



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA PROGRAM GUIDE SPRING 2

SPRING 2 REGISTRATION DATES:

MEMBER: April 15, 2019

COMMUNITY: April 22, 2019

**REGISTER
ONLINE TODAY!
HRYMCA.ORG**



SPRING 2 SESSION: May 6 – June 23, 2019

The YMCA will be closed on Memorial Day, Monday, May 27, 2019

Some programs are available for ongoing registration.

See Back Cover for Spring 2 Building Hours.

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SPRING I SESSION DATES:

MAY 6 – JUNE 23, 2019

MEMBER REGISTRATION BEGINS: APRIL 15, 2019

NON-MEMBER REGISTRATION BEGINS: APRIL 22, 2019

THIS IS A 7-WEEK PROGRAM SESSION

The deadline for Members and Non-Members to submit a Financial Assistance request for the Spring 2 Session is **April 22, 2019**

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 Spring I Session is April 22, 2019.** For more information, please contact Season Cronin at **season.cronin@hrymca.org**.

HAMPSHIRE REGIONAL YMCA – REFUND POLICY FOR PROGRAMS/CLASSES:

Requests for refund or credit (voucher) must be made in person or in writing. Refund or credit (voucher) will be given according to the following schedule:

100% – two weeks before first week of class / 100% – voucher only, one week prior to start of class. Once a session begins, all changes must be approved by the program director. Membership must be active through current session in order to receive member discount.

SPECIAL PROGRAMS & EVENTS

WELLNESS PROGRAMS

POWER IN NUMBERS

Small Group Training Sessions, running twice a week with rolling enrollment! Small Group Training is fun, a great value and has the added benefit of peer support! Individual sign-ups are encouraged – sessions will run if there are at least two participants per group. Capacity limited to four participants per group. **For more information or to register, contact, Rachel Achmad at Rachel.achmad@hrymca.org or 413-584-7086, ext. 109**

Rates: Five, 60-minute sessions: \$340

Pricing breakdown: Two participants, \$170/each

Three participants, \$113/each. Four participants, \$85/each

Wednesday & Friday: 7:00 AM with Rachel | 10:00 or 11:00 AM with Jim

RAISE THE BAR WITH ALEX

Whether you are new to lifting, a seasoned lifter, an athlete that wants to get better at their sport, or an active older adult that wants to regain their self-reliance, the barbell is integral to your goals.

For more information or to register, contact, Rachel Achmad at Rachel.achmad@hrymca.org or 413-584-7086, ext. 109

Friday 5:45am | Limited to two participants

Five, 60-minute sessions: \$340 | Two participants, \$170/each

SPRINGTIME WELLNESS WITH SHIATSU WORKSHOP WITH DANIELLE COSTA

Learn how to relax and rejuvenate as you ease your body back into movement this spring! In this workshop, participants will learn about some basic principles of Shiatsu, focusing on stretches, yoga poses and acupressure work for self-care.

Saturday, May 18 | 12:00 – 1:30PM | Members: \$8/ Non-Members: \$15

YOUTH PROGRAMS

DANCE – IN MOTION (AGES 5-14)

In Motion is a dance class that will focus on Ballet and Jazz. It will incorporate rhythm, coordination and balance. The dancers will be taught technique and choreography that will be showcased in a performance on the last class.

Monday

Ages 5-7: 3:45 – 4:30 PM | Ages 8-14: 4:30 – 5:15 PM In Studio 1

Members: \$65 / Non-Members: \$105

LITTLE EINSTEINS (AGES 6-11)

Get ready to use your brain, be creative, and have lots of fun in this hands-on science class. Daily themes to include Slime Day, Engineering Day, Spa Day and more! Children will be creating their own bath bombs and sugar scrubs, designing and creating cars, and even making a volcano. If you are curious and love to create, this is the program for you!

Wednesday 5:00 – 5:45 PM in the Kitchen

Members: \$65 / Non-Members: \$105

NINJA WARRIOR OBSTACLE COURSE (AGES 5-11)

Ninja Warrior Class challenges children to test their speed and agility. This Class provides a fun way which allows children to be physically active and test their skills against our obstacles set up in the gym using gymnastics equipment.

Tuesday 3:45 – 4:30 PM in the Gym

Members: \$65 / Non-Members: \$105

SPECIAL PROGRAMS & EVENTS

FREE! SAFETY AROUND WATER CLASSES (PRESCHOOL AGES 3-5, YOUTH AGES 6-UP)

Safety around water is an independent program designed to reach children at risk of drowning and teach them basic water safety skills. Please join us for a free class to see how you can help your children stay safe this summer. Preschool participants must be accompanied by an adult in the water. Spaces are limited so register today!

Monday 6/3 | 10:00-10:30AM preschool | 3:30-4:00PM youth

Tuesday 6/4 | 9:30-10:00AM preschool | 4:00-4:30PM youth

Wednesday 6/5 | 2:00-2:30PM preschool | 5:00-5:30PM youth

Thursday 6/6 | 10:00-10:30AM preschool | 3:15-3:45 PM youth

Friday 6/7 | 9:00-9:30AM preschool

COMING THIS FALL! ADAPTIVE SWIM CLASSES

Adaptive swim class is designed for children with a physical or mental disability or developmental delay that does not allow them to participate in group or private swim lessons. The goal of this class is to teach parents or aides how to interact safely in a pool setting with their child and provide a variety of activities for them to do together. Ultimately, upon completion of the program, the child will be able to float on their back independently.

Please contact Nicole Seligman, Aquatics Director, at nicole.seligman@hrymca.org or 413-584-7086, ext. 113 for more information. | \$75 per participant

COMMUNITY PROGRAMS

FAMILY FUN FRIDAYS

Join our fun team of Child Watch staff for a screen-free evening of themed fun and excitement for the whole family! Children will laugh, tumble, dance, play and bounce as they make friends, enjoy fun activities and spend time with their caregivers.

1st and 3rd Friday of each month (through May) 5:30-6:30PM

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

FIRST AID/CPR/AED

The American Safety and Health Institute's CPR, AED, and Basic First Aid combination training program helps participants develop the knowledge, skills and confidence to respond to a medical emergency. The Y offers this training to the community at large. This is a blended learning class; part of the course is taken online and another portion is taken person. Register at the Y Welcome Center.

Sunday 5/12/19 | 9:00AM - 12:00PM | Registration deadline 5/5/19

Tuesday 6/18/19 | 6:30 - 9:30PM | Registration deadline 6/11/19

Members: \$60 / Non-Members: \$80

AQUATICS

Monday swim lesson prices will be prorated to a 6-week session due to the Memorial Day holiday.

TO MAINTAIN HEALTH AND SAFETY, ALL PARTICIPANTS ARE REQUIRED TO SHOWER PRIOR TO ENTERING OUR POOLS.

PARENT/CHILD SWIM LESSONS (SMALL POOL)

Members: \$56 / Non-Members: \$92

LEVEL A - WATER DISCOVERY (AGES 6-15 MONTHS)

Introduces infants and toddlers to the aquatic environment through exploration, songs, and games.

Monday 9:00-9:30AM / Thursday 4:15-4:45PM

Saturday 8:50-9:20AM, 9:25-9:55AM / Sunday 10:00-10:30AM

LEVEL B - WATER EXPLORATION (AGES 16-36 MONTHS)

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

Monday 4:15-4:45PM / Thursday 9:00-9:30AM

Saturday 10:00-10:30AM / Sunday 8:50-9:20AM, 9:25-9:55AM

PRESCHOOL SWIM LESSONS (AGES 3-5) SMALL POOL

Members: \$56 / Non-Members: \$92

PRESCHOOL LEVEL 1: WATER ACCLIMATION

Increases comfort with underwater exploration, front and back floats, glides, and introduction to aquatic safety. This class is designed for the swimmer who may be uncomfortable or new to the water but still requires flotation.

Monday 9:30-10:00AM, 3:30-4:00PM / Thursday 4:15-4:45PM

Saturday 9:00-9:30AM / Sunday 9:45-10:15AM

PRESCHOOL LEVEL 2: WATER MOVEMENT

Focuses on body positions and control, directional change, and forward movement in the water. This class is designed for the swimmer who is comfortable in the water but still requires flotation.

Monday 4:15-4:45PM / Thursday 9:30-10:00AM, 3:30-4:00PM, 5:00-5:30PM

Saturday 9:45-10:15AM / Sunday 9:00-9:30AM

PRESCHOOL LEVEL 3: WATER STAMINA

Learning how to swim safely from a longer distance than in previous stages. Introduction to rhythmic breathing. This class is designed for the swimmer who can swim short distances without any flotation.

Monday 5:00-5:30PM / Thursday 5:00-5:30PM

Saturday 10:30-11:00AM / Sunday 10:30AM-11:00AM

PRESCHOOL LEVEL 4: STROKE INTRODUCTION

Introduce basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class is designed for the swimmer who can swim independently without any flotation.

Monday 5:00-5:30PM / Thursday 3:30-4:00PM

Saturday 10:30-11:00AM / Sunday 10:30-11:00AM

SCHOOL AGE SWIM LESSONS (AGES 6-12) LARGE POOL

Members: \$65 / Non-Members: \$105

SCHOOL AGE LEVEL 1: WATER ACCLIMATION

Increase comfort with underwater exploration, front and back floats, glides, and introduction to aquatic safety. This class is designed for the swimmer who may be uncomfortable or new to the water and still requires flotation.

Monday 4:00-4:45PM, 6:00-6:45PM / Thursday 5:00-5:45PM

Saturday 9:00-9:45AM

AQUATICS (CONTINUED)

SCHOOL AGE LEVEL 2: WATER MOVEMENT

Focuses on body positions and control, directional change, and forward movement in the water. This class is designed for the swimmer who is comfortable in the water but still requires flotation.

Monday 5:00-5:45PM / **Thursday** 4:00-4:45PM, 6:00-6:45PM

Saturday 10:00-10:45AM

SCHOOL AGE LEVEL 3: WATER STAMINA

Learning how to swim safely from a longer distance than in previous stages. Introduction to rhythmic breathing. This class is designed for the swimmer who can swim short distances without any flotation.

Monday 4:00-4:45PM, 6:00-6:45PM / **Thursday** 5:00-5:45PM

Saturday 9:00-9:45AM, 11:00-11:45AM

SCHOOL AGE LEVEL 4: STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. This class is designed for the swimmer who can swim independently without flotation.

Monday 5:00-5:45PM / **Thursday** 4:00-4:45PM, 6:00-6:45PM

Saturday 11:00-11:45AM

SCHOOL AGE LEVEL 5: STROKE DEVELOPMENT

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

Monday 5:00-5:45PM / **Thursday** 4:00-4:45PM, 6:00-6:45PM

Saturday 10:00-10:45AM

SCHOOL AGE LEVEL 6: STROKE MECHANICS

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

Monday 4:00-4:45PM, 6:00-6:45PM / **Thursday** 5:00-5:45PM

Saturday 9:00-9:45AM



ADULT SWIM LESSONS

Members: \$65 / Non-Members: \$105

BEGINNER ADULT SWIM LESSONS (SMALL POOL)

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.

Wednesday 7:00 – 7:45PM

INTERMEDIATE ADULT SWIM LESSONS (LARGE POOL)

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.

Wednesday 7:00 – 7:45PM

ADVANCED ADULT SWIM LESSONS (LARGE POOL)

This class is for adults who are looking to work on stroke technique and endurance training. Swimmers in this class should be able to swim 50 yards proficiently.

Wednesday 8:00-8:45PM

MASTERS SWIM TEAM (AGES 18+)

Members: \$104 / Non-Members: \$125

The Master's program 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. The group will focus on stroke technique and endurance training

Tuesday & Thursday 6:30-7:30AM (non-coached) & 12:30-1:30PM (coached)

PRIVATE & SEMI-PRIVATE LESSONS (AGES 3 AND UP)

Private: Member \$140 / Non-Member \$180

Semi Private: Member: \$100 / Non-Member \$140

Private lessons are four half hour sessions, one-on-one with one of our instructors. Semi-privates are four, 45 minute lessons for 2-3 swimmers of similar abilities. Classes are tailored to suit your specific needs, and are both for children and adults. Please contact the aquatics office at 413.584.7086 ext.113.



GYMNASTICS

PARENT CHILD CLASSES (AGES 9 MONTHS - 4 YEARS)

Parent child gymnastics is a progressive class for toddlers and their parents. We will place children in the appropriate group. We strongly encourage a ratio of one parent to one child

Saturday 9:00-9:30AM / 9:35-10:05AM

Member \$56 / Non-Member \$92

PRESCHOOL CLASSES (AGES 3-5 YEARS)

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.

Tuesday 3:45-4:15PM / **Thursday** 3:45-4:15PM

Saturday 8:45-9:15AM / **Saturday** 9:25-9:55AM

Member \$56 / Non-Member \$92

SCHOOL AGE CLASSES (AGES 5-12 YEARS)

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.

Tuesday 4:25-5:10PM / **Thursday** 4:25-5:10PM

Saturday 10:10-10:55AM

Member \$65 / Non-Member \$105

BOYS GYMNASTICS (AGES 6-9 YEARS)

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.

Thursday 4:00-4:45PM

Member \$65 / Non-Member \$105

CHRONIC DISEASE PREVENTION PROGRAMS

For more information about our Chronic Disease Prevention Programs, please contact Lynne Zusi, Healthy Living Director, via email at lynne.zusi@hrymca.org or phone at (413) 584-7086 X119.

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.

FREE for Members

ENHANCE FITNESS

Monday, Wednesday and Friday 10:15-11:15AM OR 11:30AM-12:30PM

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.

\$10 per 16-week session for HRY members (Financial assistance is available)

The Spring/Summer session runs April 29 - August 16, 2019

Contact Lynne Zusi, Healthy Living Director, via email at lynne.zusi@hrymca.org or phone at (413) 584-7086 X119, for more information about mid-session registration and/or registration for the Fall session.

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.

PARKINSONS'S CYCLING PROGRAM

Monday 2:00-3:00PM

Research has shown that cycling, especially pedaling at a rate faster than your own voluntary cadence, has benefits for those with PD. This type of exercise may make regions of the brain that deal with movement connect to each other more effectively and may provide symptomatic relief for people with PD.

The Parkinson's Cycle Program at the Hampshire Regional YMCA is designed to connect the PD community while providing a safe place to pedal and build lower body strength with instructor support. This group exercise class is taught by a certified Parkinson's Cycling coach and is supported by a grant from the American Parkinson Disease Association MA Chapter. It is free for HRYMCA members to join the Parkinson's Cycle Program. Non-members are also welcome and may register for the eight-week session for \$40. Classes meet once per week for one hour.

A health history, signed medical clearance and an intake meeting with the instructor are required prior to registering for this program. To get more information, obtain forms and/or schedule an intake meeting, contact Lynne Zusi, Healthy Living Director.

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. It is recommended that participants first take Deb's six-week course before joining this continuation program.

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

WELLNESS

SERVICES OFFERED

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 is not covered by medical insurance. **To get started, members can contact Rachel Achmad, YMCA Wellness Coordinator, at Rachel.achmad@hrymca.org, 413-584-7086, ext. 109 to schedule an initial evaluation. Physician referral is required. \$40 per session.**

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 or fill out a request form online at www.hrymca.org.

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.

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: \$70 / Non-Members: \$85



ACTIVE OLDER ADULT PROGRAMS

ACTIVE OLDER ADULT COFFEE HOUR

Held every **Tuesday and Thursday** from 10:00-11:00AM in the Y lobby. All active older adult members are welcome!

NORTHAMPTON SENIOR CENTER GROUP EXERCISE CLASSES

Did you know that the Y is offering classes at the Northampton Senior Center? These classes are taught by HRY instructors and are free for HRY members 55 and older. Pre-registration is required and you must become an NSC member (free for Northampton residents, \$2 for non-residents) in order to participate. To register for a 6-week session, all participants, including Y members, must call or stop by the senior center.

FREE for HRY members age 55 and older

NSC Members who are not Y members: \$36 for 60+ years old

\$48 for non-residents & 55-59 years old

STRENGTH & STRETCH WITH DOLORES: In this class, there will be a light warm-up, followed by a variety of different exercises for both upper and lower body, some balance work and ending with stretches for a total body workout.

Tuesday & Thursday at 8:45AM

DANCE & SCULPT WITH MARGARET: A low-impact aerobics segment challenges both brain and body with fun, easy-to-learn movement patterns set to music that spans several decades. Strength exercises and stretches follow to improve muscle tone, bone strength, balance and flexibility.

Tuesday & Thursday at 5:30PM

FIT FOR LIFE WITH ASHLEY/MARGARET: This arthritis-friendly exercise class is designed for many different fitness levels. The class begins with an easy-to-follow, low-impact aerobics segment, followed by balance and strength exercises and stretches that are easy on the joints. Chairs are available to all participants so the class can be done seated or standing.

Tuesday & Thursday at 11:00AM

For more information, please contact Lynne Zusi, Healthy Living Director at (413) 584-7086 ext.119 or Lynne.zusi@hrymca.org.



YOUTH PROGRAMMING

ROOKIES SOCCER CLINIC (AGES 5-7)

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, please dress appropriately. In case of inclement weather this class will be held in the gym.

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

Members: \$65 / Non-Members: \$105

BEGINNER TO INTERMEDIATE SOCCER CLINIC (AGES 7-11)

This clinic is built to help children feel comfortable competing in team sports while receiving level-appropriate instruction. Children 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. This class is designed for beginners in the sport of soccer. This class meets outdoors, please dress appropriately. In case of inclement weather this class will be held in the gym.

Friday 4:45 - 5:30PM

Members: \$65 / Non-Members: \$105

MARTIAL ARTS (AGES 6+)

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 registration for \$20.

Friday 4:15 - 5:15PM in Studio 1

Members: \$88 / Non-Members: \$123

LEADERS CLUB (AGES 12-18)

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. 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 Molly Keays at molly.keays@hrymca.org.

Weekly Meetings: Thursday 6:00-7:30PM

Yearly Dues - Members: \$50 / Non-Members: \$80



HEALTHY WEIGHT AND YOUR CHILD

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

LEARN MORE

For more information about the program, contact Jennifer Allen:
E: Jennifer.allen@hrymca.org P: 413-584-7086 x125

\$175 (Health care reimbursement may be available from some insurances.) Financial assistance is available for this program.

HAMPSHIRE REGIONAL YMCA DAY CAMPS 2019



CAMP KOALA FOR AGES 3-5

Nine, 1-week sessions
June 24 - August 23, 2019
Monday - Friday
Half Day: 8:30AM-1:30PM
Full Day 8:30AM-4:30PM

Our theme-based itinerary includes arts and crafts, drama and music, sports and games providing a memorable summer experience for your young camper.



GYMNASTICS CAMP FOR AGES 5-14

Four, 1-week sessions
• 6/24-6/28 • 7/01-7/05
• 7/22-7/26 • 7/29-8/02
Monday - Friday 9AM-5PM
Morning Care 8AM-9AM

Campers develop skills in floor exercise, balance beam, uneven bars, vaulting, and tumble trampoline in addition to traditional camp activities.



CAMP NORWICH FOR AGES 5-15

Four, 2-week sessions &
Two, 1-week sessions
June 24 - August 30, 2019
Monday - Friday
9AM-4:30PM

The quintessential summer camp experience on beautiful Lake Norwich. Daily swim lessons, archery, boating, athletics, arts & crafts, and group games.



CAMP PROSPECT FOR AGES 5-15

Four, 1-week sessions
• 7/08-7/12 • 7/15-7/19
• 8/05-8/09 • 8/12-8/16
Monday - Friday 9AM-5PM
Morning Care 8AM-9AM

Camp Prospect is a recreational camp that focuses on sports introduction and includes swimming, arts & crafts, physical challenges, and dance & movement.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE THE DATE FOR OUR 2019 SIGNATURE EVENTS

GOLF TOURNAMENT – FRIDAY, OCTOBER 4 AT THE CRUMPIN-FOX CLUB
BUILDING A HEALTHY COMMUNITY 5K – SATURDAY, NOVEMBER 2 AT LOOK PARK



SILVER SPONSORS:



BRONZE SPONSORS:



HAMPSHIRE REGIONAL YMCA

BUILDING HOURS FOR SPRING 2

Monday – Friday 5:30AM – 9:30PM

Saturday 7:00AM – 5:30PM

Sunday 8:30AM – 5:30PM

Please visit our website or contact the Y for more information about all of the programs and services we offer.