench Press, and Deadlift lifts during this Y sponsored Weightlifting Meet.

KIDS NIGHT OUT

DATE/TIME: Friday, May 10 | 5:30–8:30 pm

LOCATION: Keene Family YMCA

AGES: 5–13

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

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

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.

FLICK & FLOAT: SUPER MARIO BROS.

DATE/TIME: Friday, May 24 | 6:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All ages

COST: Family Member \$10 | Member \$15 | Guest \$25

Grab your suit and watch your favorite flick while you float in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

JUNE 2024

THE OTTER ROMP – YOUTH TRIATHLON

DATE/TIME: Sunday, June 2 | 9:00 am

LOCATION: Keene Family YMCA

AGES: 6–12

COST: \$30/person

Three divisions: 6–8, 9–10 & 11–12. Fee includes t-shirt & finishers medal.

FLICK & FLOAT: LEO

DATE/TIME: Friday, June 21 | 6:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All ages

COST: Family Member \$10 | Member \$15 | Guest \$25

Grab your suit and watch your favorite flick while you float in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

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at <https://keeneymca.org/events>