



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER AT THE YMCA

YMCA of Greater Nashua  
2019 Fall Program Guide







The Westwood Park YMCA is  
**OPEN**  
Come check out the new studio, programs, and multipurpose space.



# WESTWOOD PARK YMCA EXPANDING OUR IMPACT

90 Northwest Boulevard, Nashua, NH | 603.402.2258 | [www.nmymca.org/wpexpansion](http://www.nmymca.org/wpexpansion)

The Westwood Park YMCA allows us to further strengthen the Greater Nashua community by helping us to bring more life-changing opportunity, programs and services to positively impact the lives of more children, families and adults in this part of Nashua, as well as the towns of Amherst, Milford, Brookline, Hollis and West Merrimack.

## **This NEW Westwood Park YMCA features:**

- 4 courts for basketball, volleyball, pickleball and other sports.
- A full-size turf field and training area for soccer, lacrosse, field hockey and other field sports.
- A wellness center featuring the functional training MX4 system, a cardio center and group exercise studio.
- Batting cages for rental (included in membership)
- A multipurpose space for health education, arts, enrichment, teen programs and more.
- Kid's Stop area for child watching while parents utilize the YMCA for programming.
- Sports-based summer camp programming for youth development.
- **PLUS**, Coming summer of 2020, we're planning an outdoor aquatics center featuring a pool with lap lanes and a splash pad.

The Westwood Park Y also serves as a valuable extension of the YMCA of Greater Nashua membership experience. Members have full access to all three branches: Merrimack, Nashua and Westwood Park, to enjoy the programs and services that best benefit them and their families.

## Our Mission

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind, and body for all.

## Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## Our Focus

- **YOUTH DEVELOPMENT:**  
Nurturing the potential of every child and teen.
- **HEALTHY LIVING:**  
Improving the nation's health and well-being.
- **SOCIAL RESPONSIBILITY:**  
Giving back and providing support to our neighbors.

## Volunteer at the Y

When you volunteer at the Y, you make it a stronger organization. Providing leadership and talent is vital to empowering people and communities to grow and be strong too. Visit our website [nymymca.org](http://nymymca.org) to find out about current volunteer opportunities or go to [nymymca.volunteermatters.org](http://nymymca.volunteermatters.org) to get your volunteer application started..

## INCLEMENT WEATHER

In case of inclement weather, please check our web site for delays, closures or class cancellations.

## YMCA OF GREATER NASHUA FACILITIES:

### Nashua Branch

24 Stadium Drive  
Nashua, NH 03062  
P: 603.882.2011

### Merrimack Branch

6 Henry Clay Drive  
Merrimack, NH 03054  
P: 603.881.7778

### Westwood Park Branch

90 Northwest Boulevard  
Nashua, NH 03063  
P: 603.402.2258

### Camp Sargent

141 Camp Sargent Road  
Merrimack, NH 03054  
P: 603.880.4845  
[www.campsargent.org](http://www.campsargent.org)

### Camp Spaulding

210 Bog Road  
Penacook, NH 03303  
[www.ymcacampspaulding.org](http://www.ymcacampspaulding.org)  
[www.nymymca.org](http://www.nymymca.org)

## HOURS OF OPERATION NASHUA/MERRIMACK

**Mon.-Fri.** 5am-10pm  
**Sat.** 6am-7pm  
**Sun.** 8am-6pm

## HOURS OF OPERATION WESTWOOD PARK

**Mon.-Fri.** 8am-10pm  
**Sat.-Sun.** 8am-8pm

- Pools close 30 minutes prior to facility closing.
- Exercise areas can close up to 30 minutes prior to facility closing.

## HOLIDAY HOURS

Labor Day	Sept. 2	8 am - 12 pm
Thanksgiving Day	Nov. 28	8 am - Noon
Christmas Eve	Dec. 24	5 am - 2 pm
Christmas	Dec. 25	CLOSED
New Years Eve	Dec. 31	5 am - 5 pm

- Pools open 30 minutes after the facility opens and close 30 minutes prior to facility closing on holidays.

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## PROGRAM SESSION DATES

Session A	Sept. 3 – Oct. 27	(8 wks)
Session B	Nov. 4 – Dec. 22	(7 wks)
Session C	Jan. 6 – Feb. 23	(7 wks)
Session D	Mar. 2 – Apr. 26	(8 wks)

## REGISTRATION START DATES

<b>Session A (Sept. 3 – Oct. 27)</b>	
Y Members	Monday, August 19
Community	Monday, August 26

## Session B (Nov. 4 – Dec. 22)

Y Members	Monday, October 21
Community	Monday, October 28

# IT PAYS TO BE A MEMBER

## Member Benefits and Information

As a member of the YMCA of Greater Nashua, you have access to 3 full service locations, as well as a reciprocal membership with all YMCA's across the United States. Plus, enjoy member only perks like personal training, a personal running coach, and health seminars. Save even more as a member with discounts on everything from swim lessons, dance and sports!

### FOR YOUR PERSONAL SUCCESS

- FREE sessions with a certified personal trainer in our custom Wellness Recipe program
- FREE group exercise, 125+ classes a week
- FREE lap swimming
- FREE racquetball
- FREE Guest Week (1st-7th every month)

### FOR YOUR STRONGER FAMILY

- FREE family swim & gym
- FREE Kids Stop (drop-in child care) for family memberships
- FREE monthly family events and drop in activities
- FREE youth wellness (ages 7-12)
- FREE family Adventure Guides

### PROGRAM DISCOUNTS

- Save up to 50% on swim lessons
- Save up to 50% on sports
- Save up to 12% on child care programs
- Save up to 50% on summer day camp programs

## FINANCIAL ASSISTANCE AVAILABLE

The YMCA of Greater Nashua is a not-for-profit, health and human services organization committed to helping people reach their full potential in spirit, mind and body. The Y is here to serve people of all ages, backgrounds, abilities and incomes. We are community based and believe that our programs and services should be available to everyone.

We strive to serve the entire community by providing financial assistance, which is determined by individual applicant needs. The money used to fund this program is made possible by charitable donations made to the YMCA by friends and members during our Annual Campaign, which is largely supported by the help of many volunteers.

Financial assistance is granted based on the need demonstrated by household size and income and/or extenuating circumstances. Applications are available at the Welcome Center or online at [www.nmymca.org/membership](http://www.nmymca.org/membership).

## MEMBERSHIP OPTIONS & RATES

Membership Type	Monthly Draft	Join Fee
Household*	\$129.00	\$100
2 Adult Family**	\$84.00	\$100
1 Adult Family**	\$67.00	\$100
Adult (30-64)	\$50.00	\$100
2 Adults***	\$74.00	\$100
Senior(65+)	\$43.00	\$100
2 Seniors (65+)	\$64.00	\$100
Young Adult (18-29)	\$29.00	\$50
Teen (13-17)	\$19.00	\$25
Youth (6-12)	\$15.00	\$25

\* Household Memberships: Includes up to 4 adults and unlimited dependent children in the same household

\*\* Family Memberships: Includes dependent children who are under age 26. All individuals reside at the same address with adults sharing household expenses.

\*\*\* 2 Adults/2 Seniors Memberships: Both individuals reside at the same address sharing household expenses.

**NOTE:** If you are living on a fixed or limited income, you may be eligible for financial assistance for a Y membership and program fees through our Y CARES financial assistance program.

## ALWAYS WELCOME IN EVERY COMMUNITY

Nationwide Membership! Enjoy full access membership at two locations, plus the ability to visit any other Y, nationwide.

### WHAT YOU NEED TO KNOW

- Nationwide Membership enables Y members to visit any participating YMCA in the United States
- Valid for active, full facility, YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants are not eligible for nationwide membership
- Special memberships (group homes, other agencies, etc.) are not eligible

To find a Y in another location, go to [ymca.net](http://ymca.net)



# YOUTH DEVELOPMENT

## Early Education and Child Care



### MERRIMACK

#### Early Education Programs Infants through Kindergarten (Ages 6 weeks-6 Years)

Full day and half day programs are available under the guidance of quality early childhood educators. The Y is an early education program and is licensed through the NH Child Care Licensing Unit.

A structured learning environment is provided with a strong emphasis on curriculum, which enhances all areas of child development. Our high quality programs are complemented with enrichment classes.

#### Full Day Child Care

Monday-Friday, 6:30 a.m.-6 p.m.

Infants/Toddler One's/Toddler Two's/Preschool/Pre-K

#### Kindergarten Full Day & Child Care

Monday-Friday 6:30 a.m.-6p.m.

#### Kindergarten Full Day Only

Monday-Friday 9 a.m.-3 p.m.

(Merrimack school district calendar)

#### Kindergarten Extension

For children attending public Kindergarten. Before school and after school programs are offered.

**HOURS:** 6:30-7:45 am (Bus transportation from the Y to school)

Bus pick-up at school to the Y - 6:00 pm

#### 1/2 Day Only

8 a.m.-12 p.m. & 11 a.m.-3 p.m.

#### 1/2 Day Plus Child Care

7 a.m.-6 p.m.

For more information, please contact, Elizabeth Witmer at 603-881-7778 or by email at [ewitmer@nmymca.org](mailto:ewitmer@nmymca.org) or Kristie Perreault at [kperreault@nmymca.org](mailto:kperreault@nmymca.org)

## KIDS STOP BABYSITTING

All three Y branches (Merrimack, Nashua and Westwood Park) offer this wonderful convenience for parents while they work out or swim in our facilities. Parent/guardian must remain in the facility for the entire time the child is in Kids Stop. Older kids can play games with other older kids and our staff at "The Dugout" as well as other spaces in our Westwood Park Y.

Reservations are required for children younger than 12 months. Children may stay in Kids Stop for up to 2 hours with the exception of children who are 6 weeks to 12 months (1 hour).

All kids must take off shoes and be wearing socks while attending Kids Stop. Branches will sell socks for \$1 to families that forget.

**Ages:** 6 weeks – 12 years

**Cost:** **FREE to Family Members**

\$2.50/hr/child (all other members)

**Hours:** Monday-Friday: 8:30am-1:30pm & 4pm-8pm

Saturday and Sunday: 8:30am-12:30pm

## SCHOOL'S OUT

The Y provides a great place for your child to have fun and make new friends! With activities to inspire physical and mental growth, teamwork and imagination, Y school-age child care is perfect for every child. A safe and friendly environment with healthy snacks, physical activity and homework help.

### AGES

Nashua:

5-16 years old

Merrimack:

6-12 years old

### HOURS:

**Before Care:** 6:30am until school (Merrimack and Nashua)

**After Care:** School dismissal until 6pm (Merrimack)/6:30pm (Nashua)

### SCHOOL YEAR 2019-20:

- Before School Care (5 days Merrimack only)
- After School Care (5 days Merrimack and Nashua)
- 2 Day & 3 Day Options (Merrimack and Nashua)
- SINGLE DAYS (snow days)

Bus transportation is provided, except during school vacation weeks, from all elementary schools in Nashua to the Nashua Y and from all elementary schools in Merrimack to the Merrimack Y. Parents may register at the Y Welcome Center or online.

### FOR MORE INFORMATION

Contact: Sarah Sutherland, [ssutherland@nmymca.org](mailto:ssutherland@nmymca.org)

## CREATION STATION (Ages 3-5)



Our licensed, 2.5 hour preschool age program is held at the Y in Nashua. From 9:30am-12:00pm your child will participate in programming with qualified, nurturing staff members, creating an environment that will support each child's social, emotional and cognitive growth and development. Children will join in literacy learning, science, math, nutrition and physical education!

Children must be potty trained. Please pack a nut free snack for each class.

Classes are held at the Nashua branch.

### Creation Station now offers 3 different choices! 9:30am-12:00pm

**Little Creators: \$30/Week**

Tuesday and Thursday (Ages 3-5)

**Little Innovators: \$50/Week**

Monday, Wednesday and Friday (Ages 3-5)

**Little Philosophers: \$80/Week**

Monday-Friday (For children going to Kindergarten fall of 2019)

# YOUTH DEVELOPMENT

## Preschool Programs (Ages 1-6)

### ART

#### Finger Painting (Ages 1-3)

Students will make a dripping paint "action" painting in the style of Jackson Pollock. Students will be directed to observe the lines and shapes that make up an "action" painting!

#### Process Art (Ages 1-3)

Process art is concerned with the actual doing and how actions can be defined and as an actual work of art. Seeing the human expression created from each movement rather than creating a beautiful end result will allow our young artist to explore different materials.

#### Sensory Play (Ages 1-3)

Come and explore through various modes of sensory play. Each week we will introduce new materials and activities to help engage our little ones' minds through textures, touch, sight, sound, and movement. Sensory play is a wonderful opportunity to play, explore, learn, and to create in a fun process based environment.

#### Tiny Doodlers (Ages 1-3)

This special parent/child class is a highly recommended first Toddler Art Class. Tiny doodlers develop their sensory skills as well as fine and gross motor skills. They learn about color, texture and more while experimenting with new, engaging materials. Tiny Doodlers develop: Fine and gross motor skills, Language, Social skills, and the ability to experiment while having FUN!

#### Action Painting (Ages 1.5-3)

Follow Neptune to his underwater fantasy realm! Learn about the unicorn of the sea- the Narwhal or Find yourself traveling space! Design and create your own world! Our Art Explorations series will focus on all aspects of the world from the ocean to space! Students are introduced to many materials like paint and clay to make fun crafts!

#### NEW Family Art (Ages 1.5-3)

Be inspired together and make colorful memories in this art class. Sculpt with a giant block of clay, design a family tree, paint a mural or make a creation of your very own.

#### NEW ABC Art (Ages 2-4)

This class will combine the learning with art. Each class will go over a series of letters by connecting them with an art project. This class will introduce student to different materials and mediums to help memorize the alphabet.

#### NEW Animal Art (Ages 2-4)

Show your wild side! Each week we will create one of our favorite animals out of different materials such as collage, paint, oil pastel and chalk. Will be able to take them home when we are finished.

#### NEW Canvas Painting (Ages 2-4)

Creating different painting each week on canvas while learning about the color wheel. We will go over the primary and secondary colors as well as doing paintings that are with cool and warm tones. This class will be for the young artist that loves to get their hands on a brush.

#### Nature Art (Ages 2-4)

We will take short nature walks in Mines Falls Park to find things to create works of art with such as pebble designs, and painted animal rocks. This class is perfect for the budding transcendental artist.

#### Primary Painting (Ages 2-4)

Ready set paint! During this class students will navigate through the world of paint. Playing with watercolor, color mixing and homemade paints. Everything your little one will need to know about painting!

#### Art and Music (Ages 3-5)

Learn how to make musical instruments through art. During this class we will be using recycled objects, paint, clay and paper to make musical instruments that are a work of art.

#### NEW Art Box (Ages 3-5)

Art Box is a class designed for little artists ages 3-5 to create original pieces of artwork inspired by famous artists, books, and the world that surrounds them. Students will paint, draw, collage and sculpt their way into the world's "Art Box"!

#### Art Explorers (Ages 3-5)

Follow Neptune to his underwater fantasy realm! Learn about the unicorn of the sea- the Narwhal or Find yourself traveling space! Design and create your own world! Our Art Explorations series will focus on all aspects of the world from the ocean to space! Students are introduced to many materials like paint and clay to make fun crafts!

#### NEW Art Sense (Ages 3-5)

Join us on an art adventure for artists ages! Little artists will attend with an adult for this class. Students will explore the senses through the use of hands on art projects and activities. We will incorporate story telling, music and sensory based projects along with open ended art lessons.

#### NEW Artist Palette (Ages 4-6)

Intended for students who are just getting into their "art career". This colorful class allows young students to sample a variety of different types of art. It's the perfect class for students who want to try everything.

#### NEW Pottery (Ages 4-6)

Your young artist will explore new textures by using clay and different clay tools to make wonderful masterpieces they will paint when dry and can bring home.

### MARTIAL ARTS

#### Kenpo-Jujitsu With Chief Instructor Dan Casey – Little Dragons (Ages 4-7)

An introduction to Martial Arts designed to improve listening, motor skills and confidence! Students have fun and exercise while learning to focus and follow directions.

# YOUTH DEVELOPMENT

## Preschool Programs (Ages 1-6)

### GYMNASTICS



#### Leaping Lions (Ages 1-2)

A parent/child tumbling class designed to develop locomotor skills with the help of a caregiver! Learn the skills and names together, in a fun, safe atmosphere. Come have some fun through music, songs, creative movement, tumbling time, and free play! .

#### Hopping Hyenas (Ages 2-3)

A parent/child tumbling class designed to develop locomotor skills with the help of a caregiver! Learn the skills and names together, in a fun, safe atmosphere. Some creative movement songs will be introduced in this level as well to get them up and moving!

#### Jumping Jaguars (Ages 3-4)

This wonderful introduction to the world of gymnastics. The class is designed to acclimate children to gymnastics class with some caregiver participation until separation can be accomplished. Locomotor skills will be a primary focus to this class

#### Tumble and Twirl (Ages 3-5)

This is the perfect combo class for your little gymnast and future ballerina. The class will be split into two 20 minute sessions, and 5 minutes of creative movement. Participants will begin with a 20 minute bitty ballet class and end with a 20 minute tumbling class.

#### NEW Flip and Float (Ages 4-6)

In this one hour combo class you are sure to have fun. Start off in the dance studio with 25 minutes of tumbling fun. Once you are finished in the studio you will roll on over to the pool for some splashing fun!

#### Pouncing Panthers (Ages 4-6)

Beginning tumbling class. Gymnasts will learn to jump, roll, tuck, and split all on their own! It's a skill building gymnastics class for the older preschooler. No experience necessary to have fun!

### RECREATIONAL DANCE



#### Tutus for Twos (Ages 2-3)

This wonderful introduction to the world of dance includes ballet skills and creative expression in a loving and fun environment. The class is designed to acclimate children to the dance class with parent participate until separation can be accomplished.

#### Bitty Ballet (Ages 3-4)

Just the right class for your future ballerina. Dancers will learn basic ballet steps and positions.

#### NEW Tiny Tappers (Ages 3-5)

This 30 minute class introduces our young movers to tap dancing FUN. By the use of engaging music, props, group dances, and basic dance skills, we introduce our young dancers to the joy of movement in a fun positive environment. Now let's get movin' an groovin'.

### SPORTS



#### NEW Lil' Soccer Strikers with In the Net Sports (Ages 1.5-3)

This parent participation class uses a variety of games to engage your child. The development of motor skills, such as kicking, running and jumping are stressed.

#### NEW Parent Child All Ball Play Time (Ages 1.5-4)

Join other parents while playing all sorts of ball sports with your preschooler! This drop in play time is perfect for socialization and motor skill development of your little one.

#### NEW My Gym Buddy and Me (Ages 2-4) – Parent/Child

We will be introducing a variety of sports, playing games, running, jumping and having fun! A focus of class is also to introduce listening, taking turns and sharing skills. This class is designed for children ages 2 to 4 who may have never taken a structured class before.

#### NEW Fall Itty Bitty T-Ball (Ages 3-5) Session A Only

This class will help your little swinger learn the basics of t-ball. Throwing, catching, batting and running the bases will be taught, with an emphasis on sportsmanship and fun. Participants will need their own glove, the Y will provide all other equipment. All practices and games will be held on the turf field at the Westwood Park YMCA.

#### NEW Gym Class Heroes (Ages 3-6)

Just like in physical education class in school, we will be playing sports, games, measuring progress in different physical activities and more!

#### NEW Lil' Ninja Warriors (Ages 3-6)

We will be jumping, climbing, rolling and more in the fun, ninja-style obstacle course class!

#### NEW Soccer Strikers with In the Net Sports (Ages 3-4.5)

Players are taught kicking, running, control and dribbling, as well as listening and following directions. We use a variety of fun games with lots of physical activities. We do not play competitive games in this class.

#### NEW Lil' Recess Games (Ages 4-6)

Your child will play classic recess games like Capture the Flag, Dodgeball, Spy Ball, Box Ball, Pins and Rims and more!

#### NEW Mini Bootcamp (Ages 4-6)

Get strong and fit with our mini version of a bootcamp class. Push ups, sit ups, drills and sprints are some of the things we'll do in this class.

#### Pre-K Basketball (Ages 4-6)

Come learn the basics of the game while developing skills in teamwork, taking turns and good sportsmanship. Skills include dribbling, passing, shooting and more!

#### NEW Soccer Shooters with In the Net Sports (Ages 4.5-6)

This is a progression class from Strikers. More advanced skill games are played. This class develops kicking, balance, dribbling and foot-eye coordination. Approximately half the time is spent playing small sided soccer games with goals.

# PRESCHOOL PROGRAMS

FM = Member, YM = Youth Member, C = Community, (M) = Merrimack Branch, (N) = Nashua Branch, (W) Westwood Park Branch, (CS) = Camp Sargent

ART	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Finger Painting	1-3	FM-\$55, C-\$110		10-10:30a (N)				
Process Art	1-3	FM-\$55, C-\$110		4-4:30p (N)			10:30-11a (M)	
Sensory Play	1-3	FM-\$55, C-\$110				10-10:30a (N)	9:30-10a (M)	
Tiny Doodlers	1-3	FM-\$55, C-\$110	9:30-10a (M)			9:30-10a (N)		
Action Painting	1.5-3	FM-\$55, C-\$110						10:30-11a (N)
Family Art	1.5-3	FM-\$55, C-\$110			10-10:30a (W)			
ABC Art	2-4	FM-\$55, C-\$110		6-6:30p (N)			10:30-11a (M)	
Animal Art	2-4	FM-\$55, C-\$110			9:30-10a (W)		4-4:30p (M)	
Canvas Painting	2-4	FM-\$55, C-\$110			10:30-11a (W)	4:30-5p (N)		
Nature Art	2-4	FM-\$55, C-\$110						10-10:30a (N)
Primary Painting	2-4	FM-\$55, C-\$110		9:30-10a (N)				
Art and Music	3-5	FM-\$55, C-\$110			4-4:30p (W)		10-10:30a (M)	
Art Box	3-5	FM-\$55, C-\$110		10:30-11a (N)			4:30-5p (M)	
Art Explorers	3-5	FM-\$55, C-\$110			4:30-5p (W)			9:30-10a (N)
Art Sense	3-5	FM-\$55, C-\$110	10:30-11a (M)					
Art Palette	4-6	FM-\$55, YM-\$95, C-\$110	4:30-5p (M)			4-4:30p (N)		
Pottery	4-6	FM-\$55, YM-\$95, C-\$110	4-4:30p (M)					
Creation Station	3-5	See pricing on page 5	9:30a-12p (N)	9:30a-12p (N)	9:30a-12p (N)	9:30a-12p (N)	9:30a-12p (N)	
GYMNASTICS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Leaping Lions	1-2	FM-\$75, C-\$150	9-9:30a (M) 5:15-5:45p (W)	4-4:30p (M)	11:05-11:35a (N)		10-10:30a (N)	
Hopping Hyenas	2-3	FM-\$80, C-\$160	9:35-10:05 (M)	4:35-5:05p (M)	10:30-11a (N)		10:35-11:05a (N)	
Jumping Jaguars	3-4	FM-\$80, C-\$160	10:10-10:50a (M) 4:30-5:10p (W)	10:15-10:55a (N)	9:45-10:25a (N)	4:15-4:55p (N)		
Tumble and Twirl	3-5	FM-\$80, C-\$160	9:30-10:15a (N)	5:10-5:55p (M)			5-5:45p (N)	
Flip and Float	3-5	FM-72, C-\$144					9-10a (N)	
Pouncing Panthers	4-6	FM-\$80, YM-\$120, C-\$160	10:55-11:35a (M)	9:30-10:10a (N)	9:9:40a (N)	5-5:40p (M)		
RECREATIONAL DANCE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Tutu's for Twos	2-3	FM-\$72, C-\$144					4:30-5p (N)	9:30-10a (N)
Bitty Ballet	3-4	FM-\$72, C-\$144	9-9:30a (N) 4-4:30p (M)	4:30-5p (M)	3:30-4p (M)		4:30-5p (N)	9-9:30a (N) 9-9:30a (M)
Tiny Tappers	3-5	FM-\$72, C-\$144	4-4:30p (N)				9:30-10a (N)	9:30-10a (M)
MARTIAL ARTS	AGES	PRICE	MON	TUE	WED	THUR	FRI	SAT
Little Dragons T/TH class 2 days/wk	4-7	A: FM-\$125, YM-\$188, C-\$250 B: FM-\$109, YM-\$165, C-\$219		4:00-4:30p (M)		4:00-4:30p (M)		
SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Lil' Soccer Strikers with In the Net Sports	1.5-3	A: FM-\$60, C-\$120 B: FM-\$53, C-\$105		9:30-10:15a (W)				9-9:45a (W)
Parent and Child All Ball Play Time	1.5-4	Members: Free Community: \$5/day	10a-12p (W)	10a-12p (W)	10a-12p (W)	10a-12p (W)	10a-12p (W)	
My Gym Buddy and Me – Parent/Child	2-4	A: FM-\$45, C-\$89 A: Mon: FM-\$40, C-\$79* B: FM-\$40, C-\$79 B: Thurs: FM-\$35, C-\$69**	10:15-10:45a (W)*	9:30-10a (N)		9:30-10a (N)**		9-9:30a (W)



# PRESCHOOL PROGRAMS

FM = Member, YM = Youth Member, C = Community, (M) = Merrimack Branch, (N) = Nashua Branch, (W) Westwood Park Branch, (CS) = Camp Sargent

SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Itty Bitty T-Ball	3-5	FM-\$45, C-\$89 Session A Only						12-12:45p (W)
Gym Class Heroes	3-6	A: FM-\$45, C-\$89 B: FM-\$40, C-\$79 B: Thurs: FM-\$35, C-\$69*		10: 15-10:45a (N)	9-9:30a (W)	10: 15-10:45a (N)*		
Lil' Ninja Warriors	3-6	A: FM-\$45, C-\$89 A Mon: FM-\$40, C-\$79* B: FM-\$40, C-\$79	9:30-10a (W)*		10: 15-10:45a (W)			9:45-10:15a (W)
Soccer Strikers with In the Net Sports	3-4.5	A: FM-\$60, C-\$120 B: FM-\$53, C-\$105		10:30-11:15a (W)				10-10:45a (W)
Lil' Recess Games	4-6	A: FM-\$45, C-\$89 B: FM-\$40, C-\$79					11:30a-12p (W)	10:30-11a (W)
Mini Bootcamp	4-6	A: FM-\$45, C-\$89 B: FM-\$40, C-\$79					10:45-11:15a (W)	
Pre-K Basketball	4-6	A: FM-\$45, C-\$89 A Mon: FM-\$40, C-\$79* B: FM-\$40, C-\$79	5:30-6p (N)	5:30-6p (M)	10:30-11a (W)			9-9:30a (W)
Soccer Shooters with In the Net Sports	4.5-6	A: FM-\$60, C-\$120 B: FM-\$53, C-\$105			5:30-5:15a (W)			11-11:45a (W)

## CELEBRATE YOUR CHILD'S BIRTHDAY AT THE YMCA!

Let the Y make your child's birthday party one to remember!  
Available at our Merrimack, Nashua and Westwood Park locations.

### PARTY PACKAGE INCLUDES:

- 2 hour party (1 hour in the pool and 1 hour in our birthday room for cake, gifts and free time)
- Max of 15 children including the birthday child
- Free guest pass for all party guest to come try out the Y!
- 30 Minute set up time before the start of your party

### PRICING:

Family Members- \$175  
Youth Members- \$200  
Community Members-\$275

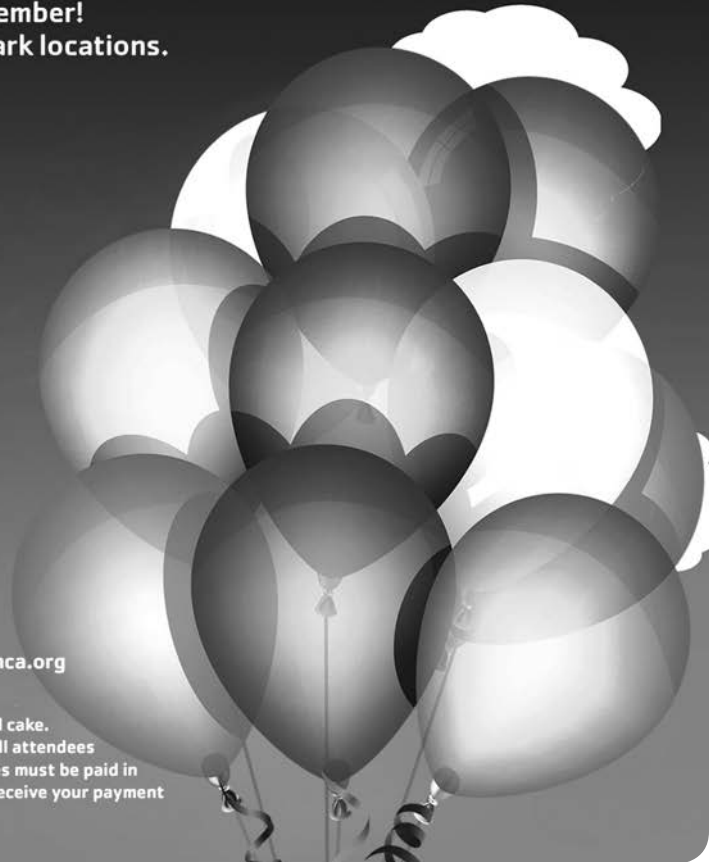
### CUSTOMIZE YOUR PARTY PACKAGE:

- Additional Hour - \$50
- Fun Run Added to Merrimack Pool Party - \$150

### TO BOOK YOUR PARTY, PLEASE CONTACT:

Erinn Kobisky (NASHUA) - 603.882.2011 or ekobisky@nymymca.org  
Sarah Dixon (MERRIMACK) - 603.881.7778 or sdixon@nymymca.org  
Randy Menken (WESTWOOD PARK) - 603.402.2258 or rmenken@nymymca.org

All Parties must bring all of their own decoration, paper products, utensils, food, and cake.  
All parties are responsible for cleaning up the party room at the end of their party! All attendees must fill out and have a signed waiver in order to participate in the activity. All parties must be paid in full at the time of booking. If you chose to cancel your party after booking, you will receive your payment back minus a \$50 non-refundable fee



# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6–16)

### ART

#### **Dream Catcher Jewelry Art (Ages 6-12)**

Students will be involved in a series of jewelry making projects such as creating necklaces, bracelets and key chains. These projects are designed to develop and enrich the creative thought process as well as problem-solving

#### **Glow Painting (Ages 6-12)**

Get ready to glow! Each week we will be making a painting step-by-step but this will be no ordinary painting. We will be using glow in the dark paint and abstract designs to create one of a kind paintings that will glow in the dark. Not only will you have a beautiful painting but you will also have handmade night light!

#### **Kids Paint Night (Ages 6-12)**

Come create a new masterpiece every week we will make step-by-step paintings for you to take home by the end of the term you'll have a mural of paintings.

#### **Slime Time (Ages 6-12)**

What time is it? Slime time! That's right; this course is all about the gooey green glob of fun, better known as slime. This course teaches children about the ingredients needed to make a good 'ol batch of slime. With the help of instructors, students will get to whip up several different slime recipes. At the end of the class, students will get to use their slime creations in a series of fun games and activities known as the Slime Olympics!

#### **NEW Comic Book Art (Ages 7-13)**

Students will learn how to draw their favorite comic book characters during this class will even start making their very own comic book strips during this term just like Stanley does with marvel!

#### **NEW String Art (Ages 7-13)**

Students in this class I'll be using colored thread strung between points from an abstract geometric pattern or representational design such as ships sails. With other artist material comprising the remainder of the work thread, wire or string is wound around a grid of nails hammer to a velvet covered wooden board. This class will not only deliver beautiful pieces but add a bit of logical thinking as well!

### MUSIC AND ENRICHMENT

#### **Broadway Stars (Ages 6-10)**

Students will learn the aspects of musical theater through a scripted scene that incorporates acting, singing, and dancing. They do a presentation of their scene at the end of the session for family and friends.

#### **NEW Ukulele (Ages 7-13)**

Each student will realize that they can be a ukulele player. This course serves as an introduction to the instrument and will provide students with an instant access to making music on the ukulele. Focus points will be strumming and rhythms, reading music, improvising, and beginning songwriting.

### NEW! FAMILY PAINT NIGHT (Ages 6 - Adult)

Enjoy time with your kids or grandkids and come make a painting, step-by-step, to take home. Each of you will have a beautiful masterpiece that matches.

Merrimack Mon. 6:30-7:30 p.m.  
Price: FM-\$60, YM-\$87, CM-\$120

### MUSIC AND ENRICHMENT

#### **Sing It Out (Ages 8-13)**

Students will sing songs and learn proper posture, diction, and musical technique. They will sing as a group or as soloists. They will also perform a short recital the last class for family and friends.

#### **Youth Guitar Lessons (Ages 8-13)**

Have you ever wanted to learn to play the guitar? Now you can in this beginner/intermediate class. The instructor will work with the class as a group and on an individual basis when needed. Participants must supply their own guitars.

#### **NEW Y Glee Club (Ages 8-14)**

Students will learn songs as well as choreography to go with each song. At the conclusion of the term, students will perform what they have learned. Students must know how to read.



### Private Voice & Music Lessons

Can't find what you're looking for in our scheduled music classes? We also offer private lessons so you can work on your skills individually with a schedule that works for you. Lessons are available in voice, keyboard or piano, clarinet, alto-saxophone, trumpet, violin and guitar. Contact Tiffany Joslin at 603.882.2011 or [tjoslin@nymca.org](mailto:tjoslin@nymca.org) to request a certain time and day.

Price: FM-\$125, YM-\$185, C-\$250

# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6–16)



### YOUTH SPORTS



#### **NEW Archery (Ages 6–16)**

Taught by a level II USA Archery Certified Instructor, participants of all abilities and skill levels will learn about archery range safety and necessary techniques required to become a master archer. All equipment is provided.

#### **Basketball (Ages 6–12)**

Y sports nurture the potential of your kids by emphasizing fun, skill development, sportsmanship, and teamwork in a positive environment. Participants will learn skills and build character while staying active, having fun, and making friends!

##### **SKILL CLASSES**

**BEGINNER SKILLS (Ages 6–9):** The core skills of basketball – dribbling, shooting and passing – are taught, reviewed and refined in this beginner’s basketball skills class.

**INTERMEDIATE SKILLS (Ages 9 – 12):** The core skills of basketball are brought to the next level and game positioning and strategy are introduced.

##### **GAME PLAY**

**GAME ON! (Ages 6–9 and 9–12):** Focus is on game strategy and working as a cohesive team. **MUST** be able to demonstrate a solid foundation of basketball core skills (dribbling, shooting and passing) and basic knowledge of game play.

\* Instructor has the right to move a participant if they do not meet the skill level requirements for the class.

#### **NEW Ninja Warriors (Ages 6–9)**

We will be jumping, climbing, rolling and more in the fun, ninja-style obstacle course class!

#### **NEW Recess Games (Ages 6+)**

Your child will play classic recess games like Capture the Flag, Dodgeball, Spy Ball, Box Ball, Pins and Rims and more!

#### **Flag Football Skills (Ages 6–12)**

Whether you’re in between flag football seasons or want to pick up some new skills, come play on our indoor turf field at our new facility. Passing, catching and game play strategies will be taught.

#### **NFL YOUTH FLAG FOOTBALL LEAGUE (Ages 6+)**

**DOWN SET HIKE!** Our flag football league provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. All players will receive an official NFL jersey, belt and flags. Games will be held on Sundays.

**ALL GAMES WILL TAKE PLACE ON THE TURF FIELD AT THE WESTWOOD PARK YMCA AT 90 NORTHWEST BOULEVARD IN NASHUA.**





# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6-16)

### YOUTH SPORTS



#### Youth Floor Hockey (Ages 6+)

Ducks Fly Together! In this class, students will be introduced to the basic skills of floor hockey and learn how to work together as a team.

#### Youth Tennis Instruction (Ages 6-12)

**BEGINNER:** Learn fundamental tennis skills through fun drills and games. Emphasis will be on developing eye/hand coordination and racket skills.

**INTERMEDIATE:** Tennis fundamental drills and games with some strategy and play.

#### **NEW Soccer Academy with In the Net Youth Soccer (Ages 7-14)**

Players are trained individually and in small groups to develop the essential skills of soccer such as dribbling, passing, receiving and shooting. A scrimmage will take place for the last 15-20 minutes of each class. Classes taught by a professional coach.

### TEEN SPORTS



#### **NEW Introduction to Pickleball (Ages 10+)**

Pickleball is a mix of tennis, badminton & ping pong that's EASY to learn and fun for ALL ages! Learn the fundamentals including rules, scoring & basic strategies to give you the tools you need to enjoy the game, with both practice and play each week. Intended for beginners and players new to the sport. Paddles and balls will be provided.

#### **NEW Ultimate Frisbee! (Ages 10+)**

Mix two teams, one Frisbee and a turf field and you have Ultimate Frisbee! It's a fun, challenging, inclusive team sport for all!

#### **NEW Ultimate Frisbee! League (Ages 10+)**

Come join the Ultimate fun sport with this 8 week league. Bring your own team or join the house team. Boys and girls are welcome!

#### **NEW Teen Basketball Skills (Ages 13+)**

The core skills of basketball - dribbling, shooting and passing - are taught, reviewed and refined in this beginner's basketball skills class.

#### **Teen Basketball Game On! (Ages 13+)**

Focus is on game strategy and working as a cohesive team. MUST be able to demonstrate a solid foundation of basketball core skills (dribbling, shooting and passing) and basic knowledge of game play.

#### **NEW Teen Basketball League (Ages 13+)**

Get ready for your winter season with this 8 week league. Bring your own team or join the house team. Boys and girls are welcome! Based upon number of teams, league may be split by gender. Games will be officiated by our Y staff.

#### **Teen Tennis Instruction (Ages 13+)**

**BEGINNER:** Learn the basics of tennis, stroke production and strategies through games and actual play.

**INTERMEDIATE/ADVANCED:** More play than drills as required by level of play.



## NEW TEEN NIGHTS AT THE WESTWOOD PARK YMCA

**FRIDAY NIGHTS STARTING IN OCTOBER, 7-9:30 p.m.**

Bring your friends and join us each Friday at the Westwood Park Y where Teens can be Teens! Gaming tournaments, Fitness classes, Karaoke & Open Mic, dinner, card and board games are just some of the fun and engaging activities you can expect at Teen Night!

Are you more into competitive sports? No problem, grab a group of friends and enter as a team for 7-8 weeks seasons for just \$500 a team. Individuals will be placed on Y house teams. Throughout the year, Teen Night Sports Leagues will consist of Soccer, Basketball, Volleyball, Capture The Flag, Backyard Games, Dodgeball and Ultimate Frisbee. All levels welcome in this friendly but competitive and inviting environment.

**PRICE: Member: Free Community: \$5**

# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6-16)

### GYMNASTICS



#### Youth Tumbling (Ages 6-12)

An introduction to the world of tumbling/gymnastics. Students will learn basic floor and tumbling skills. Some beam work will be introduced as well. This class will primarily focus on flexibility and floor skills.

### MARTIAL ARTS



#### Youth Martial Arts (Ages 6-12)

Aikido focuses on developing balance, focus and self-awareness through disciplined body movement and cooperative drills. It does not employ punches and kicks.

#### CLASS STRUCTURE

**FIRST STEPS:** This 30-minute class is designed to introduce new students to Tomiki Aikido. It is open to students ages 6-12. Limited to six (6) students.

**NEXT STEPS:** This is a 45-minute class that is open to students ages 6-12 who have achieved their junior yellow belt.

**COMBINED CLASS:** The Combined First Steps/Next Steps covers material for both levels. Limited to five (5) students, ages 6-12.

**ADVANCED STEPS:** A one-hour class that prepares the student for the teen curriculum. Students must have achieved their junior orange belt.



### HOMESCHOOL



#### Homeschool Art Class (Ages 7-15)

In this hands on class you will explore the world of art. Each week students will work with a different art medium from painting to sculpture and develop masterpieces of their own like all of the other famous artist before us!

#### NEW Dance Sampler (Ages 6-10)

In this class students will learn dance techniques in ballet, jazz, tap, lyrical, and hip hop. You will also have some fun learning some of today's favorite line dances like the cotton eye joe, chacha slide, and more.

#### NEW Homeschool Fitness and Weightlifting (Ages 7-15)

In a class led by a certified personal trainer students will learn the importance of physical activity through a variety of fitness activities, and forms of weightlifting.

#### NEW Homeschool Gym (Ages 7-15)

Join us for a fun gym style class, play and get to know other homeschool students. This is a great opportunity to meet new friends, get some exercise and most of all...Have fun!

#### Homeschool Running Club (Ages 10-12)

Join us for a fun filled running workout using a combination of the indoor track, treadmills, and outdoor trails. (Weather permitting)

#### NEW Homeschool Tumble (Ages 6-12)

An introduction to the world of tumbling/gymnastics. Students will learn basic floor and tumbling skills. Some beam work will be introduced as well. This class will primarily focus on flexibility and floor skills.



# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6-16)

### YOUTH WELLNESS



#### **NEW** Obstacle Course (Ages 8-11)

Test your balance, strength and Coordination in our fun and exciting obstacle course class.

#### Kid Cross Training (Ages 9-11)

Join us for a fun fast paced workout using a variety of equipment.

#### Kids On The Move (Ages 9-12)

Through this progressive program, your child will learn the principles of strength training, including proper form and technique, techniques needed for the weight room, rules for usage of the Wellness Center, goal based training approaches and why what you eat matters. After successful completion of the program, you and your child will be able to work out together in the Wellness Center. For SAFETY reasons children must be a minimum height of 4 feet 8 inches tall.

#### **NEW** Superhero Workout (Ages 9-12)

Superhero workout is structured using games and fun activities to encourage kids to be active

#### Boys Rock (Ages 10-13)

This class will make us stronger and empower us to be the best we can be! Using our own body weight (additional light weights may be used on occasion) we will become stronger, faster, and more confident. Every level of fitness welcome, not just athletes! Work at your own pace, and over time see the changes both inside and out.

#### Ignite Strength Training (Ages 10-13)

This class is designed to teach young athletes the importance of off season and in-season strength training, in a fun and engaging atmosphere.

#### **NEW** The Quick Fix (Ages 11-13)

Working with a personal trainer to improve agility and explosiveness, optimize body movement and improve cardiovascular health. Great for teen athletes or kids wanting to move and have fun!

#### Strong Girls/Amazing Women! (Ages 12-16)

This class will make you stronger and empower you to be the best you can be! Using your own body weight (additional light weights may be used on occasion) you will become stronger, faster, and more confident. Every level of fitness welcome, not just athletes! Work at your own pace, and over time see the changes both inside and out.

#### **NEW** Next Level (Ages 13-16)

An athlete class designed to help take you from JV to Varsity, and from Varsity to the next level! This class is designed to help with strength and conditioning and focuses on building a foundation that will help you on game day!



### PRESCRIBE THE Y

Since 2008, the YMCA has been working with community health providers to promote the benefits of a healthy, active lifestyle. Together, we created Prescribe the Y; a free, 10 week wellness program for children ages 6 to 13 and their parents. Each week, participants spend time with a certified personal trainer learning fun new ways to exercise and with a registered dietitian discovering how making healthy choices at mealtimes can be exciting and tasty. Participants must be referred to this program by their healthcare provider.

#### Classes Start September 17

Nashua Tuesdays 5:15-6:45p (ages 6-9)

Tuesdays 7:00-8:00p (ages 10-13)

Price: FREE

SUPPORTED BY



### YOUTH WELLNESS CENTER (Ages 7-12) (Merrimack Branch Only)

Monday-Thursday, 4-7pm; Saturday, 9am-1pm

Enjoy our wellness center just for kids featuring Strive Circuit equipment sized just for them! Participants will learn to use Strive Circuit, in addition to the cardiovascular equipment. Proper form introduction for body weight exercises, games and fun also included.

(Kids, ages 7-12, may use the center during unstaffed hours with a parent only)



# YOUTH DEVELOPMENT

## Youth and Teen Programs (Ages 6-16)

### LEADERSHIP DEVELOPMENT

#### Y-Achievers Program (Nashua YMCA)

A post high school preparedness program, the Y-Achievers program focuses on helping middle school and high school teens figure out what they want to do after high school. The program focuses on helping teens determine what they are interested in and giving them exposure to their options in order to pursue those ideas. We also work on identifying what teens need to be successful in school and in their social life. Through experiential sessions and caring adult mentorship, our teens gain important academic and interpersonal skills. There is no fee to join the program.

Program registration for the 2019-2020 academic year is now open! Please go to [nymymca.org](http://nymymca.org) to fill out an application or email Patty Harding, [pharding@nymymca.org](mailto:pharding@nymymca.org) for more information.

#### Leaders Club (Grades 6-12)

Leaders Club is a YMCA of the USA national program that provides club members with many opportunities for leadership training, personal growth, service to others and social development. By connecting with adult advisors, teens have role models and mentors who can have a positive impact on their lives. Participants meet on a weekly basis in a structured and safe environment.

Activities include: service-learning projects, volunteer and fundraising events, academic support, field trips and weekend regional rallies throughout the school year. For more information contact: Larry Harding at the Nashua Y branch, (603) 882-2011 or [lharding@nymymca.org](mailto:lharding@nymymca.org).

#### Middle and High School Leaders (Grades 6-12)

Westwood Park Wednesday 6:30-8:00 p.m.



#### Merrimack Middle School Bus (Ages 13+) Merrimack branch

The YMCA of Greater Nashua and Merrimack Middle School partner to provide a bus from the Middle School to the YMCA every afternoon during the school year. Teens can come and use our facility in Merrimack which includes the fitness center, basketball courts, pool, and places to just hang out. Teens must be members to come into the building or pay a guest fee of \$4 if they are not members.

Contact Josh Schupack at [jschupack@nymymca.org](mailto:jschupack@nymymca.org) for more info.

## YOUTH AND TEEN PROGRAMS

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ART	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Dream Catcher Jewelry Art	6-12	FM-\$60, YM-\$87, C-\$120		5:30-6:15p (N)				11-11:45a (N)
Glow Painting	6-12	FM-\$60, YM-\$87, C-\$120			5-5:45p (W)	6-6:45p (N)		
Kids Paint Night	6-12	FM-\$65 YM-\$95 CM-\$130				5-6p (N)	5:45-6:30p (M)	
Slime Time	6-12	FM-\$60, YM-\$87, C-\$120		4:30-5:15p (N)			5-5:45p (M)	
Comic Book Art	7-13	FM-\$60, YM-\$87, C-\$120	5-5:45p (M)	5:15-6p (N)				
String Art	7-13	FM-\$60, YM-\$87, C-\$120	5:45-6:30p (M)		5:45-6p (W)			
MUSIC AND ENRICHMENT	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Broadway Stars	6-10	FM-\$60, YM-\$87, C-\$120				4:45-5:30p (N)		
Ukulele 101	7-13	FM-\$80, YM-\$120, C-\$160		5:45-6:30p (W)				

# YOUTH AND TEEN PROGRAMS

FM = Member, YM = Youth Member, C = Community, (M) = Merrimack Branch, (N) = Nashua Branch, (W) Westwood Park Branch, (CS) = Camp Sargent

MUSIC AND ENRICHMENT	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Sing it Out	8-13	FM-\$60, YM-\$87, C-\$120	5-5:45p (N)					
Youth Guitar Lessons	8-13	Merrimack FM-\$77, YM-\$116, C-\$154 Nashua FM-\$80, YM-\$120, C-\$160			5-5:45p (M)	5:30-6:30p (N)		
Y Glee Club	8-14	FM-\$80, YM-\$120, C-\$160		5-5:45p (W)				
GYMNASTICS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Youth Tumbling	6-12	FM-\$85, YM-\$125, C-\$170	5:45-6:30p (W)		4:30-5:15p (N)	5:45-6:30p (M)		
HOME SCHOOL	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Homeschool Art Class	7-15	FM-\$40, YM-\$50, C-\$60 Rates Include Supplies			Ages 7-10 12-12:45p (W) Ages 11-15 1-1:45p (W)			
Homeschool Dance Sampler	6-10	FM-\$60, YM-\$87, C-\$120		12-12:45p (W)				
Homeschool Fitness and Weightlifting	7-15	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92			Ages 7-11 1-1:45p (M) Ages 12-15 2-2:45p (M)			
Homeschool Gym	7-15	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89			Ages 7-10: 1-1:45p (W) Ages 11-15: 2-2:45p (W)			
Homeschool Running Club	10-12	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92		12-12:30p (N)				
Homeschool Tumbling	6-12	FM-\$85, YM-\$125, C-\$170		1-1:45p (W)				
MARTIAL ARTS	AGES	MON	TUES	WED	THUR	FRI		
Youth Martial Arts (Aikido)	6-12		First Steps 5:30-6p (N) FM-\$47, YM-\$69, CM-\$92  Next Steps 4:30-5:15p (N) FM-\$93, YM-\$137, CM-\$183		Combine Class 5:45-6:30p (N) FM-\$93, YM-\$137, CM-\$183  Advanced Steps 4:30-5:30p (N) FM-\$93, YM-\$137, CM-\$183			
YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Archery	6+	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89						Ages 6-9: 8:30-9:15a (W) Ages 9-12: 9:30-10:15a (W) Ages 13+: 10:30-11:15a (W)
Basketball Beginner Skills	6-9	A: Mon-FM-\$45, YM-\$69, C-\$89* A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89	6-6:45p (N)*	6-6:45p (M)	5:30-6:15p (W)			9:30-10:15a (W)
Basketball Int. Skills	9-12	A: Mon-FM-\$45, YM-\$69, C-\$89* A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89	6:45-7:30p (N)*	6:45-7:30p (M)		5:30-6:15p (W)		9-9:45a (W)
Basketball Game On!	6-12	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89			Ages 6-9: 6:15-7p (W)	Ages 9-12: 6:15-7p (W)	Ages 6-9: 6-6:45p (N) Ages 9-12: 6:45-7:30p (N)	Ages 6-9: 10:15-11a (W) Ages 9-12: 9:45-10:30p (W)
Flag Football Skills	6-12	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89	Ages 6-9: 5:30-6:15p (W) Ages 9-12: 6:15-7p (W)					
Ninja Warriors	6-9	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89	5:30-6:15p (W)					11:15a-12p (W)

# YOUTH AND TEEN PROGRAMS

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YOUTH SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Recess Games	6+	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89		Ages 6-9: 5:30-6:15p (W) Ages 9-12: 6:15-7p (W)				Ages 6-9: 12:15-1p (W)
Youth Floor Hockey	8-12	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89			Ages 6-9: 6-6:45p (M) Ages 9-12: 6:45-7:30p (M)			
Youth Tennis	6-12	A: FM-\$60, YM-\$85, C-\$110 B: FM-\$49, YM-\$70, C-\$92		Ages 6-9 Beginner: 4-4:45p (M) Intermediate: 4:45-5:30p (M)		Ages 9-12 Beginner: 4-4:45p (M) Intermediate: 4:45-5:30p (M)		Ages 6-12 Beginner: 9:45-10:30a (M) Intermediate: 10:30-11:15a (M)
NFL Youth Flag Football League	6+	FM-\$65, YM-\$95, C-\$120	<b>Games are held on Sundays per below schedule.</b> 8:30am – 10:00am (Games for ages 6-9) 10:00am – 11:30am (Games for ages 10-12) 11:30am – 1:30am (Games for ages 13+)					
Soccer Academy with In the Net Sports	7-14	A: FM-\$80, YM-\$120, C-\$160 B: FM-\$70, YM-\$105, C-\$140		Ages 7-9: 5-6p (W) Ages 10-14: 6-7p (W)				
TEEN SPORTS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Introduction to Pickleball	10+	A: FM-\$45, YM-\$69, C-\$89 B: FM-\$45, YM-\$69, C-\$89	5:45-6:45p (W)					
Ultimate Frisbee	10+	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89	6:15-7p (W)					1:15-2p (W)
Ultimate Frisbee League	10+	Team-\$450, Individual-\$45					7:30-8:30p (W)	
Teen Basketball Skills	13+	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89						10:30-11:30a (W)
Teen Basketball Game On!	13+	A: FM-\$50, YM-\$75, C-\$95 B: FM-\$45, YM-\$69, C-\$89						11:30a-12:30p (W)
Teen Basketball League	13+	Team-\$550, Individual-\$60					7:30-8:30p (W)	
Teen Nights	13+	Member: Free, Community: \$5					7-9:30p (W)	
Teen Tennis	13+	A: FM-\$60, YM-\$85, C-\$110 B: FM-\$55, YM-\$80, C-\$105			Beginner: 5-6p (M) Intermediate/ Advanced: 6-7p (M)			
YOUTH WELLNESS	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Obstacle Course	8-11	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92	5:30-6:15p (M)					
Kid Cross Training	9-11	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92						9-9:45a (M)
Kids on the Move	9-12	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92	5-5:45p (N)	4:30-5:15p (N) 6-6:45p (N)		4:30-5:15p (N) 6-6:45p (N)		
Superhero Workout	9-12	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92				5-5:45p (N)		
Boys Rock	10-13	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92		5-5:45p (N)				
Ignite Strength Training	10-13	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92			6-6:45p (M)			
The Quick Fix	11-13	1 Day: FM-\$53, Y-\$80, C-\$106 2 Days: FM-\$74, Y-\$101, C-\$147	4:30-5:30p (W)		4:30-5:30p (W)			
Strong Girls/Amazing Women	12-16	A: FM-\$53, Y-\$80, C-\$106 B: FM-\$46, Y-\$80, C-\$92		7-7:45p (N)				
Next Level	13-16	1 Day: FM-\$53, Y-\$80, C-\$106 2 Days: FM-\$74, Y-\$101, C-\$147		4:30-5:30p (W)			4:30-5:30p (W)	
Youth Wellness Center	7-12	Available Hours	4-7p (M)	4-7p (M)	4-7p (M)	4-7p (M)		9a-1p (M)





# LET'S SWIM!

Swim Programs for All Ages

LEARN MORE AND REGISTER: [www.nmymca.org/swim](http://www.nmymca.org/swim)

## New Look and Feel!

We're trying something new with our aquatics offerings. Instead of adding activity grids with swim lessons listed by day we're moving all of that online. You can view the current sessions schedule on the Swim Programs page and register by clicking on the registration links in the drop-down menus by age group on the web site. Just visit [www.nymymca.org/swim](http://www.nymymca.org/swim) for all things aquatic.

## Swim Programs

Swimming is a life skill as well as great exercise and a challenging sport. The Y offers swim lessons for all ages including family swim, water safety, competitive swimming, and many kinds of adaptive swim programs for those with special needs, so we can all safely enjoy the pleasures of an aquatic environment.

### Offerings

- Parent/Child Swim Lessons
- Preschool Swim Lessons (Ages 3-5)
- Youth Swim Lessons (Ages 5-15)
- Adult Swim Lessons (Ages 16+)
- Youth Swim Team (Ages 7-18)
- Masters Swim Team (Ages 18+)

### Swim Stages

Swim levels focus on a skill-based approach that is designed to meet your child's needs and help participants reach their goals. This approach:

- Accommodates students of varying abilities and varying ages.
- Fosters a sense of achievement from the start.
- Stays grounded in a skill continuum that allows students to move easily from one stage to the next with clearly defined stages of progress along the way.

## Aquatic Certifications

The YMCA offers classes in CPR, First Aid, and Lifeguard Training. You never know when you might be tested to save a life. Emergency preparation techniques can be used in the workplace, at sporting events, at the beach, or in the home. Become certified in Adult, Child and Infant CPR and Standard First Aid and AED Training (Automated External Defibrillator) for the professional rescuer.



# YOUTH DEVELOPMENT/HEALTHY LIVING

## Progressive Dance Program (4-18)



### PRE-DANCE

- **Pre-Dance 1 (Ages 3-4)**  
Class curriculum will include basic ballet and tap steps.
- **Pre-Dance 2 (Ages 4-5)**  
Dancers will learn basic dance technique in Ballet, Tap and Jazz in a continuation of pre-dance 1. This is the perfect class for the beginner dancer.
- **Kinder Hip Hop (Ages 4-6)**  
Perfect hip hop class for your beginner dancer. Learn all of the coolest moves to some of today's hottest hits!

### BALLET

#### BEGINNER & INTERMEDIATE LEVEL

- **Ballet 1 (Ages 6-8)**  
Basic ballet steps, barre work and center work.
- **Ballet 2 (Ages 8+)**  
More advanced ballet technique.

#### ADVANCED LEVEL

- **Pre-Pointe (Ages 9+)**  
This technique class is designed to prepare dancers to go on pointe. Dancers will work on strengthening the entire foot and ankle as well as perfecting the proper body placement that is essential for going on pointe. This is not a pointe class and pointe shoes are not needed. Students begin preparing the legs and feet for pointe work through a combination of pre-pointe appropriate physical therapy exercises and ballet technique. Students must enroll in at least one ballet class level 3 or higher to be able to participate in this class.
- **Ballet 3 (Ages 9+)**  
Advanced ballet technique with preparation for pointe work.
- **Ballet 4 (Ages 9+)**  
Advanced ballet technique for our advanced students. Pointe work may be instituted by discretion of the instructor.
- **Ballet 5**  
Advanced ballet technique and pointe work. Dancer must get pre-approval from director.

### LYRICAL

- **Lyrical 1 (Ages 6-8)**  
A combination of jazz and ballet techniques.
- **Lyrical 2 (Ages 9+)**  
Advanced lyrical techniques.
- **Lyrical 3 (Ages 9+)**  
Advanced lyrical work as well as learning choreography.
- **Lyrical 4 (Ages 12+)**  
Advanced lyrical work as well as learning choreography.

### JAZZ/TAP

#### BEGINNER & INTERMEDIATE LEVEL

- **Jazz/Tap 1 (Ages 6-8)**  
Basic jazz and tap techniques as well as floor and center work class.

#### ADVANCED LEVEL

- **Jazz/Tap 2 (Ages 8+)**  
Advanced jazz and tap techniques as well as floor work.
- **Jazz/Tap 3 (Ages 9+)**  
Advanced jazz and tap work as well as learning choreography techniques.

- **Jazz/Tap 4 (Ages 12+)**  
Advanced jazz and tap work as well as learning choreography techniques.

### HIP HOP

#### BEGINNER & INTERMEDIATE LEVEL

- **Hip Hop 1 (Ages 6-8)**  
Today's hottest mainstream style of dance.

#### ADVANCED LEVEL

- **Hip Hop 2 (Ages 9+)**  
Advanced hip hop techniques.
- **Hip Hop 3 (Ages 9+)**  
Advanced hip hop work and choreography technique.
- **Hip Hop 4 (Ages 12+)**  
Advanced hip hop work and choreography technique.

### IRISH DANCE

- **Irish Step 1 (Ages 6-8)**  
Students will learn and practice the fundamentals of Irish Step including Reel.
- **Irish Step 2 (Ages 9+)**  
For returning students or those with previous experience. Students will learn fundamentals as well as Reel, Light Jig and Slip Jig.
- **Irish Step 3 (Ages 9+)**  
Students will learn the Advanced Reel, Light Jig and Slip Jig.
- **Irish Step 4 (Ages 9+)**  
Advanced Irish technique in hard shoe and soft shoe.

### MISCELLANEOUS

#### Musical Theater (Ages 8-18)

Dancers will learn aspects and fundamentals of tap, jazz and musical theater style dance and work on stage presence. Great for the seasoned or beginner dancer wanting to work on both acting and dancing skills!

#### Acro (Ages 6-18)

Not your typical gymnastics class! Acro focuses on strength, flexibility, balance, and muscle control. Students will learn skills like chin stands, handstands, elbow stands, walkovers, and choreography.

Our popular and distinct Progressive Dance program is in its 17th year. Registration covers September through May and the prices reflect the yearly cost of the program. Registrants are required to make a \$50 non-refundable deposit towards the cost of the class at the time of registration, as well as a \$25 costume deposit. All remaining balances will be set up on an automatic monthly draft and will be due by February 1, 2020.

We also offer a discount program for additional classes per participant; first class is full cost, second class is 25% off, third is 50% off, fourth is 75% off, and the fifth class is only the \$50 deposit. A \$25 costume deposit is required per class at the time of registration.

Students will participate in our annual year-end Spring Recital on May 30, although it is not mandatory. All students are required to wear appropriate dance attire and foot wear to all classes. Please contact Tiffany Joslin in Nashua if you have any questions regarding attire, curriculum, or class placement.



# Join a National Award Winning Dance Team

## YOUTH DEVELOPMENT/HEALTHY LIVING Progressive Dance Activity Grid

FM = Member, YM = Youth Member, C = Community, (M) = Merrimack Branch, (N)= Nashua Branch

PROGRESSIVE DANCE	AGES	PRICE	MON	TUES	WED	THUR	FRI	SAT
Pre-Dance 1	3-4	M-\$335, C-\$610	10:45-11:30a (N)			3:45-4:30p (N) 4-4:45p (M)		10-10:45a (M)
Pre-Dance 2	4-5	M-\$335, C-\$610		4-5p (N)	4-5p (M)			10-11a (N)
Kinder Hip Hop	4-6	M-\$335, C-\$610		4-4:30p (M)	4-4:30p (N)			
Ballet 1	6-8	M-\$335, YM-\$480, C-\$610	4:30-5:15p (M)		5-5:45p (M)			11-11:45 (N)
Ballet 2	8+	M-\$335, YM-\$480, C-\$610	5:30-6:30 (N)	5:15-6:15p (M)				
Pre-Pointe	9+	M-\$200, YM-\$280 C-\$360		7:15-7:45p (N)				
Ballet 3	9+	M-\$360, YM-\$500, C-\$630		6-7:15p (N)				
Ballet 4	9+	M-\$410, YM-\$545 C-\$680			4:30-6p (N)			
Ballet 5	16+	M-\$410, YM-\$545 C-\$680				4:30-6p (N)		
Lyrical 1	6-8	M-\$335, YM-\$480, C-\$610					4-4:45p (N)	
Lyrical 2	9+	M-\$335, YM-\$480, C-\$610		5-6p (N)				
Lyrical 3	9+	M-\$335, YM-\$480, C-\$610			5:30-6:30p (N)			
Lyrical 4	15+	M-\$335, YM-\$480, C-\$610				6-7p (N)		
Jazz & Tap 1	6-8	M-\$335, YM-\$480, C-\$610	5:15-6:15p (M)				5:30-6:30 (N)	10:45-11:45p (M)
Jazz & Tap 2	8+	M-\$335, YM-\$480, C-\$610		6:15-7:15p (M)	6-7p (N)			
Jazz & Tap 3	9+	M-\$335, YM-\$480, C-\$610			4:15-5:30p (N)			
Jazz & Tap 3/4	12+	M-\$360, YM-\$500, C-\$630	5:30-6:45p (N)					
Jazz & Tap 4	12+	M-\$410, YM-\$545 C-\$680				7-8:30p (N)		
Hip Hop 1	6-8	M-\$335, YM-\$480, C-\$610			5:45-6:30p (N)		4:45-5:30p (N)	
Hip Hop 2	9+	M-\$335, YM-\$480, C-\$610	4-4:45p (N)			4:45-5:30p (M)		
Hip Hop 3	9+	M-\$335, YM-\$480, C-\$610	6:45-7:45p (N)		5:30-6:30p (N)	5:30-6:30p (M)		
Hip Hop 4	12+	M-\$335, YM-\$480, C-\$610	7:45-8:45p (N)					
Musical Theater	8-18	M-\$335, YM-\$480, C-\$610		Beginner: 4:30-5:15p (M)	Advanced: 7-8p (N)	Intermediate: 6:30-7:15 (M)		
Irish 1	6-8	M-\$435, YM-685, C-\$705					4-5p (M)	
Irish 2	9+	M-\$435, YM-685, C-\$705					5-6p (M)	
Irish 3	9+	M-\$435, YM-685, C-\$705					6-7p (M)	
Irish 4	9+	M-\$435, YM-685, C-\$705					7-8p (M)	
Acro	6-18	M-\$335, YM-\$480, C-\$610		Intermediate: 4-4:45p (N) Advanced: 4:45-5:45p (N) Beginner: 5:30-6:30p (N)				

### Private Dance Lessons

Want to better your technique and become a stronger dancer? Sign up for private lessons with one of our highly trained instructors! Schedule is based on instructor availability and studio space.

Offered in 8 30-minute sessions  
Price: FM-\$200, YM-\$280, C-\$360

# HEALTHY LIVING

## Adult Programs (Ages 16+)

### ADULT SPORTS



(Participants must be 18 or older unless otherwise approved.)

#### Adult Tennis Instruction

Learn the basic fundamentals of tennis. Groups are split up by ability. All classes run 60 minutes and are held at the Merrimack Y.

Merrimack	Beginner	Mon. 5:30-6:30 p.m.
Merrimack	Intermediate	Mon. 6:30-7:30 p.m.
Merrimack	Advanced	Mon. 7:30-8:30 p.m.
<b>Price:</b>	<b>FM-\$55, YM-\$80, CM-\$105</b>	

\*Court reservations are available each day for singles and doubles play. Please contact the Merrimack branch for reservations.

#### Floor Hockey (Ages 16+)

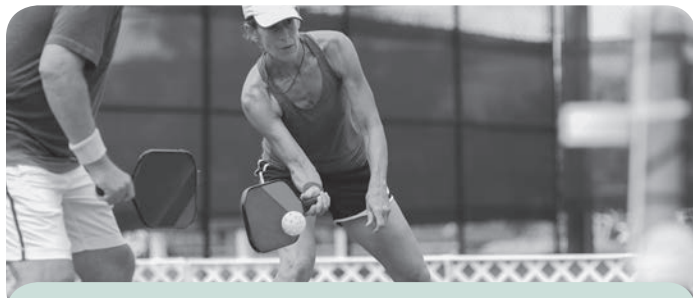
Come play some pickup floor hockey with other 16+ individuals. Learn the game and have fun with others just looking to play. Held at the Merrimack branch.

Merrimack	Sat. 2:30pm-3:30 p.m.
<b>Price:</b>	<b>\$5/visit (Payable at the Welcome Center upon arrival.)</b>

#### Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis and table tennis and is played with 2 to 4 players. Court time is available at both the Merrimack Y and Westwood Park Y. Visit the Schedules page on our YMCA website to reserve court time.

<b>Price:</b>	<b>Member: FREE</b>
	<b>Community Member: \$5/visit (Payable at the Welcome Center upon arrival.)</b>



### Family Pickleball Clinics!

**Saturdays: 10/19, 11/16 and 12/14**  
**11:30a-12:30p**

Bring the family to this intro clinic to learn this fun game that combines tennis, badminton and ping pong skills! Recommended for children 10 and up.

**Price: Member: Free Community: Guest Fees Apply**

#### Racquetball

Find a friend and reserve a court! Courts are member use only and run on a first come, first reserve basis. Contact the Merrimack branch welcome center for questions.

If you are interested in learning how to play racquetball, please go to the following link and reach out to any of the players here.  
<http://groupspaces.com/Racquetball/members/?list=88305>

#### Wallyball

Join us in Merrimack for this exciting, fun and fast paced sport! Also known as rebound volleyball, it's a game of volleyball played in a racquetball court where it's legal to use the walls to hit the ball off of. A group of players gather and split up on teams each Monday and Friday.

Merrimack	Mon. 7:00pm-9:45 p.m.
Merrimack	Fri. 7:00pm-9:45 p.m.
<b>Price:</b>	<b>Member: FREE</b>
	<b>Community Member: \$5/visit (Payable at the Welcome Center upon arrival.)</b>

### ADULT LEAGUES



(Participants must be 18 or older unless otherwise approved.)

To register a team or ask about joining a team inquire with the Sports Director, Tracy Beauregard ([tbeauregard@nmymca.org](mailto:tbeauregard@nmymca.org)).

#### Adult Volleyball League (Ages 16+)

This is a co-ed volleyball league that runs for 14 weeks. Next session starts end of September.

Westwood Park	Wed. 7:50-9:50 p.m.
<b>Price:</b>	<b>\$750 per team</b>

#### NEW Adult Badminton League (Ages 16+)

This is a co-ed badminton league that runs for 8 weeks. Next session starts September 15th.

Westwood Park	Sun. 12:00-2:00 p.m.
<b>Price:</b>	<b>FM-\$40, AM-\$60, CM-\$80</b>

#### NEW Adult Pickleball Ladder League (Ages 18+)

Pickleball Ladder League is coming to the Westwood Park Y! Play competitive games, earn your way up the ladder as you build your skills. Next session starts September 15th, and runs for 7 weeks.

Westwood Park	Sun. 8:30-10:30 a.m.
<b>Price:</b>	<b>FM-\$40, AM-\$60, CM-\$80</b>

#### Men's Basketball League (Ages 18+)

Session runs for 10 weeks. Next session starts end of October.

Westwood Park	Mon.. 7:00-10:00 p.m.
<b>Price:</b>	<b>\$800 per team</b>

#### NEW Women's Basketball League (Ages 18+)

Session runs for 8 weeks. Next session starts October 20th.

Westwood Park	Sun. 10:45-11:45 a.m.
<b>Price:</b>	<b>\$700 per team</b>

#### Women's Soccer League (Ages 30+)

Session runs for 10 weeks. Next session starts end of September.

Westwood Park	Thur. 6:00-10:00 p.m.
<b>Price:</b>	<b>\$650 per team</b>

# HEALTHY LIVING

## Adult Programs (Ages 16+)

### DANCE

#### Adult Ballet (Ages 18+)

Have you always wanted to be a ballerina? Now is your chance. Come take a ballet class with us, whether it is your first or 100th class have no fears! All levels are welcome! You will get in shape in a FUN new way! We will focus on barre and center work.

Merrimack Mon. 7-8 p.m.  
**Pricing** FM-\$82, Adult Mbr-\$125, C-\$165

#### NEW Adult Dance Sampler (Ages 18+)

Have you always wanted to be a dancer? Well here is your chance. Join us for fun class that will let you be just that! We will try all different kinds of dance in this class from Ballet, Jazz, Hip Hop, and a little Tap! This is a class you don't want to miss!

Merrimack Thurs. 7:15-8:00 p.m.  
**Pricing** FM-\$82, Adult Mbr-\$125, C-\$165

#### NEW Adult Line Dancing (Ages 16+)

Join other dancers and learn some fun Line Dances or just come for the great exercise! In our Line Dancing Lessons we teach many different line dances to all genres of music like Country, Top 40, Hip Hop, Ballroom, Blues, Funky, Latin, Irish, Swing and much more. You never need a partner in our Line Dancing Lessons but feel free to bring along some friends and have a lot of fun. Plus, you get exercise without realizing it!

Westwood Park Tues. 5:30-6:15 p.m.  
 Westwood Park Thurs. 12-1 p.m.  
**Pricing** FM-\$82, Adult Mbr-\$125, C-\$165

#### Adult Tap (Ages 18+)

Have you ever wanted to take a tap class. Now is your chance! Come learn to make music with your feet!

Nashua Tues. 7:15-8 p.m.  
**Pricing** FM-\$82, Adult Mbr-\$125, C-\$165

### ART

#### Adult Paint Night (Ages 16+)

Come create a new masterpiece every week we will make step-by-step paintings for you to take home by the end of the term you'll have a mural of paintings.

Nashua Tues. 6:30-7:30 p.m.  
 Westwood Park Wed. 11:00-12:00 p.m.  
 Westwood Park Wed. 5:30-6:30 p.m.  
 Merrimack Fri. 6:30-7:30 p.m.  
**Price:** FM-\$80, Adult Mbr-\$120, C-\$160

### Music and Enrichment

#### Guitar for Adult Beginners (ages 16+)

Always wanted to play guitar? Come and get started in a gentle, low-pressure setting. We will cover the basics of open position on the fingerboard, flatpicking and strumming, reading melodic lines and chord diagrams. Participants must bring their own guitar.

Westwood Park Sun. 1-2 p.m.  
**Price:** FM-\$80, Adult Mbr-\$120, C-\$160

### Music and Enrichment

#### NEW Intro To The Blues And Blues Improvisation (ages 16+)

The blues is a musical form designed for expressiveness and emotion. It's also the easiest pathway to learning the skill of musical improvisation (jamming). If you play an instrument and/or sing, and would like to explore what the blues can teach you, come check it out! We will cover standard 12-bar chord progressions, pentatonic scales and variants, and practice improvising music together.

Westwood Park Sun. 2-3 p.m.  
**Price:** FM-\$80, Adult Mbr-\$120, C-\$160

#### NEW Intro To Music Theory (ages 16+)

What do all those little dots on the page actually stand for? What's the difference between a note and a chord, or a major scale and a minor scale? If you've ever wanted to learn more about the language of music and how it's all put together, here's your chance! No prior musical experience is necessary.

Merrimack Sat. 1:30-2:00 p.m.  
**Price:** FM-\$80, Adult Mbr-\$120, C-\$160

#### Madrigal Singers - Advanced Chorus (ages 16+)

If you enjoy singing complex harmonies, but want a low-pressure ensemble experience - come join us! This group learns and performs Renaissance madrigals, part-songs and other challenging acappella music... and we also laugh a lot. Please contact Tiffany Joslin at [tjoslin@nmyymca.org](mailto:tjoslin@nmyymca.org) if you are interested in joining this group.

Merrimack Sat. 11-12:15 p.m.  
**Price:** \$75 Yearly

#### NEW Taste Of Broadway (ages 16+)

Too old for Broadway Stars? Why should kids have all the fun! Come join us for a musical and theatrical romp designed for grownups, where we will rehearse and enact scenes and songs from famous shows in a spirit of pure playfulness.

Merrimack Sat. 12:30-1:30 p.m.  
**Price:** FM-\$80, Adult Mbr-\$120, C-\$160

### MARTIAL ARTS

#### NEW Beginner Mixed Martial Arts Striking - Level 1

Martial Arts Striking Technique and drill based kickboxing class using a blend of Boxing, Karate, Tae Kwon Do, and Muay Thai to build conditioning in a fun and exciting way. Easily modifiable for any fitness level! Martial Arts Striking Technique and drill based kickboxing class using a blend of Boxing, Karate, Tae Kwon Do, and Muay Thai to build conditioning in a fun and exciting way. Easily modifiable for any fitness level!

Merrimack Sat. 12:00-1:00 p.m.  
**Price:** Session A: Member \$53 Community \$106  
 Session B: Member \$46 Community \$93

# HEALTHY LIVING

## Adult Programs (Ages 16+)

### ADULT WELLNESS



#### NEW Beginner Strength Training

Are you intimidated by the weight room? Always wanted to start, but didn't know where to begin? Join us for this introductory, progressive class. In a supportive and fun environment learn the basics of strength training using body weight, dumbbells, bands and more.

Merrimack M/W 9:00-10:00 a.m.  
**Price:** Session A: Member \$74 Community \$147  
 Session B: Member \$65 Community \$129

#### Body Blast

A full body group workout class which infuses body weight, hand weights, balance, athletic and plyometric training exercises. This class was designed to increase core stability, muscular strength and cardiovascular endurance. Come to this fun, energetic, lively class and let your body have a blast!

Nashua T/Th 10:30-11:30 a.m.  
**Price:** Session A: Member \$74 Community \$147  
 Session B: Member \$69 Community \$138

#### NEW Body Balance, Strength and Conditioning

A full body workout with Weights and body weight to increase your strength - Cardio conditioning - for a Healthy Heart - Core work for and flexibility to complete your workout. Have fun becoming the new stronger you!

Nashua Sat. 9:00-10:00 a.m.  
**Price:** Member \$53 Community \$106

#### NEW Building a Better Rider

Group training designed around the needs of the cyclist. Training sessions will begin with preparatory movements targeting glute/hip activation, followed by strengthening exercises for the lower body and core. All classes finish with a 20-30 minute ride and flexibility work for key muscle groups.

Merrimack Fri. 8:30-9:30 a.m.  
**Price:** Session A: Member \$53 Community \$106  
 Session B: Member \$46 Community \$93

#### Group Strength Training

Beginners and more advanced participants welcome. Led by a certified personal trainer. Speed your metabolism, gain strength, build muscle and burn fat using free weights, stability balls, medicine balls, and the Synrgy 360. Enjoy the group atmosphere while still receiving personal attention from your trainer.

Merrimack T/TH 9:00-10:00 a.m.  
 Merrimack T/TH 6:00-7:00 p.m.  
 Nashua T/TH 6:00-7:00 p.m.  
**Price:** Session A: Member \$74 Community \$147  
 Session B: Member \$65 Community \$129

## DISCOVER MX4 GROUP TRAINING

### MX4 Group Training

Utilize MX4 Group Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie and challenging progressive workouts.

Westwood Park See Website For Schedule and Registration Information: [www.nmymca.org/schedules](http://www.nmymca.org/schedules)

**Price:** Free, but all participants must preregister for each class.



# HEALTHY LIVING

## Adult Programs (Ages 16+)

### ADULT WELLNESS



#### **NEW CHANGE: Choose Healthy Activity and Nutrition Goals Everyday**

Small steps to lasting change. Set your weight loss and healthy habit goals with the guidance of a certified trainer. Twice a week sessions include workouts and goal setting/accountability. Finish the 8 weeks on the road to a new you, and with some new tools in your belt to continue your journey. Our pilot program participants showed weight/body fat/and inch loss in a 30 day program.

Merrimack T/TH 9:00-10:00 a.m.  
Merrimack T/TH 6:30-7:30 p.m.  
**Price:** Session A: Member \$74 Community \$147  
Session B: Member \$65 Community \$129

#### **NEW Healthy Bones**

Strength training is integral to building and maintaining healthy bones. This is an exercise program written with consideration for improving bone density. It's never too late to get started and all levels are welcome.

Nashua M/W 11:00-11:45 a.m.  
**Price:** Member \$74 Community \$147

#### **Kettlebell Basics**

Have you seen them in the gym, but not sure what do with them? In a small group setting, learn the basic kettlebell exercises: swings, cleans, presses, squats and get-ups. A full body workout each week.

Merrimack M/W 5:30-6:25 p.m.  
**Price:** Session A: Member \$74 Community \$147  
Session B: Member \$65 Community \$129

#### **NEW Kettlebell - Conquer and Flow**

Optimize your own workouts by incorporating kettlebells. Each 55 minute class you will Learn & Burn. Learn proper form and progressions to confidently perform the most effective functional movements. Burn as we combine your favorite moves into patterns that 'flow' for a high energy, low impact sweat. Class is best for those comfortable with swinging, lifting weight overhead and without current knee, hip, lower back or shoulder limitations.

Westwood Park Thur. 10:30-11:30 a.m.  
**Price:** Member \$53 Community \$106

#### **NEW Meditation and mindfulness**

Meditation is a practice of mindfulness and concentration that can allow you to gain important insights about yourself and the world around you. For those looking to better understand themselves and experience self-discovery, meditation can help you calm your mind and get better health outcomes. A six week program, starting the week of Sept. 3, where you will explore different meditation and mindfulness techniques to find one that works for you. All welcome and no experience necessary. Join us for a peaceful and connective time. Led by trained meditation facilitator.

Westwood Park Thur. 6:30-7:30 p.m.  
**Price:** Member \$40 Community \$80



## YOUR PATH TO SUCCESS

### **FREE: WELLNESS RECIPE**

Everybody's recipe for wellness is just a little different, let us help you find the right ingredients for your overall health and wellbeing. On the menu, a series of free appointments with a wellness coach to establish your personal plan, and get you seeing results!

We start with a get to know you, goal setting appointment. This includes a body composition analysis, a nutritional evaluation, and an in depth look at the Y's menu of ingredients (strength training, cardiovascular exercise, lap swimming, yoga, group exercise classes, workshops, massage, seminars and more) to help you create your personal wellness recipe.

Whether you are just starting on your road to health, are restarting, or are currently active and just need a jump start, we can help you find success. One size does not fit all!!

**Make an appointment today!**

# HEALTHY LIVING

## Adult Programs (Ages 16+)

### ADULT WELLNESS



#### Men's Powerlifting

In this strength class, you will learn how to perform the 3 staple powerlifting lifts: the Bench Press, the Deadlift, and the Squat. This class emphasizes form and will help you build strength through proper weight progressions. In the process of getting stronger, you will also work on core strength and mobility to help perform each exercise.

Nashua Wed. 6:00-7:00 p.m.  
 Nashua Fri. 6:00-7:00 p.m.  
**Price:** 1 Day: Member \$53 Community \$106  
 2 Days: Member \$74 Community \$147

#### Men's Strength Training

Led by a certified personal trainer, workouts include free weights, stability ball, medicine ball and more. Enjoy the group atmosphere while still receiving personal attention from your trainer.

Nashua Mon. 6:00-7:00 p.m.  
**Price:** Member \$53 Community \$106

#### Men's Strength Training and Powerlifting Combo

Combine the Monday Men's Strength Training with Wednesday and Friday's Men's Powerlifting Program.

Nashua M/W/F 6:00-7:00 p.m.  
**Price:** Member \$100 Community \$200

#### NEW Mind Over Matter

Looking to transform into your best self? Join us in a program that puts your individual goals at the forefront. Classes will range from flexibility and mobility training with foam rolling and stretching, to strength and power training with barbell and HIIT workouts. Led by a certified personal trainer, this class is for those who want a specialized group training program that optimizes a path to each member's ideal fitness goals.

Westwood Park Mon. 10:30-11:30 a.m.  
 Westwood Park Wed. 10:30-11:30 a.m.  
**Price:** 1 Day: Member \$53 Community \$106  
 2 Days: Member \$74 Community \$147

### NEW Cycling for Parkinson's 12 Week Session Sept. 10 – Dec. 6

This group indoor cycling class is designed for people with Parkinson's disease. Studies have shown symptomatic relief and up to 35% improvement in motor skills by engaging in "forced exercise" (pedaling faster than your voluntary cadence) with a qualified and trained coach.

**Returning Riders:** Tuesdays and Thursdays 11am-12pm.  
**New Riders:** Wednesdays and Fridays 11am-12pm.

This first 12 week session is FREE for members and community members. **A doctor's clearance will be needed.**

Returning Rider's Price: Member \$75 Community \$100

If you are interested in joining, please contact Kim Hickman at khickman@nmymca.org or 603.689.2432.

#### NEW MX4 Active

Based on scientifically validated research, our 26 turnkey training sessions include low-impact, lower-back friendly exercises and natural progressions, focusing on familiarity and repetition. Participants are never asked to kneel or go to the floor, and many exercises include third-point stabilization for a more secure group training experience. Our programming even includes an assessment to ensure participants are ready and able to face the challenge, plus a choreographed warm-up and cool-down.

Westwood Park Tues. 11:30-12:30  
 Westwood Park Thur. 11:30-12:30  
**Price:** 1 Day: Member \$53 Community \$106  
 2 Days: Member \$74 Community \$147

#### Pure Synrgy®

On the Synrgy 360 functional training system, using high intensity, dynamic exercises, you will increase your strength and cardio endurance with the best and most fun workout. Workouts include use of: TRX® Suspension Trainers, TRX® Rip Trainers, kettlebells, ropes, medicine balls and more.

Merrimack Thurs. 6:10-6:55 a.m.  
**Price:** Session A: Member \$53 Community \$106  
 Session B: Member \$46 Community \$93

#### NEW Strength, Stride & Swim

Under the supervision of a Personal Trainer/Running Coach, participants will work on a few key strength exercises, get their steps in walking or running, and wrap it up with some laps in the pool. This class will be coached but is not a "learn to swim" class. Some days might be strength & stride, some days might be strength & swim, and other days might be stride & swim. Some days might be all 3! So if you love the idea of building a strong core, want to work on your running, and like swimming then be ready for a fun Friday!

Merrimack Fri. 12:00-1:00 p.m.  
**Price:** Session A: Member \$53 Community \$106  
 Session B: Member \$46 Community \$93

#### Strength & Survivorship

This is a strength training group for cancer survivors. Be ready to work! It's an intermediate level class which includes weight lifting, Cybex machines, cardio machines, and mobility work. Accommodations can be made for medical restrictions, so please contact the instructor ahead of time if necessary: Kgreenhalge@nmymca.org.

Nashua Wed. 6:30-7:30 p.m.  
**Price:** Member \$20 Community \$25

#### NEW Team Training

Work with a personal trainer and other participants to build a fitness and nutrition foundation, be motivated, challenged, while having FUN! This 8 week program will have team and individual challenges, that will help you reach your goals.

Nashua Tues. 6:00-6:45 p.m. and  
 Nashua Thur. 6:45-8:00 p.m.  
 Westwood Park Tues. 10:30-11:15 a.m. and  
 Westwood Park Fri. 10:30-12 p.m.  
**Price:** Member \$150 Community \$200

# HEALTHY LIVING

## Adult Programs (Ages 16+)

### ADULT WELLNESS



#### Thin It to Win It

Are you looking for extra accountability with the weight loss and fitness journey? Join this all levels weight loss challenge which awards 2 free personal training sessions to the participant who loses highest percentage of body weight. The class includes beginning and end of session weigh-ins, weekly Personal Training led by a certified personal trainer, text and email access and a private Facebook group for sharing, support and check-ins.

Nashua Mon. 10:45-11:30 a.m.  
**Price: Member \$60 Community \$120**

#### Total Body Octagon

Challenge yourself with various types of strength equipment on our Wellness Floor. Also balance your workouts with various Body strength and stretch movements to better your health and well-being.

Nashua Wed. 9:15-10:15 a.m. (1st 4 Weeks of Each Session)  
**Price: Member \$26 Community \$53**

#### NEW Walk It Off Wednesday

Under the direction of a Personal Trainer/Running Coach enjoy a fun and healthy class with other participants who love to walk. The class will start with light dynamic movements, continue with a 30 minute walking session and end with light stretching and possibly some core strengthening exercises. All levels are welcome for this low impact, energizing mid-week boost. If weather permit this class will be held outside.

Merrimack Wed. 8:30-9:15 a.m.  
 Merrimack Wed. 1:15-2:00 p.m.  
**Price: Session A: Member \$53 Community \$106**  
**Session B: Member \$46 Community \$93**

#### Women's Weightlifting

Are you inspired to push your strength to new levels? Do you want to learn barbell lifts and other exercises that can help you get there? Or, do you already lift, and want someone to help you with form, motivation, or progression? Led by a certified personal trainer, this class is designed to offer women a group atmosphere and instruction for weight training.

Nashua Wed. 10:30-11:30 a.m.  
 Nashua Sat. 8:45-9:45 a.m.  
**Price 1 Day: Member \$53 Community \$106**  
**Price 2 Days: Member \$74 Community \$147**

#### Women's Workout

This fun workout is led by a certified personal trainer. Learn to use the weight machines, free weights, balls and body weight as part of a well-rounded workout. All levels are welcome.

##### One Day/Week

Nashua Mon. 9:30-10:30 a.m.  
 Nashua Mon. 5:30-6:30 p.m.  
 Nashua Wed. 9:30-10:30 a.m.  
 Nashua Wed. 5:30-6:30 p.m.  
 Nashua Fri. 9:30-10:30 a.m.  
**Price: Member \$53 Community \$106**

##### Two Days/Week

Nashua M/W 9:30-10:30 a.m.  
 Nashua M/W 5:30-6:30 p.m.  
**Price: Member \$74 Community \$147**



### PERSONAL TRAINING

Taking the next step can be confusing and challenging, but we are here to help. Your goals are important to us and what better way to reach them than with the guidance of one of our nationally certified Y trainers? Workouts are tailored to you. Personal training is for everyone!

**Receive a complimentary consultation to learn about the variety of options to fit your needs and budget.**

Basic One-on-One Training:		Member	Community
5	1/2 hr sessions	\$130	\$195
8	1/2 hr sessions	\$197	\$296
12	1/2 hr sessions	\$274	\$411
16	1/2 hr sessions	\$330	\$544

1	1 hr session	\$53	\$80
5	1 hr sessions	\$244	\$366
8	1 hr sessions	\$358	\$537
12	1 hr sessions	\$460	\$690
16	1 hr sessions	\$544	\$860

Group Instruction:		Member	Community
(3 - 1 hour sessions)			
2	goal chasers	\$72/ea.	\$108/ea.
3	goal chasers	\$54/ea.	\$81/ea.
4	goal chasers	\$48/ea.	\$72/ea.
(8 - 1 hour sessions)			
2	goal chasers	\$185/ea.	\$276/ea.
3	goal chasers	\$144/ea.	\$216/ea.
4	goal chasers	\$122/ea.	\$183/ea.

**For more information call:**

**Nashua - 603.882.2011**

**Merrimack - 603.881.7778**

**Westwood Park - 603.402.2258**



# HEALTHY LIVING

## Adult Programs (Ages 16+)

### DIABETES PREVENTION PROGRAM



More than 86 million adults have prediabetes, a condition where blood sugars are higher than normal but not high enough for a diabetes diagnosis. This year long program teaches participants how to eat better, reduce stress and exercise more to lower their risk of developing Type-2 diabetes. The class includes 16 weekly group sessions, and 8 monthly follow-up sessions. You do not have to be a member of the YMCA to participate.

Nashua            Tues    5:30-6:30 p.m.  
                          Wed    10:00-11:00 a.m.

Price:             \$106

### Blood Pressure Self-Monitoring Program



According to the American Heart Association, more than 80 million Americans have high blood pressure, but less than half have it under control. Research shows that the simple process of checking and recording blood pressure at least twice a month over four months may lower blood pressure in some people with hypertension. As part of the Blood Pressure Self-Monitoring program, participants will measure their blood pressure at least two times a month for four consecutive months—a minimum of eight times--and record their blood pressure readings in a self-selected tracking tool. A nutrition education component will encourage the participants to practice healthier eating habits, including reducing sodium in their diet. A blood pressure monitor will be provided if you do not own one

#### Participants must:

- Be 18+ years old
- Be diagnosed with high blood pressure
- Have not had any cardiac events within the past year
- Not have atrial fibrillation, other arrhythmia or be at risk for lymphedema.

Nashua            Tues.    4:00-5:00 p.m.  
 Price:             \$25

### LIVESTRONG AT THE YMCA



Since 2007, the LIVESTRONG Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA; a free, 12-week group exercise program designed to help people affected by cancer regain their endurance, strength, flexibility and confidence in a supportive and safe environment.

The LIVESTRONG program supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. Small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. Sessions meet twice each week for 75 minutes. LIVESTRONG creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life. Any adult 18 years or older living with or beyond cancer treatment is welcome to join. You do not have to be a member of the YMCA.

Nashua            Class times vary. Please contact Courtney Taber  
 Merrimack        at 603.882.2011 or ctaber@nmymca.org  
 Price:             FREE

### EnhanceFitness



EnhanceFitness is an evidence-based, group exercise program that uses simple, easy-to-learn movements that motivate older adults to stay active throughout their lives. The program uses exercises focused on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms. Certified instructors promote an atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults. This 16-week program is offered at the Nashua branch and welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

Nashua            M/W/F    11:15 a.m.-12:15 p.m.  
 Price:             \$50



# HEALTHY LIVING

## Active Older Adults (Ages 55+)

### SENIOR ACTIVITIES



#### NEW Fall Prevention & Agility

Practice your balance and agility with variety of exercises that will help you be more confident and have more flexibility and strength to do your daily tasks. We will do exercises such as - walking different directions and use balance exercises to help you strengthen your legs and feet.

Nashua Wed. 8:15-9:00 a.m.  
**Price: Member \$53 Community \$106**

#### SilverSneakers@ Muscle Classic (Ages 55+)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair for seated and standing support.

Nashua Mon. 10:15-11:00 a.m.  
 Nashua Wed. 10:15-11:00 a.m.  
 Nashua Fri. 10:15-11:00 a.m.  
**Price: Member FREE Community \$40**

Merrimack T/TH 1:30-2:30 p.m.  
**Price: Member FREE Community \$80**

#### SilverSneakers@ Silver Splash (Ages 55+)

Have fun and move to the music through a variety of aquatic exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Nashua Mon. 9-9:45 a.m.  
**Price: Member FREE Community \$40**



### FREE Senior/Chair Yoga

*Registration Required*

Thursdays: Sept. 12, Oct. 10, Nov. 7, and Dec. 12  
 from 2:30-3:30 p.m. (Merrimack)

As we get older, our joints lose their range of motion. Yoga can help slow down these effects—maintaining muscle strength and flexibility—and helping to improve balance and stability. Especially for older adults, but all are welcome.

### FREE Silversneakers Stability

Tuesday, October 1 from 2:30-3:30 p.m.

(Merrimack) *Registration Required*

A drills and skills class designed to improve balance, agility, mobility and power in an older adult. All functional movements require a working balance system from walking down the street, to dancing, to executing a squat.

#### Benefits

- Exercise for specific limitations and conditions
- Improve strength and functional improvement
- Train for stability in an effective way
- Skills for fall prevention, gait training, functional movement patterns and exercises for cognitive health

### SENIOR EVENTS Nashua & Merrimack Branch as noted.

#### Ongoing:

##### Mahjong Club

Do you like to play the game Mahjong? Want to learn how to play? Join us to play and meet new friends!

**Nashua:** Thursday, from 8:30-11 a.m.

**Westwood Park:** Wednesday & Friday, from 1-3 p.m.

##### Book Club (Nashua)

Join us for our Senior book club! We pick a book read it, and meet up the last Friday of every month from 11:15 a.m. – 12:30 p.m. for a discussion

##### Knitting/Crochet Club (Nashua)

Join us the 3rd Wednesday of every month from 11:30 a.m. to 12 p.m. to work on your current project or start a new one! Spend time with friends and learn a new craft! All levels welcome!

#### September:

##### Salad Bar! (Nashua)

Wednesday, September 11th 11:15 a.m.

Come by after your workout for a nutritious lunch with friends. Sign up at the Welcome Center.

#### October:

##### Game Day! (Nashua)

Wednesday, October 16th 11:15 a.m.

Bring your favorite game to play with friends. Snacks will be provided.

#### November:

##### Cookie Swap (Nashua)

Wednesday, November 13th 11:15 a.m.

Bring your family's favorite recipe and swap with friends to try something new!

##### Pink Purple Dinner (Nashua)

Wednesday, November 13th 11:15 a.m.

Spend time with friends before the holidays!

#### December:

##### Yankee Swap and Potluck (Nashua)

Wednesday, December 11th 11:15 a.m.

Bring your favorite dish to share. If you would like to participate in the Yankee Swap please bring a \$10 gift card wrapped up!

# HEALTHY LIVING

## Family Time and Events

### October

#### Kids Color Run (Camp Sargent)

Saturday, October 6: TBD

Join us for a 1-mile color run at YMCA camp Sargent.

Member \$15    Community \$20

#### Y Arts Week (Nashua and Merrimack)

October 14-18

Celebrate the Arts with us through special activities, demonstrations, and FUN! Watch for details at both branches!  
NO REGISTRATION REQUIRED!

#### Spooktacular (Camp Sargent)

Saturday, October 19

It's our biggest Halloween celebration! Haunted houses face painting and frightening treats! Come dressed in your best costume.

### November

#### Craft Fair and Family Fun Day (Nashua)

9 a.m.-3 p.m., Saturday November 9

Come on down to the Nashua Y for some early holiday shopping! Our In Motion Performance group will host its annual craft fair with over 65 vendors! We will also have some games for the kids, face painting, and more.

### December

#### 12 Days of Christmas (Nashua and Merrimack)

December 13-24

Happy Holiday! To thank you for being AWESOME members we are going to give you 12 gifts this Christmas! Each day will be a different activity, surprise, demonstration, special class or giveaway! Watch for a schedule in both branches.

#### North Pole Extravaganza (Nashua)

Saturday, December 14th: 9-11 a.m.

Join us for a pancake breakfast, holiday crafts and of course, a photo with the big guy himself! Pictures will be available for an additional fee and will be taken by Fred V. Photo.

#### The Big Freeze (Camp Sargent)

Saturday, December 21st: 11 a.m.-1 p.m.

The weather outside might be frightful, but Camp Sargent is delightful! Join us for snow themed fun, hot chocolate and cookie decorating.



### PARENT'S NIGHT OUT - \$5 per Child 6:30 - 9 p.m.

Drop the kids off at the Y for a night full of fun! Pizza will be provided! For ages 5-12. Every FIRST Friday of the month!  
REGISTRATION REQUIRED.

Sept. 6 (Nashua YMCA)

Oct. 4 (Merrimack YMCA)

Nov. 1 (Nashua YMCA)

Dec. 6 (Merrimack YMCA)

## FRIDAY NIGHT LIVE

Join us for our Friday Night Live series, family-based community engagement events! More details on our web site at [www.nymca.org/ymca-friday-night-live/](http://www.nymca.org/ymca-friday-night-live/)! Registration Required!

Sept. 27, 6-8 pm: Back to School Celebration (Nashua)

Oct. 25, 6-8 pm: Dia De Los Muertos (Merrimack)

Nov. 22, 6-8 pm: Night of Thanks (Merrimack)

## FAMILY ADVENTURE GUIDES

Family Adventure Guide events help families spend more quality time together. Join us for an activity each month that promotes family bonding through hands-on activities. You're sure to make lasting memories and maybe learn something new! REGISTRATION REQUIRED!



# WELCOMING WEEK 2019

September 13 - 22



**Welcoming Week, an initiative of Y-USA's national partner Welcoming America, celebrates the nationwide movement of communities that fully embrace immigrants and their contributions to the social fabric of our country.**

**During Welcoming Week, communities bring together US-and foreign-born neighbors to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone. Please join us at the YMCA of Greater Nashua in celebrating and welcoming all. Information on specific events are being pulled together now, stay tuned to our Facebook pages as the week draws closer for more information.**

## Private and Small Group Sport Specific Training

### WESTWOOD PARK YMCA

The Westwood Park Y will be offering individual and small group sports specific training! In partnership with In the Net Sports Academy, instructors will assist with every athletic ability and skill level. With a wide array of sports to choose from, this specialized sports training program is perfect for newer through elite athletes. For more information inquire at the Westwood Park YMCA.

<u>One-on-One Training:</u>	<u>Member</u>	<u>Community</u>
1 hr session	\$69	\$99

<u>Group Instruction:</u>	<u>Member</u>	<u>Community</u>
2 players - 1 hr session	\$64/ea.	\$94/ea.
3 players - 1 hr session	\$59/ea.	\$89/ea.
4 players - 1 hr session	\$54/ea.	\$84/ea.



**In The Net**  
Sports Academy  
*By Patrick Mulcahy*





**YMCA OF GREATER NASHUA**  
6 Henry Clay Drive  
Merrimack, NH 03054  
[www.nmymca.org](http://www.nmymca.org)

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**You're Invited**

**Champions  
of Change Gala**

**2020**

**May 8, 6-9 PM**

**The Event Center  
Nashua, NH**

**1920s Attire  
Encouraged**

**Cocktail Reception | Dinner & Dessert**

**Sponsorship Opportunities Available. Please Contact Heidi Roy or Christina Conti at 603.598.1533 for More Details.**