



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA PROGRAM GUIDE

SEE BACK
COVER FOR
SUMMER
MAINTENANCE
SCHEDULE

SUMMER

REGISTRATION DATES:

MEMBER: June 10, 2019

COMMUNITY: June 17, 2019

**REGISTER
ONLINE TODAY!
HRYMCA.ORG**



SUMMER SESSION: June 24 – August 18

See program listings for registration options.

The YMCA will be closed on July 4, 2019 for Independence Day.

Some programs are available for ongoing registration.

See Back Cover for Summer Building Hours.

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SUMMER SESSION DATES: June 24–August 18, 2019

Member Registration Begins: June 10, 2019

Non-Member Registration Begins: June 17, 2019

TWO, FOUR-WEEK SESSIONS

Summer Session 1: June 24 – July 21 & Summer Session 2: July 22–August 18

Financial Assistance is available for the Summer Program Session. Requests must be received by **June 17, 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. **Financial Assistance is available for the Summer Program Session. Requests must be received by June 17, 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

I SURVIVED THE SUMMER

Ages 18+; \$5.00 for Y Members

Be a part of our fourth annual "I Survived the Summer" contest at the Y and keep your workouts consistent no matter how busy the summer gets! Visit the Y 25 times between June 24 – September 2 and become part of the Y survival team! You'll win a bumper magnet for visiting 25 times, and a t-shirt if you make it to the Y 30 times!

Monday, June 24 – Monday, September 2

Register at the Welcome Center by June 17



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 the 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 in person. Register at the Y Welcome Center.

Tuesday, June 18: 6:30-8:30PM | Registration deadline: June 11

Wednesday, July 17 10:00-1:00PM | Registration deadline: July 3

Tuesday, Aug. 13: 5:30-8:30PM | Registration deadline: Aug. 6

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

FAMILY FITNESS

Help your child develop healthy habits and learn how exercise can be fun! Recommended for ages 6 and up. Up to two children per caregiver. This is a FREE class but space is limited. Sign up at the Welcome Center up to 24-hours ahead of time to reserve a spot in the class.

Mondays 6:45pm-7:30pm | With Ashley in Studio 2

Open to the community



Join this new pilot program and receive a complimentary YMCA membership!

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.

Begins September 11, Wednesday 6:30 – 8:30 pm & Saturday 12-2pm.

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.

AQUATICS

TWO, FOUR-WEEK SESSIONS

Summer Session 1: June 24 – July 21 & **Summer Session 2:** July 22–August 18
Thursday classes for the first session will be prorated for the July 4 holiday.

PARENT/CHILD SWIM LESSONS (SMALL POOL)

Members: \$32 / Non-Members: \$53

LEVEL A-WATER DISCOVERY (AGES 6–24 MONTHS)

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

Monday 9:00–9:30AM / **Thursday** 10:00–10:30AM, 4:15–4:45PM
Saturday 9:00–9:30AM / **Sunday** 9:45–10:15AM

LEVEL B-WATER EXPLORATION (AGES 25–36 MONTHS)

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

Monday 4:15–4:45PM / **Thursday** 9:30–10:00AM
Saturday 9:45–10:15AM / **Sunday** 9:00–9:30AM

PRESCHOOL SWIM LESSONS (AGES 3–5) SMALL POOL

Members: \$32 / Non-Members: \$53

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 and still requires floatation.

Monday 9:30–10:00AM, 3:30–4:00PM / **Tuesday** 10:00–10:30AM
Thursday 4:15–4:45PM / **Saturday** 9:00–9:30 AM
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 floatation.

Monday 4:15–4:45PM / **Tuesday** 10:30–11:00AM
Thursday 10:30–11:00AM, 3:30–4:00PM, 5:00–5:30PM
Saturday 9:45–10:15AM / **Sunday** 9:00–9:30AM

PRESCHOOL LEVEL 3: WATER STAMINA

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 floatation.

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 floatation.

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: \$37 / Non-Members: \$60

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 a floatation device.

Monday 4:00–4:45PM, 6:00–6:45PM / **Thursday** 5:00–5:45PM
Saturday 9:00–9:45AM

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 a floatation device.

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 floatation devices.

Monday 4:00–4:45, 6:00–6:45PM / **Thursday** 5:00–5:45PM
Saturday 9:00–9:45, 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 floatation.

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 4:00–4:45, 6:00–6:45PM / **Thursday** 5:00–5:45PM
Saturday 9:00–9:45AM

ADULT SWIM LESSONS

Members: \$37 / Non-Members: \$60

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.

Wednesdays 6:00–6:45 PM

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.

Wednesdays 7:00–7:45 PM

ADVANCED ADULT SWIM LESSONS (LARGE POOL)

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

Wednesdays 8:00–8:45 PM

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

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

Semi Private-Member rate: \$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



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



SUMMER MAINTENANCE SCHEDULE

THE ENTIRE YMCA FACILITY WILL BE CLOSED: 286 Prospect Street, Northampton, MA

Wednesday, August 28, Thursday, August 29 and Monday, September 2

THE LARGE POOL WILL BE CLOSED FROM Monday, August 26–Sunday, September 15

THE SMALL POOL WILL BE CLOSED FROM Monday August 26–Monday September 2

NO GROUP EXERCISE CLASSES August 26–September 2 (Including water classes)

ALL CHILD WATCH ROOMS WILL BE CLOSED August 26–September 2

OUR FALL I PROGRAM SESSION WILL BEGIN ON Monday, September 9
EXCEPT for large pool programs

LARGE POOL PROGRAMS AND SWIM TEAM WILL BEGIN September 16

BUILDING HOURS FOR SUMMER

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.