



SCAN to register!



BUILDING A STRONG FOUNDATION

Our NEW Foundations of Gymnastics class will help your child build strength, coordination, and confidence. Learn more on page 15.

PROJECT FUEL FIT!

Discover how to best fuel your body for optimal performance. Learn more on page 42.

KEENE FAMILY YMCA 2025 PROGRAM GUIDE

SPRING SESSION 1 | March 2–April 28
SPRING SESSION 2 | May 1–June 21

MONTHLY MINI-SESSIONS

- » March 1–29 | April 1–28
- » May 1–31 | June 1–21



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

WELCOME TO THE KEENE FAMILY YMCA!

We're glad you're here.

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

MEMBER BENEFITS

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

FREE WELLNESS ORIENTATION!

As a member of the Y, you're entitled to one **FREE Wellness Orientation** with one of our trainers. It's a great opportunity to talk about your goals, sample our equipment, and ensure that you get the most out of your membership. **Book your session today in the Y app or by visiting the Welcome Center.**

FACILITY HOURS

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

Saturday | 6:00 am - 6:00 pm

Sunday | 8:00 am - 5:00 pm

AQUATICS CENTER HOURS

The Aquatics Center closes 15 minutes before the facility closes.

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

Please 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.



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 keeneymca.org
Scan to join today:



Or contact our Welcome Center
for Membership information
at 603.352.6002

PROGRAMS AT THE Y

Activate your spirit, mind and body.

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

PROGRAM SESSIONS

	SESSION DATES	REGISTRATION OPENS		
		FAMILY MEMBERS	MEMBERS	GUESTS
Spring Session 1	8-Week Session: March 2-April 26, 2025	2/10	2/12	2/17
	March Mini Session (4-weeks): March 2-29, 2025			
	April Mini Session (4 weeks): April 1-28, 2025			
Spring Session 2	7-week Session: May 1-June 21, 2025	2/10	4/9	4/14
	May Mini Session (4 weeks): May 1-31, 2025			
	June Mini Session (3 weeks): June 1-21, 2025			
There will be no programs running on Memorial Day, Monday, May 26th. All affected programs will be prorated accordingly.				

Program Offerings

» 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 [keeneyymca.org/programs](https://www.keeneyymca.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.
- » **Prices listed are for full sessions lasting either 4 or 8 weeks.** If a session is shorter than 4 or 8 weeks, prices will be prorated accordingly in the registration portal.

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

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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
SWIM LESSONS MONTHLY MINI-SESSIONS (EXP)						
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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PARENT/CHILD GYMNASTICS 8-WEEK SESSION (PRO)						
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			

**There will be no classes on Saturday, April 5, Saturday, May 3 or Monday, May 26.
All affected classes will be prorated.**

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.

INFANTS & TODDLERS (ages 0-2)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PARENT/CHILD GYMNASTICS DROP-IN CLASSES (DI)						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Friday	11:15 am	FREE	FREE	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
CLIMBING DROP-IN CLASSES (DI)						
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
SAFETY AROUND WATER MONTHLY MINI SESSIONS (EXP)						
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
PRESCHOOL SWIM LESSONS 8-WEEK SESSION (PRO)						
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	\$325.50
		Wednesday	4:30 pm	\$105	\$111	\$220.50
PRESCHOOL SWIM LESSONS 3-4 WEEK SESSIONS (EXP)						
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
PARENT/CHILD GYMNASTICS 8-WEEK SESSION (PRO)						
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			

**There will be no classes on Saturday, April 5, Saturday, May 3 or Monday, May 26.
All affected classes will be prorated.**

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

RECREATIONAL GYMNASTICS | 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
RECREATIONAL GYMNASTICS 8-WEEK SESSION (PRO)						
Preschool	PRO	Monday	11:00 am	\$95	\$100	\$200
		Saturday	12:00 pm			
Kinder	PRO	Saturday	12:15 pm	\$95	\$100	\$200

**There will be no classes on Saturday, April 5, Saturday, May 3 or Monday, May 26.
All affected classes will be prorated.**

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

Tumbling Stars (ages 4-5 years) - PRO

This engaging class is specially designed for active and eager 4 and 5-year-olds who are ready to take the next step in their gymnastics journey. Perfect for little ones not quite old enough for our Beginner Gymnastics class, this program introduces foundational skills on all four apparatuses, setting the stage for future success as they grow and progress. With a focus on fun, confidence-building, and skill development, your child will love exploring the world of gymnastics in a safe and supportive environment. 45 minute class, once per week.

PRESCHOOL (ages 3-5)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS 8-WEEK SESSION (PRO)						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280
Tumbling Stars	PRO	Tuesday	5:15 pm	\$95	\$100	\$200
		Thursday	4:00 pm			

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Sports Fundamentals (ages 5-7) - EXP

A 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). 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.

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
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Sports Fundamentals March & May: Lacrosse	EXP	Tuesday	3:30 pm	\$30	\$35	\$60
Sports Fundamentals: April & June: Soccer	EXP			\$30	\$35	\$60
Home School PE (Grades K-8)	EXP	Friday	9:00 am	\$30	\$35	\$60
Squeaky Sneakers	EXP	Thursday	9:30 am	FREE	\$35	\$60
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	FREE	\$12

PRESCHOOL (ages 3–5)

CLIMBING | MONTHLY MINI-SESSIONS (EXP)

Homeschool Intro to Rock Climbing & Kids Intro to Rock Climbing (ages 5–13 years) – EXP

Have a fear of heights? Think rock climbing just looks cool? Then this class is for you! This introduction to rock climbing is intended for those who want to try out the sport for the first time and those with some climbing experience who want to improve and become more independent. The class includes the different types of rock climbing, the equipment that’s used, basic climbing techniques, and knots necessary for climbing. There will be climbing and bouldering involved during this class with the goal of students becoming comfortable with the climbing wall. 75 minute class, once per week.

Kids Climbing Movement & Practice (ages 5–13) – EXP

Wanna climb higher, faster, and better? Then this class is the one for you! Intended for those who have taken Intro to Rock Climbing or who have climbing experience and want to build strength and learn new techniques, this class will go over movement techniques that are essential to climbing more difficult routes in the gym or outside. We will also cover relevant climbing terminology, rest and breathing techniques, and the physics involved in climbing. Finally, all students will have the chance to pick a project route and attempt to master that route by the end of the class. 60 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
CLIMBING MONTHLY MINI-SESSION (EXP)						
Homeschool Intro to Climbing	EXP	Wednesday	2:00 pm	\$30	\$35	\$60
				Additional Sibling: \$25		
Kids Intro to Climbing	EXP	Wednesday	3:45 pm	\$40	\$45	\$80
		Thursday	5:00 pm			
Kids Climbing Movement	EXP	Tuesday	4:30 pm	\$40	\$45	\$80
CLIMBING DROP-IN CLASSES (DI)						
Open Climb	DI	See Y App		FREE	FREE	\$12
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 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.

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

or visit keeneymca.org/programs/swim-team

ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIM LESSONS 8-WEEK SESSION (PRO)						
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	\$160	\$168	\$336
SAFETY AROUND WATER MONTHLY MINI SESSIONS (EXP)						
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
PARENT/CHILD GYMNASTICS DROP-IN CLASSES (DI)						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15

RECREATIONAL GYMNASTICS | 8-WEEK SESSION (PRO)

Kinder (ages 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.

Foundations of Gymnastics (ages 6-13 years) PRO

The perfect class for those starting their gymnastics journey! This class focuses on building strength, coordination, and flexibility while introducing fundamental skills like rolls, handstands, and basic balance techniques. With a supportive and fun environment, students will develop confidence and a strong foundation to grow their skills. 60 minute class, once per week.

RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Tumbling & Flipping (ages 6-18 years) - EXP

This class is for anyone who is looking to improve their tumbling and acro skills. 60 minute class, once per week.

ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
RECREATIONAL GYMNASTICS 8-WEEK SESSION (PRO)						
Kinder	PRO	Saturday	12:15 pm	\$95	\$100	\$200
Foundations of Gymnastics	PRO	Saturday	1:15 pm	\$100	\$106	\$211
RECREATIONAL GYMNASTICS MONTHLY MINI-SESSION (EXP)						
Tumbling & Flipping	EXP	Tuesday	4:00 pm	\$50	\$53	\$105.50

There will be no classes on Saturday, April 5, or Saturday, May 3. All affected classes will be prorated.

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.

Shooting Stars (ages 5-8 years) - PRO

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

Beginner (ages 6-13 years) - PRO

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

Intermediate (ages 6-13 years) - PRO

To progress to this level, students must have been invited by their instructor or be able to jump to front support on bars, hold Mickey Mouse ears, confidently walk forward and sideways on the beam, perform a forward roll on the floor, perform a bridge, cartwheel, and perform a handstand against a wedge mat. 60 minute class, once per week.

Advanced (ages 6-13 years) - PRO

To enter the Advanced class, participants must have been invited by their instructor or be able to hurdle onto a springboard, three casts in a row, standing glide swing, releve walking forward and sideways on the beam, tuck jump dismount off beam, bridge with feet together, cartwheel with correct form, handstand on floor, and backward roll down the wedge mat. 90 minute class, once per week.

Rising Stars (ages 6-13 years) - PRO

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

ELEMENTARY (ages 6-10)

PROGRESSIVE GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Home School Gymnastics (ages 6-12 years) EXP

This structured, progressive class is designed to build confidence, coordination, and new skills. Participants will work on mastering gymnastics skills while having fun and staying active. Offered at a convenient time for homeschooling families, this class is a fantastic way to complement your child's education with physical activity and personal growth. 60 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS 8-WEEK SESSION (PRO)						
Shooting Stars	PRO	Thursday	5:00 pm	\$135	\$142	\$280
Beginner	PRO	Tuesday	4:00 pm	\$100	\$106	\$211
		Thursday	5:45 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
PROGRESSIVE GYMNASTICS MONTHLY MINI-SESSIONS (EXP)						
Home School Gymnastics	EXP	Tuesday	12:30 pm	\$30	\$35	\$60
				Additional Sibling: \$25		

SPORTS & FITNESS | 8-WEEK SESSION (PRO)

Basketball Skills & Play Class (ages 7-9 & 9-12) - PRO

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

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

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

A 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). 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 Spring Session 1 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.

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 6-12 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 6-12 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.

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

This 6-week training program is designed for youth who want to complete their first triathlon. Participants will be guided through swimming, road riding and running in preparation for the event. All participants must have their own bicycle, helmet, sneakers, bathing suit, goggles and towel, and be able to swim 25 yards without a flotation device. Program fee includes entry into the Y's Third Annual Otter Romp Youth Triathlon on Sunday, June 8th! 2 hour class, once per week, Wednesdays for 6 weeks, April 30-June 4.

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.**

Drop-In Skate (ages 6-18 years) - DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **The ramps will be set up every Monday in May and June from 4:00-5:30 pm, except for May 26th and June 30th.**

ELEMENTARY (ages 6-10)

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 9:00 am-1:00 pm on Wednesday, April 22.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Basketball Skills (7-9 yrs)	PRO	Saturday	9:15 am	\$65	\$70	\$130
Basketball Skills (9-12 yrs)			8:00 am			
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Home School Ninja	EXP	Thursday	2:00 pm	\$30	\$35	\$60
				Additional Sibling - \$25		
Home School PE	EXP	Friday	9:00 am	\$30	\$35	\$60
				Additional Sibling - \$25		
Homeschool Pickleball	EXP	Tuesday	10:15 am	\$30	\$35	\$60
				Additional Sibling: \$25		
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$40	\$60
Ninja 101	EXP	Monday	6:00 pm	\$45	\$50	\$80
		Wednesday	3:30 pm			
		Saturday	10:00 am			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$125	\$125	N/A
Sports Fundamentals March & May: Lacrosse (8-12 yrs)	EXP	Tuesday	4:15 pm	\$30	\$35	\$60
Sports Fundamentals April & June: Soccer (8-12 yrs)	EXP	Tuesday	4:15 pm	\$30	\$35	\$60
Sports Fundamentals March & May: Lacrosse (5-7 yrs)	EXP	Tuesday	3:30 pm	\$30	\$35	\$60
Sports Fundamentals April & June: Soccer (5-7 yrs)	EXP	Tuesday	3:30 pm	\$30	\$35	\$60
Youth Pickleball Lessons	EXP	Monday	4:15 pm or 5:15 pm	\$30	\$35	\$60
Youth Triathlon Training	EXP	Wednesday	4:00-6:00 pm	\$125	\$135	\$155
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
Drop-In Skate	DI	See Description		\$3	\$5	\$7

ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS POP-UP CLASSES (POP)						
Ninja Training Camp	POP	Wednesday April 22	9:00 am-1:00 pm	\$30	\$35	\$60

Girls on the Run – for girls in grades 3-5.

GOTR is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement. We're proud to offer this program at our Y again this spring from March 24-May 30. To learn more, visit girlsontherunnh.org. **REGISTRATION OPENS FEBRUARY 10TH!**

CLIMBING | 8-WEEK SESSIONS (PRO)

Kids Advanced Climbing Movement & Practice (ages 10-18 years) PRO

Take your climbing skills to new heights! Intended for those with substantial climbing experience or who have completed both Intro to Climbing and Climbing Movement and Practice (or the Mountain Rocker's class under the old system), this class will continue building on the concepts learned in Climbing Movement and Practice, improving climbing knowledge, strength, and stamina. This class will also teach belay technique and will include belay certification for those ages 13 and older. For students under age 13, they will be allowed to belay in class while directly supervised by an instructor, but certification will not be granted until age 13.

CLIMBING | MONTHLY MINI-SESSIONS (EXP)

Homeschool Intro to Rock Climbing & Kids Intro to Rock Climbing (ages 5-13 years) - EXP

Have a fear of heights? Think rock climbing just looks cool? Then this class is for you! This introduction to rock climbing is intended for those who want to try out the sport for the first time and those with some climbing experience who want to improve and become more independent. The class includes the different types of rock climbing, the equipment that's used, basic climbing techniques, and knots necessary for climbing. There will be climbing and bouldering involved during this class with the goal of students becoming comfortable with the climbing wall. 75 minute class, once per week.

Kids Climbing Movement & Practice (ages 5-13 years) - EXP

Wanna climb higher, faster, and better? Then this class is the one for you! Intended for those who have taken Intro to Rock Climbing or who have climbing experience and want to build strength and learn new techniques, this class will go over movement techniques that are essential to climbing more difficult routes in the gym or outside. We will also cover relevant climbing terminology, rest and breathing techniques, and the physics involved in climbing. Finally, all students will have the chance to pick a project route and attempt to master that route by the end of the class. 60 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.**

ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING 8-WEEK SESSIONS (PRO)						
Kids Advanced Climbing Movement & Practice	PRO	Tuesday	5:30 pm	\$100	\$110	\$200
CLIMBING MONTHLY MINI-SESSIONS (EXP)						
Homeschool Intro to Rock Climbing	EXP	Wednesday	2:00 pm	\$30	\$35	\$60
				Additional Sibling: \$25		
Kids Intro to Rock Climbing	EXP	Wednesday	3:45 pm	\$40	\$45	\$80
		Thursday	5:00 pm			
Kids Climbing Movement	EXP	Tuesday	4:30 pm	\$40	\$45	\$80
CLIMBING DROP-IN CLASSES (DI)						
Open Climb	DI	See Y App		FREE	FREE	\$12

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.

- » **March - Lego Mania!** Some activities will include lego challenges, balloon cars, art and more.
- » **April - Dinosaurs!** Activities will include making fossils, dino terrariums, and more.
- » **May - Ooey, Goopy Science!** - Activities will include making ooblek, slime, elephant toothpaste, and 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 March and April sessions. 45 minute class, once per week.

- » **March - Marine Life!** Activities will include making jellyfish, ocean floor dioramas, and more.
- » **April - Our Mother Earth.** Activities will include a nature walk to gather materials for a project, plant fossils, bird seed ornaments, and more.

ARTS & HUMANITIES | POP-UP CLASSES (POP)

Youth Pop-Up: DIY No Bake Recipes (ages 6-11 years) - POP

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

Youth Pop-Up: DIY Garden Steppingstones (ages 6-11 years) - POP

Create and decorate cement garden steps to bring home!

PROGRAM		DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY MINI-SESSIONS (EXP)						
STEAM Club	EXP	Wednesday	3:45 pm	\$40	\$45	\$80
		Thursday	3:45 pm			
Homeschool STEAM Club	EXP	Friday	10:15 am	\$30	\$35	\$60
				Additional Sibling: \$25		
ARTS & HUMANITIES POP-UP CLASSES (POP)						
DIY No Bake Recipes	POP	Tuesday, March 18	3:45 pm	\$20	\$25	\$30
DIY Garden Steppingstones	POP	Monday, April 7	3:45 pm	\$20	\$25	\$30

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 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. **This class will run during the April, May and June sessions only.**

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.

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)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIM LESSONS 8-WEEK SESSION (PRO)						
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	\$160	\$168	\$336
		Monday	4:45 pm	\$112	\$118	\$235
		Wednesday	4:00 pm			
		Friday	4:45 pm			
		Saturday	10:45 am			
Y4 - Youth Stroke Introduction	PRO	Tuesday & Thursday	4:45 pm	\$160	\$168	\$336
		Monday	5:30 pm	\$112	\$118	\$235
		Wednesday	4:45 pm			
		Friday	5:30 pm			
		Saturday	9:45 am			
Y5/6 - Youth Stroke Development & Mechanics	PRO	Monday	4:00 pm	\$112	\$118	\$235
		Wednesday	5:30 pm			
		Friday	4:00 pm			
		Saturday	9:00 am			
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$160	\$168	\$336
SWIM LESSONS MONTHLY MINI-SESSIONS (EXP)						
Adult Stroke & Endurance	EXP	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.

Adaptive Gymnastics (ages 12 & 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.

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
OPEN GYMNASTICS DROP-IN CLASSES						
Family Open Gymnastics	DI	Sunday	9:00 am, 9:45 am & 10:30 am	FREE	FREE	N/A
		Tuesday	10:30 am			
		Friday	10:30 am			
		Saturday	3:45 pm			
Home School Open Gymnastics	DI	Tuesday	11:15 am	FREE	FREE	N/A
Adaptive Gymnastics	DI	Wednesday	1:00 pm	\$10	\$10	\$15
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	FREE	\$15

RECREATIONAL GYMNASTICS | 8-WEEK SESSIONS (PRO)

Foundations of Gymnastics (ages 6-13 years) PRO

the perfect class for those starting their gymnastics journey! This class focuses on building strength, coordination, and flexibility while introducing fundamental skills like rolls, handstands, and basic balance techniques. With a supportive and fun environment, students will develop confidence and a strong foundation to grow their skills. 60 minute class, once per week.

RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Tumbling & Flipping (ages 6-18 years) - EXP

This class is for anyone looking to improve their tumbling and acro skills. 60 minute class, once per week.

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
RECREATIONAL GYMNASTICS 8-WEEK SESSIONS (PRO)						
Foundations of Gymnastics	PRO	Saturday	1:15 pm	\$100	\$106	\$211
RECREATIONAL GYMNASTICS MONTHLY MINI-SESSIONS (EXP)						
Tumbling & Flipping	EXP	Tuesday	4:00 pm	\$50	\$53	\$105.50
RECREATIONAL GYMNASTICS DROP-IN CLASSES (DI)						
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.

PROGRESSIVE GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Home School Gymnastics (ages 6-12 years) EXP

This structured, progressive class is designed to build confidence, coordination, and new skills. Participants will work on mastering gymnastics skills while having fun and staying active. Offered at a convenient time for homeschooling families, this class is a fantastic way to complement your child's education with physical activity and personal growth. 60 minute class, once per week.

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS 8-WEEK SESSION (PRO)						
Beginner	PRO	Tuesday	4:00 pm	\$100	\$106	\$211
		Thursday	5:45 pm			
		Saturday	1:15 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
PROGRESSIVE GYMNASTICS MONTHLY MINI SESSIONS (EXP)						
Home School Gymnastics	EXP	Tuesday	12:30 pm	\$30	\$35	\$60

There will be no classes on Saturday, April 5 or Saturday, May 3. All affected classes will be prorated.

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.

Golf Gains (ages 13+) - PRO

Led by NASM Certified Personal Trainer and Weekend Golfer Bobby McClure, this class is designed for golfers, beginner through advanced, to gain strength and power in the muscles and joints used in the golf swing. Focus will be on proper technique, building strength, and exercises for the core, upper back, chest, forearms, and legs. 60 minute class, once per week.

Tennis Training & Gaining (ages 13+) PRO

Join NASM Certified Personal Trainer Bobby McClure in this weekly small group training designed for tennis players, beginner through advanced, to enhance their tennis game with conditioning in strength training and agility drills. 60 minute class, once per week. **This class is being offered during Spring Session 1 only.**

Project Fuel Fit! (ages 13+) PRO

Project Fuel Fit is an 8 week program combining a deep dive into nutrition with elements of different styles of movement. Participants will be delving into their own personal nutritional needs to fuel their fitness journey with the guidance of a certified nutrition coach. Participants will also get to experience different styles of exercise under the guidance of a certified personal trainer. Each session will be 90 minutes packed with information and movement! Choose to attend either once or twice per week. **The once per week option is available during Spring Session 1 only.**

MIDDLE SCHOOL (ages 11-13)

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Sports Fundamentals (ages 8-12 years) – EXP

A 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). 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 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 will be offered during Spring Session 1 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.

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

This class is designed for teens to learn and participate in the sport of weightlifting. Focus will be on proper technique, building strength, and exercise for overall health. 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 6-12 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 6-12 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.

MIDDLE SCHOOL (ages 11-13)

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

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.**

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. A guest pass is required for non-members. **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>.**

Drop-In Skate (ages 6-18 years) - DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **The ramps will be set up every Monday in May and June from 4:00-5:30 pm, except for May 26th and June 30th.**

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 9:00 am-1:00 pm on Wednesday, April 22nd.**

Intro to Pickleball (ages 13+) - POP

Never played before and want to see what the game is all about? Join one of our Intro to Pickleball sessions and see why it's one of the nation's fastest growing sports. Please note: this is not a formal lesson.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Basketball Skills & Play	PRO	Saturday	8:00 am	\$65	\$70	\$130
Golf Gains	PRO	Thursday	2:00 pm	\$80	\$90	\$160
Tennis Training & Gaining	PRO	Thursday	5:30 pm	\$80	\$90	\$160
Project Fuel Fit	PRO	Monday	5:45 pm	\$100	\$110	\$200
		Monday & Thursday	5:45 pm	\$160	\$170	\$260

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Group Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday OR Thursday	6:30 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	6:30 pm	\$60	\$70	\$120
Home School Ninja	EXP	Thursday	2:00 pm	\$30	\$35	\$70
				Additional Sibling - \$25		
Home School PE	EXP	Friday	9:00 am	\$30	\$35	\$70
				Additional Sibling - \$25		
Homeschool Pickleball	EXP	Tuesday	10:15 am	\$30	\$35	\$70
				Additional Sibling: \$25		
IRON Teens	EXP	Tuesday & Thursday	4:30 pm	\$100	\$110	\$200
		Tuesday & Thursday	5:30 pm			
Judo - Beginner (ages 8+)	EXP	Saturday	9:00 am	FREE	\$40	\$60
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$60
		Wednesday	6:00 pm			
Ninja 101	EXP	Saturday	10:00 am	\$45	\$50	\$80
		Monday	6:00 pm			
		Wednesday	3:30 pm			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
Sports Fundamentals March & May: Lacrosse (8-12 yrs)	EXP	Tuesday	4:15 pm	\$30	\$35	\$60
Sports Fundamentals April & June: Soccer (8-12 yrs)	EXP	Tuesday	4:15 pm	\$30	\$35	\$60
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$125	\$125	N/A
Youth Pickleball Lessons	EXP	Monday	4:15 pm or 5:15 pm	\$30	\$35	\$60
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Community Pickleball	DI	Monday	6:00 pm	FREE	FREE	\$5
		Sunday	8:00 am			
		Sunday	10:00 am			
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
Drop-in Skate	DI	See Description		\$3	\$5	\$7

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS POP-UP CLASSES (POP)						
Ninja Training Camp	POP	Wednesday April 22nd	9:00 am-1:00 pm	\$30	\$35	\$60
Intro to Pickleball	POP	TBD	TBD	\$20	\$25	\$40

CLIMBING | 8-WEEK SESSIONS (PRO)

Kids Advanced Climbing Movement & Practice (ages 10-18 years) PRO

Take your climbing skills to new heights! Intended for those with substantial climbing experience or who have completed both Intro to Climbing and Climbing Movement and Practice (or the Mountain Rocker's class under the old system), this class will continue building on the concepts learned in Climbing Movement and Practice, improving climbing knowledge, strength, and stamina. This class will also teach belay technique and will include belay certification for those ages 13 and older. For students under age 13, they will be allowed to belay in class while directly supervised by an instructor, but certification will not be granted until age 13.

CLIMBING | MONTHLY MINI-SESSIONS (EXP)

Homeschool Intro to Rock Climbing & Kids Intro to Rock Climbing (ages 5-13 years) - EXP

Have a fear of heights? Think rock climbing just looks cool? Then this class is for you! This introduction to rock climbing is intended for those who want to try out the sport for the first time and those with some climbing experience who want to improve and become more independent. The class includes the different types of rock climbing, the equipment that's used, basic climbing techniques, and knots necessary for climbing. There will be climbing and bouldering involved during this class with the goal of students becoming comfortable with the climbing wall. 75 minute class, once per week.

Kids Climbing Movement & Practice (ages 5 & up) - EXP

Wanna climb higher, faster, and better? Then this class is the one for you! Intended for those who have taken Intro to Rock Climbing or who have climbing experience and want to build strength and learn new techniques, this class will go over movement techniques that are essential to climbing more difficult routes in the gym or outside. We will also cover relevant climbing terminology, rest and breathing techniques, and the physics involved in climbing. Finally, all students will have the chance to pick a project route and attempt to master that route by the end of the class. 60 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.**

Belay Certification (ages 12+) - DI

Get trained to belay your fellow climbers at the Y! This class will prepare you to take the Keene Family YMCA Belay Certification Test. No prior experience necessary. It is recommended to sign up with a partner. Certification is NOT granted at the end of the class. You will be required to pass the belay test on a different day. If staffing allows, belay tests can be taken during open climb sessions or upon prior arrangement with the climbing wall coordinator. Please be aware that 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. Payment to be made through the front desk at the beginning of the class. **Register through your Y app, or reach out to David Baldwin at DBaldwin@keene-ymca.org if times listed do not work with your schedule.**

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING 8-WEEK SESSIONS (PRO)						
Kids Advanced Climbing Movement & Practice	PRO	Tuesday	5:30 pm	\$100	\$110	\$200
CLIMBING MONTHLY MINI-SESSIONS (EXP)						
Homeschool Intro to Rock Climbing	EXP	Wednesday	2:00 pm	\$30	\$35	\$60
				Additional Sibling: \$25		
Kids Intro to Rock Climbing	EXP	Wednesday	3:45 pm	\$40	\$45	\$80
		Thursday	5:00 pm			
Kids Climbing Movement	EXP	Tuesday	4:30 pm	\$40	\$45	\$80
CLIMBING DROP-IN CLASSES (DI)						
Open Climb	DI	See Y App		FREE	FREE	\$12
Belay Certification	DI	See Y App		\$30	\$30	\$45

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 March and April sessions. 45 minute class, once per week.

» **March - Marine Life!** Activities will include making jellyfish, ocean floor dioramas, and more.

» **April - Our Mother Earth.** Activities will include a nature walk to gather materials for a project, plant fossils, bird seed ornaments, and more.

ARTS & HUMANITIES | POP-UP CLASSES (POP)

Youth Pop-Up: DIY No Bake Recipes (ages 6-11 years) - POP

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

Youth Pop-Up: DIY Garden Steppingstones (ages 6-11 years) - POP

Create and decorate cement garden steps to bring home!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY SESSIONS (EXP)						
Homeschool STEAM Club	EXP	Friday	10:15 am	\$30	\$35	\$60
				Additional Sibling: \$25		
ARTS & HUMANITIES POP-UP CLASSES (POP)						
DIY No Bake Recipes	POP	Tuesday, March 18	3:45 pm	\$20	\$25	\$30
DIY Garden Steppingstones	POP	Monday, April 7	3:45 pm	\$20	\$25	\$30

MIDDLE SCHOOL (ages 11–13)

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.

Upcoming courses:

» **Monday | April 21 | 9:00 am–1:30 pm**

» **Monday | June 23 | 9:00 am–1:30 pm**

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

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.

Flick & Float – Friday, March 7 | 7:30–10:00 pm

Join us for a night of fun in our pool floating around while watching a movie on the big screen! Other activities will include rock wall, basketball, ninja, and games in the lobby.

Spring Fling! – Saturday, April 12 | 6:30–8:30 pm

Join us at the Y after hours for a night of dancing, requesting songs, and hanging out with friends!

TEEN POP-UP EVENTS

DIY Fleece Tie Blankets – Monday, March 13 | 4:30–5:30 pm

Come to the Hangout and bring a friend to make fleece throws for your rooms while listening to music and eating snacks! **Cost: Family Members \$20 | Members \$25 | Guests \$30**

THE HANGOUT

Drop in at the Hangout (formerly the Cycling Room!) to charge your phone, play a board game, color, or whatever other fun activity is going on that day!

DROP-IN HOURS

March – Mondays | 4:00–6:00 pm

April – Wednesdays | 4:30–6:00 pm

May – Tuesdays | 4:00–6:00 pm

June – Thursdays | 4:00–6:00 pm

EVENTS IN THE HANGOUT

Events in The Hangout are free and open to all.

Thursday, March 20th | 10:00 am–2:00 pm | Spring Equinox Celebration

Join us in the Hangout to celebrate the start of spring with herbal tea, spring crafts, and planting seeds to take home!

Mondays in April | 2:00–3:00 pm | Bingo!

Grab a dauber and start playing for a chance to win some prizes! All ages welcome.

Thursdays in April | 10:00 am–5:00 pm | Y Clue: The Case of the Missing Barbell

Stop by the Lobby to grab your player packet and start solving the clues to the case of the missing barbell. All who complete the case correctly will be entered into a raffle for a prize!

Friday, June 6th | 10:00 am–2:00 pm | National Donut Day

Join us in the Hangout for National Donut Day! We will of course have donuts and donut activities and crafts to celebrate!

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. **This class will run during the April, May, and June sessions only.**

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
SWIM LESSONS MONTHLY MINI-SESSIONS (EXP)						
Adult Stroke & Endurance	EXP	Wednesday	6:15 pm	\$56	\$76	\$116
Safety Around Water	EXP	Wednesday	2:00 pm	\$70	\$74	\$147
LIFEGUARD CERTIFICATION COURSES						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday Feb 21-23	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday Feb 23	8:00 am-4:00 pm	\$225	\$225	\$275

HIGH SCHOOL (ages 14-18)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
LIFEGUARD CERTIFICATION COURSES						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday March 18-30	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday March 30	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday April 25-27	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday April 27	8:00 am-4:00 pm	\$225	\$225	\$425
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday May 2-4	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday May 4	8:00 am-4:00 pm	\$225	\$225	\$275

OPEN GYMNASTICS | DROP-IN CLASSES (DI)

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.**

RECREATIONAL GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Tumbling & Flipping (ages 6-18 years) - EXP

This class is for anyone looking to improve their tumbling and acro skills. 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
OPEN GYMNASTICS DROP-IN CLASSES (DI)						
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	FREE	\$15
RECREATIONAL GYMNASTICS MONTHLY MINI-SESSIONS						
Tumbling & Flipping	EXP	Tuesday	4:00 pm	\$50	\$53	\$105.50
RECREATIONAL GYMNASTICS DROP-IN CLASSES (DI)						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15
		Wednesday	7:15 pm			

HIGH SCHOOL (ages 14-18)

SPORTS & FITNESS | 8-WEEK SESSIONS (PRO)

Golf Gains (ages 13+) - PRO

Led by NASM Certified Personal Trainer and Weekend Golfer Bobby McClure, this class is designed for golfers, beginner through advanced, to gain strength and power in the muscles and joints used in the golf swing. Focus will be on proper technique, building strength, and exercises for the core, upper back, chest, forearms, and legs. 60 minute class, once per week.

Tennis Training & Gaining (ages 13+) PRO

Join NASM Certified Personal Trainer Bobby McClure in this weekly small group training designed for tennis players, beginner through advanced, to enhance their tennis game with conditioning in strength training and agility drills. 60 minute class, once per week. **This class is being offered during Spring Session 1 only.**

Project Fuel Fit! (ages 13+) PRO

Project Fuel Fit is an 8 week program combining a deep dive into nutrition with elements of different styles of movement. Participants will be delving into their own personal nutritional needs to fuel their fitness journey with the guidance of a certified nutrition coach. Participants will also get to experience different styles of exercise under the guidance of a certified personal trainer. Each session will be 90 minutes packed with information and movement! Choose to attend either once or twice per week. **The once per week option is available during Spring Session 1 only.**

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.

IRON Teens Weightlifting Club (Grades 8-12) - EXP

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 or invited by an instructor. 60 minute class, once per week.

HIGH SCHOOL (ages 14-18)

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

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 | 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.**

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.**

Drop-In Skate (ages 6-18 years) - DI

Roller-skaters, rollerbladers, and skateboarders are welcome! Come practice your skill outside at the Y on our ramps and grind rail. Equipment is not included; helmets are required to participate. Weather permitting. **The ramps will be set up every Monday in May and June from 4:00-5:30 pm, except for May 26th and June 30th.**

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 9:00 am-1:00 pm on Wednesday, April 22nd.**

Intro to Pickleball (ages 13+) - POP

Never played before and want to see what the game is all about? Join one of our Intro to Pickleball sessions and see why it's one of the nation's fastest growing sports. Please note: this is not a formal lesson.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Golf Gains	PRO	Thursday	2:00 pm	\$80	\$90	\$160
Tennis Training & Gaining	PRO	Thursday	5:30 pm	\$80	\$90	\$160
Project Fuel Fit	PRO	Monday	5:45 pm	\$100	\$110	\$200
		Monday & Thursday	5:45 pm	\$160	\$170	\$260
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Thursday	6:30 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	6:30 pm	\$60	\$70	\$120

HIGH SCHOOL (ages 14-18)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
IRON Teens	PRO	Tuesday & Thursday	4:30 pm	\$100	\$110	\$200
		Tuesday & Thursday	5:30 pm			
Judo - Beginner ages (8+)	EXP	Saturday	9:00 am	FREE	\$40	\$60
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$60
		Wednesday	6:00 pm			
Ninja 201	EXP	Wednesday	5:30 pm	\$45	\$50	\$80
		Saturday	10:00 am			
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$5
Community Pickleball	DI	Monday	6:00 pm	FREE	FREE	\$5
		Sunday	8:00 am			
		Sunday	10:00 am			
Drop-In Skate	DI	See Description		\$3	\$5	\$7
SPORTS & FITNESS POP-UP CLASSES (POP)						
Ninja Training Camp	POP	Wednesday April 22nd	9:00 am-1:00 pm	\$30	\$35	\$60
Intro to Pickleball	POP	TBD	TBD	\$20	\$25	\$40

CLIMBING | 8-WEEK SESSIONS (PRO)

Kids Advanced Climbing Movement & Practice (ages 10-18 years) PRO

Take your climbing skills to new heights! Intended for those with substantial climbing experience or who have completed both Intro to Climbing and Climbing Movement and Practice (or the Mountain Rocker's class under the old system), this class will continue building on the concepts learned in Climbing Movement and Practice, improving climbing knowledge, strength, and stamina. This class will also teach belay technique and will include belay certification for those ages 13 and older. For students under age 13, they will be allowed to belay in class while directly supervised by an instructor, but certification will not be granted until age 13.

CLIMBING | MONTHLY MINI-SESSIONS (EXP)

Adult Intro to Rock Climbing (ages 18+)

Have a fear of heights? Think rock climbing just looks cool? Then this class is for you! This introduction to rock climbing is intended for those who want to try out the sport for the first time and those with some climbing experience who want to improve and become more independent. The class includes the different types of rock climbing, the equipment that's used, basic climbing techniques, and knots necessary for climbing. There will be climbing and bouldering involved during this class with the goal of students becoming comfortable with the climbing wall. 60 minute class, once per week.

HIGH SCHOOL (ages 14-18)

CLIMBING | MONTHLY MINI-SESSIONS (EXP)

Adult Climbing Movement & Practice (ages 18+)

Wanna climb higher, faster, and better? Then this class is the one for you! Intended for those who have taken Intro to Rock Climbing or who have climbing experience and want to build strength and learn new techniques, this class will go over movement techniques that are essential to climbing more difficult routes in the gym or outside. We will also cover relevant climbing terminology, rest and breathing techniques, and the physics involved in climbing. Finally, all students will have the chance to pick a project route and attempt to master that route by the end of the class. 60 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 12+) - DI

Get trained to belay your fellow climbers at the Y! This class will prepare you to take the Keene Family YMCA Belay Certification Test. No prior experience necessary. It is recommended to sign up with a partner. Certification is NOT granted at the end of the class. You will be required to pass the belay test on a different day. If staffing allows, belay tests can be taken during open climb sessions or upon prior arrangement with the climbing wall coordinator. Please be aware that 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. Payment to be made through the front desk at the beginning of the class. **Register through your Y app, or reach out to David Baldwin at DBaldwin@keene-ymca.org if times listed do not work with your schedule.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING 8-WEEK SESSIONS (PRO)						
Kids Advanced Climbing Movement & Practice	PRO	Tuesday	5:30 pm	\$100	\$110	\$200
CLIMBING MONTHLY MINI-SESSIONS (EXP)						
Adult Intro to Climbing	EXP	Wednesday	6:00 pm	\$55	\$60	\$100
		Friday	5:30 pm			
Adult Climbing Movement	EXP	Friday	6:30 pm	\$40	\$45	\$80
CLIMBING DROP-IN CLASSES (DI)						
Open Climb	DI	See Y App		FREE	FREE	\$12
Belay Certification	DI	See Y App		\$30	\$30	\$45

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. Participants in the Intermediate class must take the Beginner class prior, or they can combine and take both classes during the same session. 60 minute class, once per week. Drop ins are welcome!

ARTS & HUMANITIES | POP-UP CLASSES (POP)

Adult Pop-up Event: DIY Resin Jewelry (ages 16+ years) - POP

Join us for a relaxing class listening to music, drinking seltzers, while making resin jewelry with dried flowers, beads, and glitter!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY MINI-SESSIONS (EXP)						
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
ARTS & HUMANITIES DROP-IN CLASSES (DI)						
Ballroom Dancing	DI	Wednesday	6:00 or 7:15 pm	\$12	\$15	\$24
ARTS & HUMANITIES POP-UP CLASSES (POP)						
DIY Resin Jewelry	POP	Thursday March 6th	6:00 pm	\$20	\$25	\$30



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.

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

Join us for a night of fun in our pool floating around while watching a movie on the big screen! Other activities will include rock wall, basketball, ninja, and games in the lobby.

Spring Fling! – Saturday, April 12 | 6:30-8:30 pm

Join us at the Y after hours for a night of dancing, requesting songs, and hanging out with friends!

TEEN POP-UP EVENTS

DIY Fleece Tie Blankets – Monday, March 13 | 4:30-5:30 pm

Come to the Hangout and bring a friend to make fleece throws for your rooms while listening to music and eating snacks! **Cost: Family Members \$20 | Members \$25 | Guests \$30**

THE HANGOUT

Drop in at the Hangout (formerly the Cycling Room!) to charge your phone, play a board game, color, or whatever other fun activity is going on that day!

DROP-IN HOURS

March – Mondays | 4:00-6:00 pm

April – Wednesdays | 4:30-6:00 pm

May – Tuesdays | 4:00-6:00 pm

June – Thursdays | 4:00-6:00 pm

EVENTS IN THE HANGOUT

Events in The Hangout are free and open to all.

Thursday, March 20th | 10:00 am-2:00 pm | Spring Equinox Celebration

Join us in the Hangout to celebrate the start of spring with herbal tea, spring crafts, and planting seeds to take home!

Mondays in April | 2:00-3:00 pm | Bingo!

Grab a dauber and start playing for a chance to win some prizes! All ages welcome.

Thursdays in April | 10:00 am-5:00 pm | Y Clue: The Case of the Missing Barbell

Stop by the Lobby to grab your player packet and start solving the clues to the case of the missing barbell. All who complete the case correctly will be entered into a raffle for a prize!

Friday, June 6th | 10:00 am-2:00 pm | National Donut Day

Join us in the Hangout for National Donut Day! We will of course have donuts and donut activities and crafts to celebrate!

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. **This class will run during the April, May, and June sessions only.**

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
SWIM LESSONS WEEK MONTHLY MINI-SESSIONS (EXP)						
Adult Stroke & Endurance	EXP	Wednesday	6:15 pm	\$56	\$76	\$116
LIFEGUARD CERTIFICATION						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday February 21-23	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday February 23	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday March 28-30	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday March 30	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday April 25-27	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday April 27	8:00 am-4:00 pm	\$225	\$225	\$275
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday May 2-4	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday May 4	8:00 am-4:00 pm	\$225	\$225	\$275

ADULTS (ages 18 and up)

OPEN GYMNASTICS | DROP-IN CLASSES (DI)

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.**

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
OPEN GYMNASTICS DROP-IN CLASSES (DI)						
Adult Open Gymnastics	DI	Monday	7:15 pm	FREE	FREE	\$15
RECREATIONAL GYMNASTICS DROP-IN CLASSES (DI)						
Adult Gymnastics	DI	Tuesday	1:30 pm	\$10	\$10	\$15
		Wednesday	7:15 pm			

SPORTS & FITNESS | 8-WEEK SESSIONS (PRO)

Golf Gains (ages 13+) - PRO

Led by NASM Certified Personal Trainer and Weekend Golfer Bobby McClure, this class is designed for golfers, beginner through advanced, to gain strength and power in the muscles and joints used in the golf swing. Focus will be on proper technique, building strength, and exercises for the core, upper back, chest, forearms, and legs. 60 minute class, once per week.

Tennis Training & Gaining (ages 13+) PRO

Join NASM Certified Personal Trainer Bobby McClure in this weekly small group training designed for tennis players, beginner through advanced, to enhance their tennis game with conditioning in strength training and agility drills. 60 minute class, once per week. **This class is being offered during Spring Session 1 only.**

Project Fuel Fit! (ages 13+) PRO

Project Fuel Fit is an 8 week program combining a deep dive into nutrition with elements of different styles of movement. Participants will be delving into their own personal nutritional needs to fuel their fitness journey with the guidance of a certified nutrition coach. Participants will also get to experience different styles of exercise under the guidance of a certified personal trainer. Each session will be 90 minutes packed with information and movement! Choose to attend either once or twice per week. **The once per week option is available during Spring Session 1 only.**

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.

ADULTS (ages 18 and up)

SPORTS & FITNESS | 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.

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.

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. **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)

Intro to Pickleball (ages 13+) - POP

Never played before and want to see what the game is all about? Join one of our Intro to Pickleball sessions and see why it's one of the nation's fastest growing sports. Please note: this is not a formal lesson.

GRANDPARENTS: GETTING STARTED BY SAFE SITTER (ages 50+)

Participants will learn how to provide the best and safest care for their grandchildren. They will also learn the latest information about how to manage the behavior of children of all ages, in addition to life-saving skills like choking rescue, first aid, and injury management.

UPCOMING CLASSES: Friday, March 7 | 9:00 am-Noon & Friday, April 11 | 9:00 am-Noon

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

ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Golf Gains	PRO	Thursday	2:00 pm	\$80	\$90	\$160
Tennis Training & Gaining	PRO	Thursday	5:30 pm	\$80	\$90	\$160
Project Fuel Fit	PRO	Monday	5:45 pm	\$100	\$110	\$200
		Monday & Thursday	5:45 pm	\$160	\$170	\$260
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$65	\$70	\$140
Fencing (once per week)	EXP	Monday or Thursday	6:30 pm	\$40	\$50	\$80
Fencing (twice per week)	EXP	Monday & Thursday	6:30 pm	\$60	\$70	\$120
Judo - Beginner (ages 8+)	EXP	Saturday	9:00 am	FREE	\$40	\$60
Judo - Teen/Adult (ages 13+)	EXP	Saturday	10:00 am	FREE	\$40	\$60
		Wednesday	6:00 pm			
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15 Guest Pass Required
Community Pickleball	POP	Monday	6:00 pm	FREE	FREE	\$5
		Sunday	8:00 am			
		Sunday	10:00 am			
Racquetball	DI	See Y App		FREE	FREE	N/A
SPORTS & FITNESS POP-UP CLASSES (POP)						
Intro to Pickleball	POP	TBD	TBD	\$20	\$25	\$40

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 | MONTHLY MINI-SESSIONS (EXP)

Adult Intro to Rock Climbing (ages 18+)

Have a fear of heights? Think rock climbing just looks cool? Then this class is for you! This introduction to rock climbing is intended for those who want to try out the sport for the first time and those with some climbing experience who want to improve and become more independent. The class includes the different types of rock climbing, the equipment that's used, basic climbing techniques, and knots necessary for climbing. There will be climbing and bouldering involved during this class with the goal of students becoming comfortable with the climbing wall. 60 minute class, once per week.

Adult Climbing Movement & Practice (ages 18+)

Wanna climb higher, faster, and better? Then this class is the one for you! Intended for those who have taken Intro to Rock Climbing or who have climbing experience and want to build strength and learn new techniques, this class will go over movement techniques that are essential to climbing more difficult routes in the gym or outside. We will also cover relevant climbing terminology, rest and breathing techniques, and the physics involved in climbing. Finally, all students will have the chance to pick a project route and attempt to master that route by the end of the class. 60 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 12+) - DI

Get trained to belay your fellow climbers at the Y! This class will prepare you to take the Keene Family YMCA Belay Certification Test. No prior experience necessary. It is recommended to sign up with a partner. Certification is NOT granted at the end of the class. You will be required to pass the belay test on a different day. If staffing allows, belay tests can be taken during open climb sessions or upon prior arrangement with the climbing wall coordinator. Please be aware that 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. Payment to be made through the front desk at the beginning of the class. **Register through your Y app, or reach out to David Baldwin at DBaldwin@keene-ymca.org if times listed do not work with your schedule.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
CLIMBING MONTHLY MINI-SESSIONS (EXP)						
Adult Intro to Climbing	EXP	Wednesday	6:00 pm	\$55	\$60	\$100
		Friday	5:30 pm			
Adult Climbing Movement	EXP	Friday	6:30 pm	\$40	\$45	\$80
CLIMBING DROP-IN CLASSES (DI)						
Open Climb	DI	See Y App		FREE	FREE	\$12
Belay Certification	DI	See Y App		\$25	\$25	\$50

ADULTS (ages 18 and up)

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. Participants in the Intermediate class must take the Beginner class prior, or they can combine and take both classes during the same session. 60 minute class, once per week. Drop ins welcome!

ARTS & HUMANITIES | POP-UP CLASSES (POP)

Adult Pop-up Event: DIY Resin Jewelry (ages 16+ years) - POP

Join us for a relaxing class listening to music, drinking seltzers, while making resin jewelry with dried flowers, beads, and glitter!

Ballroom Dancing Social (ages 18+) - POP

Grab your partner, your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed are per couple. **Upcoming socials: Friday, March 7 and Friday, April 4 from 6:30-8:45 pm.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY MINI-SESSIONS (EXP)						
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
ARTS & HUMANITIES DROP-IN CLASSES (DI)						
Ballroom Dancing	DI	Wednesday	6:00 or 7:15 pm	\$12	\$15	\$24
ARTS & HUMANITIES POP-UP CLASSES (POP)						
DIY Resin Jewelry	POP	Thursday, March 6	6:00 pm	\$20	\$25	\$30
Ballroom Dancing Social	POP	Friday, March 7 Friday, April 4	6:30 pm	FREE	\$20	\$30

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 January 7 through June 26, 2025**

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

FAMILIES

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

SWIMMING

Family Open Swim (all ages)

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

PARENT/CHILD GYMNASTICS

Family Open Gymnastics (ages 12 & under) - DI

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

Adaptive Gymnastics (ages 12 and under) - DI

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

CLIMBING

Open Climb (ages 5 & up) - DI

Climb the wall under the supervision of a belay-certified staff member. 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
SWIMMING					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
PARENT/CHILD GYMNASTICS					
Family Open Gymnastics	Sunday	9:00 am, 9:45 am, or 10:30 am	FREE	FREE	N/A
	Tuesday	10:30 am			
	Friday	10:30 am			
	Saturday	3:45 pm			
Adaptive Gymnastics	Wednesday	1:00 pm	\$10	\$10	\$15
CLIMBING					
Open Climb	See Y App		FREE	FREE	\$12
BASKETBALL					
Open Basketball	See Court Schedule		FREE	FREE	Varies
NINJA					
Open Ninja	See Y App		FREE	FREE	\$12





PERSONAL TRAINING

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

If you would like to book a session with one of our trainers, reach out directly to Health and Wellness Director, Bridget Moynihan at bmoynihan@keene-ymca.org. She'll help match you with the trainer that best suits your goals.

AQUATIC PERSONAL TRAINING

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

PERSONAL TRAINING RATES

All training sessions are priced as follows:

- 1-hour session: Member \$55 | Guest \$75
- 5 1-hour sessions: Member \$250 | Guest \$325
- Half-hour session: Member \$35 | Guest \$55
- 5 half-hour sessions: Member \$155 | Guest \$225

HUMAN MOVEMENT ANALYSIS

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

Private Session:

Member \$60 | Guest \$100

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 \$88 | Guests \$104
- 13 Sessions: Members \$260 | Guests \$306
- 26 Sessions: Members \$468 | Guests \$552
- 52 Sessions: Members \$832 | Guests \$978

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:

Tuesday, March 18 | 6:00–8:00 pm

Thursday, April 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 for details.

SPECIAL EVENTS

MARCH 2025

GRANDPARENTS: GETTING STARTED BY SAFE SITTER

DATE/TIME: Friday, March 7 | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: 50+

COST: Family Member FREE | Member \$20 | Guest \$40

This class by Safe Sitter is designed to teach adults to provide the best and safest care for their grandchildren.

BALLROOM DANCING SOCIAL

DATE/TIME: Friday, March 7 | 6:30-8:45 pm

LOCATION: Keene Family YMCA

AGES: 18+

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

Grab your partner, your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed are per couple.

TRY YOUR LUCK PICKLEBALL TOURNAMENT

DATE/TIME: March 8-9 | Times TBD

LOCATION: Keene Family YMCA

AGES: 13+

COST: \$45/Player

Save the date! Division details TBD.

KIDS NIGHT OUT

DATE/TIME: Friday, March 14 | 5:30-8:30 pm

LOCATION: Keene Family YMCA

AGES: 5-13

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

Enjoy a night out while the kids engage in fun and safe activities at the Y. Kids will participate in games, crafts, climbing, and the new Ninja Rig! We'll even provide dinner and a snack.

Y AFTER HOURS

DATE/TIME: Saturday, March 15 | 6:00-9:00 pm

LOCATION: Keene Family YMCA

AGES: 18+

COST: Family Members FREE | Members \$10 | Guests \$15

Take the night off and join us for an exciting evening just for adults! This is your time to play, connect, and recharge. Don't miss out—fun is waiting after hours at the Y!

HEALTHY LIVING WORKSHOP: WHY GRIP STRENGTH IS IMPORTANT FOR LONGEVITY

DATE/TIME: Tuesday, March 18 | 5:00-7:00 pm

LOCATION: Keene Family YMCA Lobby

AGES: 13+

COST: All Members FREE | Guests \$10

A Q & A exploring why grip strength is a key indicator of overall health and longevity. Learn how it reflects muscular endurance, functional fitness, and overall vitality, along with practical tips for improving grip strength to support long-term wellness and independence.

FINANCIAL WELLNESS WORKSHOP: MONEY SENSE FOR YOUTH & TEENS

DATE/TIME: Wednesday, March 19 | 5:30 pm

LOCATION: Keene Family YMCA

AGES: 11-18

COST: All Members FREE | Guests \$10

It's never too early to learn how to manage your finances! This workshop will arm them with the tools they need to build healthy financial habits early. Presented in part by NBT Bank.

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

SPECIAL EVENTS

MARCH 2025

FLICK & FLOAT

DATE/TIME: Friday, March 21 | 6:00-8:00 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 movies while floating in the pool! Prices listed are for 2 adults & 2 children. Individual passes are also available for Members at \$5 and Guests \$8.

ADULT DODGEBALL NIGHT

DATE/TIME: Friday, March 28 | 7:00-9:00 pm

LOCATION: Keene Family YMCA

AGES: 18+

COST: \$80/Team

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

APRIL 2025

HEALTHY LIVING WORKSHOP: CHALLENGING FITNESS MISCONCEPTIONS

DATE/TIME: Tuesday, April 1 | 5:30-7:00 pm

LOCATION: Keene Family YMCA Community Room

AGES: 13+

COST: All Members FREE | Guests \$10

Some fitness myths can hinder progress, cause injuries, and negatively impact health and the enjoyment of exercise. This Q & A evening will bust popular fitness myths with real facts.

BALLROOM DANCING SOCIAL

DATE/TIME: Friday, April 4 | 6:30-8:45 pm

LOCATION: Keene Family YMCA

AGES: 18+

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

Grab your partner, your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed are per couple.

WEIGHTLIFTING MEET

DATE/TIME: Sunday, April 6 | 9:00 am-1:00 pm

LOCATION: Keene Family YMCA Wellness Center

AGES: 13+

COST: All Members \$50 | Guests \$75

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

GRANDPARENTS: GETTING STARTED BY SAFE SITTER

DATE/TIME: Friday, April 11 | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: 50+

COST: Family Member FREE | Member \$20 | Guest \$40

This class by Safe Sitter is designed to teach adults to provide the best and safest care for their grandchildren.

EASTER EGG HUNT IN THE POOL

DATE/TIME: Friday, April 18 | 6:00-8:00 pm

LOCATION: Keene Family YMCA Aquatics Center

AGES: All Ages

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

Hunt for eggs in the pool then stick around for Family Open Swim! Prices listed are per child. Caregivers are welcome free of charge.

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

SPECIAL EVENTS

MAY 2025

HEALTHY KIDS DAY

DATE/TIME: Saturday, May 3 | 10:00 am–2:00 pm

LOCATION: Keene Family YMCA

AGES: All Ages

COST: FREE for All

Join us for an open house and activities that showcase all of the ways the Y helps build healthy kids! Activities to include program demos, climbing, swimming, gymnastics, and more.

HEALTHY LIVING WORKSHOP: BALANCE & STABILITY IN AGING POPULATIONS

DATE/TIME: Tuesday, May 6 | 5:30–7:00 pm

LOCATION: Keene Family YMCA Multipurpose Room

AGES: 13+

COST: All Members FREE | Guests \$10

This workshop demonstrates simple exercises to improve balance and prevent falls, and includes discussion to encourage lifelong fitness for independence and quality of life.

SENIOR PROM

DATE/TIME: Sunday, May 11 | 1:00–4:00 pm

LOCATION: Keene Family YMCA

AGES: 60+

COST: Family Members FREE | Members \$10 | Guests \$15

Dress to impress and get ready to make new memories. This prom is all about fun, laughter, and celebration.

JUNE 2025

HEALTHY LIVING WORKSHOP: WHY INTERVAL TRAINING IS IDEAL FOR CARDIO HEALTH

DATE/TIME: Tuesday, June 3 | 5:00–7:00 pm

LOCATION: Keene Family YMCA Community Room

AGES: 13+

COST: All Members FREE | Guests \$10

Explore how interval training boosts cardiovascular health more effectively than steady-state cardio. Discover how alternating high and low-intensity efforts can improve heart efficiency, endurance, and overall fitness while saving time.

OTTER ROMP YOUTH TRIATHLON

DATE/TIME: Sunday, June 8 | 9:00 am

LOCATION: Keene Family YMCA

AGES: 6–12

COST: \$30/person

The Otter Romp is the only youth triathlon in the Monadnock region, offering kids ages 6–12 a safe and positive introduction to the sport.

SUMMER CAMP OPEN HOUSE

DATE/TIME: Friday, June 20 | 5:00–7:00 pm

LOCATION: Keene Family YMCA

AGES: All Ages

COST: Free for All

Join us for camp family friendly games along with an opportunity to meet our Camp Directors, Staff, campers and families. A light meal will be available of Hot dog, chips and “bug juice”.

FLICK & FLOAT | MOANA

DATE/TIME: Friday, June 20 | 6:00–8:00 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 movies while floating in the pool! Prices listed are for 2 adults & 2 children. Individual passes are also available for Members at \$5 and Guests \$8.

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