



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA PROGRAM GUIDE

FALL 1

FALL REGISTRATION DATES:

MEMBER: August 14, 2017

COMMUNITY: August 21, 2017



FALL 1 SESSION: September 5 – October 29, 2017

The YMCA will be closed Labor Day, September 4, 2017.

Some programs are available for ongoing registration.

See Back Cover for Fall Building Hours.



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FALL SESSION DATES:

SEPTEMBER 5 - OCTOBER 29, 2017

MEMBER REGISTRATION BEGINS: AUGUST 14, 2017

NON-MEMBER REGISTRATION BEGINS: AUGUST 21, 2017

THIS IS AN EIGHT-WEEK PROGRAM SESSION.

The deadline for members and non-members to submit a Financial Assistance request for the Fall I session is August 21, 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 the Fall I session is August 21.** For more information, please contact Season Cronin at season.cronin@hrymca.org.

SPECIAL PROGRAMS & EVENTS

YOGA WORKSHOPS

Pre-registration required by 12:00PM on the Friday preceding the workshop; no drop-ins.

All workshops must meet a minimum of six registrants in order to run.

Members: \$15 / Non-members: \$30

YIN YOGA FOR SELF-CARE

Saturday, September 9 from 2:00-4:00PM

The first step in self-care is figuring out what you need. Yin yoga can be an incredible tool for finding balance + harmony within. This is especially true if you experience stress or anxiety in your life. Because these gentle yet deep postures are held for several minutes, participants are allowed the time to tune-in and listen to what their bodies are telling them. Use of different breath and meditation techniques will help dial up the healing mode. The class will be designed to stretch out and bring awareness to the entire body and will incorporate some gentle yoga and qigong inspired movements in addition to the longer Yin holds. Participants can expect to leave this workshop feeling more embodied, calm and connected to themselves.

PRANAYAMA TECHNIQUES AND MINDFULNESS FOR EQUANIMITY

Sunday, September 17 from 12:00-2:00PM

Is your life a rollercoaster of emotions and intensity? Are you seeking the middle way, grounding, intentionality in life? There is no moment of arrival with this work, but there are practices and places of stillness to return to and become more acquainted with so that they can be called upon in moments of challenge. Join Courtney Hill, Licensed Acupuncturist, herbalist and yoga teacher in a class designed to shed light on your personal intention in every other yoga class, exercise routine, and/or mindfulness practice you participate in this year. This class will be very slow, gentle, methodical and restful, but students are encouraged to have taken numerous yoga classes and/or have a meditation practice. This will include substantial emotional work and questioning.

CORE STRENGTH FOR OPTIMAL SPINAL HEALTH

Part 1 - Cervical-thoracic focus on Sunday, October 1 from 12:00-2:00PM

Part 2 - Lumbar-pelvic focus on Sunday, October 8 from 12:00-2:00PM

(Register for one or both)

This workshop will support whole-body relaxation and strengthening of the various neutral curves of the spine.

- Various home practice skills to be shared will include:
- Focused movement exercises to increase mobilization and flexibility
- Mindful movement exercises with breath support for increased spinal stability
- Increased awareness to habitual holding and movement patterns
- Introduction of new ways of breathing and moving using a whole-body approach to spinal health.

FIRST STEP BACK

This post-medical rehabilitation program is designed for anyone in need of one-on-one assistance with an exercise program at the YMCA. Our trained fitness staff works with our physical therapist, Tom Bianco, to understand the needs of individuals with a variety of medical conditions. After an initial evaluation with Tom, participants meet with a trainer to execute their treatment plan for one hour, 2-3 times per week for four, six or eight weeks. Participants will benefit from this safe, progressive exercise program as they move from assistance to independence. First Step Back It is not covered by medical insurance. To get started, members can contact Tom Bianco directly at 413-221-4956 to schedule an initial evaluation. Physician referral is required.

\$40 per session

FIRST AID/CPR/AED

Sunday, September 24, 2:00-4:30PM: Registration deadline 9/17/17

Monday, October 16, 5:00-7:30PM: Registration deadline 10/9/17

This course teaches the skills needed to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive. This program is offered in a blended learning fashion, designed to meet the various training needs of a diverse audience. Online work to be completed prior to the in person training. Please bring your certificate of completion with you.

Members / Non-Members: \$110

MEET THE TRAINER

Week of September 11-15

Ever wondered what it's like to work with a personal trainer? Sign up to meet with the YMCA personal trainer of your choice for a free, 15-minute consultation to help you get started! Get 20% off a training package if you purchase the day you have your consultation. Schedule your appointment in the Wellness Center.

FREE for Members

AOA AUTUMN POTLUCK LUNCHEON

Tuesday, September 26 at 12:15PM in Studio 1

Join fellow members for good food and great company!

FREE for Members

FAMILY FUN FRIDAYS – BEGINNING OCTOBER 20

1st and 3rd Friday of each month 5:00-6:30PM

Join our fun team of Child Watch staff for a screen-free evening of themed fun and excitement for the whole family! Parents and guardians will have the opportunity to play and interact with their children, while getting the opportunity to meet and enjoy the company of other adults.

Children will laugh, tumble, dance, play and bounce as they make friends, enjoy fun activities and spend time with their caregivers.

Members: Free / Non-Members: \$10 per family

DANCE FITNESS PARTY IN PINK – PROCEEDS TO BENEFIT LIVESTRONG® AT THE YMCA

Sunday, October 22, 10:30AM-12:00PM in the gymnasium (Kid-friendly dances from 10:30-11:00AM)

\$10 per person / \$15 per family

AQUATICS

WE ARE EXCITED TO OFFER Y-USA'S NEW SWIM LESSON CURRICULUM, V6, BEGINNING THIS FALL!

SWIM STARTERS

Parent* & child lessons

A Water Discovery



Introduces infants and toddlers to the aquatic environment

B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

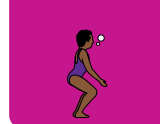
Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES

Skills to support a healthy lifestyle

4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM LESSON KEY FOR PRIOR PARTICIPANTS IN HRYMCA SWIM LESSONS

PARENT CHILD CLASSES

Level A- Ski with Parent
Level B- Perch with Parent

PRESCHOOL LESSONS

Preschool Level 1- Beginner Level Pike
Preschool Level 2- Advanced Pike/Beginner Eel
Preschool Level 3- Eel
Preschool Level 4- Ray

SCHOOL AGE LESSONS

Level 1- Beginner Polliwog (No experience)
Level 2- Polliwog
Level 3- Beginner Guppy
Level 4- Guppy
Level 5- Minnow
Level 6- Fish/Shark

AQUATICS (CONTINUED)

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 JT King, HRY Aquatics Director at joe.king@hrymca.org.

While these prices reflect an 8-week Fall I session, Monday swim lesson prices will be prorated to a seven-week session due to the Labor Day holiday.

PARENT/CHILD SWIM LESSONS (SMALL POOL)

LEVEL A (AGES 6–36 MONTHS)

Water Discovery

Monday 9:00 – 9:30AM / Saturday 9:00 – 9:30AM / Sunday 9:30 – 10:00AM

Introduces infants and toddlers to the aquatic environment.

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

LEVEL B (AGES 25–36 MONTHS)

Water Exploration

Monday 4:00 – 4:30PM / Sunday 9:00 – 9:30AM, 10:00AM – 10:30AM

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

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

PRESCHOOL SWIM LESSONS (SMALL POOL)

PRESCHOOL LEVEL 1 (AGES 3–5)

Water Acclimation

Monday 9:30 – 10:00AM, 3:30 – 4:00PM, 4:30 – 5:00PM /

Thursday 4:00 – 4:30PM / Saturday 9:30 – 10:00AM /

Sunday 9:00 – 9:30AM, 10:00 – 10:30AM

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

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

PRESCHOOL LEVEL 2 (AGES 3–5)

Water Movement

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

Saturday 10:00 – 10:30AM / Sunday 9:30 – 10:00AM

Encourages forward movement in water and basic self-rescue skills performed independently.

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

PRESCHOOL LEVEL 3 (AGES 3–5)

Water Stamina

Monday 4:30 – 5:00PM / Thursday 4:30 – 5:00PM /

Saturday 10:30 – 11:00AM

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

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

PRESCHOOL LEVEL 4 (AGES 3–5)

Stroke Introduction

Saturday 8:00–8:30AM / Sunday 8:00–8:30AM

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

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

SCHOOL AGE SWIM LESSONS (LARGE POOL)

LEVEL 1 (AGES 6–12)

Water Acclimation

Monday 5:15 – 6:00PM / Thursday 4:00 – 4:45PM, 5:00 – 5:45PM /

Saturday 9:15 – 10:00AM, 10:15 – 11:00AM / Sunday 10:45 – 11:30AM

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. This Class will take place in the Small Pool.

Members: \$68 / Non-Members: \$115

LEVEL 2 (AGES 6–12)

Water Movement

Monday 5:15 – 6:00PM / Thursday 4:00 – 4:45PM, 5:00 – 5:45PM /

Saturday 9:15 – 10:00AM, 10:15 – 11:00AM / Sunday 10:45 – 11:30AM

Encourages forward movement in water and basic self-rescue skills performed independently.

Members: \$68 / Non-Members: \$115

LEVEL 3 (AGES 6–12)

Water Stamina

Monday 5:15 – 6:00PM / Thursday 4:00 – 4:45PM, 5:00 – 5:45PM / Saturday

9:15 – 10:00AM, 10:15 – 11:00AM

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Members: \$68 / Non-Members: \$115

LEVEL 4 (AGES 6–12)

Stroke Introduction

Saturday 11:00 – 11:45AM

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Members: \$68 / Non-Members: \$115

LEVEL 5 (AGES 6–12)

Stroke Development

Monday 6:00 – 6:45PM

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Members: \$68 / Non-Members: \$115

LEVEL 6 (AGES 6–12)

Stroke Mechanics

Thursday 6:00 – 6:45PM

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Members: \$68 / Non-Members: \$115

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 creates 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 Harrison Ross at Dolphins.SwimTeam@hrymca.org



GYMNASTICS AND DANCE

PARENT AND CHILD GYMNASTICS (AGES 9 MONTHS – 4 YEARS)

Wednesday 9:15-9:45AM, 9:45-10:15AM /

Saturday 8:45-9:15AM, 9:20-9:50AM

Parent Child Gymnastics is a progressive class for toddlers and their parents. We will place children in the appropriate group.

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

(9-18 MONTHS)

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 to facilitate physical strength and muscle control, coordination and balance. Children will gain skills in cognitive and social development through these interactive gymnastics activities.

(18 MONTHS-2.9 YEARS)

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.

(AGES 2-4)

This structured class teaches both parent and child beginner gymnastics skills. Young toddlers learn rolling different directional 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.

PRESCHOOL GYMNASTICS (AGES 3-5)

Tuesday 3:50-4:20PM, 4:25-4:55PM / Wednesday 3:30-4:00PM/Thursday

3:30-4:00PM / Saturday 8:45-9:15AM, 9:55-10:25AM, 10:30-11:00AM

Our preschool gymnastics classes are grouped by age and ability. Following a themed lesson plan every week, these little dynamos learn different rolling directionals in our obstacle course, loco motor skills on the floor and the beam, jumping and rebounding on our spring surfaces, as well as balancing on different surfaces. With their developing upper body strength, they also begin to learn drills on the bars.

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

SCHOOL AGE GYMNASTICS (AGES 5-12)

Tuesday 5:00-5:45PM, 5:45-6:30PM / Wednesday *Ages 5-7 only - 4:00-

4:45PM* / Wednesday *Ages 7+ only - 4:45-5:30PM*/Thursday 4:05-4:50PM

/ Saturday 9:20-10:05AM, 10:10-10:55AM

HRYMCA School Age 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 handsprings, and more. Groups are divided by age and ability.

Members: \$68 / Non-Members: \$115

HOMESCHOOL GYMNASTICS (AGES 5-15)

Thursday 10:45-11:30PM

Homeschoolers are able to spend time together and learn gymnastics in a fun, open format. This class is perfect for children that want to be more active and get stronger.

Members: \$68 / Non-Members: \$115

BOYS GYMNASTICS (AGES 6-9)

Thursday 4:05-4:50PM

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



ACROTUMBLING (AGES 7+)

Thursday 4:55-5:40PM

AcroTumbling teaches floor exercise tumbling in a fun and safe environment. Perfect for the gymnast who loves to focus on acrobatic aspects of gymnastics. Athletes will learn walkovers, round-offs, handsprings and more!

Members: \$68 / Non-Members: \$115

EXTREME NINJA CHALLENGE (AGES 7+)

Wednesday 6:30-7:15PM

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

MIDDLE/HIGH SCHOOL GYMNASTICS (AGES 10+)

Wednesday 6:30-7:15PM

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

MUSIC AND MOVEMENT (AGES 0-5)

Thursday 10:15-10:45AM

Toddlers and caretakers enjoy time together moving and making music!

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

CREATIVE MOVEMENT (AGES 3-5)

Sunday 9:20-9:50AM, 11:15-11:45AM

Creative, imaginative, and invigorating movements are a perfect basic pre-requisite to other dance classes. Games are used to introduce concepts such as rhythm, body positions, and body awareness.

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

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, contact Head Coach Marion Jordan at Marion.Jordan@hrymca.org

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.

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.

MEMBER APPRECIATION: get 20% off your first personal training package purchased in September.

GROUP TRAINING

Schedule on your time! Partner up for group personal training and save 33% or more on the cost of a regular package. Find some friends that you can come and work out with. Group training offers you the benefits of a personal trainer and a workout partner, at a shared cost.

\$300 for 2-4 members for five, 1-hour sessions

THE GET STARTED PROGRAM

This free, 30-55 minute coaching session will help you get the most out of your YMCA membership! Meet one-on-one with a Certified Personal Trainer to review your fitness goals and learn more about the YMCA classes, programs and services that can help you achieve them.

Free to HRYMCA members by appointment only

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

ARTHRITIS FRIENDLY AQUA AEROBICS

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

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 and Friday at 11:15AM in Studio 1 OR

Monday, Wednesday and Friday at 1:30PM in Studio 1

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

Fall Registration Information:

1. All participants must register for either a morning class OR an afternoon class. Registration process includes completing three forms – participant information, health history and informed consent. Contact Lynne Zusi, Healthy Living Director, via email at lynne.zusi@hrymca.org or phone at (413)584-7086 X119 to obtain registration forms.
2. Refundable participation incentive fee – \$25 for all current and new participants. Participants who attend at least 32 out of 48 classes during the sixteen-week session will be refunded, or may choose to roll their fee over to the next session or donate their fee to the HRY Annual Fund. Refund checks will be mailed within one week of the end of the session, or a voucher can be issued. Financial assistance is available to cover this fee so please inquire with Lynne Zusi, Healthy Living Director, via email at lynne.zusi@hrymca.org

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 2:00-3:00PM

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.

Classes scheduled to begin in October.

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

YOUTH PROGRAMMING

ROOKIES SOCCER CLINIC (AGES 5-7)

Friday 4:00 - 4:45PM / Saturday 9:30 - 10:15AM

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 soccer and the concept of playing on a team. This class is designed for beginners in the sport of soccer. This class meets outdoors.

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

GIRLS BEGINNER TO INTERMEDIATE SOCCER CLINIC (AGES 7-11)

Friday 4:45 - 5:30PM

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 soccer as well as confidence and a better understanding of teamwork. Beginner to intermediate skill levels welcome.

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

MARTIAL ARTS (AGES 6+)

Friday 4:15 - 5:15PM

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 15 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 welcomed! Uniforms are required and can be purchased at the first class for \$20.

Members: \$114 / Non-Members: \$160

LIGHTSABER TRAINING CLASS (AGES 7+)

Saturday 12:15 - 1:15PM

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

LEADERS CLUB (AGES 13-18)

**Weekly Meetings: Wednesday, 6:30-7:30PM starting in October -
Leaders Club Kick Off Retreat: September 22-24 at Camp Norwich.**

Leaders Club is a program that teaches leadership skills through community service, volunteerism and personal growth. In the program, 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 clubs from the region. To kick off the year, the club has a retreat at Camp Norwich. Starting in October, 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

Retreat Fee - Members: \$75 / Non-Members: \$150

*Yearly Dues waived when registered for retreat

YMCA YOUTH AND GOVERNMENT

Bi-Weekly Meetings Tuesday 3:30-4:30PM beginning October 4

The YMCA Youth and Government motto is "Democracy must be learned by each generation." Through four branches of mock government, participants learn and apply writing, persuasion and public speaking skills while gaining and understanding of the legislative and judicial processes in MA. Program involves weekend conferences and regular meetings.

*Fundraising and sponsorships are an important part of paying for this experience. Contact Greg.Baker@hrymca.org for more information. Free to participate in meetings. Conference dates and fees announced in November.

NEW! YOGA DANCE (AGES 10-13)

Monday 4:15-5:15PM (this is a seven-week program)

Discover and explore creative expression through dance, yoga, art, voice and writing for increased self-confidence, managing stress and strengthening both body and mind. Weekly nature themes in this movement-based class will support body alignment and strengthen overall mindful well-being.

\$68 members / \$115 non-members

NEW! YOGA PLAY (AGES 3-5 WITH SUPERVISING ADULT)

Tuesday 1:30-2:15PM

Yoga Play is a creative yoga play-ground for supporting movement and relationship building. In this class, families will experience an adventurous, active environment. Using animal characters, songs, music-making, creative movement and expressive arts, Yoga Play is an interactive class where both imaginative play and structured focus with spontaneity are honored.

\$68 members / \$115 non-members

YOUTH YOGA (AGES 5-9)

Wednesday 4:15-5:15PM

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



HAMPSHIRE REGIONAL YMCA
BUILDING A HEALTHY COMMUNITY 5K



SATURDAY, NOVEMBER 4, 2017
5K START TIME: 1:00 PM

NEW LOCATION:
 Look Memorial Park 300 N. Main Street,
 Florence, MA 01062

GOLD SPONSOR:  Sandri ENERGY

SILVER SPONSORS:  webber & grinnell

 bank E3

Proceeds will benefit our **LIVESTRONG®** at the YMCA program and support our Annual Campaign.

FOR MORE INFORMATION AND TO REGISTER, PLEASE VISIT HRYMCA.ORG.

the  **4TH ANNUAL HAMPSHIRE REGIONAL YMCA GOLF TOURNAMENT**
 OPENING DOORS TO A HEALTHIER COMMUNITY



October 5, 2017
 Shotgun start at 9:30 AM

COST: \$135 per golfer
 \$525 per foursome
 (Includes greens fees, golf cart, lunch and tee gift.)

LOCATION: Crumpin - Fox Club
 87 Paramenter Road
 Bernardston MA 01337

FOR MORE INFORMATION, PLEASE CONTACT THE YMCA AT 413.584.7086.

Proceeds will benefit financial assistance for all YMCA programs, including camp and family programming.




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA

BUILDING HOURS FOR THE FALL

Monday – Friday 5:30AM – 9:30PM

Saturday 7:00AM – 5:30PM

Sunday 8:30AM – 5:30PM

OUR YMCA POOLS AND ALL CHILD WATCH ROOMS WILL BE CLOSED FOR ANNUAL MAINTENANCE AUGUST 28–SEPTEMBER 4. FOLLOW OUR YMCA FACEBOOK PAGE FOR ADDITIONAL SCHEDULE CHANGES DURING THIS TIME.