



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA **SUMMER PROGRAMS**

Two Four-Week Sessions

**REGISTER
ONLINE TODAY!
HRYMCA.ORG**

**SUMMER I & II
REGISTRATION DATES:**

MEMBER: June 5, 2017

COMMUNITY: June 12, 2017



SUMMER I SESSION: June 26, 2017 – July 23, 2017

SUMMER II SESSION: July 24, 2017 – August 20, 2017

BUILDING HOURS FOR SUMMER SESSIONS

Monday – Thursday 5:30 AM – 9:30 PM / Friday 5:30 AM – 8:30 PM

Saturday 7:00 AM – 5:30 PM / Sunday 8:30 AM – 5:30 PM

YMCA closed on July 4, 2017 for Independence Day.
Some programs are available for ongoing registration.

SUMMMER 2017

SUMMER I SESSION DATES:
JUNE 26, 2017 – JULY 23, 2017

SUMMER II SESSION DATES:
JULY 24, 2017 – AUGUST 20, 2017

MEMBER REGISTRATION BEGINS: JUNE 5, 2017
NON-MEMBER REGISTRATION BEGINS: JUNE 12, 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 deadline for members and non-members to submit a Financial Assistance request for Summer I session programming is June 12, 2017; deadline for Summer II session programming is July 10, 2017. Please contact our financial assistance coordinator for more information at Kerri.Laplante@hrymca.org.

SPECIAL PROGRAMS & EVENTS

YOUTH 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 your child is 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: \$66 / Non-Members: \$92

I SURVIVED THE SUMMER CONTEST

June 26 – September 4, 2017

Register for the 2nd Annual "I Survived the Summer" Contest. Visit the YMCA 25 times between June 26 – September 4, 2017 and become part of the Y Survival Team! After enrolling, if you visit the Y 25 times you win a bumper magnet. If you visit the Y 30 times you get a t-shirt! Register at the Wellness Desk.

AGES: 18+

REGISTRATION BEGINS: June 12, 2017

FREE FOR MEMBERS



SAVE THE DATES!

Two Great Events – One Great Cause!

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

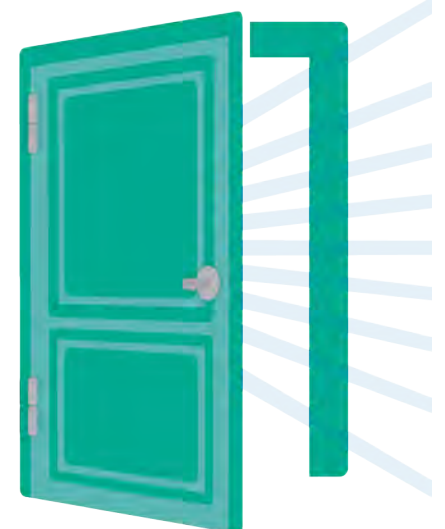
OCTOBER: Annual Golf Tournament 10/5 9:30am
at the Crumpin Fox Golf Club 87 Parmenter Road,
Bernardston, MA 01337

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

GOLD SPONSOR:



SILVER SPONSORS:



AQUATICS – TWO FOUR-WEEK SESSIONS

PARENT/CHILD SWIM LESSONS (SMALL POOL)

SKI WITH PARENT (AGES 6–36 MONTHS)

Monday 9:00 – 9:30 AM / Saturday 9:00 – 9:30 AM / Sunday 9:30 – 10:00 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: \$30 / Non-Members: \$50

PERCH WITH PARENT (AGES 25–36 MONTHS)

Monday 4:00 – 4:30 PM / Sunday 9:00 – 9:30 AM, 10:00 AM – 10:30 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: \$30 / Non-Members: \$50

PRESCHOOL SWIM LESSONS (SMALL POOL)

PIKE (AGES 3–5)

Monday 9:30 – 10:00 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, 10:00 – 10:30 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: \$30 / Non-Members: \$50

EEL (AGES 3–5)

Monday 4:00 – 4:30 PM / Thursday 3:30 – 4:00 PM

Saturday 10:00 – 10:30 AM / Sunday 9:30 – 10:00 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: \$30 / Non-Members: \$50

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: \$30 / Non-Members: \$50

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 10:45 – 11:30 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: \$35 / Non-Members: \$60

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 10:45 – 11:30 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: \$35 / Non-Members: \$60

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: \$35 / Non-Members: \$60

FISH (AGES 6–12)

Saturday 11:00 – 11:45 AM

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: \$35 / Non-Members: \$60

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: \$80 / Non-Members: \$132

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: \$35 / Non-Members: \$60

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: \$35 / Non-Members: \$60

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 about swim team, please contact
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. The group will focus on stroke technique and endurance training.

Members: \$60 / Non-Members: \$72

THERE IS STILL TIME TO REGISTER FOR OUR YMCA SUMMER DAY CAMPS. SPACE IS LIMITED!



PRESCHOOL CAMP KOALA (AGES 3-5)

Nine, one-week sessions - June 26 - August 25, 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 - September 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](http://www.hrymca.org)

TOGETHER, WE OPEN THE DOOR TO A STRONGER COMMUNITY



At the Hampshire Regional YMCA, strengthening community is our cause. Centered on our four core values, Caring, Honesty, Respect and Responsibility, we strive to impact the lives and health of our community. Your membership opens the door for you, while your donation opens the door for others. If you would like to contribute to our Annual Campaign, please mail us the form below, stop by our Welcome Center or visit our website at www.hrymca.org.

DONATION FORM - A DONATION FROM THE HEART IN ANY AMOUNT WILL HELP SUPPORT OUR YMCA.

Name: _____

Preferred Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Email Address: _____

Please give my gift in recognition of _____

Check (payable to Hampshire Regional YMCA) Total gift will be \$ _____

Charge \$ _____ to my credit card Master Card Visa

Card # _____ Expire _____ 3 digits security _____

Print Name as it appears on the card _____

Signature: _____ Date: _____

Mail your contribution to Hampshire Regional YMCA, 286 Prospect Street, Northampton, MA 01060