



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hampshire Regional YMCA PROGRAM GUIDE

## WINTER

**WINTER  
REGISTRATION DATES:**

**MEMBER:** December 5, 2016

**COMMUNITY:** December 19, 2016

**REGISTER  
ONLINE TODAY!  
HRYMCA.ORG**



**WINTER Session: January 2, 2017 – March 5, 2017**

No classes the week of February 20, 2017

Some programs are available for ongoing registration.

See Back Cover for Winter Building Hours

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## WINTER SESSION DATES:

JANUARY 2, 2017 – MARCH 5, 2017

MEMBER REGISTRATION BEGINS: DECEMBER 5, 2016

NON-MEMBER REGISTRATION BEGINS: DECEMBER 19, 2016

**THIS IS AN EIGHT-WEEK PROGRAM SESSION. CLASSES WILL NOT RUN THE WEEK OF FEBRUARY 20TH, 2017 EXCEPT FOR YBL.**

The deadlines for members and non-members to submit a Financial Assistance request is December 19, 2016.

**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](http://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 December 19, 2016.** Please contact our financial assistance coordinator for more information at [Kerri.Laplante@hrymca.org](mailto:Kerri.Laplante@hrymca.org).

## SPECIAL PROGRAMS & EVENTS

### YBL BASKETBALL (JANUARY 7 – APRIL 2)

Registration deadline for YBL is January 2, 2017.

#### VOLUNTEER COACHES NEEDED AT ALL LEVELS

Please Contact Greg Baker at [Greg.Baker@hrymca.org](mailto:Greg.Baker@hrymca.org).

The YMCA's Youth Basketball League encourages teamwork, good sportsmanship and commitment to excellence in a supportive environment. Our fantastic volunteer coaches and referees serve as role models and help to facilitate personal growth. All levels of this program provide equal playing time for all players.

### ROOKIES (AGES 5-7)

**Practices/Games: Sundays between 11:00 AM and 1:00 PM**

Players participate in a 30-minute practice followed immediately by a 30-minute game. League is played with small balls and a lowered basketball hoop to help ensure development of good technique. All players receive a t-shirt. PARTICIPANTS IN THIS PROGRAM ARE ENCOURAGED TO REGISTER FOR THE ROOKIES BASKETBALL CLINIC AS WELL. (See Youth Programming section on page 6 for more information.)

**Members: \$94 Non-Member: \$155**

### NCAA (AGES 7-10) AND NBA (AGES 11-14)

**Practices: One evening\*/week for one hour**

**Games: Saturdays at the YMCA, between 1:00 and 7:00\*\*.**

All players are required to attend a team pairing event on Saturday, January 7, 2017 from 1:00-4:00PM. Practice and game schedules will be released at that time.

**Member: \$110 / Y-Team Member: \$160 / Non-Member: \$235**

\*Monday at the YMCA | Tuesday at College Church | Wednesday at Jackson Street School

\*\*Games on Saturday, March 18, 2017 will take place between 9:00AM and 3:00PM due to a planned gymnastics meet.

**ALL YBL PRACTICES AND GAMES WILL RUN DURING THE WEEK OF FEBRUARY 20, 2017.**

### YOGA WORKSHOPS

**January 7, 2017 - 11:30 AM - 1:00 PM - Intro to Alignment-based Yoga with Lois**

**January 21, 2017 - 11:30 AM - 1:00 PM - Yin Yoga with Megan**

**February 4, 2017 - 11:30 AM - 1:00 PM - Yoga and Breath Practices for Anxiety with Sarah F.**

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.

**Members: \$8 / Non-Members: \$15**

### NEW YEAR'S WEIGHT LOSS CHALLENGE (JANUARY 1 – MARCH 7)

Did you know that only 8% of people who set New Year's resolutions actually stick with them? Or that 25% of New Year's Resolutions don't make it through the first week of the year? That means that 3 out of 4 people who set a goal at the beginning of the year cannot build a habit for longer than 6 days. Is that you? Not this year!

Join the YMCA's New Year's Weight Loss Challenge and get the support you need to stick with your resolution! The program will include:

- 1 Nutrition Coaching Session
- 1 Fitness Coaching Session
- Beginning and ending weigh-in with body fat percentage
- Mindful Body sessions free during entire challenge

**Members: \$40 OR \$30 per person in a team of 4 / Non-Member: \$60 OR \$50 per person in a team of 4**

### AOA HEALTHY HEARTS POTLUCK LUNCHEON

**Friday, February 10, 2017 12:15 PM in Studio One**

Join fellow members for good food and great company as we recognize American Heart Month.

**FREE for Members**

### FAMILY FUN FRIDAYS

**1st and 3rd Friday of each month 5:30 – 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**

# 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 any 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 3:30 – 4:00 PM  
Sunday 9:00 – 9:30 AM**

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 / Sunday 9:00 – 9:30 AM**

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 flotation 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 9:00 – 9:45 AM, 10:00 – 10:45 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 9:00 – 9:45 AM, 10:00 – 10:45 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 9:00 – 9:45 AM, 10:00 – 10:45 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 / Sunday 11:30 AM – 12:15 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 7:30 – 8:15 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 8:15 – 9:00 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](mailto: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

### 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**

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, 11:30 AM – 12:15 PM**

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**

### HOMESCHOOL GYMNASTICS (AGES 5-15)

**Thursday 10:45-11:30 AM**

Homeschoolers are able to spend time together and learn gymnastics in a fun, open format.

**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](mailto:Marion.Jordan@hrymca.org)

### OPEN GYMNASTICS

**Sunday 3:30-4:30 PM**

(Age 4 and under with parent participation / Age 5-9 with parent present / Age 10+ parent not required) The Gymnastics Gym is open for self-directed open workouts. Drop in and have some fun! MUST SIGN A WAIVER TO PARTICIPATE.

**Members: \$5 / Non-Members: \$10**

### ADULT GYMNASTICS

**Drop in class: Wednesday 9:30 – 10:30 AM, 6:30 – 7:30 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**

The Creative Tool Kit class empowers, educates and helps to maximize the potential of young artists and thinkers. Participants do not need any training in art forms - the Creative Tool Kit engages curious minds of all kinds to try new modes of communication, creation and collaboration.

**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.

### COMMIT TO GET FIT (AGES 18+)

**Monday and Wednesday 9:00 AM with Jennifer**

Commit to reaching your health and wellness goals in our 8 week Beginner Exercise Program. This program includes two exercise sessions per week with your small training group, led by certified personal trainers. Our hope is that participants will build healthy habits for the future through the support of the greater HRYMCA community. **Must be registered by December 26th.**

**Members: \$200 / Non-Members: \$250**

### CARDIO CONDITIONING (AGES 12+)

**Tuesday 8:30AM with Alicia / Wednesday 5:45AM**

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 December 26, 2016.**

**Members: \$75 for one day a week/\$100 for two days a week**

**Non-Members: \$100 for one day a week/\$125 for two days a week**

### 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](mailto: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: 10 class punch card \$50, 15 class punch card \$75, 20 class punch card \$100**

### 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. Pre-registration is required. New participants require a medical care provider's approval to begin, and are welcome to observe or try a class before registering.

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

### LIVESTRONG® AT THE YMCA – A CANCER SURVIVORSHIP PROGRAM

LIVESTRONG® AT THE YMCA is a free, 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 LIVESTRONG® AT THE YMCA instructor, and receive a free twelve-week membership to the Y for themselves and their immediate family. Medical provider approval is required.

### PARKINSON'S EXERCISE PROGRAM

**Thursday 1:00 – 2:00 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, or register for a Parkinson's Exercise Introduction Package. This consists of three sessions with a personal trainer to get an initial assessment and learn the exercises.

**\$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

### NEW! 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: \$59 / Non-Members: \$100**

### 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: \$59 / Non-Members: \$100**

### EXTREME NINJA CHALLENGE (AGES 7+)

**Wednesday 4:45 - 5:30 PM**

Extreme Ninja Challenge provides a fun way for kids to be physically active and test their skills against our obstacles set up in the gym 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](mailto:Greg.Baker@hrymca.org).

ALSO, ASK GREG BAKER ABOUT OUR JUNIOR LEADERS CLUB COMING SOON!

**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**

### YOUTH 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**

### YBL BASKETBALL LEAGUE

Please see Special Programs section on page 1 for more information.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Hampshire Regional YMCA

### **BUILDING HOURS FOR THE WINTER**

Monday – Friday 5:30 AM – 9:30 PM

Saturday 7:00 AM – 5:30 PM

Sunday 8:30 AM – 5:30 PM

Please visit [hrymca.org](http://hrymca.org) for winter weather closing information.