



**SCAN to register!**



# KEENE FAMILY YMCA 2026 PROGRAM GUIDE SUMMER SESSION

## MONTHLY MINI-SESSIONS

» July 6-31

» August 3-22



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 7.  
8:00 am - Noon**

## AQUATICS CENTER SUMMER HOURS

Effective June 1, 2026  
Monday-Friday | 5:00 am - 8:00 pm  
Saturday | 6:00 am - 4:00 pm  
Sunday | 8:00 am - 11:45 am

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

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Please download our mobile app or  
follow us on Facebook  
@KeeneFamilyYMCA for updates.

# CHILDWATCH

## Ages 4 months to 10 years

Your workout should be stress free. To make this easy for you, we offer ChildWatch - a free child care service where your child can have fun at the Y while you enjoy exercising in the facility! The space is filled with stories, puzzles, blocks, board games, and calm activities. Children are supervised by caring, attentive staff. ChildWatch is FREE to all members, and available for \$3.00 to guests.

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

**We can accommodate up to 20 children. Ages 4 months to one year: 4 per 1.5-hour slot, 13 months up to 10 years: 16 per 1.5-hour time slot, when two staff are on duty.** The actual number of children we can accommodate is subject to change and is dependent upon the availability of staff. Members of children under 12 months of age are encouraged to call ahead to confirm availability before coming to the Y.

**For the safety of our members with peanut and tree nut allergies,** we do not allow snacks containing peanuts and tree nuts. In the interest of keeping our friends engaged in healthy activities, we do not permit the use of electronic and screen-based devices in ChildWatch.

### CHILDWATCH HOURS OF OPERATION

**Monday-Friday: 8:45am-1:15pm and 3:45-7:00pm**

**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](http://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
Summer Session	July Mini Session (4 weeks): July 6-31, 2026	6/8	6/10	6/15
	August Mini Session (3 weeks): August 3-22, 2026			
Fall Session 1	8-week Session: September 3-October 30, 2026	8/10	8/12	8/17
	September Mini Session (3-4 weeks): September 3-30, 2026			
	October Mini Session (4 weeks): October 1-30, 2026			
<b>There will be no programs running on Labor Day, September 7th. All affected classes will be prorated accordingly.</b>				

## 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
<b>SWIM LESSONS   MONTHLY MINI-SESSIONS (EXP)</b>						
Aquatot	EXP	Tuesday	5:00 pm	\$42	\$57	\$114
		Thursday	5:00 pm			

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

### Toddler Gymnastics (ages walking-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
<b>PARENT/CHILD GYMNASTICS   MONTHLY MINI-SESSIONS (EXP)</b>						
Toddler Gymnastics	EXP	Thursday	11:00 am	\$40	\$45	\$90
Family Gymnastics	EXP	Monday	11:00 am	\$40	\$45	\$90
		Wednesday	11:00 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
<b>ADULT &amp; CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Wednesday	10:15 am	FREE	FREE	N/A
		Friday	10:30 am			
			11:15 am			

# PRESCHOOL (ages 3-5)

## PRESCHOOL SWIM LESSONS

Summer swim lessons are offered in weekly sessions, with the exception of Aquatot. The cost listed is for one week. You can register for up to 4 weeks in advance. **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.

### Preschool Beginner (ages 3-5) - WEEKLY

In this class, caregivers will accompany their child in the water to ensure their comfort and safety in a class setting. 30 minute class, once per day for one week (5 days).

### Preschool Intermediate (ages 3-5) - WEEKLY

Participants in this class must be comfortable in the water on their own, without an adult. Participants focus on body position and control, directional change, and forward movement in the water while also continuing to practice basic self-rescue skills. 30 minute class, once per day for one week (5 days).

### Preschool Advanced (ages 3-5) - WEEKLY

Swimmers in this class develop stamina across longer distances while developing intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action. 30 minute class, once per day for one week (5 days).

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PRESCHOOL SWIM LESSONS   MONTHLY MINI-SESSIONS (EXP)</b>						
Aquatot	EXP	Tuesday	5:00 pm	\$42	\$57	\$114
		Thursday	5:00 pm			
<b>PRESCHOOL SWIM LESSONS   WEEKLY SESSIONS</b>						
Beginner	WEEKLY	Monday-Friday	3:30 pm	\$71	\$75	\$150
Intermediate	WEEKLY	Monday-Friday	4:00 pm	\$71	\$75	\$150
Advanced	WEEKLY	Monday-Friday	4:30 pm	\$71	\$75	\$150

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

### 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.



## Youth Arts Pop-Up: Teddy Bear Tea Party

Thursday, July 23rd | 10:00-11:30 AM at the Keene Family YMCA

Bring your favorite Teddy Bear and dress up in your finest morning tea party attire! Join us for: -A book circle -Iced tea/juice and light refreshments -Teddy Bear Craft. (Prices listed are per family.)

**FAMILY MEMBERS \$10 | MEMBERS \$12 | GUESTS \$20**

# PRESCHOOL (ages 3-5)

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

### 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.

### 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.

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>ADULT &amp; CHILD GYMNASTICS   MONTHLY MINI-SESSIONS (EXP)</b>						
Family Gymnastics	EXP	Monday	11:00 am	\$40	\$45	\$90
		Wednesday	11:00 am			
Tiny Tumblers	EXP	Tuesday	11:00 am	\$40	\$45	\$90
Toddler Gymnastics	EXP	Thursday	11:00 am	\$40	\$45	\$90

## 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
<b>ADULT &amp; CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Wednesday	10:15 am	FREE	FREE	N/A
		Friday	10:30 am			
			11:15 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!



# PRESCHOOL (ages 3-5)

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

### Shooting Stars (ages 5-8 years) - EXP

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) - EXP

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.

### 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
<b>PROGRESSIVE GYMNASTICS   MONTHLY MINI-SESSIONS (EXP)</b>						
Shooting Stars	PRO	Tuesday	4:15 pm	\$69	\$72	\$140
Tumbling Stars	PRO	Tuesday	10:00 am	\$49	\$51	\$102
			4:00 pm			
Three All Me!	EXP	Tuesday	3:30 pm	\$45	\$50	\$90

## SPORTS & FITNESS | WEEKLY SESSIONS

### Soccer Skills & Drills (ages 4-6 years) - WEEKLY

Join us for a fun introduction to soccer! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 1-hour class, four days in a row. **Monday, August 3rd - Thursday, August 6th.**

### Basketball Skills & Drills (ages 4-6 years) - WEEKLY

Join us for a fun introduction to basketball! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 1-hour class, four days in a row. **Monday, July 6th-Thursday, July 9th.**

## 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.

# PRESCHOOL (ages 3-5)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   WEEKLY SESSIONS</b>						
Soccer Skills & Drills	WEEKLY	Monday-Thursday	10:30 am	\$35	\$40	\$70
Basketball Skills & Drills	WEEKLY	Monday-Thursday	10:30 am	\$35	\$40	\$70
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		FREE	FREE	\$12

# ELEMENTARY (ages 6-10)

## YOUTH SWIM LESSONS | WEEKLY SESSIONS

Summer swim lessons are offered in weekly sessions, with the exception of Aquatot. The cost listed is for one week. You can register for up to 4 weeks in advance. **For help finding the right class for your child, please refer to the Swim Level Assessment Tool available at the Welcome Center.**

### Youth Beginner (ages 6-12 years) - WEEKLY

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 day for one week (5 days).

### Youth Intermediate (ages 6-12 years) - WEEKLY

It's time to take it to the next level! Students in this class develop their stamina across longer distances. This stage develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action. 30 minute class, once per day for one week (5 days).

### Youth Advanced (age 6-12 years) - WEEKLY

Students in this class will work on more advanced stroke technique and are introduced to all major competitive strokes. 45 minute class, once per day for one week (5 days).

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

### Junior Dolphins (ages 6-13 years) - EXP

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

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>YOUTH SWIM LESSONS   WEEKLY SESSIONS</b>						
Beginner	WEEKLY	Monday-Friday	3:30 pm	\$71	\$75	\$150
Intermediate	WEEKLY	Monday-Friday	4:00 pm	\$71	\$75	\$150
Advanced	WEEKLY	Monday-Friday	4:00 pm	\$79	\$84	\$165
<b>YOUTH SWIM LESSONS   MONTHLY MINI SESSIONS (EXP)</b>						
Junior Dolphins	EXP	Tuesday & Thursday	4:00 pm	\$85	\$90	\$168

# 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
<b>ADULT &amp; CHILD GYMNASTICS   DROP-IN CLASSES (DI)</b>						
Family Open Gymnastics	DI	Wednesday	10:15 am	FREE	FREE	N/A
		Friday	10:30 am			
			11:15 am			

## PROGRESSIVE GYMNASTICS | MONTHLY MINI SESSIONS (EXP)

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) - EXP

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) - EXP

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) - EXP

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

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

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

# ELEMENTARY (ages 6-10)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS   MONTHLY MINI SESSIONS (EXP)</b>						
Shooting Stars	EXP	Tuesday	4:15 pm	\$69	\$72	\$140
Beginner	EXP	Tuesday	4:00 pm	\$51	\$54	\$108
Intermediate	EXP	Tuesday	5:15 pm	\$51	\$54	\$108
Advanced	EXP	Tuesday	5:00 pm	\$84	\$88	\$175

## SPORTS & FITNESS | WEEKLY SESSIONS

### Soccer Skills & Drills (ages 4-6 years) - WEEKLY

Join us for a fun introduction to soccer! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 1-hour class, four days in a row. **Monday, August 3rd - Thursday, August 6th.**

### Basketball Skills & Drills (ages 4-6 years) - WEEKLY

Join us for a fun introduction to basketball! Kids will learn basic skills like passing, shooting, and dribbling through age-appropriate drills and activities. 1-hour class, four days in a row, **Monday, July 6th-Thursday, July 9th.**

### Basketball Development Camp (ages 9-12 years) - WEEKLY

Learn Basketball fundamentals through games and play. All necessary equipment will be provided. 1-hour class, four days in a row. **Monday, August 10th - Thursday, August 13th.**

### Ninja 101 (ages 6-12 years) - WEEKLY

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. 1-hour class, four days in a row. **Monday, July 13th - Thursday, July 16th, and Monday, August 10th - Thursday, August 13th.**

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

### Team Ninja (ages 6-16 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.

## 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.**

# ELEMENTARY (ages 6-10)

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

### Open Pickleball (ages 8+) - DI

We've taped off three courts in the gymnasium and have added structured play times to the Basketball Court Schedule. At this time, Pickleball is available for members only, unless otherwise noted. A guest pass is required for non-members. **View available times and register through your Y app up to 24-hours in advance.**

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

### Volleyball Clinic (ages 10-12 years) - POP

This 3-hour clinic will support girls and boys looking to tryout for their school team, improve their skills, or just have fun in the sport!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   WEEKLY SESSIONS</b>						
Soccer Skills & Drills	WEEKLY	Monday-Thursday	10:30 am	\$35	\$40	\$70
Basketball Skills & Drills	WEEKLY	Monday-Thursday	10:30 am	\$35	\$40	\$70
Basketball Development Camp	WEEKLY	Monday-Thursday	11:00 am	\$35	\$40	\$70
Ninja 101	WEEKLY	Monday-Thursday	1:00 pm	\$45	\$50	\$80
			4:00 pm			
<b>SPORTS &amp; FITNESS   MONTHLY MINI SESSIONS (EXP)</b>						
Team Ninja	EXP	By invitation only.		\$125	\$125	N/A
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
Volleyball Clinic	POP	Thursday, July 9	1:00-4:00 pm	\$20	\$25	\$40



## Youth Arts Pop-Up: DIY Slime!

**Thursday, July 23rd | 1:00-2:30 PM at the Keene Family YMCA**

Come learn how to make a variety of types slime that you get to take home!  
This pop-up class is for ages 6-11 years.

**FAMILY MEMBERS \$5 | MEMBERS \$7 | GUESTS \$10**

# MIDDLE SCHOOL (ages 11-13)

## YOUTH SWIM LESSONS | WEEKLY SESSIONS

Summer swim lessons are offered in weekly sessions, with the exception of Aquatot. The cost listed is for one week. You can register for up to 4 weeks in advance. **For help finding the right class for your child, please refer to the Swim Level Assessment Tool available at the Welcome Center.**

### Youth Beginner (ages 6-12 years) - WEEKLY

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 day for one week (5 days).

### Youth Intermediate (ages 6-12 years) - WEEKLY

It's time to take it to the next level! Students in this class develop their stamina across longer distances. This stage develops intermediate self-rescue skills, rhythmic breathing, and integrated arm and leg action. 30 minute class, once per day for one week (5 days).

### Youth Advanced (age 6-12 years) - WEEKLY

Students in this class will work on more advanced stroke technique and are introduced to all major competitive strokes. 45 minute class, once per day for one week (5 days).

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

### Junior Dolphins (ages 6-13 years) - EXP

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

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>YOUTH SWIM LESSONS   WEEKLY SESSIONS</b>						
Beginner	WEEKLY	Monday-Friday	3:30 pm	\$71	\$75	\$150
Intermediate	WEEKLY	Monday-Friday	4:00 pm	\$71	\$75	\$150
Advanced	WEEKLY	Monday-Friday	4:00 pm	\$79	\$84	\$165
<b>YOUTH SWIM LESSONS   MONTHLY MINI SESSIONS (EXP)</b>						
Junior Dolphins	EXP	Tuesday & Thursday	4:00 pm	\$85	\$90	\$168

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)

## 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
<b>OPEN GYMNASTICS   DROP-IN CLASSES</b>						
Family Open Gymnastics	DI	Wednesday	10:15 am	FREE	FREE	N/A
		Friday	10:30 am			
			11:15 am			

## PROGRESSIVE GYMNASTICS | MONTHLY MINI SESSIONS (EXP)

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, hold Mickey Mouse ears, confidently walk forward and sideways on the beam, perform a forward roll on the floor, perform a bridge, cartwheel, and perform a handstand against a wedge mat. 60 minute class, once per week.

### Advanced (ages 6-13 years)

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

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>PROGRESSIVE GYMNASTICS   MONTHLY MINI SESSIONS (EXP)</b>						
Beginner	EXP	Tuesday	4:00 pm	\$51	\$54	\$108
Intermediate	EXP	Tuesday	5:15 pm	\$51	\$54	\$108
Advanced	EXP	Tuesday	5:00 pm	\$84	\$88	\$175

# MIDDLE SCHOOL (ages 11-13)

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

### NEW! The Bodyshop (ages 13+ years)

A challenging and supportive class for individuals who want to enhance core capabilities, build strength and endurance, and increase athletic confidence. This class incorporates a variety of formats including weights, balance, motion and teamwork, and is adaptable to different ages and abilities. The Bodyshop is intended to be fun and social while improving your overall health. 60-minute class, twice per week.

### NEW! Sharpen the Athletic Edge (ages 13+ years)

This class is focused on sharpening your fitness abilities. Anyone who is interested in taking their athleticism to the next level would benefit from this program. You don't need to be an athlete to join - you only need the desire to push your limits! Not only will we be challenging ourselves with exercise, but we will be learning new things about nutrition that will help make your body function like an athlete. 60-minute class, once per week. **August session only.**

### 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 per week.

### Team Ninja (ages 6-16 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.

## SPORTS & FITNESS | WEEKLY SESSIONS

### Basketball Development Camp (ages 9-12 years) - WEEKLY

Learn Basketball fundamentals through games and play. All necessary equipment will be provided. 1-hour class, four days in a row. **Monday, August 10th - Thursday, August 13th.**

### Ninja 101 (ages 6-12 years) - WEEKLY

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. 1-hour class, four days in a row. **Monday, July 13th - Thursday, July 16th, and Monday, August 10th - Thursday, August 13th.**

### Volleyball Camp (ages 11-15 years)

This co-ed camp is for athletes looking to learn the sport and improve their skills. Coached with purpose, this camp will focus on the basics and prepare participants to play at the next level! This is a drop-off skill camp, 1:00-4:00 pm, **Monday, August 10th - Thursday, August 13th.**

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

### 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>.**

# MIDDLE SCHOOL (ages 11-13)

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

### 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.**

### 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)

### Volleyball Clinic (ages 10-12 years) - POP

This 3-hour clinic will support girls & boys looking to tryout for their school team, improve their skills, or just have fun with the sport!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
The Bodyshop	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$140
Sharpen the Athletic Edge	EXP	Wednesday	5:30 pm	\$35	\$37	\$70
Fencing	EXP	Thursday	6:30 pm	\$45	\$50	\$80
Team Ninja	EXP	By invitation only.		\$125	\$125	N/A
<b>SPORTS &amp; FITNESS   WEEKLY SESSIONS</b>						
Basketball Development Camp	WEEKLY	Monday-Thursday	11:00 am	\$35	\$40	\$70
Ninja 101	WEEKLY	Monday-Thursday	1:00 pm	\$45	\$50	\$80
			4:00 pm			
Volleyball Camp	WEEKLY	Monday-Thursday	1:00 pm	\$100	\$105	\$125
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		FREE	FREE	\$5
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
Volleyball Clinic	POP	Thursday, July 9th	1:00-4:00 pm	\$20	\$25	\$40
		Thursday, July 30th	1:00-4:00 pm			

# HIGH SCHOOL (ages 14–18)

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

### NEW! The Bodyshop (ages 13+ years)

A challenging and supportive class for individuals who want to enhance core capabilities, build strength and endurance, and increase athletic confidence. This class incorporates a variety of formats including weights, balance, motion and teamwork, and is adaptable to different ages and abilities. The Bodyshop is intended to be fun and social while improving your overall health. 60-minute class, twice per week. **August session only.**

### NEW! Sharpen the Athletic Edge (ages 13+ years)

This class is focused on sharpening your fitness abilities. Anyone who is interested in taking their athleticism to the next level would benefit from this program. You don't need to be an athlete to join – you only need the desire to push your limits! Not only will we be challenging ourselves with exercise, but we will be learning new things about nutrition that will help make your body function like an athlete. 60-minute class, once 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 per week.

### Team Ninja (ages 6–16 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.

## SPORTS & FITNESS | WEEKLY SESSIONS

### Volleyball Camp (ages 11–15 years)

This co-ed camp is for athletes looking to learn the sport and improve their skills. Coached with purpose, this camp will focus on the basics and prepare participants to play at the next level! 3-hour class, **Monday, August 10th – Thursday, August 13th.**

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

### 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 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.**

### 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.**

# HIGH SCHOOL (ages 14-18)

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

### Volleyball Clinic (ages 10-12 years) - POP

This 3-hour clinic will support girls & boys looking to tryout for their school team, improve their skills, or just have fun with the sport!

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
The Bodyshop	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$140
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Team Ninja	EXP	By invitation only.		\$125	\$125	N/A
<b>SPORTS &amp; FITNESS   WEEKLY SESSIONS</b>						
Volleyball Camp	WEEKLY	Monday-Thursday	1:00 pm	\$100	\$105	\$125
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		FREE	FREE	\$5
Open Ninja	DI	See Y App		FREE	FREE	\$12
Open Pickleball	DI	See Y App		FREE	FREE	\$15
<b>SPORTS &amp; FITNESS   POP-UP CLASSES (POP)</b>						
Volleyball Clinic	POP	Thursday, July 9th	1:00-4:00 pm	\$20	\$25	\$40
		Thursday, July 30th				



DEVELOP YOUR LEADERSHIP SKILLS THIS SUMMER.  
CIT PROGRAM (Grades 6-8) | LIT PROGRAM (Grades 9-12)

**NO PLACE**  
*Like This Place*

the **Y** | **175** YEAR ANNIVERSARY  
Keene Family YMCA

# ADULTS (ages 18 and up)

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

### NEW! The Bodyshop (ages 13+ years)

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

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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 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.**

### 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.

# ADULTS (ages 18 and up)

PROGRAM	CLASS TYPE	DAY	TIME	FAMILY MEMBER	MEMBER	GUEST
<b>SPORTS &amp; FITNESS   MONTHLY MINI-SESSIONS (EXP)</b>						
The Bodyshop	EXP	Monday & Wednesday	5:30 pm	\$70	\$75	\$140
Sharpen the Athletic Edge	EXP	Wednesday	5:30 pm	\$35	\$37	\$70
Fencing	EXP	Thursday	6:30 pm	\$45	\$50	\$80
<b>SPORTS &amp; FITNESS   DROP-IN CLASSES (DI)</b>						
Open Ninja	DI	See Y App		<b>FREE</b>	<b>FREE</b>	\$12
Open Pickleball	DI	See Y App		<b>FREE</b>	<b>FREE</b>	\$15
Community Pickleball	DI	Sunday/Monday See the Play Time Scheduler for details!		<b>FREE</b>	<b>FREE</b>	\$5
Racquetball	DI	See Y App		<b>FREE</b>	<b>FREE</b>	N/A

KEENE FAMILY YMCA

# HEATWAVE HITTER

## SUMMER PICKLEBALL LEAGUE

**JULY 6-AUGUST 10, 2026**

**Mondays 6:00-7:30 pm**

6 weeks with 5 weeks of regulation and 1 week of playoffs.  
**REQUIRED PLAYER RATING: 2.75 - 3.25**

This League is perfect for someone looking to have fun with a little competitive twist! Games will be timed and played using Traditional/Regulation Scoring.




**Register now at | [keeneymca.org/pickleball](https://keeneymca.org/pickleball)**


# 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](http://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](http://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
<b>SWIMMING</b>					
Family Open Swim	See Pool Schedule		FREE	FREE	Varies
<b>ADULT &amp; CHILD GYMNASTICS</b>					
Family Open Gymnastics	Wednesday	10:15 am	FREE	FREE	N/A
	Friday	10:30 am			
		11:15 am			
<b>BASKETBALL</b>					
Open Basketball	See Court Schedule		FREE	FREE	Varies
<b>NINJA</b>					
Open Ninja	See Y App		FREE	FREE	\$12



## PERSONAL TRAINING

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

If you would like to book a session with one of our trainers, reach out directly to Health and Wellness Director, Bridget Moynihan at [bmoynihan@keene-ymca.org](mailto: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.**

**Fall party reservations open July 15th!**

**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](mailto:tlaporte@keene-ymca.org) for details.**

# SPECIAL EVENTS

## JUNE 2026

### OTTER ROMP YOUTH TRIATHLON

**DATE/TIME:** Sunday, June 7th | 9:00 am

**LOCATION:** Keene Family YMCA

**AGES:** 5-12

**COST:** \$45

The only youth triathlon in the Monadnock region!

### HEALTHY LIVING WORKSHOP | SEASONAL MINDFUL EATING

**DATE/TIME:** Wednesday, June 17 | 5:30-7:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** Ages 13+

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

Discover how to make the most of summer's fresh, colorful produce in this engaging workshop on healthy seasonal eating. Perfect for anyone looking to boost wellness through fresh, local, and delicious foods.

### FREE SCREENING | BILLY PRESTON: THAT'S THE WAY GOD PLANNED IT

**DATE/TIME:** Thursday, June 18 | 6:00-8:15 pm

**LOCATION:** Keene Public Library, Huntress Auditorium

**AGES:** All Ages

**COST:** FREE

Featuring never-before-seen archival footage, studio outtakes, and rare photos, acclaimed director Paris Barclay interweaves the complicated aspects of this artist's extraordinary life and musical career.

### CAMP OPEN HOUSE

**DATE/TIME:** Friday, June 19 | 5:00-7:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** All Ages

**COST:** FREE

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

### JUNETEENTH CELEBRATION

**DATE/TIME:** Friday, June 19 | 5:00-8:00 pm

**LOCATION:** Fuller Park (Keene Recreation Center)

**AGES:** All Ages

**COST:** FREE

Hosted by the City of Keene and co-hosted by W.S. Badger and the Keene Family YMCA this free, family-friendly community event will feature live music, good vibes, and family fun! Featuring performances by Jazzlyn Mota, Samirah Evans, and JohnLu & The Band.

### FREE SCREENING | ARCO

**DATE/TIME:** Saturday, June 20 | 11:00 am-12:30 pm

**LOCATION:** Keene Public Library, Huntress Auditorium

**AGES:** All Ages

**COST:** FREE

Join us for a magical and beautifully animated journey through time, Arco is a dazzling adventure about a 10-year-old boy from a peaceful, distant future who accidentally travels back to the year 2075 and discovers a world in peril.

### HEALTHY LIVING WORKSHOP | BONE BUILDERS

**DATE/TIME:** Monday, June 22 | 5:30-7:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** Ages 13+

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

In this interactive class with Hannaford Registered Dietitian, Sydney Colburn, we'll explore the vital role nutrition and lifestyle play in bone and muscle health.

# SPECIAL EVENTS

## JULY 2026

### HEALTHY LIVING WORKSHOP | BASICS OF THE TRX SUSPENSION TRAINER

**DATE/TIME:** Tuesday, July 7 | 12:00-1:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** Ages 13+

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

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

### HEALTHY LIVING WORKSHOP | TENSILITY, DURABILITY & ELASTICITY IN FITNESS

**DATE/TIME:** Tuesday, July 14 | 5:30-7:00 pm

**LOCATION:** Keene Family YMCA

**AGES:** Ages 13+

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

Learn the difference between tensility, durability and elasticity through practical movement examples and training concepts. We'll break down how these qualities affect performance, injury resilience, posture, gait, and everyday function.

### FAMILY FUN NIGHT | OUTDOOR GAMES

**DATE/TIME:** Wednesday, July 15 | 6:00-7:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** All Ages

**COST:** Members FREE | Guests \$15

Bring the family for a night of outside games like kickball, whiffle ball, tag, 4 square, water ballons and more.

### FAMILY FUN NIGHT | CAMPFIRE ACROSS AMERICA

**DATE/TIME:** Wednesday, July 22 | 6:00-7:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** All Ages

**COST:** Members FREE | Guests \$15

YMCAs across the country will host a campfire - real or symbolic - bringing people together in a shared moment of connection, reflection, and belonging. Save the date... More details to come!

## AUGUST 2026

### FAMILY FUN NIGHT | OUTDOOR GAMES

**DATE/TIME:** Tuesday, August 11 | 6:00-7:30 pm

**LOCATION:** Keene Family YMCA

**AGES:** All Ages

**COST:** Members FREE | Guests \$15

Bring the family for a night of outside games like kickball, whiffle ball, tag, 4 square, water ballons and more.

the **Y** YMCA

2026  
**FALL FOLIAGE  
TRAIL RACES**

**RUN  
HIKE  
VOLUNTEER**

**SUNDAY  
OCTOBER 4**  
START AT 09:00 AM

[keeneymca.org/fftr](http://keeneymca.org/fftr)

**2026 SPONSORS**