



SCAN to register!



### **FALL FOLIAGE TRAIL RACES**

Experience some of Keene's best trails at the peak of fall foliage season. More info on page 51.

### **PICKLEBALL FOR KIDS**

Pickleball is all the rage these days and it's fun for all ages. Check out our new Youth Pickleball Lessons on page 17.

### **IT'S ALL ABOUT THE FUNDAMENTALS**

Our new Sports Fundamentals class helps lay a solid foundation for youth athletes of all abilities. See page 26 for details.

# **KEENE FAMILY YMCA 2024 PROGRAM GUIDE**

**FALL SESSION 1 | September 3–October 28**

**FALL SESSION 2 | November 1–December 21**

## **NEW MONTHLY MINI-SESSIONS!**

» September 3–30 | October 1–28

» November 1–27 | December 1–21



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO THE KEENE FAMILY YMCA!

## We're glad you're here.

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

## MEMBER BENEFITS

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

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### SUMMER HOURS END SEPTEMBER 1!

Sunday | 8:00 am - Noon  
6/9-9/1/2024

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Please download our mobile app or follow us on Facebook @KeeneFamilyYMCA for 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	\$30
Teen (age 13-18)	\$30	\$360	\$30
Young Adult (age 19-29)	\$38	\$456	\$30
Adult (age 30+)	\$54	\$648	\$30
Adult Couple (ages 30+)	\$82	\$984	\$30
Single Parent Family	\$72	\$864	\$30
Family	\$89	\$1068	\$30
College Student	\$30	N/A	\$ -

## JOIN ONLINE!

at [keeneyymca.org](https://www.keeneyymca.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
Fall Session I	8-Week Session: September 3-October 28, 2024	8/14	8/16	8/19
	September Mini Session (4-weeks): September 3-30, 2024			
	October Mini Session (4 weeks): October 1-28, 2024			
Fall Session II	8-Week Session: November 1-December 21, 2024	8/14	10/16	10/21
	November Mini Session (4 weeks): November 1-27, 2024			
	December Mini-Session (3 weeks): December 1-21, 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

**We've reimagined our program calendar to make it even easier for you to manage your busy schedule.** Now you can register for a full 8-week session, or you can choose from our wide variety of program offerings in shorter, 3-4 week monthly mini-sessions!

Monthly mini-sessions happen within one calendar month, so you always know where you stand. These shorter experiences allow you to try something new or continue your journey with budget friendly pricing and a shorter time commitment. Each mini-session is clearly noted in this guide.

**For 8-week sessions, monthly mini-sessions, and Pop-up classes** you can register at [keeneymca.org/programs](https://www.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 and guests can register through the Y app and pay the drop-in fee when they arrive for class.

## 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 and pay the drop-in fee through the app or when you arrive for class.

**Monthly Mini-Sessions (EXP)** are 3-4 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 7-8 weeks long and are progressive in nature, each class building upon the skills learned in previous classes. Registration is done through your member account.

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

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

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**There will be no programs running:**

**October 29-31 | November 28-30**

**December 21-January 1**

**All affected classes will be prorated accordingly.**

# INFANTS & TODDLERS (ages 0-2)

## SWIM LESSONS | MONTHLY MINI-SESSIONS (EXP)

### 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
<b>SWIM LESSONS   MONTHLY MINI-SESSIONS (EXP)</b>						
Aquatot	EXP	Tuesday	5:00 pm	\$56	\$76	\$116
		Wednesday	4:00 pm			
		Thursday	5:00 pm			
		Saturday	8:45 am			

## PARENT/CHILD GYMNASTICS | 8-WEEK SESSION (PRO)

### 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.

## PARENT/CHILD GYMNASTICS | DROP-IN CLASSES (DI)

### 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. **This is a drop-in class. Register through your Y app up to 24-hours in advance.** 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Toddler Gymnastics	PRO	Monday	9:00 am	\$72	\$76	\$152
		Wednesday	10:00 am			
		Saturday	9:00 am			
Family Gymnastics	PRO	Tuesday	9:30 am	\$81	\$85	\$170
		Friday	9:30 am			
		Saturday	10:00 am			

# INFANTS & TODDLERS (ages 0-2)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	\$5	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	\$5	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## CLIMBING | DROP-IN CLASSES

### Toddler Bouldering (5 years & under) - DI

This Toddler Bouldering Session will be overseen by a climbing instructor to ensure safe use of the climbing wall. At our facility, children under the age of 5 are not permitted to wear climbing gear or to venture beyond the bouldering line. Caregivers **MUST** be present and fully participating during the entirety of their child's time on the wall. **This is a 30-minute drop-in class for Y members only. Register through your Y app up to 24 hours in advance.**

**Please be sure to register each child who will be participating.** Each caregiver is permitted to bring up to 2 children under the age of 5. No children over the age of 5 will be admitted. If you have a child over the age of 5 that will be with you during class, we will provide non-climbing activities for them to do while you attend to your toddler.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Toddler Bouldering	DI	See Y App	See Y App	FREE	FREE	N/A

# PRESCHOOL (ages 3-5)

## WATER SAFETY | MONTHLY MINI-SESSIONS (EXP)

### Safety Around Water (4-14 years) - EXP

Safety Around Water is an independent program designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session may include: exercises to help kids adjust to being in the water, instruction in skill sets kids can use if they unexpectedly find themselves in water, safety topics like what to do if you see someone in the water who needs help, and fun activities that reinforce your child's skills. This is a 45 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SAFETY AROUND WATER   MONTHLY MINI SESSIONS (EXP)</b>						
Safety Around Water	EXP	Wednesday	2:00 pm	\$70	\$74	\$147



# PRESCHOOL (ages 3-5)

## PRESCHOOL SWIM LESSONS

Most of our swim lessons are offered in 8-week sessions (PRO), with some classes offering the option to attend class once or twice per week. We also offer some classes as 3-4 week Monthly Mini-Sessions (EXP), as indicated in the schedule tables below. **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, once per week.

### P1 - Preschool Water Acclimation (ages 3-5) - EXP | 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) - EXP | 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, either once or twice per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PRESCHOOL SWIM LESSONS   8-WEEK SESSION (PRO)</b>						
P1 - Water Acclimation	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50
		Monday	4:30 pm or 5:00 pm	\$105	\$111	\$220.50
		Friday	4:30 pm or 5:00 pm			
		Saturday	10:30 am			
P2 - Water Movement	PRO	Tuesday & Thursday	4:30 pm	\$155	\$163	\$325.50
		Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	5:00 pm			
		Friday	4:00 pm			
		Saturday	9:15 am			
P3 - Water Stamina	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325
		Wednesday	4:30 pm	\$105	\$111	\$220.50
<b>PRESCHOOL SWIM LESSONS   3-4 WEEK SESSIONS (EXP)</b>						
Aquatot	EXP	Tuesday	5:00 pm	\$56	\$76	\$116
		Wednesday	4:00 pm			
		Thursday	5:00 pm			
		Saturday	8:45 am			
P1 - Water Acclimation	EXP	Tuesday	10:15 am	\$56	\$76	\$116
		Thursday	10:45 am			
P-2 - Water Movement	EXP	Tuesday	10:45 am	\$56	\$76	\$116
	EXP	Thursday	10:15 am			

# PRESCHOOL (ages 3-5)

## PARENT/CHILD GYMNASTICS | 8-WEEK SESSION (PRO)

### 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.

### 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.

### 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Toddlers	PRO	Monday	9:00 am	\$72	\$76	\$152
		Wednesday	10:00 am			
		Saturday	9:00 am			
Tiny Tumblers	PRO	Monday	10:00 am	\$81	\$85	\$170
		Wednesday	9:00 am			
		Saturday	11:00 am			
Family Gymnastics	PRO	Tuesday	9:30 am	\$81	\$85	\$170
		Friday	9:30 am			
		Saturday	10:00 am			

## PARENT/CHILD GYMNASTICS | DROP-IN CLASSES (DI)

### 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.

# PRESCHOOL (ages 3-5)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PARENT/CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	\$5	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	\$5	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## RECREATIONAL GYMNASTICS | 8-WEEK SESSION (PRO)

### 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.

### 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
<b>RECREATIONAL GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Preschool	PRO	Monday	11:00 am	\$95	\$100	\$200
		Saturday	12:00 pm			
Kinder	PRO	Tuesday	5:15 pm	\$95	\$100	\$200
		Thursday	4:00 pm			
		Saturday	12:15 pm			

## PROGRESSIVE GYMNASTICS | 8-WEEK SESSION (PRO)

### 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
<b>PROGRESSIVE GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280

# PRESCHOOL (ages 3-5)

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

### Basketball Fundamentals (ages 5-7 years)

This class is part of our new series of sports fundamentals classes where your child can learn a new sport or step up their game while improving their skills. These classes offer an easy and inexpensive way to discover which sport your child likes best. It's also a great way to make new friends and have fun! 45 minute class, once per week during the December mini-session only.

### 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.

### Squeaky Sneakers | Preschool Sports (ages 3-5 years) - EXP

Make new friends, try new things and learn new skills! This class offers little ones an opportunity to check out a variety of sports with the support and encouragement they need to succeed. 30 minute class, once per week.

## SPORTS & FITNESS | DROP-IN CLASSES (DI)

### 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.** 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
Basketball Fundamentals	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Home School PE (Grades K-8)	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional sibling - \$20		
Squeaky Sneakers	EXP	Thursday	9:30 am OR 10:15 am	FREE	\$30	\$60
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		FREE	\$5	\$12

## CLIMBING | 8-WEEK SESSION (PRO)

### 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.



# PRESCHOOL (ages 3-5)

## CLIMBING | MONTHLY MINI-SESSIONS (EXP)

### Climbing 101/201 & 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, and a perfect introduction for those new to the sport of climbing who want to develop solid climbing habits early on. 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 & up) - EXP

This classes 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.

## CLIMBING | DROP-IN CLASSES (DI)

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

Climb the wall under the supervision of a belay-certified staff member. No previous climbing experience is necessary, and participants do not need to be belay certified. 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.**

### Toddler Bouldering (ages 5 years & under) - DI

This Toddler Bouldering Session will be overseen by a climbing instructor to ensure safe use of the climbing wall. At our facility, children under the age of 5 are not permitted to wear climbing gear or to venture beyond the bouldering line. Caregivers MUST be present and fully participating during the entirety of their child's time on the wall. **This is a 30-minute drop-in class for Y members only. Register through your Y app up to 24 hours in advance. Please be sure to register each child who will be participating.** Each caregiver is permitted to bring up to 2 children under the age of 5. No children over the age of 5 will be admitted. If you have a child over the age of 5 that will be with you during class, we will provide non-climbing activities for them to do while you attend to your toddler.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING   8-WEEK SESSION (PRO)</b>						
Mountain Rockers	PRO	Tuesday	3:45 pm	\$100	\$110	\$200
<b>CLIMBING   MONTHLY MINI-SESSION (EXP)</b>						
Climbing 101	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Climbing 101/201	EXP	Thursday	5:00 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Parent & Me Climbing	EXP	Monday	3:30 pm	\$40	\$45	\$80
				Additional Sibling - \$20		
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Open Climb	DI	See Y App		FREE	FREE	N/A
Toddler Bouldering	DI	See App		FREE	FREE	N/A

# ELEMENTARY (ages 6-10)

## YOUTH SWIM LESSONS | 8-WEEK SESSIONS (PRO)

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 per week.

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

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

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

In this class students develop their stamina across longer distances. This stage develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action. 45 minute class, either once or twice per week.

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

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

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

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

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

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

## WATER SAFETY | MONTHLY MINI-SESSIONS (EXP)

### Safety Around Water (4-14 years) - EXP

Safety Around Water is an independent program designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session may include: exercises to help kids adjust to being in the water, instruction in skill sets kids can use if they unexpectedly find themselves in water, safety topics like what to do if you see someone in the water who needs help, and fun activities that reinforce your child's skills. This is a 45 minute class, once per week.

## FALL YOUTH POP-UP EVENT!

### DIY GINGERBREAD HOUSE (ages 6-11 years)

Make your own gingerbread house out of sweet treats and frosting!

MONDAY, DECEMBER 9 | 3:45-4:45 PM

Family Members \$20 | Members \$25 | Guests \$30

### KFY DOLPHINS SWIM TEAM

The Y trains athletes between the ages of 6-18 to be competitive swimmers. Interested in learning more?

### Reach out to Aquatics Director

Morgan Allard

at [mallard@keene-ymca.org](mailto:mallard@keene-ymca.org)

or visit [keeneymca.org/programs/swim-team](http://keeneymca.org/programs/swim-team)

# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS   8-WEEK SESSION (PRO)</b>						
Y1 - Youth Water Acclimation	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	4:30 pm			
		Friday	4:00 pm			
		Saturday	11:00 am			
Y2 - Youth Water Movement	PRO	Tuesday & Thursday	4:30 pm	\$155	\$163	\$325.50
		Monday	4:30 pm	\$105	\$111	\$220.50
		Wednesday	5:00 pm			
		Friday	4:30 pm			
		Saturday	9:45 am			
Y3 - Youth Water Stamina	PRO	Tuesday & Thursday	5:30 pm	\$155	\$163	\$325.50
		Monday	4:45 pm	\$105	\$111	\$220.50
		Wednesday	4:00 pm			
		Friday	4:45 pm			
		Saturday	10:45 am			
Y4 - Youth Stroke Introduction	PRO	Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Monday	5:30 pm	\$105	\$111	\$220.50
		Wednesday	4:45 pm			
		Friday	5:30 pm			
		Saturday	9:45 am			
Y5/6 - Youth Stroke Development & Mechanics	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	5:30 pm			
		Friday	4:00 pm			
		Saturday	9:00 am			
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50
<b>SAFETY AROUND WATER   MONTHLY MINI SESSIONS (EXP)</b>						
Safety Around Water	EXP	Wednesday	2:00 pm	\$70	\$74	\$147

# ELEMENTARY (ages 6-10)

## PARENT/CHILD GYMNASTICS | DROP-IN CLASSES (DI)

### 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
<b>PARENT/CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	\$5	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	\$5	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## RECREATIONAL GYMNASTICS | 8-WEEK SESSION (PRO)

### 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.

## RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

### Advanced Tumbling (ages 6-18 years) - EXP

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.

### Tumble Challenges (ages 6-12 years) - EXP

This is an exhilarating gymnastics class that seamlessly blends obstacle courses with tumbling skills. Designed for both beginners and advanced gymnasts alike, participants navigate through a series of exciting challenges that test their agility, balance, and coordination. From tumbling mats to balance beams integrated into obstacle courses, every session promises a dynamic and fun-filled experience. Whether you're mastering flips, twists, or conquering obstacles, Tumble Challenges offers a unique and rewarding way to enhance your gymnastics skills while having a blast!



# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Kinder	PRO	Tuesday	5:15 pm	\$95	\$100	\$200
		Thursday	4:00 pm			
		Saturday	12:15 pm			
<b>RECREATIONAL GYMNASTICS   MONTHLY MINI-SESSION (EXP)</b>						
Advanced Tumbling	EXP	Tuesday	4:00 pm	\$50	\$55	\$110
Tumble Challenges	EXP	Thursday	7:00 pm	\$50	\$55	\$110
		Saturday	1:15 pm			

## PROGRESSIVE GYMNASTICS | 8-WEEK EXPERIENCES

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.



## Y NINJA CHALLENGE!

Sunday, September 15 | 2:00-5:00 pm

Test your Ninja Skills during this timed obstacle course challenge!

This event will benefit the KFY Mountain Ninjas team.

REGISTER TODAY at [keeneymca.org/events](http://keeneymca.org/events)

# ELEMENTARY (ages 6–10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280
Beginner	PRO	Tuesday	4:00 pm	\$100	\$106	\$211
		Thursday	5:45 pm			
		Saturday	2:30 pm			
Intermediate	PRO	Tuesday	5:15 pm	\$100	\$106	\$211
		Thursday	4:30 pm			
Advanced	PRO	Thursday	6:15 pm	\$163	\$171	\$343
Rising Stars	PRO	Tuesday & Thursday	4:30 pm	\$324	\$340	N/A

## SPORTS & FITNESS | 8-WEEK SESSION (PRO)

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

Learn the great game of basketball! This class focuses on fundamental skill development and game play. 60 minute class, once per week.

### Youth Athletic Development (grades 5-8) - PRO

A strength and conditioning program that helps youth athletes reach their goals by preparing them for their chosen sports. This program creates a training foundation built on proper techniques in strength, agility, speed and power, as well as mobility and injury reduction training. Programs are led by a Certified Strength and Conditioning Specialist. 60 minute class, twice per week. **This class is being offered during Fall Session 2 only.**

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

### Sports Fundamentals (ages 5-7 & 8-12 years) - EXP

Introducing a NEW series of sports fundamentals classes where your child can learn a new sport or step up their game while improving their skills. Each session will focus on a different sport (see schedule table on page 19). These classes offer an easy and inexpensive way to discover which sport your child likes best. It's also a great way to make new friends and have fun! 45 minute class, once per week.

### Youth Pickleball Lessons | Homeschool Pickleball Lessons (ages 6-12 years) - EXP

Our new Youth Pickleball Program focuses on developing a lifelong love of sports as children improve their eye-hand & foot-eye coordination, agility, balance, strength, and endurance. Students learn proper stroke production and rules of the games in a positive, fun, and supportive environment. 45 minute class, once per week. **This class is being offered during Fall Session 2 only.**

### 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.

# ELEMENTARY (ages 6–10)

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

### 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) | Homeschool Ninja (grades 1–8) - 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.

### Ninja 201 (ages 6–14 years) - EXP

A faster paced class for ninjas progressing through the skills required. A good work ethic and desire to learn is important for this class. Next step is Team Ninja! PREREQUISITE: Must have taken at least one Ninja 101 class or or invited by an instructor. 60 minute class, once per week.

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

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

## SPORTS & FITNESS | DROP-IN CLASSES

### 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 45 minute drop-in class. Register through your Y app up to 24-hours in advance.**

### Open Pickleball (ages 8+) - 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.**

## SPORTS & FITNESS | POP-UP CLASSES

### Ninja Training Camp (ages 6+) - POP

Our Ninja Training Camp focuses on building confidence through fun and fitness in our new ninja room. To round out the experience, we'll also engage in some fun, outdoor ninja activities! **This half-day camp will run 9:30 am–1:30 pm on Tuesday, November 5, Monday, December 23, Friday, December 27, and Monday, December 30.**

### Fall Foliage Guided Training Runs (ages 6+) - POP

Join YMCA staff to run/walk the two courses prior to the big event on October 6th. We'll explore the 10K course on Friday, September 20 at 7:00 am, and the 5K course on Friday, September 27 at 5:00 pm.

# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   8-WEEK SESSION (PRO)</b>						
Basketball Skills (7-9 yrs)	PRO	Saturday	9:15 am	\$65	\$70	\$130
Basketball Skills (9-11 yrs)			8:00 am			
Youth Athletic Development	PRO	Tuesday & Thursday	4:30 pm	\$125	\$135	\$250
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
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		
Homeschool Pickleball	EXP	Tuesday	10:15 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$40	\$70
Ninja 101	EXP	Monday	3:30 pm & 6:00 pm	\$45	\$50	\$80
		Tuesday	3:30 pm			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
		Saturday	10:00 am			
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$125	\$125	N/A
Sports Fundamentals September: Soccer (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals October: Lacrosse (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals November: Basketball (5-7 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals December: Basketball (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Youth Pickleball Lessons	EXP	TBA	TBA	\$25	\$30	\$60
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
Ninja Training Camp	POP	See Desc.	9:30 am-1:30 pm	\$30	\$35	\$50
FFTR Guided Training Runs	POP	See Description		FREE	FREE	\$5



# ELEMENTARY (ages 6-10)

## CLIMBING | 8-WEEK SESSION (PRO)

### 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.

## CLIMBING | MONTHLY MINI-SESSIONS (EXP)

### Climbing 101/201 & 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.

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

This classes 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.

## CLIMBING | DROP-IN CLASSES (DI)

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

Climb the wall under the supervision of a belay-certified staff member. No previous climbing experience is necessary, and participants do not need to be belay certified. 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
<b>CLIMBING   8-WEEK SESSION (PRO)</b>						
Mountain Rockers	PRO	Tuesday	3:45 pm	\$100	\$110	\$200
<b>CLIMBING   MONTHLY MINI-SESSIONS (EXP)</b>						
Climbing 101	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Climbing 101/201	EXP	Thursday	5:00 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Parent & Me Climbing	EXP	Monday	3:30 pm	\$40	\$45	\$80
				Additional Sibling - \$20		
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Open Climb	DI	See Y App		FREE	FREE	N/A

# ELEMENTARY (ages 6-10)

## ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

### STEAM Club (ages 6-10 years) - EXP

Join us and learn through hands-on experiments that you can take home with you! Each month we'll focus on a different theme. 45 minute class, once per week.

- » **October** - Aerodynamics - Some activities will include straw rockets, paper plane competitions, egg parachutes, building an airplane out of popsicle sticks, and much more.
- » **November** - YMCA Pine Wood Derby - Over the three weeks participants will build, sand, paint, install wheels, and weights to make the fastest derby car possible. On our last day we will race them to see who is the fastest!
- » **December** - Holiday Experiments - Some activities will include creating crystal ornaments, snow slime, zip line reindeer, and much more.

### Homeschool STEAM Club (ages 6-12 years) - EXP

Join us to participate in activities and projects that are a combination of the arts and science! This class will run during the October and November sessions, and our theme will be "Everything Fall." Some activities will include pumpkin catapults, leaf etchings, autumn lanterns, and much more fall fun! 45 minute class, once per week.

## ARTS & HUMANITIES | POP-UP CLASSES (POP)

### Homeschool Field Trips (ages 6-12 years) - POP

Register your Homeschooler today for a local field trip! Transportation from the Y to each location and back is included in the registration fee. We'll be heading to a different destination each month. Find details for each trip in the registration portal, or at [keeneymca.org/events](http://keeneymca.org/events).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES   3-4 WEEK MONTHLY MINI-SESSIONS (EXP)</b>						
STEAM Club	EXP	Thursday	3:45 pm	\$40	\$45	\$80
Homeschool STEAM Club	EXP	Friday	10:15 am	\$25	\$30	\$60
				Additional Sibling: \$20		
<b>ARTS &amp; HUMANITIES   POP-UP CLASSES (POP)</b>						
Homeschool Field Trips	POP	Thursdays: September 26 October 10 November 7 December 19	9:30 am-1:00 pm	\$15	\$20	\$30
				Additional Sibling		
				\$10	\$15	\$25

**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!



# MIDDLE SCHOOL (ages 11-13)

## SWIM LESSONS | 8-WEEK SESSION (PRO)

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, once 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, once per week.

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

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

## SWIM LESSONS & WATER SAFETY | MONTHLY MINI-SESSIONS (EXP)

### Adult Stroke & Endurance (ages 13+) - EXP

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. 45 minute class, once per week.

### Safety Around Water (4-14 years) - EXP

Safety Around Water is an independent program designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session may include: exercises to help kids adjust to being in the water, instruction in skill sets kids can use if they unexpectedly find themselves in water, safety topics like what to do if you see someone in the water who needs help, and fun activities that reinforce your child's skills. This is a 45 minute class, once per week.



## KIDS NIGHT OUT!

For kids ages 5-13

FRIDAY, OCTOBER 18 & FRIDAY, DECEMBER 6

Enjoy some downtime while your kids have a **BLAST** at the Y!  
Dinner & snack included.

**REGISTER TODAY** at [keeneymca.org/events](http://keeneymca.org/events)

# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS   8-WEEK SESSION (PRO)</b>						
Y1 - Youth Water Acclimation	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	4:30 pm			
		Friday	4:00 pm			
		Saturday	11:00 am			
Y2 - Youth Water Movement	PRO	Tuesday & Thursday	4:30 pm	\$155	\$163	\$325.50
		Monday	4:30 pm	\$105	\$111	\$220.50
		Wednesday	5:00 pm			
		Friday	4:30 pm			
		Saturday	9:45 am			
Y3 - Youth Water Stamina	PRO	Tuesday & Thursday	5:30 pm	\$155	\$163	\$325.50
		Monday	4:45 pm	\$105	\$111	\$220.50
		Wednesday	4:00 pm			
		Friday	4:45 pm			
		Saturday	10:45 am			
Y4 - Youth Stroke Introduction	PRO	Tuesday & Thursday	4:45 pm	\$155	\$163	\$325.50
		Monday	5:30 pm	\$105	\$111	\$220.50
		Wednesday	4:45 pm			
		Friday	5:30 pm			
		Saturday	9:45 am			
Y5/6 - Youth Stroke Development & Mechanics	PRO	Monday	4:00 pm	\$105	\$111	\$220.50
		Wednesday	5:30 pm			
		Friday	4:00 pm			
		Saturday	9:00 am			
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$155	\$163	\$325.50
<b>SWIM LESSONS   MONTHLY MINI-SESSIONS (EXP)</b>						
Adult Stroke & Endurance	PRO	Wednesday	6:15 pm	\$56	\$76	\$116
Safety Around Water	EXP	Wednesday	2:00 pm	\$70	\$74	\$147

# MIDDLE SCHOOL (ages 11-13)

## OPEN GYMNASTICS | DROP-IN CLASSES (DI)

### 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.

### Adult Open Gymnastics (ages 13+ or member of the Gymnastics Team) – 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.**

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

Designed for children with moderate challenges including developmental delay, attention deficit, autism, sensory issues, and more. The program is designed to provide an opportunity for children with special needs to participate in a recreational activity. A caregiver is required to assist the child on the floor. 45 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>OPEN GYMNASTICS   DROP-IN CLASSES</b>						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	\$5	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	\$5	N/A
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	\$5	\$15
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

## RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

### Advanced Tumbling (ages 6-18 years) – EXP

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.

### Tumble Challenges (ages 6-12 years) – EXP

This is an exhilarating gymnastics class that seamlessly blends obstacle courses with tumbling skills. Designed for both beginners and advanced gymnasts alike, participants navigate through a series of exciting challenges that test their agility, balance, and coordination. From tumbling mats to balance beams integrated into obstacle courses, every session promises a dynamic and fun-filled experience. Whether you're mastering flips, twists, or conquering obstacles, Tumble Challenges offers a unique and rewarding way to enhance your gymnastics skills while having a blast!

# MIDDLE SCHOOL (ages 11-13)

## RECREATIONAL GYMNASTICS | DROP-IN CLASSES (DI)

### 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
<b>RECREATIONAL GYMNASTICS   MONTHLY MINI-SESSIONS (EXP)</b>						
Advanced Tumbling	EXP	Tuesday	5:00 pm	\$50	\$55	\$110
Tumble Challenges	EXP	Thursday	7:00 pm	\$50	\$55	\$110
		Saturday	1:15 pm			
<b>RECREATIONAL GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15
		Wednesday	7:15 pm			

## PROGRESSIVE GYMNASTICS | 8-WEEK SESSION (PRO)

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.

## FALL YOUTH & TEEN POP-UP EVENTS

### DIY COCOA BOMBS (ages 11-18 years)

Make your own cocoa bombs and hot chocolate stirrers that you can bring home!

MONDAY, DECEMBER 2 | 4:30-5:30 PM

Family Members \$10 | Members \$15 | Guests \$20

### DIY GINGERBREAD HOUSE (ages 6-11 years)

Make your own gingerbread house out of sweet treats and frosting!

MONDAY, DECEMBER 9 | 3:45-4:45 PM

Family Members \$20 | Members \$25 | Guests \$30



# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS   8-WEEK SESSION (PRO)</b>						
Beginner	PRO	Tuesday	4:00 pm	\$100	\$106	\$211
		Thursday	5:45 pm			
		Saturday	2:30 pm			
Intermediate	PRO	Tuesday	5:15 pm	\$100	\$106	\$211
		Thursday	4:30 pm			
Advanced	PRO	Thursday	6:15 pm	\$163	\$171	\$343
Rising Stars	PRO	Tuesday & Thursday	4:30 pm	\$324	\$340	N/A

## SPORTS & FITNESS | 8-WEEK SESSION (PRO)

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

Learn the great game of basketball! This class focuses on fundamental skill development and game play. 60 minute class, once per week.

### Youth Athletic Development (grades 5-8) – PRO

A strength and conditioning program that helps youth athletes reach their goals by preparing them for their chosen sports. This program creates a training foundation built on proper techniques in strength, agility, speed and power, as well as mobility and injury reduction training. Programs are led by a Certified Strength and Conditioning Specialist. 60 minute class, twice per week. **This class is being offered during Fall Session 2 only.**

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

### Sports Fundamentals (ages 5-7 & 8-12 years) – EXP

Introducing a NEW series of sports fundamentals classes where your child can learn a new sport or step up their game while improving their skills. Each session will focus on a different sport (see schedule table on page 29). These classes offer an easy and inexpensive way to discover which sport your child likes best. It's also a great way to make new friends and have fun! 45 minute class, once per week.

### Youth Pickleball Lessons | Homeschool Pickleball Lessons (ages 6-12 years) – EXP

Our new Youth Pickleball Program focuses on developing a lifelong love of sports as children improve their eye-hand & foot-eye coordination, agility, balance, strength, and endurance. Students learn proper stroke production and rules of the games in a positive, fun, and supportive environment. 45 minute class, once per week. **This class is being offered during Fall Session 2 only.**

### 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.

# MIDDLE SCHOOL (ages 11-13)

## **SPORTS & FITNESS | 3-4 WEEK MONTHLY MINI-SESSIONS (EXP)**

### **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) - EXP**

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) & Homeschool Ninja (grades 1-8)**

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.

### **Ninja 201 (ages 6-14 years) - EXP**

A faster paced class for ninjas progressing through the skills required. A good work ethic and desire to learn is important for this class. Next step is Team Ninja! **PREREQUISITE:** Must have taken at least one Ninja 101 class or or invited by an instructor. 60 minute class, once per week.

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

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

## **SPORTS & FITNESS | DROP-IN CLASSES (DI)**

### **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 45 minute drop-in class. Register through your Y app up to 24-hours in advance.**

# MIDDLE SCHOOL (ages 11-13)

## SPORTS & FITNESS | DROP-IN CLASSES (DI)

### Teen Ninja Lounge (grades 6-12) - DI

Calling all teens, come drop in and try out the obstacles in the ninja room! Wear your sneakers and test your ninja warrior skills. 75 minute class.

### Open Pickleball (ages 8+) - 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.**

### Community Pickleball (ages 13+) - DI

We are opening up our indoor pickleball courts for community play from 8:30-10:30 am on Sundays. Members and non-members are welcome to join. **Anyone interested in play must register through the Play Time Scheduler at <https://playtimescheduler.com>.**

## SPORTS & FITNESS | POP-UP CLASSES (POP)

### Ninja Training Camp (ages 6+) - POP

Our Ninja Training Camp focuses on building confidence through fun and fitness in our new ninja room. To round out the experience, we'll also engage in some fun, outdoor ninja activities! **This half-day camp will run 9:30 am-1:30 pm on Tuesday, November 5, Monday, December 23, Friday, December 27, and Monday, December 30.**

### Pickleball Clinics (ages 13+) - POP

Learn to play pickleball during one of our 3-part lesson series! Offering clinics for beginners with three different skill levels. See the scheduling table for dates & times for each clinic.

### Pickleball Workshops (ages 13+) - POP

COMING SOON!!

### Fall Foliage Guided Training Runs (ages 6+) - POP

Join YMCA staff to run/walk the two courses prior to the big event on October 6th. We'll explore the 10K course on Friday, September 20 at 7:00 am, and the 5K course on Friday, September 27 at 5:00 pm.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   8-WEEK SESSION (PRO)</b>						
Basketball Skills & Play (9-11 yrs)	PRO	Saturday	8:00 am	\$65	\$70	\$130
Youth Athletic Development	PRO	Tuesday & Thursday	4:30 pm	\$125	\$135	\$250

# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
Circuit Group Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday OR Thursday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	6:00 pm	\$60	\$70	\$120
Home School Ninja	EXP	Thursday	2:00 pm	\$25	\$30	\$70
				Additional Sibling - \$20		
Home School PE	EXP	Friday	9:00 am	\$25	\$30	\$60
				Additional Sibling - \$20		
Homeschool Pickleball	EXP	Tuesday	10:15 am	\$25	\$30	\$60
				Additional Sibling: \$20		
IRON Teens	EXP	Tuesday & Thursday	5:30 pm	\$100	\$110	\$200
Judo - Beginner (ages 8+)	EXP	Saturday	9:00 am	FREE	\$40	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$70
		Wednesday	6:00 pm			
Ninja 101	EXP	Monday	3:30 pm & 6:00 pm	\$45	\$50	\$80
		Tuesday	3:30 pm			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
		Saturday	10:00 am			
Sports Fundamentals September: Soccer (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals October: Lacrosse (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals November: Basketball (5-7 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Sports Fundamentals December: Basketball (8-12 yrs)	EXP	Tuesday	4:00 pm	\$25	\$30	\$60
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$125	\$125	N/A
Youth Pickleball Lessons	EXP	TBA	TBA	\$25	\$30	\$60
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Community Pickleball	DI	Sunday	8:00 am	FREE	FREE	\$5
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15 Guest Pass Required

# MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Teen Ninja Lounge	DI	Wednesday	3:45 pm	FREE	FREE	Guest Pass
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
FFTR Guided Training Runs	POP	See Description		FREE	FREE	\$5
Ninja Training Camp	POP	See Desc.	9:30 am-1:30 pm	\$30	\$35	\$50
Pickleball Clinic Beginner Level 1	POP	TBD	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Oct 7, 14, 21	6:00-8:00 pm			
		Fridays Nov 8, 15, 22	12:00-2:00 pm			
Pickleball Clinic Beginner Level 2	POP	Tuesdays Oct 8, 15, 22	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Nov 4, 11, 18	6:00-8:00 pm			
Pickleball Clinic Beginner Level 3	POP	Fridays Oct 11, 18, 25	12:00-3:00 pm	\$65	\$75	\$120
		Tuesdays Nov 5, 12, 19	TBD			

## CLIMBING | 8-WEEK SESSION (PRO)

### 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.

### Belay Course (ages 13+ years)

Learning how to belay is a great way to enhance your knowledge of climbing. You do not need experience to take this course! Climbers and non-climbers alike can learn to belay like a pro. There will be very little climbing in the class except to help someone practice belaying. For this process we have redundancy systems in place to ensure everyone's safety. Unlike our one-off 2 hour class, this course will move slowly through each part of the belaying process, allowing you more class time to ask questions, practice, and review skills outside of class. This course will conclude with a belay test and a Keene Family YMCA Belay Certification if the test is passed. Failure to pass will require you to fulfill the practice hours needed to pass and a retake of the test. Once belay certified, you will have access to the wall at any time when the facility is open, except during class times. 75 minute class, once per week.

The Keene Family YMCA Belay Certification is only valid in our YMCA, however the skills you learn will enable you pass any belay test at other climbing gyms. The Belay Certification at our Y only grants you the ability to belay family and friends.

# MIDDLE SCHOOL (ages 11-13)

## CLIMBING | MONTHLY MINI-SESSIONS (EXP)

### Climbing 101/201 & Homeschool Climbing (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. This 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.

## CLIMBING | DROP-IN CLASSES (DI)

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

Climb the wall under the supervision of a belay-certified staff member. No previous climbing experience is necessary, and participants do not need to be belay certified. 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
<b>CLIMBING   8-WEEK SESSION (PRO)</b>						
Belay Course	PRO	Monday	5:00 pm	\$40	\$45	\$80
Mountain Rockers	PRO	Tuesday	3:45 pm	\$100	\$110	\$200
<b>CLIMBING   MONTHLY MINI-SESSIONS (EXP)</b>						
Climbing 101	EXP	Wednesday	3:30 pm	\$40	\$45	\$80
Climbing 101/201	EXP	Thursday	5:00 pm	\$40	\$45	\$80
Homeschool Climbing 101	EXP	Wednesday	11:00 am	\$25	\$30	\$60
				Additional Sibling: \$20		
Parent & Me Climbing	EXP	Monday	3:30 pm	\$40	\$45	\$80
				Additional Sibling - \$20		
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Open Climb	DI	See Y App		FREE	FREE	N/A



# MIDDLE SCHOOL (ages 11-13)

## ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

### Homeschool STEAM Club (ages 6-12 years) - EXP

Join us to participate in activities and projects that are a combination of the arts and science! This class will run during the October and November sessions, and our theme will be "Everything Fall." Some activities will include pumpkin catapults, leaf etchings, autumn lanterns, and much more fall fun! 45 minute class, once per week.

## ARTS & HUMANITIES | POP-UP CLASSES (POP)

### Homeschool Field Trip: Madame Sherri's Forest (ages 6-12 years) - POP

Register your Homeschooler today for a local field trip! Transportation from the Y to each location and back is included in the registration fee. We'll be heading to a different destination each month. Find details for each trip in the registration portal, or at [keeneymca.org/events](http://keeneymca.org/events).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES   MONTHLY SESSIONS (EXP)</b>						
Homeschool STEAM Club	EXP	Friday	10:15 am	\$25	\$30	\$60
				Additional Sibling: \$20		
<b>ARTS &amp; HUMANITIES   POP-UP CLASSES (POP)</b>						
Homeschool Field Trips	POP	Thursdays:	9:30 am-1:00 pm	\$15	\$20	\$30
		September 26		Additional Sibling:		
		October 10				
		November 7		\$10	\$15	\$25
		December 19				

## SAFESITTER ESSENTIALS

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.

### Upcoming courses:

- » Monday, October 14 | 9:00 am-1:30 pm
- » Tuesday, November 5 | 9:00 am-1:30 pm
- » Friday, December 13 | 9:00 am-1:30 pm

## 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 (cash only). Registration is required at \$5/person.

**Teen PRIDE** - Friday, September 13 | 7:30-10:00 pm

Kick off Keene Pride's event week with a Teen Night Out at the Y!

**TeenFest** - Friday, October 4 | 7:30-10:00 pm

Come hang out with friends at the Y!

**Fall Festival** - Friday, November 1 | 7:30-10:00 pm

Let's celebrate all things fall! Activities to include fall crafts and roasting marshmallows on an open fire.

# HIGH SCHOOL (ages 14-18)

## SWIM LESSONS & WATER SAFETY | MONTHLY MINI-SESSIONS (EXP)

### Adult Stroke & Endurance (ages 13+) - EXP

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. 45 minute class, once per week.

### Safety Around Water (4-14 years) - EXP

Safety Around Water is an independent program designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. A typical session may include: exercises to help kids adjust to being in the water, instruction in skill sets kids can use if they unexpectedly find themselves in water, safety topics like what to do if you see someone in the water who needs help, and fun activities that reinforce your child's skills. This is a 45 minute class, once per week.

## 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 200 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 using only the legs.

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

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

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS   MONTHLY MINI-SESSIONS (EXP)</b>						
Adult Stroke & Endurance	EXP	Wednesday	6:15 pm	\$56	\$76	\$116
Safety Around Water	EXP	Wednesday	2:00 pm	\$70	\$74	\$147
<b>LIFEGUARD CERTIFICATION COURSES</b>						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday Sept 27-29	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday September 29	8:00 am-4:00 pm	\$225	\$225	\$275

# HIGH SCHOOL (ages 14-18)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>LIFEGUARD CERTIFICATION COURSES</b>						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday October 18-20, 2024	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday October 20, 2024	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday November 15-17, 2024	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday November 17, 2024	8:00 am-4:00 pm	\$225	\$225	\$425
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday February 21-23, 2025	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday February 23, 2025	8:00 am-4:00 pm	\$225	\$225	\$275

## RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

### Advanced Tumbling (ages 6-18 years) - EXP

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.

## RECREATIONAL GYMNASTICS | DROP-IN CLASSES (DI)

### 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.

### Adult Open Gymnastics (ages 13+ or member of the Gymnastics Team) - 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.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS   MONTHLY MINI-SESSIONS</b>						
Advanced Tumbling	EXP	Tuesday	5:00 pm	\$50	\$55	\$110
<b>RECREATIONAL GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15
		Wednesday	7:15 pm			
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	\$5	\$15

# HIGH SCHOOL (ages 14-18)

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS

### 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) - EXP

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 201 (ages 6-14 years) - EXP

A faster paced class for ninjas progressing through the skills required. A good work ethic and desire to learn is important for this class. Next step is Team Ninja! PREREQUISITE: Must have taken at least one Ninja 101 class or invited by an instructor. 60 minute class, once per week.

### Obstacle Course Training (ages 16+ years) - EXP

This class is for anyone who is training for their first or next Spartan or Tough Mudder race. It's also perfect for anyone looking to improve their strength, endurance, and agility. 45 minute class, once per week.

## SPORTS & FITNESS | DROP-IN CLASSES (DI)

### 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 45 minute drop-in class. Register through your Y app up to 24-hours in advance.**

### Teen Ninja Lounge (grades 6-12) - DI

Calling all teens, come drop in and try out the obstacles in the ninja room! Wear your sneakers and test your ninja warrior skills. 75 minute class.

### Open Pickleball (ages 8+) - 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.**

### Community Pickleball (ages 13+) - DI

We are opening up our indoor pickleball courts for community play from 8:30-10:30 am on Sundays. Members and non-members are welcome to join. **Anyone interested in play must register through the Play Time Scheduler at <https://playtimescheduler.com>.**

# HIGH SCHOOL (ages 14-18)

## SPORTS & FITNESS | POP-UP CLASSES (POP)

### Ninja Training Camp (ages 6+) - POP

Our Ninja Training Camp focuses on building confidence through fun and fitness in our new ninja room. To round out the experience, we'll also engage in some fun, outdoor ninja activities! **This half-day camp will run 9:30 am-1:30 pm on Tuesday, November 5, Monday, December 23, Friday, December 27, and Monday, December 30.**

### Pickleball Clinics (ages 13+) - POP

Learn to play pickleball during one of our 3-part lesson series! Offering clinics for beginners with three different skill levels. See the scheduling table for dates & times for each clinic.

### Pickleball Workshops (ages 13+) - POP

COMING SOON!!

### Fall Foliage Guided Training Runs (ages 6+) - POP

Join YMCA staff to run/walk the two courses prior to the big event on October 6th. We'll explore the 10K course on Friday, September 20 at 7:00 am, and the 5K course on Friday, September 27 at 5:00 pm.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Thursday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	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	\$40	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$70
		Wednesday	6:00 pm			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
		Saturday	10:00 am			
Obstacle Course Training	EXP	Tuesday OR Thursday	7:15 pm	\$40	\$45	\$80
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Community Pickleball	DI	Sunday	8:00 am	FREE	FREE	\$5
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$5
Teen Ninja Lounge	DI	Wednesday	3:45 pm	FREE	FREE	Guest Pass

# HIGH SCHOOL (ages 14-18)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
FFTR Guided Training Runs	POP	See Description		FREE	FREE	\$5
Ninja Training Camp	POP	See Desc.	9:30 am-1:30 pm	\$30	\$35	\$50
Pickleball Clinic Beginner Level 1	POP	TBD	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Oct 7, 14, 21	6:00-8:00 pm			
		Fridays Nov 8, 15, 22	12:00-2:00 pm			
Pickleball Clinic Beginner Level 2	POP	Tuesdays Oct 8, 15, 22	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Nov 4, 11, 18	6:00-8:00 pm			
Pickleball Clinic Beginner Level 3	POP	Fridays Oct 11, 18, 25	12:00-3:00 pm	\$65	\$75	\$120
		Tuesdays Nov 5, 12, 19	TBD			

## CLIMBING | 8-WEEK SESSION (PRO)

### 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.

### Belay Course (ages 13+ years) - PRO

Learning how to belay is a great way to enhance your knowledge of climbing. You do not need experience to take this course! Climbers and non-climbers alike can learn to belay like a pro. There will be very little climbing in the class except to help someone practice belaying. For this process we have redundancy systems in place to ensure everyone's safety. Unlike our one-off 2 hour class, this course will move slowly through each part of the belaying process, allowing you more class time to ask questions, practice, and review skills outside of class. This course will conclude with a belay test and a Keene Family YMCA Belay Certification if the test is passed. Failure to pass will require you to fulfill the practice hours needed to pass and a retake of the test. Once belay certified, you will have access to the wall at any time when the facility is open, except during class times. 75 minute class, once per week.

The Keene Family YMCA Belay Certification is only valid in our YMCA, however the skills you learn will enable you pass any belay test at other climbing gyms. The Belay Certification at our Y only grants you the ability to belay family and friends.



# HIGH SCHOOL (ages 14-18)

## CLIMBING | 8-WEEK SESSION (PRO)

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

The Keene Family YMCA is partnering up with the Keene State College Outing Club to bring you an exciting progressive bi-weekly climbing series. This class will be lead by experienced climber, Zach Christie, the president of the KSC Outing Club. With him you will dive into the details of terminology, foundational movement, efficiency through technique, intro to climbing outdoors, and beginner climbing knots. This class is free for KSC students. No previous climbing experience necessary. **Classes will run every other Friday from September 13-December 13.** 90 minute class.

## CLIMBING | MONTHLY MINI-SESSIONS (EXP)

### 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.

## CLIMBING | DROP-IN CLASSES (DI)

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

Climb the wall under the supervision of a belay-certified staff member. No previous climbing experience is necessary, and participants do not need to be belay certified. 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+) - DI

Get Belay Certified to assist with teaching classes, open climb, or to use the climbing wall on your own. Once certified, you will have access to the wall any time the facility is open, except for class times. **Register through your Y app,** or reach out to Emma Krishnaswami at [ekrishna@keene-ymca.org](mailto:ekrishna@keene-ymca.org).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING   8-WEEK SESSION (PRO)</b>						
Belay Course	PRO	Monday	5:00 pm	\$40	\$45	\$80
KSC Climbing Series	PRO	Alternating Fridays Beginning 9/13	3:00 pm	\$30	\$35	\$70
Mountain Rockers	PRO	Tuesday	3:45 pm	\$100	\$110	\$200
<b>CLIMBING   MONTHLY MINI-SESSIONS (EXP)</b>						
Parent & Me Climbing	EXP	Monday	3:30 pm	\$40	\$45	\$80
				Additional Sibling \$20		
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Open Climb	DI	See Y App		FREE	FREE	N/A
Belay Certification	DI	See Y App		\$25	\$25	\$50

# HIGH SCHOOL (ages 14-18)

## ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

### 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.

## ARTS & HUMANITIES | POP-UP CLASSES (POP)

### Adult Pop-up Event: Thrift Store Ghost Painting (ages 18+ years) - POP

The ghost painting trend is a viral Tik Tok sensation where you can take old paintings from thrift stores and add your own little Halloween twist. Participants can bring their own paintings, or they can use the one that will be supplied!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES   MONTHLY MINI-SESSIONS (EXP)</b>						
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
<b>ARTS &amp; HUMANITIES   POP-UP CLASSES (POP)</b>						
Thrift Store Ghost Painting	POP	Monday October 7	6:00 pm	\$10	\$12	\$14



## STRONGMAN/STRONGWOMAN COMPETITION

Saturday, September 14th | 9:00 am-12:00 pm

Join us for the ultimate test of strength & endurance!

**REGISTER NOW** at [keeneymca.org/events](https://www.keeneymca.org/events)



# HIGH SCHOOL (ages 14-18)

## 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 (cash only). **Registration is required at \$5/person.**

### Teen PRIDE - Friday, September 13 | 7:30-10:00 pm

Kick off Keene Pride's event week with a Teen Night Out at the Y!

### TeenFest - Friday, October 4 | 7:30-10:00 pm

Come hang out with friends at the Y!

### Fall Festival - Friday, November 1 | 7:30-10:00 pm

Let's celebrate all things fall! Activities to include fall crafts and roasting marshmallows on an open fire.

## FALL TEEN POP-UP EVENT!

### DIY COCOA BOMBS (ages 11-18 years)

Make your own cocoa bombs and hot chocolate stirrers that you can bring home!

MONDAY, DECEMBER 2 | 4:30-5:30 PM

Family Members \$10 | Members \$15 | Guests \$20



the  
YMCA  
Fall Foliage  
Trail Races

**SUNDAY, OCTOBER 6, 2024**  
**5K & 10K COURSES**

[keeneymca.org/fall-foliage-trail-race](https://keeneymca.org/fall-foliage-trail-race)

# ADULTS (ages 18 and up)

## SWIM LESSONS | MONTHLY MINI-SESSIONS (EXP)

### Adult Stroke & Endurance (ages 13+) - EXP

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. 45 minute class.

## 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 200 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 using only the legs.

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

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

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIM LESSONS   3-4 WEEK MONTHLY MINI-SESSIONS (EXP)</b>						
Adult Stroke & Endurance	EXP	Wednesday	6:15 pm	\$56	\$76	\$116
<b>LIFEGUARD CERTIFICATION</b>						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday September 27-29	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday September 29	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday October 18-20	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday October 20	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday November 15-17	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday November 17	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday February 21-23, 2025	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday February 23, 2025	8:00 am-4:00 pm	\$225	\$225	\$275

# ADULTS (ages 18 and up)

## RECREATIONAL GYMNASTICS | DROP-IN CLASSES (DI)

### 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.

### Adult Open Gymnastics (ages 13+ or member of the Gymnastics Team) - 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.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>RECREATIONAL GYMNASTICS</b>						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15
		Wednesday	7:15 pm			
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	\$5	\$15

## SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

### 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.

### Obstacle Course Training (ages 16+ years) - EXP

This class is for anyone who is training for their first or next Spartan or Tough Mudder race. It's also perfect for anyone looking to improve their strength, endurance, and agility. 45 minute class, once per week.



## STRONGMAN/STRONGWOMAN COMPETITION

Saturday, September 14th | 9:00 am-12:00 pm

Join us for the ultimate test of strength & endurance!

**REGISTER NOW at [keeneymca.org/events](http://keeneymca.org/events)**





# ADULTS (ages 18 and up)

## SPORTS & FITNESS | DROP-IN CLASSES (DI)

### 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 45 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.**

### Community Pickleball - POP

We are opening up our indoor pickleball courts for community play from 8:30-10:30 am on Sundays. 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 its proper place.

## SPORTS & FITNESS | POP-UP CLASSES (POP)

### Pickleball Clinics (ages 13+) - POP

Learn to play pickleball during one of our 3-part lesson series! Offering clinics for beginners with three different skill levels. See the scheduling table for dates & times for each clinic.

### Pickleball Workshops (ages 13+) - POP

COMING SOON!!

### Fall Foliage Guided Training Runs (ages 6+) - POP

Join YMCA staff to run/walk the two courses prior to the big event on October 6th. We'll explore the 10K course on Friday, September 20 at 7:00 am, and the 5K course on Friday, September 27 at 5:00 pm.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Thursday	6:00 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	6:00 pm	\$60	\$70	\$120



# ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
Judo - Beginner (ages 8+)	EXP	Saturday	9:00 am	FREE	\$40	\$70
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$70
		Wednesday	6:00 pm			
Obstacle Course Training	EXP	Tuesday OR Thursday	7:15 pm	\$40	\$45	\$80
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15 Guest Pass Required
Community Pickleball	POP	Sunday	8:00 am	FREE	FREE	\$5
Racquetball	DI	See Y App		FREE	FREE	N/A
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
FFTR Guided Training Runs	POP	See Description		FREE	FREE	\$5
Ninja Training Camp	POP	See Desc.	9:30 am-1:30 pm	\$30	\$35	\$50
Pickleball Clinic Beginner Level 1	POP	TBD	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Oct 7, 14, 21	6:00-8:00 pm			
		Fridays Nov 8, 15, 22	12:00-2:00 pm			
Pickleball Clinic Beginner Level 2	POP	Tuesdays Oct 8, 15, 22	10:00 am-12:00 pm	\$65	\$75	\$120
		Mondays Nov 4, 11, 18	6:00-8:00 pm			
Pickleball Clinic Beginner Level 3	POP	Fridays Oct 11, 18, 25	12:00-3:00 pm	\$65	\$75	\$120
		Tuesdays Nov 5, 12, 19	TBD			

## CRIBBAGE, CARDS & COFFEE (ages 18+)

Enjoy some coffee/tea, cards and conversation! Looking for an opportunity to meet new people and learn something new? Join us during our coffee and cribbage socials, every Friday from November-April from 10:00-11:30 am. Coffee/tea is provided for members at no charge.

# ADULTS (ages 18 and up)

## CLIMBING | 8-WEEK SESSION (PRO)

### Belay Course (ages 13+ years) - PRO

Learning how to belay is a great way to enhance your knowledge of climbing. You do not need experience to take this course! Climbers and non-climbers alike can learn to belay like a pro. There will be very little climbing in the class except to help someone practice belaying. For this process we have redundancy systems in place to ensure everyone's safety. Unlike our one-off 2 hour class, this course will move slowly through each part of the belaying process, allowing you more class time to ask questions, practice, and review skills outside of class. This course will conclude with a belay test and a Keene Family YMCA Belay Certification if the test is passed. Failure to pass will require you to fulfill the practice hours needed to pass and a retake of the test. Once belay certified, you will have access to the wall at any time when the facility is open, except during class times. 75 minute class, once per week.

The Keene Family YMCA Belay Certification is only valid in our YMCA, however the skills you learn will enable you pass any belay test at other climbing gyms. The Belay Certification at our Y only grants you the ability to belay family and friends.

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

The Keene Family YMCA is partnering up with the Keene State College Outing Club to bring you an exciting progressive bi-weekly climbing series. This class will be lead by experienced climber, Zach Christie, the president of the KSC Outing Club. With him you will dive into the details of terminology, foundational movement, efficiency through technique, intro to climbing outdoors, and beginner climbing knots. This class is free for KSC students. No previous climbing experience necessary. **Classes will run every other Friday from September 13-December 13.** 90 minute class.

## CLIMBING | MONTHLY MINI-SESSIONS (EXP)

### 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.

## CLIMBING | DROP-IN CLASSES (DI)

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

Climb the wall under the supervision of a belay-certified staff member. No previous climbing experience is necessary, and participants do not need to be belay certified. 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. Once certified, you will have access to the wall any time the facility is open, except for class times. **Register through your Y app** or reach out to Emma Krishnaswami at [ekrishna@keene-ymca.org](mailto:ekrishna@keene-ymca.org).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING   8-WEEK SESSION (PRO)</b>						
Belay Course	EXP	Monday	5:00 pm	\$40	\$45	\$80
KSC Climbing Series	EXP	Alternating Fridays Beginning 9/13	3:00 pm	\$30	\$35	\$70

# ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>CLIMBING   MONTHLY MINI-SESSIONS (EXP)</b>						
Parent & Me Climbing	EXP	Monday	3:30 pm	\$40	\$45	\$80
				Additional Sibling: \$20		
<b>CLIMBING   DROP-IN CLASSES (DI)</b>						
Open Climb	DI	See Y App		FREE	FREE	N/A
Belay Certification	DI	See Y App		\$25	\$25	\$50

## ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

### 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.

## ARTS & HUMANITIES | POP-UP CLASSES (POP)

### Adult Pop-up Event: Thrift Store Ghost Painting (ages 18+ years) - POP

The ghost painting trend is a viral Tik Tok sensation where you can take old paintings from thrift stores and add your own little Halloween twist. Participants can bring their own paintings, or they can use the one that will be supplied!



## Y NINJA CHALLENGE!

**Sunday, September 15 | 2:00-5:00 pm**

Test your Ninja Skills during this timed obstacle course challenge!

This event will benefit the KFY Mountain Ninjas team.

**REGISTER TODAY at [keeneymca.org/events](https://www.keeneymca.org/events)**



# ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ARTS &amp; HUMANITIES   MONTHLY MINI-SESSIONS (EXP)</b>						
Ballroom Dancing Beginner Couple	EXP	Wednesday	7:15 pm	\$60	\$70	\$120
Ballroom Dancing Beginner Individual				\$40	\$50	\$80
Ballroom Dancing Intermediate Couple	EXP	Wednesday	6:00 pm	\$60	\$70	\$120
Ballroom Dancing Intermediate Individual				\$40	\$50	\$80
<b>ARTS &amp; HUMANITIES   POP-UP CLASSES (POP)</b>						
Thrift Store Ghost Painting	POP	Monday October 7	6:00 pm	\$10	\$12	\$14

## 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 October 1, 2024–April 2025**

**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

### Anxiety & Depression Peer Support Group (ages 18+)

This group offers a no-judgement arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion. Questions? Contact Stacy Wilbur at wilburs@keene-ymca.org.

**WHEN: Tuesdays from 6:30–7:30 pm**

**This is a freedrop-in class, brought to you in partnership with Monadnock Peer Support. Register through your Y app up to 24 hours in advance.**

# 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

### 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. No previous climbing experience is necessary, and participants do not need to be belay certified. 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 45 minute drop-in class. Register through your Y app up to 24-hours in advance.**



# FAMILIES

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SWIMMING</b>					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
<b>PARENT/CHILD GYMNASTICS</b>					
Family Open Gymnastics	Sunday	9:00 am, 9:45 am, or 10:30 am	FREE	\$5	N/A
	Tuesday	10:30 am			
	Friday	10:30 am			
	Saturday	3:45 pm			
Adaptive Gymnastics	Wednesday	1:00 pm	\$10	\$10	\$15
<b>CLIMBING</b>					
Parent & Me Climbing	Monday	3:30 pm	\$40	\$45	\$80
			Additional Sibling: \$20		
Open Climb	See Y App		FREE	FREE	N/A
<b>BASKETBALL</b>					
Open Basketball	See Court Schedule		FREE	FREE	Varies
<b>NINJA</b>					
Open Ninja	See Y App		FREE	\$5	\$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, reach out directly to Health and Wellness Director, Bridget Moynihan at [bmoynihan@keene-ymca.org](mailto:bmoynihan@keene-ymca.org). She'll help match you with the trainer that best suits your goals.

### AQUATIC PERSONAL TRAINING

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

### PERSONAL TRAINING RATES

All training sessions are priced as follows:

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

### HUMAN MOVEMENT ANALYSIS

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

#### Private Session:

Member \$60 | Guest \$100

### LONG TERM FITNESS PROGRAM

Work towards your goals in a small group setting, led by a professional trainer who will work with you to personalize your routine and ensure you have the support you need to lead a healthy lifestyle at any age.

- 4 Sessions: Members \$80 | Guests \$96
- 13 Sessions: Members \$234 | Guests \$280
- 26 Sessions: Members \$416 | Guests \$500
- 52 Sessions: Members \$728 | Guests \$874
- 104 Sessions: Members \$1248 | Guests \$1498

# 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.

**CPR/AED for Infant/Child/Adult - \$55/person**

### UPCOMING CLASSES:

Wednesday, September 18 | 6:00-8:00 pm

Thursday, October 17 | 6:00-8:00 pm

**VISIT [KEENEYMCA.ORG/PROGRAMS-CLASSES/](https://keeneymca.org/programs-classes/) to register**

**Mobile CPR/AED and First Aid classes are available. We'll come to you!**  
**Our fee structure is flexible depending on your business needs.**  
**Contact Tammi Squires at [tsquires@keene-ymca.org](mailto:tsquires@keene-ymca.org) for details.**

# SPECIAL EVENTS

## SEPTEMBER 2024

### VETERANS EXPO

**DATE/TIME:** Friday, September 13 | 10:00 am-2:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** All ages

**COST:** Free for all

Join us for a day of recognition, camaraderie, and support. Free raffle, lunch and hair cuts for all veterans in attendance!

### STRONGMAN/STRONGWOMAN COMPETITION

**DATE/TIME:** Saturday, September 14 | 9:00 am-12:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 18+

**COST:** Family Member \$20 | Member \$25 | Guest \$40

The ultimate test of strength and endurance! This competition is open to all levels. Push, pull, carry and lift your way to victory!

### Y NINJA CHALLENGE

**DATE/TIME:** Sunday, September 15 | 2:00-5:00 pm

**LOCATION:** Keene Family YMCA Ninja Course

**AGES:** 6+

**COST:** Family Members \$15 | \$20 | \$25

Y Ninja Challenge is a timed Obstacle Course run for kids and adults. Runners will run through two phases of the obstacle course, floor obstacles and hanging obstacles on the Y's Ninja course. This event will benefit our Monadnock Ninja Team with equipment and competition entry fees.

### HEALTHY FOOD, SIMPLE SWITCHES

**DATE/TIME:** Wednesday, September 18 | 5:30-6:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** 12+

**COST:** Members FREE | Guest \$10

Join Laurie, a NASM Nutrition Coach for this discussion about simple, healthy food alternatives to replace less healthy choices in your daily meals and snacks.

### FAMILY POOL PARTY

**DATE/TIME:** Friday, September 20 | 6:00 pm

**LOCATION:** Keene Family YMCA Aquatics Center

**AGES:** All ages

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

Grab your suit and let's party in the pool! Prices listed are per family (2 adults and 2 children). Individual pricing is \$5 for members and \$8 for guests.

## OCTOBER 2024

### GRANDPARENT CLASS

**DATE/TIME:** Friday, October 4 | 10:00 am-12:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 50+

**COST:** Family Members FREE | Members \$20 | Guests \$40

Details coming soon!

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

# SPECIAL EVENTS

## OCTOBER 2024

### FALL FOLIAGE TRAIL RACES

**DATE/TIME:** Sunday, October 6 | 9:00 am

**LOCATION:** Keene Family YMCA

**AGES:** All Ages

**COST:** \$35/person

Held annually at the peak of fall foliage season, this is a great opportunity to explore some of Keene's best trails. Runners can compete in either the 5K or the 10K race, and both courses offer a nice mix of wide crushed gravel trails and slowing singletrack.

### KIDS NIGHT OUT

**DATE/TIME:** Friday, October 18 | 5:30-8:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** 5-13

**COST:** Family Members \$25 | Members \$30 | Guests \$40

Enjoy some down time while the kids have a blast at the Y! Dinner and snack will be provided.

**Additional Sibling Cost:**

**Family Members \$15 | Members \$20 | Guests \$25**

### BALLROOM DANCING SOCIAL

**DATE/TIME:** Friday, October 18 | 6:30-9:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 18+

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

Grab your partner and your dancing shoes and enjoy an evening of dance at the YMCA. Appetizers and mocktails will be served! Price listed is per couple.

### PUMPKIN MANIA!

**DATE/TIME:** Friday, October 25 | 6:00-8:00 pm

**LOCATION:** Keene Family YMCA Aquatics Center

**AGES:** All ages

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

Come join the fun! Pumpkin themed activities in the gym and in the pool. Bring a pumpkin to toss in the pool and carve after!

## NOVEMBER 2024

### HALLOWEEN FAMILY DANCE (COSTUME!) PARTY

**DATE/TIME:** Saturday, November 2 | 3:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** All ages

**COST:** Family Member \$20 | Member \$25 | Guest \$45

Wear your costume and dance the night away! There will be crafts, activities and snacks. The price listed is per family.

### HEALTHY FOOD, SIMPLE SWITCHES

**DATE/TIME:** Wednesday, November 6 | 5:30-6:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** 12+

**COST:** Members FREE | Guest \$10

Join Laurie, a NASM Nutrition Coach for this discussion about simple, healthy food alternatives to replace less healthy choices in your daily meals and snacks.

### PASS ME A SLICE PICKLEBALL TOURNAMENT

**DATE/TIME:** November 8-10 | Times TBA

**LOCATION:** Keene Family YMCA

**AGES:** 13+

**COST:** \$45/person

Save the date! Division details to be announced.

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

# SPECIAL EVENTS

## NOVEMBER 2024

### **BALLROOM DANCING SOCIAL**

**DATE/TIME:** Friday, November 15 | 6:30–9:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 18+

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

Grab your partner and your dancing shoes and enjoy an evening of dance at the YMCA. Appetizers and mocktails will be served! Price listed is per couple.

### **FLICK & FLOAT: MOVIE TO BE ANNOUNCED!**

**DATE/TIME:** Friday, November 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.

## DECEMBER 2024

### **KIDS NIGHT OUT**

**DATE/TIME:** Friday, December 6 | 5:30–8:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** 5–13

**COST:** Family Members \$25 | \$30 | \$40

Enjoy some down time while the kids have a blast at the Y! Dinner and snack will be provided.

**Additional Sibling Cost:**

Family Members \$15 | Members \$20 | Guests \$25

### **BALLROOM DANCING SOCIAL**

**DATE/TIME:** Friday, December 6 | 6:30–9:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** 18+

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

Grab your partner and your dancing shoes and enjoy an evening of dance at the YMCA. Appetizers and mocktails will be served! Price listed is per couple.

### **HOLIDAYS AROUND THE WORLD**

**DATE/TIME:** Sunday, December 8 | 2:00–4:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** All ages

**COST:** Family Member \$10 | Member \$15 | Guest \$30

Join us for holiday games, crafts, and a visit with Santa! Pre-registration is required for this event. Ticket cost is per family (2 adults + 2 children).

### **FLICK & FLOAT: MOVIE TO BE ANNOUNCED!**

**DATE/TIME:** Friday, December 20 | 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>**