



SCAN to register!



KEENE FAMILY YMCA 2026 PROGRAM GUIDE

SPRING SESSION 1 | March 1-April 25

SPRING SESSION 2 | May 3-June 20

MONTHLY MINI-SESSIONS

» March 1-28 | April 1-28

» May 3-28 | June 1-20



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
- » 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.**

TEEN WELLNESS ORIENTATION (TWO)

Members must be age **13 or older** to access the Wellness Floor which includes the strength circuit rotunda, free weight area, and cardio machines. This does not include the indoor track. Teens ages 13-15 are required to complete our Teen Wellness Orientation before using the exercise equipment independently. Sign up for your TWO through the Y's mobile app, or stop by the Welcome Center for assistance.

FACILITY HOURS

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

Saturday | 6:00 am - 6:00 pm

Sunday | 8:00 am-5:00 pm

Summer Sunday Hours begin June 14!

8:00 am-Noon

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 3:45-7:00pm

Saturday: 8:45-12:00pm

This schedule is subject to change based on availability of staff. For schedule updates, please subscribe to the ChildWatch Updates channel in the Community Hub, located in the Y's mobile app.



Membership Rates

Membership Type	If you pay Monthly	If you pay Annually	One-Time Join Fee
Youth (age 0-12)	\$20	\$240	\$30
Teen (age 13-18)	\$31	\$372	\$30
Young Adult (age 19-29)	\$39	\$468	\$30
Adult (age 30+)	\$55	\$660	\$30
Adult Couple (ages 30+)	\$83	\$996	\$30
Single Parent Family	\$73	\$876	\$30
Family	\$90	\$1080	\$30
College Student	\$31	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 1-April 25, 2026	2/9	2/11	2/16
	March Mini Session (4 weeks): March 1-28, 2026			
	April Mini Session (4 weeks): April 1-28, 2026			
Spring Session 2	7-week Session: May 3-June 20, 2026	2/9	4/8	4/13
	May Mini Session (4 weeks): May 3-28, 2026			
	June Mini Session (3 weeks): June 1-20, 2026			

**There will be no programs running on Memorial Day, Monday, May 25th.
All affected classes 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 [keeneymca.org/programs](https://www.keeneymca.org/programs) anytime during the designated registration period. You must have a billing method and email address on file to register online. **Payment is due in-full at the time of registration.** Spots will not be held without payment. Classes will not be pro-rated for late enrollment. We may be able to accommodate late registration if space is available, but the full program fee will be charged. Program Registration is on a first-come, first-served basis. **Please speak with a Welcome Center representative if you have any questions.**

For Drop-In classes, members and guests can register through the Y app and pay the drop-in fee when they arrive for class.

Procedures and Refund Policy

Switching Classes

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

Program Refunds/Credits

Program refunds/credits may be issued in the case of injury or illness that prevents you from completing the class. A doctor's note will be required. Please speak to the program director if you have questions.

Program Cancelations

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

Class Cancelations

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

Drop-off and Pick-up

Children under 11 years old must be dropped off and picked up by an adult from class at the designated beginning and end time. We value this time to communicate with our Y families and continuous supervision provides the safest possible environment for your child. Please be on time for programs to ensure your child has the proper warm-up to prevent injury and/or receives instructions to complete the day's objectives.



HOW TO USE THIS BROCHURE

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

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

PLEASE NOTE:

- » **The age groups listed for each category are meant to be a guide.** Every program varies and the age group for each program may not cover the entire age range noted for that category. Age ranges for each program are listed in the program description.
- » **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	6:00 pm	\$43	\$58	\$89
		Wednesday	4:00 pm			
		Thursday	6:00 pm			
		Saturday	11:00 am			
			11:30 am			

ADULT & CHILD GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Toddler Gymnastics (ages 1-3 years) - EXP

In this fun, active class, children build coordination, confidence, and early gymnastics skills through exciting weekly circuits. Led by an instructor, with hands-on help from a caregiver as little ones move through the activities. 45-minute class, once per week.

Family Gymnastics (ages walking-5 years) - EXP

Perfect for families with multiple little ones! Siblings learn together through fun weekly obstacle courses and circuits that build coordination, confidence, and early gymnastics skills. Caregiver participation is required. 45-minute class, once per week. Price listed is per child.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PARENT/CHILD GYMNASTICS MONTHLY MINI-SESSIONS (EXP)						
Toddler Gymnastics	EXP	Monday	9:00 am	\$40	\$45	\$80
		Wednesday	10:00 am			
		Saturday	9:00 am			
Family Gymnastics	EXP	Tuesday	9:30 am	\$40	\$45	\$80
		Friday	9:30 am			
		Saturday	10:00 am			

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!



INFANTS & TODDLERS (ages 0-2)

ADULT & CHILD GYMNASTICS | DROP-IN CLASSES (DI)

Family Open Gymnastics (ages 12 & 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ADULT & 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			
			11:15 am			
Friday	10:30 am					

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) - 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.

SAVE THE DATE!

Healthy Kids Day

Saturday, April 18th | 1:00-4:00 pm

A free day at the Y! Participate in program demos, learn about YMCA Programs & Camps, and enjoy a fun family day together. Free and open to all!

PRESCHOOL (ages 3-5)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PRESCHOOL SWIM LESSONS MONTHLY MINI-SESSIONS (EXP)						
Aquatot	EXP	Tuesday	6:00 pm	\$43	\$58	\$89
		Wednesday	4:00 pm			
		Thursday	6:00 pm			
		Saturday	11:00 am			
			11:30 am			
P1 - Water Acclimation	EXP	Thursday	10:45 am	\$57	\$76	\$118
PRESCHOOL SWIM LESSONS 8-WEEK SESSION (PRO)						
P1 - Water Acclimation	PRO	Tuesday & Thursday	4:00 pm	\$158	\$166	\$331.50
		Monday	4:45 pm or 5:30 pm	\$107	\$113	\$224
		Friday	4:45 pm or 5:30 pm			
		Saturday	9:45 am or 10:30 am			
P2 - Water Movement	PRO	Tuesday & Thursday	4:45 pm	\$158	\$166	\$331.50
		Monday	4:00 pm or 5:30 pm	\$107	\$113	\$224
		Friday	4:00 pm or 5:30 pm			
		Saturday	9:00 am			
P3 - Water Stamina	PRO	Tuesday & Thursday	5:30 pm	\$158	\$166	\$331.50
		Wednesday	4:45 pm	\$107	\$113	\$224

ADULT & CHILD GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Toddler Gymnastics (ages 1-3 years) - EXP

In this fun, active class, children build coordination, confidence, and early gymnastics skills through exciting weekly circuits. Led by an instructor, with hands-on help from a caregiver as little ones move through the activities. 45-minute class, once per week.

Tiny Tumblers (ages 3-4 years) - exp

If your child is ready for a little more challenge, but not quite ready to go it alone, this is the class for you! This class takes children through weekly circuits designed to help them develop beginner gymnastics skills. Led by an instructor, with hands-on help from a caregiver as little ones move through the activities. 45-minute class, once per week.

Family Gymnastics (ages walking-5 years) - EXP

Perfect for families with multiple little ones! Siblings learn together through fun weekly obstacle courses and circuits that build coordination, confidence, and early gymnastics skills. Caregiver participation is required. 45-minute class, once per week. Price is per child.

PRESCHOOL (ages 3-5)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ADULT & CHILD GYMNASTICS MONTHLY MINI-SESSIONS (EXP)						
Toddler Gymnastics	EXP	Monday	9:00 am	\$40	\$45	\$80
		Wednesday	10:00 am			
		Saturday	9:00 am			
Tiny Tumblers	EXP	Monday	10:00 am	\$40	\$45	\$80
		Saturday	11:00 am			
Family Gymnastics	EXP	Tuesday	9:30 am	\$40	\$45	\$80
		Friday	9:30 am			
		Saturday	10:00 am			

ADULT & CHILD GYMNASTICS | DROP-IN CLASSES (DI)

Family Open Gymnastics (ages 12 & 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ADULT & CHILD GYMNASTICS DROP-IN CLASSES (DI)						
Family Open Gymnastics	DI	Sunday	9:00 am	FREE	FREE	N/A
			9:45 am			
			10:30 am			
		Tuesday	10:30 am			
			11:15 am			
		Friday	10:30 am			

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PRESCHOOL (ages 3-5)

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 by an instructor, or evaluated by the Gymnastics Coordinator. 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.

PROGRESSIVE GYMNASTICS | MONTHLY MINI-SESSIONS (EXP)

Three All Me! (age 3 years) - EXP

This 30-minute class is designed for independent three-year-olds who are ready to explore gymnastics all on their own! Parents do not accompany children onto the floor. Gymnasts build confidence, coordination, and listening skills through fun, structured activities led by our caring coaches. It's perfect for those ready to move beyond parent-child classes.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS 8-WEEK SESSION (PRO)						
Shooting Stars	PRO	Thursday	5:00 pm	\$138	\$145	\$280
Tumbling Stars	PRO	Monday	11:00 am	\$97	\$102	\$204
		Tuesday	5:15 pm			
		Thursday	4:00 pm			
		Saturday	12:00 pm			
PROGRESSIVE GYMNASTICS MONTHLY MINI-SESSIONS (EXP)						
Three All Me!	EXP	Wednesday	10:00 am	\$45	\$50	\$90

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Home School Ninja (ages 5-12 years) - EXP

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

Home School PE (ages 5-12 years) - EXP

This class is for all school-aged children. Participants 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.

PRESCHOOL (ages 3-5)

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Squeaky Sneakers (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.

Soccer Skills & Drills (ages 4-6 years) - EXP

Join us for a fun introduction to soccer! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 45-minute class, once per week. **This class will run during the March & April Mini Sessions.**

Baseball Skills & Drills (ages 4-6 years) - EXP

Join us for a fun introduction to baseball! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 45-minute class. **This class will run during the May Mini Session only.**

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.** 60 minute class.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Home School Ninja	EXP	Thursday	2:00 pm	\$35	\$40	\$70
				Additional Sibling - \$35		
Home School PE	EXP	Friday	9:00 am	\$35	\$40	\$70
				Additional sibling - \$35		
Squeaky Sneakers	EXP	Thursday	9:30 am	FREE	\$35	\$60
Soccer Skills & Drills	EXP	Friday	10:30 am	\$35	\$40	\$70
Baseball Skills & Drills	EXP	Friday	10:30 am	\$35	\$40	\$70
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	\$5	\$12

ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

Afterschool Kids Club (ages 5-12 years) - EXP

The Y's Afterschool Kids Club is a fun, hands-on afterschool program where each month brings a brand-new theme. **March:** No Bake Club, **April:** Slime & More, **May:** Nature Explorations, **June:** Smoothie Making. 60-minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY MINI-SESSION (EXP)						
Afterschool Kids Club	EXP	Tuesday	3:30 pm	\$42	\$47	\$84

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 years) - 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 years) - 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 years) - 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 years) - 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 years) - 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 years) - PRO

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

KEENE YMCA DOLPHINS SWIM TEAM

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



Reach out to Head Swim Coach

Pedr Seymour at
pseymour@keene-ymca.org
or visit keeneymca.org



ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIM LESSONS 8-WEEK SESSION (PRO)						
Y1 - Youth Water Acclimation	PRO	Tuesday & Thursday	5:30 pm	\$158	\$166	\$331.50
		Monday	4:00 pm	\$107	\$113	\$224
		Wednesday	4:45 pm			
		Friday	4:00 pm			
		Saturday	9:00 am or 10:30 am			
Y2 - Youth Water Movement	PRO	Tuesday & Thursday	4:45 pm	\$158	\$166	\$331.50
		Monday	4:45 pm	\$107	\$113	\$224
		Wednesday	5:30 pm			
		Friday	4:45 pm			
		Saturday	9:45 am			
Y3 - Youth Water Stamina	PRO	Tuesday & Thursday	4:45 pm or 5:45 pm	\$158	\$166	\$331.50
		Monday	4:00 pm or 4:45 pm	\$114	\$120	\$240
		Wednesday	4:00 pm or 4:45 pm			
		Friday	4:00 pm or 4:45 pm			
		Saturday	10:45 am			
Y4 - Youth Stroke Introduction	PRO	Tuesday & Thursday	4:00 or 4:45 pm	\$158	\$166	\$331.50
		Monday	4:45 or 5:30 pm	\$114	\$120	\$240
		Wednesday	4:45 pm or 5:30 pm			
		Friday	4:45 pm or 5:30 pm			
		Saturday	9:45 am			
Y5/6 - Youth Stroke Development & Mechanics	PRO	Tuesday & Thursday	5:45 pm	\$158	\$166	\$331.50
		Monday	4:00 pm or 5:30 pm	\$114	\$120	\$240
		Wednesday	4:00 pm or 5:30 pm			
		Friday	4:00 pm or 5:30 pm			
		Saturday	9:00 am			
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$163	\$171	\$343

ELEMENTARY (ages 6-10)

ADULT & CHILD GYMNASTICS | DROP-IN CLASSES (DI)

Family Open Gymnastics (ages 12 & 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ADULT & CHILD GYMNASTICS DROP-IN CLASSES (DI)						
Family Open Gymnastics	DI	Sunday	9:00 am	FREE	FREE	N/A
			9:45 am			
			10:30 am			
		Tuesday	10:30 am			
			11:15 am			
		Friday	10:30 am			

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 by an instructor, or evaluated by the Gymnastics Coordinator. 75 min class, once per week

Beginner (ages 6-13 years) - PRO

Open to all gymnasts. No previous experience necessary. Gymnasts will progress through foundational gymnastics movements that set the stage for future development within the sport. 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 as well as hold their chin above the bar for 3 seconds, confidently walk forward and sideways on the beam, perform a forward roll on the floor, as well as a T, Lever and Mini handstand. 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 on vault, perform three straight arm casts in a row on bars, releve walking forward, backward, and sideways on the beam, as well as perform a straight jump, pivot turn, T, and Lever. On floor, they should be able to cartwheel with correct form, hold a handstand, and perform a backward roll down a wedge mat with no assistance. 90 minute class, once per week.

ELEMENTARY (ages 6-10)

PROGRESSIVE GYMNASTICS | 8-WEEK SESSION (PRO)

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.

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	\$138	\$145	\$280
Beginner	PRO	Tuesday	4:00 pm	\$102	\$108	\$215
		Thursday	5:15 pm			
Intermediate	PRO	Tuesday	5:15 pm	\$102	\$108	\$215
		Thursday	4:00 pm			
Advanced	PRO	Thursday	5:45 pm	\$166	\$174	\$350

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.

Ninja Training (ages 6-12 years) - PRO

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

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Home School PE (ages 5-12 years) - 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.

Soccer Skills & Drills (ages 4-6 years) - EXP

Join us for a fun introduction to soccer! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 45-minute class, once per week. **This class will be held during the March and April Mini Sessions.**

Baseball Skills & Drills (ages 4-6 years) - EXP

Join us for a fun introduction to baseball! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 45-minute class, once per week. **This class will be held during the May Mini Session only.**

ELEMENTARY (ages 6–10)

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Sports Fundamentals (ages 6–12 years) – EXP

Learn a new sport or step up your game! Improve your skills with this youth sports fundamental skills classes. Discover your favorite while making new friends and having fun! **March: Floor Hockey, April: Pickleball, May & June: Flag Football***. 45-minute class, once per week. ***Flag Football is open to ages 7–12 years.**

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. 75-120 minute class, once per week.

Ninja 101 (ages 6–12 years) | Home School Ninja (ages 5–12 years) – 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.

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 (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 7th! 2 hour class, once per week, **Wednesdays for 6 weeks, April 29-June 3.**

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.**

The Otter Romp Youth Triathlon

For kids ages 5–12

Sunday, June 7th | 9:00 am

Entry Fee: \$35

Registration Opens April 1st!



ELEMENTARY (ages 6-10)

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			
Ninja Training	PRO	Wednesday	5:30 pm	\$90	\$95	\$180
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Home School Ninja	EXP	Thursday	2:00 pm	\$35	\$40	\$70
				Additional Sibling - \$35		
Home School PE	EXP	Friday	9:00 am	\$35	\$40	\$70
				Additional Sibling - \$35		
Soccer Skills & Drills	EXP	Friday	10:30 am	\$35	\$40	\$70
Baseball Skills & Drills	EXP	Friday	10:30 am	\$35	\$40	\$70
Sports Fundamentals	EXP	Tuesday	4:00 pm	\$35	\$40	\$70
Judo - Beginner	EXP	Saturday	9:00 am	FREE	\$40	\$60
Ninja 101	EXP	Monday	6:00 pm	\$45	\$50	\$70
		Tuesday	4:00 pm			
		Thursday	3:30 pm			
		Saturday	10:00 am			
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$140	\$140	N/A
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	\$5	\$12

ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

Afterschool Kids Club (ages 5-12 years) - EXP

The Y's Afterschool Kids Club is a fun, hands-on afterschool program where each month brings a brand-new theme.

March: No Bake Club, **April:** Slime & More, **May:** Nature Explorations, **June:** Smoothie Making. 60-minute class, once per week.

ESports Club (ages 6-12 years) - EXP

Join us for Esports Club and enjoy gaming with friends in a fun, social environment! Play together, build teamwork skills, and improve gaming skills. 60-minute session, once per week.

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

Join us for STEAM Club to participate in activities and projects that are a combination of the arts and science! 60 minute class, once per week.

ELEMENTARY (ages 6-10)

PROGRAM		DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY MINI-SESSIONS (EXP)						
Afterschool Kids Club	EXP	Tuesday	3:30 pm	\$42	\$47	\$84
ESports Club	EXP	Wednesday	3:30 pm	\$42	\$47	\$84
Homeschool STEAM Club	EXP	Thursday	10:30 am	\$42	\$47	\$84
				Additional Sibling: \$35		
STEAM Club	EXP	Wednesday	4:45 pm	\$42	\$47	\$84

SPRING BREAK | YMCA DAYS!

Come experience all the YMCA has to offer such as time in the pool, Ninja Room, Gymnastics Floor, The Hangout and more! This program is open to ages 6-12 years.

Program Rates & Dates:

Friday, March 27, 9:00 am-4:00 pm - Family Members \$50 | Members \$55 | Guests \$100

Monday, April 27, 9:00 am-1:00pm - Family Members \$35 | Members \$40 | Guests \$70

Wednesday, April 29, 9:00 am-1:00 pm - Family Members \$35 | Members \$40 | Guests \$70

ENROLL YOUR CHILD TODAY!

February & April School Vacation Camps

Keep your child active and engaged while school is out! Our full-day vacation camps for grades K-5 run from 8:00 am-5:00 pm and offer a mix of STEM projects, creative arts, indoor climbing, gym games, outdoor play, gymnastics, and swimming.

Campers should come with a peanut/tree nut-free morning snack, lunch, and afternoon snack, and send your child with weather-appropriate outdoor gear.

Weekly Rates:

School-Age Program Participants: \$200

YMCA Members: \$225

Non-Members: \$280

**SPOTS ARE LIMITED!
LEARN MORE &
REGISTER TODAY**



MIDDLE SCHOOL (ages 11-13)

SWIM LESSONS | 8-WEEK SESSION (PRO)

For help finding the right class for your child, please refer to the Swim Level Assessment Tool, available at the Welcome Center.

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

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

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

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

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

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

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

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

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

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

Junior Dolphins (ages 6-13) - PRO

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

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, once per week.

SAVE THE DATE!

Healthy Kids Day

Saturday, April 18th | 1:00-4:00 pm

A free day at the Y! Participate in program demos, learn about YMCA Programs & Camps, and enjoy a fun family day together. Free and open to all!

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	Tuesday & Thursday	5:30 pm	\$158	\$166	\$331.50
		Monday	4:00 pm	\$107	\$113	\$224
		Wednesday	4:45 pm			
		Friday	4:00 pm			
		Saturday	9:00 am or 10:30 am			
Y2 - Youth Water Movement	PRO	Tuesday & Thursday	4:45 pm	\$158	\$166	\$331.50
		Monday	4:45 pm	\$107	\$113	\$224
		Wednesday	5:30 pm			
		Friday	4:45 pm			
		Saturday	9:45 am			
Y3 - Youth Water Stamina	PRO	Tuesday & Thursday	4:45 pm or 5:45 pm	\$158	\$166	\$331.50
		Monday	4:00 pm or 4:45 pm	\$114	\$120	\$240
		Wednesday	4:00 pm or 4:45 pm			
		Friday	4:00 or 4:45 pm			
		Saturday	10:45 am			
Y4 - Youth Stroke Introduction	PRO	Tuesday & Thursday	4:00 pm or 4:45 pm	\$163	\$171	\$343
		Monday	4:45 pm or 5:30 pm	\$114	\$120	\$240
		Wednesday	4:45 pm or 5:30 pm			
		Friday	4:45 pm or 5:30 pm			
		Saturday	9:45 am			
Y5/6 - Youth Stroke Development & Mechanics	PRO	Tuesday & Thursday	5:45 pm	\$163	\$171	\$343
		Monday	4:00 pm or 5:30 pm	\$114	\$120	\$240
		Wednesday	4:00 pm or 5:30 pm			
		Friday	4:00 pm or 5:30 pm			
		Saturday	9:00 am			
Junior Dolphins	PRO	Tuesday & Thursday	4:00 pm	\$163	\$171	\$343
SWIM LESSONS MONTHLY MINI-SESSIONS (EXP)						
Adult Stroke & Endurance	EXP	Wednesday	6:30 pm	\$63	\$86	\$131

MIDDLE SCHOOL (ages 11-13)

OPEN GYMNASTICS | DROP-IN CLASSES (DI)

Family Open Gymnastics (ages 12 & 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
OPEN GYMNASTICS DROP-IN CLASSES						
Family Open Gymnastics	DI	Sunday	9:00 am	FREE	FREE	N/A
			9:45 am			
			10:30 am			
		Tuesday	10:30 am			
			11:15 am			
		Friday	10:30 am			

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. Gymnasts will progress through foundational gymnastics movements that set the stage for future development within the sport. 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 as well as hold their chin above the bar for 3 seconds, confidently walk forward and sideways on the beam, perform a forward roll on the floor, as well as a T, Lever and Mini handstand. 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 on vault, perform three straight arm casts in a row on bars, releve walking forward, backward, and sideways on the beam, as well as perform a straight jump, pivot turn, T, and Lever. On floor, they should be able to cartwheel with correct form, hold a handstand, and perform a backward roll down a wedge mat with no assistance. 90 minute class, once per week.

Rising Stars (ages 6-13 years)

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

MIDDLE SCHOOL (ages 11-13)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
PROGRESSIVE GYMNASTICS 8-WEEK SESSION (PRO)						
Beginner	PRO	Tuesday	4:00 pm	\$102	\$108	\$215
		Thursday	5:15 pm			
Intermediate	PRO	Tuesday	5:15 pm	\$102	\$108	\$215
		Thursday	4:00 pm			
Advanced	PRO	Thursday	5:45 pm	\$166	\$174	\$350
Rising Stars	PRO	Tuesday & Thursday	4:00 pm	\$330	\$347	N/A

SPORTS & FITNESS | 8-WEEK SESSION (PRO)

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

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

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

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.

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!

Uplifting Girls (ages 11+) - PRO

UpLifting Girls is a program that serves preteen-teen girls who want to learn how to improve their fitness using gym equipment like free weights, weight machines, cable machines, cardio machines, and other tools. Participants will be introduced to different styles of exercise and taught good body mechanics in a positive setting that helps to build their confidence and knowledge. Participants also have the opportunity to discuss nutrition topics related to exercise performance and wellbeing and learn how to apply that knowledge to their personal fitness journeys. Participants will be coached by a personal trainer and certified nutrition coach. 90 minute class, once per week.

Ninja Training (ages 6-12 years) - PRO

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

MIDDLE SCHOOL (ages 11–13)

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.

Home School PE (ages 5–12 years) – 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.

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. 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 (ages 5–12 years) – 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.

Sports Fundamentals (ages 6–12 years) – EXP

Learn a new sport or step up your game! Improve your skills with this youth sports fundamental skills classes. Discover your favorite while making new friends and having fun! **March: Floor Hockey, April: Pickleball, May & June: Flag Football***. 45-minute class, once per week. ***Flag Football is open to ages 7–12 years.**

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 (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 7th! 2 hour class, once per week, **Wednesdays for 6 weeks, April 29–June 3.**

MIDDLE SCHOOL (ages 11-13)

SPORTS & FITNESS | DROP-IN CLASSES (DI)

Community Pickleball League & Lessons (ages 13+)

Monday nights are for Pickleball! Depending on the week, we will offer open play, lessons or other fun social events.

Community Pickleball (ages 13+) - DI

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

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 13+) - 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.**

SPORTS & FITNESS | POP-UP CLASSES (POP)

Intro to Pickleball (ages 13+)

Never played before and want to see what the game is all about? Join one of our Intro to pickleball sessions to be introduced to the game. This is not a lesson. **Spring classes will be held: Mondays - March 9 & 23, April 6 & 20, May 11.**

The Otter Romp Youth Triathlon

For kids ages 5-12

Sunday, June 7th | 9:00 am

Entry Fee: \$35

Registration Opens April 1st!



MIDDLE SCHOOL (ages 11-13)

PROGRAM		DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Basketball Skills & Play	PRO	Saturday	8:00 am	\$65	\$70	\$130
IRON Teens	PRO	Tuesday & Thursday	4:30 pm	\$125	\$135	\$250
		Tuesday & Thursday	5:30 pm			
Project Fuel Fit	PRO	Monday & Thursday	5:45 pm	\$225	\$235	\$450
Uplifting Girls	PRO	Tuesday	5:45 pm	\$125	\$135	\$250
Ninja Training	EXP	Wednesday	5:30 pm	\$90	\$95	\$180
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Group Training	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$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	\$35	\$40	\$70
				Additional Sibling: \$35		
Home School PE	EXP	Friday	9:00 am	\$35	\$40	\$70
				Additional Sibling: \$35		
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	\$70
		Monday	6:00 pm			
		Tuesday	4:00 pm			
		Thursday	3:30 pm			
Sports Fundamentals	EXP	Tuesday	4:00 pm	\$35	\$40	\$70
Team Ninja	EXP	Tuesday & Thursday	5:30 pm	\$140	\$140	N/A
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		FREE	FREE	\$5
Community Pickleball Leagues & Lessons	DI	Monday	6:00 pm	Varies		
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
SPORTS & FITNESS POP-UP CLASSES (POP)						
Intro to Pickleball	POP	See Description		\$20	\$25	\$40

MIDDLE SCHOOL (ages 11-13)

ARTS & HUMANITIES | MONTHLY MINI-SESSIONS (EXP)

Afterschool Kids Club (ages 5-12 years) - EXP

The Y's Afterschool Kids Club is a fun, hands-on afterschool program where each month brings a brand-new theme.

March: No Bake Club, **April:** Slime & More, **May:** Nature Explorations, **June:** Smoothie Making. 60-minute class, once per week.

ESports Club (ages 6-12 years) - EXP

Join us for Esports Club and enjoy gaming with friends in a fun, social environment! Play together, build teamwork skills, and improve gaming skills. 60-minute session, once per week.

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

Join us for STEAM Club to participate in activities and projects that are a combination of the arts and science! 60 minute class, once per week.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
ARTS & HUMANITIES MONTHLY SESSIONS (EXP)						
Afterschool Kids Club	EXP	Tuesday	3:30 pm	\$42	\$47	\$84
ESports Club	EXP	Wednesday	3:30 pm	\$42	\$47	\$84
Homeschool STEAM Club	EXP	Thursday	10:30 am	\$42	\$47	\$84
				Additional Sibling: \$35		
STEAM Club	EXP	Wednesday	4:45 pm	\$42	\$47	\$84



SAFESITTER

Designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!



UPCOMING CLASS

AT THE KEENE FAMILY YMCA: MONDAY, APRIL 27 | 9AM-1:30PM

MIDDLE SCHOOL (ages 11-13)

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, and tumble with friends. Pizza, snacks and drinks will be available for purchase (cash only). Registration is required at \$5/person.

Mario Kart Tournament | Friday, March 20th | 7:00-9:00 pm

Do you have the skills to go all the way in a Mario Kart Tournament? Winner of the night takes home a prize! Video games not your thing, that's ok other activities will include swimming, games in the lobby, and basketball.

Flick & Float | Friday, April 17th | 7:00-9:00 pm

Join us for a chill Friday floating in the pool and watching a movie! Not interested in the pool that's ok here are some other activities for the night, ninja, basketball, games in the lobby!

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! Check the Y app for drop-in hours.

EVENTS IN THE HANGOUT

Bingo in the Hangout | Monday, April 27th | 2:00-3:00 pm

All are welcome to come join us for bingo in the Hangout so grab a dauber and start playing for a chance to win some prizes!

Trivia in the Hangout | Tuesday, April 28th | 1:00-2:00 pm

All are welcome to come join us for trivia in the Hangout, bring a friend to play on your team or against you for a chance to win a prize!

SPRING BREAK | YMCA DAYS!

Come experience all the YMCA has to offer such as time in the pool, Ninja Room, Gymnastics Floor, The Hangout and more! This program is open to ages 6-12 years.

Program Rates & Dates:

Friday, March 27, 9:00 am-4:00 pm - Family Members \$50 | Members \$55 | Guests \$100

Monday, April 27, 9:00 am-1:00pm - Family Members \$35 | Members \$40 | Guests \$70

Wednesday, April 29, 9:00 am-1:00 pm - Family Members \$35 | Members \$40 | Guests \$70

HIGH SCHOOL (ages 14-18)

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, once per week.

HIGH SCHOOL (ages 14-18)

LIFEGUARD CERTIFICATION

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

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

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

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	6:30 pm	\$63	\$86	\$131
LIFEGUARD CERTIFICATION COURSES						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday	8:00 am-4:00 pm	\$225	\$225	\$275

SPORTS & FITNESS | 8-WEEK SESSIONS (PRO)

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

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.

INDOOR TRIATHLON (ages 11+)

Sunday, March 22, 2026 | 8:00 AM

Take on the challenge of the Keene Family YMCA Indoor Triathlon! This event is perfect for beginners and seasoned athletes alike.

ENTRY FEE: Members \$25 | Guests \$35

WEIGHTLIFTING MEET (ages 13+)

Sunday, March 22, 2026 | 10:00 AM-1:00 PM

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

ENTRY FEE: Members \$50 | Guests \$75

HIGH SCHOOL (ages 14–18)

SPORTS & FITNESS | 8-WEEK SESSIONS (PRO)

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!

Uplifting Girls (ages 11+) – PRO

UpLifting Girls is a program that serves preteen-teen girls who want to learn how to improve their fitness using gym equipment like free weights, weight machines, cable machines, cardio machines, and other tools. Participants will be introduced to different styles of exercise and taught good body mechanics in a positive setting that helps to build their confidence and knowledge. Participants also have the opportunity to discuss nutrition topics related to exercise performance and wellbeing and learn how to apply that knowledge to their personal fitness journeys. Participants will be coached by a personal trainer and certified nutrition coach.

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Circuit Group Training (ages 13+) – EXP

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

Fencing (ages 13+) – EXP

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

Judo (ages 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. 75-120 minutes, once per week.

SPORTS & FITNESS | DROP-IN CLASSES (DI)

Community Pickleball (ages 13+) – DI

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

Community Pickleball League & Lessons (ages 13+)

Monday nights are for Pickleball! Depending on the week, we will offer open play, lessons or other fun social events.

Open Pickleball (ages 13+) – 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.**

HIGH SCHOOL (ages 14-18)

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.**

SPORTS & FITNESS | POP-UP CLASSES (POP)

Intro to Pickleball (ages 13+)

Never played before and want to see what the game is all about? Join one of our Intro to pickleball sessions to be introduced to the game. This is not a lesson. Fall classes will be held on **Mondays: March 9 & 23, April 6 & 20, May 11.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
IRON Teens	PRO	Tuesday & Thursday	4:30 pm	\$125	\$135	\$250
		Tuesday & Thursday	5:30 pm			
Project Fuel Fit	PRO	Monday & Thursday	5:45 pm	\$225	\$235	\$450
Uplifting Girls	PRO	Tuesday	5:45 pm	\$125	\$135	\$250
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$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)						
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		FREE	FREE	\$5
Community Pickleball Leagues & Lessons	DI	Monday	6:00 pm	Varies		
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
SPORTS & FITNESS POP-UP CLASSES (POP)						
Intro to Pickleball	POP	See Description		\$20	\$25	\$40

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.

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

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, and tumble with friends. Pizza, snacks and drinks will be available for purchase (cash only). Registration is required at \$5/ person.

Mario Kart Tournament | Friday, March 20th | 7:00-9:00 pm

Do you have the skills to go all the way in a Mario Kart Tournament? Winner of the night takes home a prize! Video games not your thing, that's ok other activities will include swimming, games in the lobby, and basketball.

Flick & Float | Friday, April 17th | 7:00-9:00 pm

Join us for a chill Friday floating in the pool and watching a movie! Not interested in the pool that's ok here are some other activities for the night, ninja, basketball, games in the lobby!

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! Check the Y app for drop-in hours.

EVENTS IN THE HANGOUT

Bingo in the Hangout | Monday, April 27th | 2:00-3:00 pm

All are welcome to come join us for bingo in the Hangout so grab a dauber and start playing for a chance to win some prizes!

Trivia in the Hangout | Tuesday, April 28th | 1:00-2:00 pm

All are welcome to come join us for trivia in the Hangout, bring a friend to play on your team or against you for a chance to win a prize!

ADULTS (ages 18 and up)

SWIM LESSONS | MONTHLY MINI-SESSIONS (EXP)

Adult Stroke & Endurance (ages 13+) - EXP

This coached workout is ideal for swimmers who already swim at an intermediate-advanced level and are looking to increase their overall performance through stroke drills and endurance based swimming. 45 minute class.

LIFEGUARD CERTIFICATION

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

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

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

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	6:30 pm	\$63	\$86	\$131
LIFEGUARD CERTIFICATION						
Full Certification <small>Must meet course prerequisites</small>	POP	Friday-Sunday	8:00 am-4:00 pm	\$375	\$375	\$425
Recertification <small>Requires current certification</small>	POP	Sunday	8:00 am-4:00 pm	\$225	\$225	\$275

GYMNASTICS

Adult Gymnastics (ages 18+) - EXP

Adult gymnastics is on the rise, and this class is for everyone, including adults who have never tried gymnastics but have always wanted to. This weekly 90-minute class blends an open gym feel for those with experience with structured drills and skill progressions for beginners. More advanced participants can work on the skills they enjoy, while newcomers learn the fundamentals in a supportive, low-pressure environment. A coach will be on the floor to offer guidance and modifications. Whether you're returning to the sport or stepping onto the floor for the first time, this program is designed to build strength, confidence, and community.

ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
GYMNASTICS (EXP)						
Adult Gymnastics	EXP	Monday	7:15 pm	\$50	\$55	\$100

SPORTS & FITNESS | 8-WEEK SESSIONS (PRO)

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!

SPORTS & FITNESS | MONTHLY MINI-SESSIONS (EXP)

Circuit Group Training (ages 13+) - EXP

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

Fencing (ages 13+) - EXP

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

Judo (ages 8+)

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. 75-120 minutes, once per week.

SPORTS & FITNESS | DROP-IN CLASSES (DI)

Community Pickleball (ages 13+) - POP

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

Community Pickleball League & Lessons (ages 13+)

Monday nights are for Pickleball! Depending on the week, we will offer open play, lessons or other fun social events.

Open Pickleball (ages 13+) - 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.**

ADULTS (ages 18 and up)

SPORTS & FITNESS | DROP-IN CLASSES (DI)

Open Ninja (ages 5+) - DI

Come and explore our Ninja Training Course! This class is for anyone over the age of 5 years to try the obstacle course. Experienced staff will be on hand to assist. **This is a 45 minute drop-in class. Register through your Y app up to 24-hours in advance.**

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+)

Never played before and want to see what the game is all about? Join one of our Intro to pickleball sessions to be introduced to the game. This is not a lesson. Fall classes will be held on **Mondays: March 9 & 23, April 6 & 20, May 11.**

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS 8-WEEK SESSION (PRO)						
Project Fuel Fit	PRO	Monday & Thursday	5:45 pm	\$225	\$235	\$450
SPORTS & FITNESS MONTHLY MINI-SESSIONS (EXP)						
Circuit Training	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$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			

INDOOR TRIATHLON (ages 11+)

Sunday, March 22, 2026 | 8:00 AM

Take on the challenge of the Keene Family YMCA Indoor Triathlon! This event is perfect for beginners and seasoned athletes alike.

ENTRY FEE: Members \$25 | Guests \$35

WEIGHTLIFTING MEET (ages 13+)

Sunday, March 22, 2026 | 10:00 AM-1:00 PM

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

ENTRY FEE: Members \$50 | Guests \$75

ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SPORTS & FITNESS POP-UP CLASSES (POP)						
Intro to Pickleball	POP	See Description		\$20	\$25	\$40
SPORTS & FITNESS DROP-IN CLASSES (DI)						
Open Ninja	DI	See Y App		FREE	\$5	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		FREE	FREE	\$5
Community Pickleball Leagues & Lessons	DI	Monday	6:00 pm	Varies		
Racquetball	DI	See Y App		FREE	FREE	N/A

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.

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

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: March 13 | 9 am-12 pm, April 10 | 9 am-12 pm, May 15 | 9 am-12 pm

COST: Family Members \$15 | Members \$20 | Guests \$40

ADULTS (ages 18 and up)

CHRONIC DISEASE PREVENTION

Diabetes Prevention Program (ages 18+)

This program focuses on small, measurable, and reasonable goals to give participants confidence that they can make the necessary changes to reduce their risk for Type 2 Diabetes and live healthier lives. Primary goals are: reduce body weight by 7%, and increase physical activity to 150 minutes per week. A trained lifestyle coach will facilitate discussions about healthy eating, physical activity and other behavior changes over 25 sessions. This is a year-long program that starts out with weekly sessions and moves to monthly sessions as we progress. Class is forming now with our start date to be determined.

COST: \$240/person

***The Y's Diabetes Prevention Program program may be covered by Medicare Part B** if proper documentation is supplied. Contact Bridget Moynihan at bmoynihan@keene-ymca.org to see if your Medicare plan will cover this program.

SOS (Signs of Suicide) TRAINING

This training is designed to provide suicide prevention education by raising awareness, reducing stigma, and equipping caregivers, educators, and the community at large with tools and resources focused on the vulnerable age group of 10-24 years. This training is free and open to all.

UPCOMING CLASSES:

Tuesday, April 28th | 9:00 am-11:00 am

Monday, May 11th | 9:00 am-11:00 am

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid (YMHFA) training is designed to equip adults with the skills to recognize, understand, and respond to signs of mental health challenges. The training covers a range of topics, including anxiety, depression, substance use, and ADHD, and teaches participants how to provide initial support, connect to professional help, and reduce stigma. YMHFA is a vital resource for creating a supportive environment where every young person feels valued, supported, and empowered. This is a two-day course. Sign up for either the morning session or the evening session. This training is free and open to all.

UPCOMING CLASSES:

Tuesday, May 19th & Thursday, May 21st

Morning Session: 9:00 am-12:30 pm

Evening Session: 5:00-8:30 pm

**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!



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 keeneymca.org, or stop by the Welcome Center.

ADULT & CHILD GYMNASTICS

Family Open Gymnastics (ages 12 & 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. 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. **This is a drop-in class. Register through your Y app 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 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.**

PROGRAM	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
SWIMMING					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
ADULT & 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			
BASKETBALL					
Open Basketball	See Court Schedule		FREE	FREE	Varies
NINJA					
Open Ninja	See Y App		FREE	\$5	\$12



PERSONAL TRAINING

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

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

PERSONAL TRAINING RATES

1-hour session: Member \$58 | Guest \$78

5 1-hour sessions: Member \$262 | Guest \$341

Half-hour session: Member \$37 | Guest \$57

5 half-hour sessions: Member \$163 | Guest \$236

BUDDY RATE – PERSONAL TRAINING PACKAGE

Want to work out with a friend? You can now purchase sessions for two people!

1-hour Session: Members \$68 | Guests \$88

5 1-hour Sessions: Members \$315 | Guests \$394

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 \$92 | Guests \$109

13 Sessions: Members \$273 | Guests \$321

26 Sessions: Members \$491 | Guests \$580

52 Sessions: Members \$874 | Guests \$1027

CORRECTIVE EXERCISE & ASSESSMENTS

If you're dealing with pain, limited mobility, or movement restrictions, corrective exercise can help you move and feel better. Personalized Corrective Exercise and Assessments is here at the Y with Human Movement Specialist, Dave Olson. These tailored one-on-one sessions provide guidance, education, and accountability to help you reach your goals and build lasting strength, mobility, and resilience. Through detailed assessments and targeted training, you'll restore proper movement, rebuild strength, and prevent future issues. With the integration of movement science, scar tissue release therapy, and breathing techniques, you'll create lasting improvements in how your body performs every day.

Private Session: Members \$100 | Guests \$140

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

Pricing is dependent upon the options chosen. Visit

<https://keeneymca.org/programs-classes/birthday-parties> for details.

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 – \$75/person

UPCOMING CLASSES:

To be announced.

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 LaPorte at tlaporte@keene-ymca.org for details.

SPECIAL EVENTS

MARCH 2026

HEALTHY LIVING WORKSHOP | REDUCING FEAR OF INJURY

DATE/TIME: Tuesday, March 3rd | 5:00-7:30 pm

LOCATION: Keene Family YMCA

AGES: Ages 13+

COST: Members FREE | Guests \$10

This workshop breaks down why the body becomes cautious during exercise and how to rebuild confidence safely and effectively. Instead of pushing through fear, you'll learn how to move with control so strength, performance, and trust can return naturally.

FAMILY FUN NIGHT | SHAMROCK SCAVENGER HUNT

DATE/TIME: Friday, March 6 | 6:00-7:30 pm

LOCATION: Keene Family YMCA

AGES: Ages 3+

COST: Family Members \$5 | Members \$10 | Guests \$20

Follow the clues and search the Y for hidden shamrocks! Each one leads your family closer to the "pot of gold." Complete your hunt card to win a prize and snap a photo at our rainbow finish line. Prices listed are per family.

BALLROOM DANCING SOCIAL

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

LOCATION: Keene Family YMCA

AGES: 18+

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

Grab your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed cover up to two people.

GRANDPARENTS: GETTING STARTED BY SAFE SITTER

DATE/TIME: Friday, March 13 | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: 50+

COST: Family Member \$15 | Member \$20 | Guest \$40

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

KIDS NIGHT OUT | SHAMROCK SHENANIGANS

DATE/TIME: Friday, March 13 | 5:30-8:30 pm

LOCATION: Keene Family YMCA

AGES: 5-12

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

Additional sibling: \$20

The evening will include St. Patrick's Day-themed crafts, games and plenty of smiles. Participants should wear green and come ready for movement, creativity, and a little shamrock silliness while parents enjoy a night out! Dinner and snack provided!

TEEN NIGHT OUT | MARIO KART TOURNAMENT

DATE/TIME: Friday, March 20th | 7:00-9:00 pm

LOCATION: Keene Family YMCA

AGES: 11-18

COST: \$5/person

Do you have the skills to go all the way in a Mario Kart Tournament? Winner of the night takes home a prize! Video games not your thing, that's ok other activities will include swimming, games in the lobby, and basketball. Food will be available for sale (cash only).

WEIGHTLIFTING MEET

DATE/TIME: Sunday, March 22nd | 10:00 am-1:00 pm

LOCATION: Keene Family YMCA

AGES: 13+

COST: 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.

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

SPECIAL EVENTS

INDOOR TRIATHLON

DATE/TIME: Sunday, March 22nd | 8:00 am

LOCATION: Keene Family YMCA

AGES: 11+

COST: Members \$25 | Guests \$35

Take on the challenge of the Keene Family YMCA Indoor Triathlon! This event is perfect for beginners and seasoned athletes alike.

YMCA DAY!

DATE/TIME: Friday, March 27th | 9:00 am-4:00 pm

LOCATION: Keene Family YMCA

AGES: 6-12 years

COST: Family Members \$50 | Members \$55 | Guests \$100

Come experience all the YMCA has to offer such as time in the pool, Ninja Room, Gymnastics floor, The Hangout and more!

APRIL 2026

FAMILY FUN NIGHT | EASTER EGG HUNT IN THE POOL

DATE/TIME: Friday, April 3rd | 6:00-7:30 pm

LOCATION: Keene Family YMCA

AGES: All Ages

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

Hunt for Easter eggs in the pool and then stick around for Family Open Swim! Prices listed are per family.

GRANDPARENTS: GETTING STARTED BY SAFE SITTER

DATE/TIME: Friday, April 10th | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: 50+

COST: Family Member \$15 | 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, April 10th | 6:30-8:45 pm

LOCATION: Keene Family YMCA

AGES: 18+

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

Grab your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed cover up to two people.

TEEN NIGHT OUT | FLICK & FLOAT

DATE/TIME: Friday, April 17th | 7:00-9:00 pm

LOCATION: Keene Family YMCA

AGES: 11-18

COST: \$5/person

Join us for a chill Friday floating in the pool and watching a movie! Not interested in the pool that's ok here are some other activities for the night, ninja, basketball, games in the lobby! Food will be available for sale (cash only).

HEALTHY KIDS DAY

DATE/TIME: Saturday, April 18th | 1:00-4:00 pm

LOCATION: Keene Family YMCA

AGES: All Ages

COST: FREE & Open to All!

All are welcome to join us for a free day at the Y! Participate in program demos and learn about Y programs, classes, and camps.

BASICS OF THE TRX SUSPENSION TRAINER

DATE/TIME: Tuesday, April 21st | 12:00-1:30 pm

LOCATION: Keene Family YMCA | Studio 1

AGES: Ages 13+

COST: Members FREE | Guests \$10

Learn the basic exercises with proper form and progressions utilizing the TRX Suspension Trainer.

SPECIAL EVENTS

APRIL 2026

BINGO IN THE HANGOUT

DATE/TIME: Monday, April 27th | 2:00-3:00 pm

LOCATION: Keene Family YMCA | The Hangout

AGES: All Ages

COST: Members FREE

All are welcome to come join us for bingo in the Hangout so grab a dauber and start playing for a chance to win some prizes!

YMCA DAY!

DATE/TIME: Monday, April 27th | 9:00 am-1:00 pm

LOCATION: Keene Family YMCA

AGES: 6-12 years

COST: Family Members \$35 | Members \$40 | Guests \$70

Come experience all the YMCA has to offer such as time in the pool, Ninja Room, Gymnastics floor, The Hangout and more!

TRIVIA IN THE HANGOUT

DATE/TIME: Tuesday, April 28th | 1:00-2:00 pm

LOCATION: Keene Family YMCA | The Hangout

AGES: All Ages

COST: Members FREE

All are welcome to come join us for trivia in the Hangout, bring a friend to play on your team or against you for a chance to win a prize!

SOS (SIGNS OF SUICIDE) TRAINING

DATE/TIME: Tuesday, April 28th | 9:00 am-11:00 am

LOCATION: Keene Family YMCA

AGES: 18+

COST: FREE for all

This training is to provide suicide prevention education by raising awareness, reducing stigma, and equipping youth, educators, and the community at large with tools and resources focused on the vulnerable age group of 10-24 year-olds.

YMCA DAY!

DATE/TIME: Wednesday, April 29th | 9:00 am-1:00 pm

LOCATION: Keene Family YMCA

AGES: 6-12 years

COST: Family Members \$35 | Members \$40 | Guests \$70

Come experience all the YMCA has to offer such as time in the pool, Ninja Room, Gymnastics floor, The Hangout and more!

MAY 2026

KIDS NIGHT OUT | MAY DAY MADNESS

DATE/TIME: Friday, May 1st | 5:30-8:30 pm

LOCATION: Keene Family YMCA

AGES: 5-12

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

Additional sibling: \$20

Kids will enjoy games, challenges, crafts and plenty of opportunities to move, play, and make new friends. It's a lively evening of springtime excitement while parents enjoy a well-deserved night out! Dinner and snack provided!

MENTAL HEALTH FAIR

DATE/TIME: Saturday, May 2nd | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: All Ages

COST: FREE and Open to All

This community event will bring together local organizations and service providers offering resources, information, and demonstrations showcasing the support and programs available in the Monadnock region.

FAMILY FUN NIGHT | OUTSIDE GAME NIGHT

DATE/TIME: Friday, May 8th | 6:00-7:00 pm

LOCATION: Keene Family YMCA

AGES: Ages 3+

COST: Members FREE | Guests \$20

Bring the family for a night of outside games like kickball, tag, 4 square and more. Prices listed are per family.

SPECIAL EVENTS

MAY 2026

BALLROOM DANCING SOCIAL

DATE/TIME: Friday, May 8th | 6:30-8:45 pm

LOCATION: Keene Family YMCA

AGES: 18+

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

Grab your dancing shoes, and enjoy an evening of dance at the YMCA. Light refreshments will be served. Prices listed cover up to two people.

HEALTHY LIVING WORKSHOP | MOBILITY VS. FLEXIBILITY

DATE/TIME: Tuesday, May 12th | 5:00-7:30 pm

LOCATION: Keene Family YMCA

AGES: Ages 13+

COST: Members FREE | Guests \$10

This workshop helps you understand the real difference between flexibility and mobility and why stretching alone often doesn't fix tightness, pain, or movement limitations.

GRANDPARENTS: GETTING STARTED BY SAFE SITTER

DATE/TIME: Friday, May 15th | 9:00 am-12:00 pm

LOCATION: Keene Family YMCA

AGES: 50+

COST: Family Member \$15 | Member \$20 | Guest \$40

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

SOS (SIGNS OF SUICIDE) TRAINING

DATE/TIME: Monday, May 11th | 9:00 am-11:00 am

LOCATION: Keene Family YMCA

AGES: 18+

COST: FREE for all

This training is to provide suicide prevention education by raising awareness, reducing stigma, and equipping youth, educators, and the community at large with tools and resources focused on the vulnerable age group of 10-24 year-olds.

YOUTH MENTAL HEALTH FIRST AID

DATE: Tuesday May 19th & Thursday, May 21st

MORNING SESSION: 9:00 am-12:30 pm

EVENING SESSION: 5:00-8:30 pm

LOCATION: Keene Family YMCA

AGES: 18+

COST: FREE for all

This training is designed to equip adults with the skills to recognize, understand, and respond to signs of mental health challenges. The training covers a range of topics, including anxiety, depression, substance use, and ADHD, and teaches participants how to provide initial support, connect to professional help, and reduce stigma. YMHFA is a vital resource for creating a supportive environment where every young person feels valued, supported, and empowered.

The Otter Romp Youth Triathlon

For kids ages 5-12

Sunday, June 7th | 9:00 am

Registration Opens April 1st!

