the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY KIDS DAY!
April 29, 2017
11am – 2pm

Hampshire Regional YMCA

PROGRAM GUIDE

SPRING I

SPRING I
REGISTRATION DATES:
MEMBER: February 13, 2017
COMMUNITY: February 20, 2017

REGISTER ONLINE TODAY!
HRYMCA.ORG

SPRING SESSION: March 6, 2017 – May 7, 2017
No classes the week of April 16-21, 2017.
YMCA closed on Easter Sunday, April 16, 2017.
Some programs are available for ongoing registration.
See Back Cover for Spring I Building Hours.

286 Prospect Street, Northampton, MA 01060 | (413) 584-7086 | www.hrymca.org

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SPRING I SESSION DATES:
MARCH 6, 2017 – MAY 7, 2017
MEMBER REGISTRATION BEGINS: FEBRUARY 13, 2017
NON-MEMBER REGISTRATION BEGINS: FEBRUARY 20, 2017
THIS IS AN EIGHT-WEEK PROGRAM SESSION. THERE WIL BE NO CLASSES THE WEEK OF APRIL 16-21, 2017.
YMCA CLOSED ON EASTER SUNDAY, APRIL 16, 2017

The deadlines for members and non-members to submit a Financial Assistance request is February 20, 2017.

MEMBERSHIP: We combine spirit, mind, and body in an integrated approach to well-being that goes beyond just fitness. With the Y you can increase energy, decrease stress, prevent illness, maintain a healthy weight, find personal balance and enjoy time with your family and friends. Membership benefits to our Y include reduced program, camp, and sport prices and priority registration, child watch, access to our state of the art Wellness Center, group exercise classes, and so much more. Visit the Welcome Center **(413-584-7086)** or our website at **www.hrymca.org** for more information on membership and rates.

With the Y, you're not just a member of a facility; you're part of a cause. As a charitable nonprofit, your membership will not just bring meaningful change in yourself, but also in your community. Part of what makes us a nonprofit is our belief that you shouldn't be denied the opportunity to have a healthy lifestyle because of an inability to pay. Financial assistance is available for those that qualify. **The deadlines for members and non-members to submit a Financial Assistance request is February 20, 2017.** Please contact our financial assistance coordinator for more information at Kerri.Laplante@hrymca.org.

SPECIAL PROGRAMS & EVENTS

HEALTHY KIDS DAY
Saturday, April 29th 11:00 am – 2:00 pm
FREE – Open to all community members!
Join us for this nationwide, YMCA signature event that promotes healthy habits for youth. The event will include a Splash and Dash, Zumba, healthy snacks, indoor and outdoor games, a demonstration from Simon Scher of Northampton Martial Arts and much more!

NEW! ADULT MARTIAL ARTS
Friday 9:00 – 9:50am Studio 2
Learn effective martial arts techniques, incorporating drills and exercises that will provide a fun and vigorous workout. This class is helpful for weight loss and improving muscle tone, flexibility and cardio endurance. Learn skills necessary to start progressing up through the rank system from white belt through black belt and beyond. If you have previous martial arts experience you will be ahead of the game, but if you have none, don't worry. You will learn everything you need to know in this class! Instructor: Simon Scher
Members: $67/Non-members: $114

YOGA WORKSHOPS
Our yoga instructors offer a wide variety of specialty workshops throughout the year, giving both members and non-members the opportunity to explore topics in more depth than a regular class allows. Although registrations can be taken the day of a workshop, space is limited so pre-registration is recommended to guarantee a spot.

March 4th–Yoga for Better Sleep Health with Courtney 11:30am-1:30pm
Members: $10/Non-Members: $20

March 18th–Yin Yoga for Stress and Anxiety with Megan 11:30 am–1:00pm
Members: $8/Non-Members: $15

April 1st–The Sensuality of Yoga - an intermediate/advanced workshop with Courtney 1:30 am–1:30 pm
Members: $10/Non-Members: $20

April 15th–TBA

Workshop fees are non-refundable. Workshops may be canceled if there are no registrations by the day prior.

RENEW YOUR RESOLUTION (AGES 12+)
Spring is the perfect time to renew your New Year's resolutions -- or to make new ones. Research shows that by springtime, 68% of Americans who made a New Year's resolution have broken it. After one year, only 15% claim success. But don't despair. The secret to self-improvement is persistence, not perfection. Team up with our Wellness Center to have accountability around different health behaviors and set measurable goals. You will meet weekly with your wellness advocate and have a point system to guide your progress.
Must be registered by Thursday March 2, 2017.
Members: $25 Non-Members: $50

AOA SPRING TEA AND SPELLING BEE
March 22nd at 2:00pm
Bring a favorite tea or snack to share. Recruit a team of up to three spellers, or join a team when you arrive and compete for prizes!
FREE for members

FAMILY FUN FRIDAYS
1st and 3rd Friday of each month 5:00 – 6:30 PM
Join us for arts & crafts and a snack in the kitchen, tumbling and face painting in the gym, bounce house in the racquetball court, and 5:00 PM family Zumba®.
Members: Free / Non-Members: $10

REGISTRATION IS NOW OPEN FOR OUR YMCA SUMMER DAY CAMPS!
Please see page 6 more information.

KOALA | GYMNASTICS | NORWICH

AQUATICS

Our nationally recognized swim programs promote water enrichment and aquatic readiness activities for children of all ages. **TO MAINTAIN HEALTH AND SAFETY, ALL PARTICIPANTS ARE REQUIRED TO SHOWER PRIOR TO ENTERING OUR POOLS.** If you have and questions or feedback about our aquatics program, please contact Sarah Hilton, HRY Aquatics Director at sarah.hilton@hrymca.org.

PARENT/CHILD SWIM LESSONS (SMALL POOL)

SKI WITH PARENT (AGES 6–36 MONTHS)

Monday 9:00 – 9:30 AM, 4:00 – 4:30 PM / Thursday 4:00 – 4:30 PM
Saturday 9:00 - 9:30 AM / Sunday 10:45 – 11:15 AM
This is a water adjustment class for parent and child that emphasizes songs, games, and water activities to help children become comfortable in an aquatic environment. SKI is a great class to help children learn how to swim with songs and movement in the water. Children must wear swim diapers under their swimsuits.
Members: $59 / Non-Members: $100

PERCH WITH PARENT (AGES 25–36 MONTHS)

Monday 3:30 – 4:00 PM / Thursday 4:30 – 5:00 PM
Sunday 9:00 – 9:30 AM, 11:30 AM - 12:00 PM
Young swimmers continue working on basic swim skills with the aid of parents and instructors. Skills such as breath control, floating and kicking are covered.
Members: $59 / Non-Members: $100

PRESCHOOL SWIM LESSONS (SMALL POOL)

PIKE (AGES 3-5)

Monday 9:45 – 10:15 AM, 3:30 – 4:00 PM, 4:30 – 5:00 PM
Thursday 4:00 –4:30 PM/ Saturday 9:30 – 10:00 AM, 10:30 – 11:00 AM
Sunday 9:00 – 9:30 AM, 11:30 – 12:00 PM
This class is designed for the preschooler who is a newcomer to the program and to the water. This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water.
Members: $59 / Non-Members: $100

EEL (AGES 3-5)

Monday 4:00 – 4:30 PM / Thursday 3:30 – 4:00 PM
Saturday 10:00 – 10:30 AM / Sunday 10:45 - 11:15 AM
This advanced beginner level reinforces Pike skills as well as introduces basic swim techniques. Safety is stressed in this level. Children should be comfortable swimming independently, small distances without a floatation device as well as submerge underwater.
Members: $59 / Non-Members: $100

RAY/STARFISH (AGES 3-5)

Monday 4:30 – 5:00 PM / Thursday 4:30 – 5:00 PM
Saturday 10:30 – 11:00 AM
At this level children review previous skills, improve stroke skills, learn more personal safety, and build endurance. Children will learn to swim across the pool on their front and back without assistance.
Members: $59 / Non-Members: $100

YOUTH SWIM LESSONS (LARGE POOL)

POLLIWOG (AGES 6–12)

Monday 5:15 – 6:00 PM / Thursday 4:00 – 4:45 PM, 5:00 – 5:45 PM
Saturday 9:15 – 10:00 AM, 10:15 – 11:00 AM / Sunday 9:45 – 10:30 AM
This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices and floating. By the end of this level, they should know the front paddle stroke, as well as side and back paddle. This level requires no pre-requisites.
Members: $68 / Non-Members: $115

GUPPY (AGES 6–12)

Monday 5:15 – 6:00 PM / Thursday 4:00 – 4:45 PM, 5:00 – 5:45 PM
Saturday 9:15 – 10:00 AM, 10:15 – 11:00 AM / Sunday 9:45 – 10:30 AM
Swimmers continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. Children can swim a length of the pool without assistance at the end of this level.
Members: $68 / Non-Members: $115

MINNOW (AGES 6–12)

Monday 5:15 – 6:00 PM / Thursday 4:00 – 4:45 PM, 5:00 – 5:45 PM
Saturday 9:15 – 10:00 AM, 10:15 – 11:00 AM
Minnows must be able to swim 25 yards front crawl using consistent rotary breathing and 25 yards back crawl. This level refines front and back crawl and introduces breaststroke, survival floating, treading water and emergency procedures.
Members: $68 / Non-Members: $115

FISH (AGES 6–12)

Thursday 6:00 – 6:45 PM
At this level, students work to perform the crawl stroke, elementary backstroke, sidestroke and backstroke and also turns. They are introduced to the butterfly stroke. They learn diving skills and continue learning personal safety, boating and rescue skills.
Members: $68 / Non-Members: $115

SHARK

Saturday 11:00 - 11:45 AM
Many swimmers who have taken this class have continued on to either a competitive swim team or a non-competitive club team. This course encourages a healthy lifelong habit of swimming. The emphasis is on transitioning already developed swim strokes, skills and techniques to successful exercise through swimming. Participants will learn how to swim with drills, keep times, and increase endurance. At this level, one should already be able to swim 25 yards with rotary breathing and comfortably swim freestyle, breaststroke and backstroke.
Members: $68 / Non-Members: $115

ADVANCED SWIMMING

Monday 6:00 - 6:45 PM & Thursday 6:00-6:45 PM
This class is the next step up from the Shark class. The emphasis is on progressing swimming strokes, skills and techniques. Participants should be able to swim 50 yards with rotary breathing of freestyle, breaststroke and backstroke, and have basic butterfly technique. Through coaching feedback and drills, swimmers will swim longer distances, participate in relays and start off the blocks. The mission of this course is to promote an active, healthy lifestyle through swimming. This class will meet twice a week.
Members: $136 / Non-Members: $230

BEGINNER ADULT SWIM LESSONS (SMALL POOL)

Wednesday 7:00 – 7:45 PM
This class is for adults who are looking to learn the basics of swimming. The class will cover skills such as putting your face into the water, basic body positioning and introduction to front and back crawl strokes.
Members: $68 / Non-Members: $115

ADULT STROKE CLINIC (LARGE POOL)

Wednesday 7:45 – 8:30 PM
This class is for adults who are looking to improve their skills. Strokes will be developed at a comfortable pace. Individuals must be comfortable swimming in the deep end and putting their faces in.
Members: $68 / Non-Members: $115

AQUATICS (CONTINUED)

PRIVATE SWIM LESSONS (ALL AGES)

Private swim lessons are a great way to learn to swim or improve your stroke. These one-on-one sessions with one of our experienced instructors will guarantee improvement. To register, please fill out a Private Swimming Lessons Request Form at the Welcome Center. The Aquatics Director will contact you with possible days and times based on the availability of the instructor. You can register for private swim lessons at any time. They do not follow the regular session schedule.

SWIM TEAMS

HRYMCA DOLPHINS SWIM TEAM (ABILITY BASED, AGES 5+)

The HRYMCA Dolphins Swim Team offers a great opportunity to excel in an exciting and dynamic sport in a safe, enthusiastic, and motivating environment. Our coaching staff create a healthy outlet for HRYMCA swimmers to gain new skills, develop a sense of team and connect with positive role models. For more information, email Head Coach Tim Ramos at Dolphins.SwimTeam@hrymca.org

MASTERS SWIM TEAM (AGES 18+)

Tuesday & Thursday 6:30 – 7:30 AM, 12:30 – 1:30 PM

The Masters Swim Team is for those looking to enhance their pool time experience. There are two coached and two non-coached practices for a total of four practices per week. During the non-coached practices there will be a workout posted. Coached sessions are run by Tim Ramos, Dolphins Swim Team Head Coach. The group will focus on stroke technique and endurance training.

Members: $105 / Non-Members: $126

GYMNASTICS/ ARTS & HUMANITIES

There will be no classes on Saturday, March 18, 2017 for League Championships.

PARENT-CHILD GYMNASTICS

ROLLIE POLLIES (9–18 MONTHS)

Wednesday 9:00 – 9:30 AM, 9:35 – 10:05 AM
Saturday 9:00 – 9:30 AM, 9:30 – 10:00 AM

Babies and young children are natural gymnasts and we can help foster those skills in this delightful romp in the gym. We will educate babies and toddlers about their bodies through gymnastics play and activity helping facilitate physical strength and muscle control, coordination and balance. Children will gain skills in cognitive and social development through the interactive gymnastics activities.

Members: $59 / Non-Members: $100

FOLLOW ME GYMNASTICS (18 MONTHS-2.9 YEARS)

Wednesday 9:00 – 9:30 AM, 9:35 – 10:05 AM
Saturday 9:00 – 9:30 AM, 9:30 – 10:00 AM

This family class is perfect for your little ones, learning skills through games, songs, and basic gymnastics exercises. Young toddlers learn rolling, jumping, and balancing, which reinforces body awareness. The benefits will go beyond the gym too, like following simple instructions and gaining social skills.

Members: $59 / Non-Members: $100

ME AND MY TOT (AGES 2-4)

Wednesday 9:00 – 9:30 AM, 9:35 - 10:05 AM
Saturday 9:00 – 9:30 AM, 9:30 – 10:00 AM

This structured class teaches both parent and child beginner gymnastics skills. Young toddlers learn rolling different directionals in our obstacle course, loco-motor skills on the floor and on the balance beam, jumping and rebounding on our spring surface, as well as balancing on different surfaces. This class is a great introduction to our Tumble Tots class.

Members: $59 / Non-Members: $100

PRESCHOOL AGE GYMNASTICS

TUMBLE TOTS GYMNASTICS (AGES 3-5)

Tuesday 4:00 – 4:30 PM, 5:15 – 5:45 PM / Wednesday 3:30 – 4:00 PM
Thursday 3:30 – 4:00 PM / Saturday 9:00 – 9:30 AM, 9:30 – 10:00 AM, 11:30 AM – 12:00 PM

Our Tumble Tots gymnastics class is grouped for age-appropriate learning. Following a weekly themed lesson plan, these dynamos learn different rolling directionals, progressive handstand and cartwheel weight transfers, loco-motor skills and combinations on balance beams, and jumping and rebounding skills on our spring surfaces. With their developing upper body strength, they also begin to learn drills on the uneven bars.

Members: $59 / Non-Members: $100

MINI MIGHTS (ADVANCED CLASS FOR AGES 3-5)

Tuesday 4:00 – 4:30 PM / Wednesday 3:30 – 4:00 PM/
Thursday 3:30 – 4:00 PM / Saturday 9:00 – 9:30 AM

This class is perfect for the preschooler who needs more of a challenge in gymnastics. Keeping their age and size in mind, our instructors will guide these tiny athletes through a challenging lesson each week.

Members: $59 / Non-Members: $100

SCHOOL AGE GYMNASTICS

GYM KIDS: (AGES 5-7) & FLIPTASTIC GYMNASTICS: (AGES 8+)

Tuesday 4:30 PM - 5:15 PM, 5:15- 6:00 PM / Wednesday 4:00 - 4:45 PM
Thursday 4:00 - 4:45 PM, 4:45 - 5:30 PM / Saturday – 10:00 - 10:45 AM, 10:45 - 11:30 AM

HRYMCA Gymnastics classes introduce concrete skill building techniques. Children will learn how to swing on the bars, perform inverted skills on the balance beam, and vaulting, which involves repulsion from the hands. On floor they begin to learn how to combine grace and power through skill advancement. Floor exercise training involves drills, lead-up skills for back hand springs, and more. Groups are divided by age and ability.

Members: $68 / Non-Members: $115

GYMNASTICS/ ARTS & HUMANITIES (CONTINUED)

BOYS GYMNASTICS (AGE 6-9)
Thursday 4:00 – 4:45 PM
This class is perfect for your acrobatic boy who is interested in learning more about gymnastics. Boys learn proper vaulting techniques, basic locomotor skills, and spatial awareness of themselves. They also gain physical strength needed for the bars, acquire rolling, bounding, and support positions on the floor, and receive safety education.
Members: $68 / Non-Members: $115

MIDDLE SCHOOL GYMNASTICS (AGES 10-14)
Thursday 4:45 – 5:30 PM
For our older athletes of all levels who are interested in learning new skills and improving overall athletic strength. Athletes receive training on all four Olympic events including tumble track and spring floor.
Members: $68 / Non-Members: $115

GYMNASTICS PRE-TEAM – COACH APPROVAL REQUIRED
HRYMCA Gymnastics Pre-Team prepares gymnasts for an exciting future on our HRYMCA Gymnastics Team. Athletes are taught the building blocks of gymnastics in order to shape them into team ready athletes. Focus will be on building strength, flexibility, and the introduction to more complex gymnastics skills.

GYMNASTICS TEAM – COACH APPROVAL REQUIRED
Our Gymnastics Team offers developing gymnasts the opportunity to excel in a safe, enthusiastic, and motivating environment. Gymnasts are introduced to competition when it is appropriate for them physically and mentally. Team participation promotes sharing, cooperation, and compromise, and boosts self-esteem by achieving goals while acquiring new skills.

For more information about our gymnastics team or pre-team, please contact Gymnastics and Dance Director and Head Coach, Marion Jordan at Marion.Jordan@hrymca.org

ADULT GYMNASTICS
NEW TIME! Drop in class: Wednesday 7:15 – 8:15 PM
Gymnasts are some of the strongest, most powerful athletes around! Using your own body and our gymnastics equipment, this is a fun and effective way to increase strength, power, balance, coordination and dynamic flexibility while learning gymnastics skills.
Members: $10 per class / Non-Members: $17 per class

ARTS & HUMANITIES

THE CREATIVE TOOL KIT (3RD – 5TH GRADE)
Wednesday 4:30 – 5:30 PM in Kitchen
This eight-week introduction to the arts for 3rd-5th graders will explore music, singing, song-writing, theatre, dance, drawing, painting, sculpture, writing and story-telling. Each week, students will learn about one new artist and try at least one new art form. The class will culminate in a performance planned by the participants.
Members: $77 / Non-Members: $130

CREATIVE MOVEMENT (AGES 3-5)
Sunday 9:20 – 9:50 AM,11:15 – 11:45 AM
Creative, imaginative, and invigorating movements are a perfect basic prerequisite to dance. Games are used to introduce concepts such as rhythm, body positions, and body awareness.
Members: $59/ Non-Members: $100

BEGINNER BALLET (AGES 6-10)
Sunday 1:00 – 1:45 PM
A classical dance form characterized by grace, poise, strength, control, correct body placement and alignment, and discipline. Ballet is the essential groundwork and foundation for many types of dance and is foremost in learning proper technique.
Members: $68 / Non-Members: $115

WELLNESS

EXERCISE & SOCIALIZE

Group exercise classes are a great place for members to connect with each other and find lifelong exercise partners, support, motivation, and friendship. We offer over 72 different group exercise classes that meet the needs of all. Pick up a schedule at the Welcome Center for more details.

CARDIO CONDITIONING (AGES 12+)

Tuesday 8:30AM with Alicia

Are you looking to improve your cardiovascular health? Want to take your running to the next level? A certified personal trainer will guide you through a 30 minute workout session for 8 weeks on the treadmill or ARC trainer. This program can be tailored to meet the needs of all fitness levels.

Must be registered by February 27, 2017
Members: $75 / Non-Members: $100

MINDFUL BODY COMMUNITY GROUP (AGES 15+)

NEW! Monday 6:30 PM / Tuesday 12:15 PM

A supportive community focused on setting goals for healthy eating. Weekly meetings include a confidential and optional weigh-in. Together, you'll work to maintain healthy habits for life! Participants are currently reading the book "Eat What you Love, Love What You Eat" by Michelle May, M.D.

Members: $3/week or $10/month / Non-Members: $5/week or $10/month

SERVICES OFFERED

FITNESS ASSESSMENT

Would you like to know your current baseline fitness level? We will evaluate your muscular strength, muscular endurance, cardiovascular fitness, flexibility, body fat percentage, and BMI. This information is helpful for you to have when you begin a fitness program on your own or with a personal trainer.

Members: $50 / Non-Members: $75

PERSONAL TRAINING

Everyone can benefit from a personal trainer—a beginner who is looking for help creating a routine, the experienced fitness enthusiast who is not getting their intended results or the elite athlete looking to gain a competitive edge! Our certified trainers will design a program tailored to your needs that is safe, progressive, and effective. You can pick up a Personal Training Request Form at the Wellness Center for more information.

NUTRITION COUNSELING INFORMATION

YMCA members are entitled to one free nutrition coaching session to learn about how nutrition can help meet their healthy living goals. Additional sessions are by appointment and prices vary. Nutrition Request Forms are available at the Wellness Center.

CHRONIC DISEASE PREVENTION PROGRAMS

Contact Lynne Zusi, our Healthy Living Director, at Lynne.Zusi@hrymca.org for more information on any of the following programs.

ARTHRITIS FRIENDLY AQUA AEROBICS

Monday, Wednesday, Friday 11:15 AM – 12:00 PM

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. No swimming skills required.

Members: Free / Non-Members: $5 per class
Punch cards can be purchased at the Welcome Center

ENHANCE FITNESS

Monday, Wednesday & Friday 11:15 AM

This is a research-based, arthritis-friendly exercise program that has been proven to increase strength, flexibility, range of motion and balance. Led by a certified Enhance Fitness Instructor, this class incorporates low-impact aerobics, strength training and stretching. There are both standing and seated options for each portion of the class. Space is limited and pre-registration is required. Please contact the Healthy Living Director to schedule an intake meeting prior to participating.

Members: Free with a one-time registration fee of $25
Non-Members: $5 per class with a one-time registration fee of $25 Punch cards can be purchased at the Welcome Center

LIVE**STRONG®** AT THE YMCA – A CANCER SURVIVORSHIP PROGRAM

LIVE**STRONG®** AT THE YMCA is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participants commit to two small group training sessions per week, guided by a certified LIVE**STRONG®** AT THE YMCA instructor, and receive a free twelve-week membership to the Y for themselves and their immediate family. This is a subsidized program, offered at no cost to participants. Medical provider approval is required.

PARKINSON'S EXERCISE PROGRAM

Thursday 2:00 – 3:00 PM

This class incorporates exercises from an evidence-based program designed by the Boston University Center for Neurorehabilitation. Our instructors are personal trainers with expertise in the BU program who work in collaboration with Deb Ellis, MSPT, NCS, of Synergy Rehabilitation Services. It is recommended that participants first take Deb's six-week course before joining this continuation program. Personal training packages with the instructors who teach in this program are also available. These sessions include an initial assessment and provide an introduction to exercises designed to help with balance, strength and flexibility.

$5 per class – punch cards can be purchased at the Welcome Center.

YMCA'S DIABETES PREVENTION PROGRAM (YDPP)

Did you know that 89 million people have prediabetes – but 9 out of 10 people don't know they have it? The YMCA's Diabetes Prevention Program helps adults with prediabetes, or who may be at risk for type 2 diabetes, to take steps that will improve their overall health and well-being. The program is delivered over a 12-month period in a classroom setting, led by a certified YDPP Lifestyle Coach. Participants receive a complimentary, twelve-week membership to the Y.

YOUTH PROGRAMMING

LIGHTSABER TRAINING CLASS (AGES 7+)

Saturday 12:15 - 1:15 PM

Using foam duplicates of lightsabers to master the techniques of the mystical knights, students will learn real and applicable sword fighting techniques adapted to the lightsaber. The class will combine real sword action with footwork and acrobatics. These physical elements will be balanced by a period of Jedi meditation to clear the mind and calm the body so that the force can flow through us. Class taught by 6th Degree black belt in Taekwondo, Simon Scher, of Northampton Martial Arts. Comfortable, athletic clothing required.

Members: $114 / Non-Members: $160

ROOKIES BASKETBALL CLINIC (AGES 5-7)

Friday 4:00 - 4:45 PM

This clinic is meant for active children who are ready to begin learning sport-specific skills like dribbling, passing, shooting and more. Participants will also have an increased understanding of the rules of basketball and the concept of playing on a team. This class is designed for beginners in the sport of basketball. Participants in this clinic are encouraged to join the Rookies Basketball League.

(Full description in Special Programs section on page 1.)

Members: $68 / Non-Members: $115

GIRLS BEGINNER TO INTERMEDIATE BASKETBALL (AGES 7-11)

Friday 4:45 - 5:30 PM

This clinic is built to help girls feel comfortable competing in team sports while receiving level-appropriate instruction. Girls will leave the class having gained skills specific to the sport of basketball as well as confidence and a better understanding of teamwork. Beginner to intermediate skill levels welcome.

Members: $68 / Non-Members: $115

EXTREME NINJA CHALLENGE (AGES 7+)

NEW TIME! Wednesday 6:30 – 7:15 PM

Join Ryan for even more obstacles this spring in our Extreme Ninja Challenge! This class provides a fun way for kids to be physically active and test their skills against obstacles using gymnastics equipment.

Members: $68 / Non-Members: $115

LEADERS CLUB (AGES 13–18)

Weekly Meetings Wednesday 6:30-7:30 PM (Subject to change)

Leaders Club is a program that teaches leadership skills through community service, volunteerism and personal growth. Young people have the opportunity to meet other teens, be a leader in the YMCA and in the community, earn volunteer service hours and recommendations, and participate in leadership conferences with other clubs from the region. The club meets weekly to plan and organize special events oriented around service to the community. Give it a try! We allow new leaders to participate in two meetings before making the commitment. For more information, contact Greg.Baker@hrymca.org.

Yearly Dues – Members: $30 / Non-Members: $80

MARTIAL ARTS (AGES 6+)

Friday 4:15 - 5:15 PM

Come roll, kick, punch, block and more with Simon Scher from Northampton Martial Arts, who has been teaching Tae Kwon Do all over the world for over 16 years! If you or your child are interested in learning this great system of self-defense through a program that emphasizes avoidance, personal growth and self-confidence, then this class is for you! All skill levels welcome! Uniforms can be purchased at first class for $20.

Members: $114 / Non-Members: $160

KIDS YOGA WITH JOCELYN (AGES 5-9)

Wednesday 4:15-5:15 PM

These classes provide an introduction to basic yoga poses. Games and creative movement are incorporated, along with age-appropriate progressions to more challenging poses for balance, strength, and flexibility. Yoga is great for relieving stress, in addition to improving core strength and ability to focus.

Members: $68 / Non-Members: $115

REGISTRATION IS NOW OPEN FOR OUR YMCA SUMMER DAY CAMPS!

PRESCHOOL CAMP KOALA (AGES 3-5)

Eight, one-week sessions - June 26 – August 18, 2017

Camp Koala is the ideal way to introduce your child to summer camp! Build relationships and make life-long friends while playing, creating, swimming and having fun.

GYMNASTICS CAMP (AGES 5-13)

Eight, one-week sessions - June 26 – August 18, 2017

The HRYMCA Gymnastics Camp offers an ideal blend of athletics and recreation to provide a great summer experience for your child.

CAMP NORWICH (AGES 5-15)

Four, two-week sessions and one, one-week session
June 26 – Sept. 1, 2017

Since 1896, Camp Norwich has provided quality programs in a caring family environment. A session at Norwich offers many exciting opportunities for growth, joy and discovery in a noncompetitive and highly supervised small-group atmosphere.

VIEW OUR CAMP BROCHURE AT WWW.HRYMCA.ORG

CAMP INFORMATION SESSIONS:

Meet the directors of our three day camps and have your questions answered! All information sessions will take place at the YMCA, 286 Prospect Street, Northampton.

Tuesday, March 21st – 4:30 PM
Wednesday, April 12th – 7:00 PM
Saturday, May 6th – 1:00 PM

KOALA | GYMNASTICS | NORWICH

Three Great Events – One Great Cause!

Hampshire Regional YMCA

Mark your calendars now for our 2017 signature events! Join us at one or all of these great events - **help us open the door to a healthier community.**

APRIL: YMCA Annual Campaign Dinner 4/27
6:30 pm at the Garden House at Look Park,
300 N. Main Street, Florence, MA 01062

OCTOBER: Annual Golf Tournament 10/5
10:00am at the Crumpin Fox Golf Club
87 Parmenter Road, Bernardston, MA 01337

NOVEMBER: 5K Road Race and Fun Run 11/4
9:30am at the Hampshire Regional YMCA
286 Prospect Street, Northampton, MA 01060

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA

BUILDING HOURS FOR THE SPRING I SESSION

Monday – Friday 5:30 AM – 9:30 PM
Saturday 7:00 AM – 5:30 PM
Sunday 8:30 AM – 5:30 PM

YMCA closed on Easter Sunday, April 16, 2017.

286 Prospect Street, Northampton, MA 01060 | (413) 584-7086 | www.hrymca.org