



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMPSHIRE REGIONAL YMCA

SOMETHING FOR EVERYONE

FALL 1 SESSION: September 9 – October 27



REGISTRATION DATES:

MEMBER: AUGUST 19 | COMMUNITY: AUGUST 26

This is a 7-week program session.

Some programs are available for ongoing registration.

See back cover for building hours.

REGISTER ONLINE TODAY! WWW.HRYMCA.ORG

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FALL 1 SESSION DATES

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September 9 – October 27

Member Registration: August 19, 2019

Community: August 26, 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 **August 26, 2019**. For more information, please contact Jo Bousquet at jo.bousquet@hrymca.org.

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.

Financial Assistance is available for the Fall 1 Program Session. Requests must be received by **August 26, 2019**.



TAKE A TOUR & ASK ABOUT A FREE TRIAL



OVER 100
GROUP EX CLASSES
EACH WEEK



FREE
CHILD CARE WHILE
YOU WORK OUT



SWIM LESSON
SKILLS TO LAST
A LIFETIME

SPECIAL PROGRAMS & EVENTS

COUCH TO 5K RUNNING PROGRAM

Our Couch to 5K program gets you tuned and ready to participate in the HRYMCA's Building a Healthy Community 5K on Saturday, November 2, 2019! This program is an 8-week introduction to running, whether you are returning to running or starting out for the first time. **Training is easy – just three times per week.** Guided training sessions with the Y's NASM certified trainers will be offered **Monday nights at 5:30 with Patti, Wednesday mornings at 8:15 with Jennifer, and Friday mornings at 6:30 with Rachel.** Come one, two or all three days – whatever works with your schedule! We'll give you the assignments to complete on your own if you can't make it to all the guided sessions.

Registration deadline is Friday, September 6, 2019 | \$150

MEET THE TRAINER

Meet with the HRY certified personal trainer of your choice for a free, 15-minute consultation! Learn the advantages of working with a professional trainer and gain ideas for a safe and effective workout. Register at the Wellness Center for your free consultation. Consultations will take place in the YMCA lobby on the following dates:

Monday, September 9: 4:00–6:00PM / Wednesday, September 18: 8:00–10:00AM

TRAIL RUNNING 2.0

Return to the trails and experience New England's autumn splendor up close with our Fall Trail Running series, led by NASM Certified Trainer Patti Dougherty.

Pre-requisites: completion of a past Y Trail Running series and/or ability to comfortably run a 5K and/or ability to sustain a steady running pace for 40–50 minutes.

Runs will be held twice weekly on Thursday mornings at 9:00AM and Sunday mornings at 7:15AM. Come to one or both – whatever works with your schedule. We

will visit a new trail each week. All runs will be held on trails in the greater Northampton area and will be approximately 60 minutes in length. The series also includes a workshop on strength training and flexibility exercises for runners.

Registration deadline is Friday, September 6, 2019 | \$150

LIVESTRONG® AT THE YMCA GRADUATE REUNION

Sunday, September 22, 2019 at 4:00PM at the YMCA

Graduates of our LIVESTRONG at the YMCA program are invited to return to the Y for a casual potluck dinner. Bring family and friends, reconnect with classmates and trainers, meet others who have graduated from the program and hear from representatives from the HRY and the Cancer Connection about programs, services and fun events to help maintain a healthy lifestyle. **Graduates please RSVP to Lynne Zusi, Healthy Living Director lynne.zusi@hrymca.org by Sunday, September 8, 2019.**

FAMILY & YOUTH PROGRAMS

TRUNK OR TREAT

Free and open to the community!

The event will begin with Trunk or Treating, then we will venture inside for more Halloween activities including face painting, pumpkin painting, and more. Volunteers are needed to decorate their trunks and provide treats for the children. Please see the Welcome Center to register your trunk. This event is rain or shine.

Saturday, October 26: 5:30 – 7:30PM



NINJA WARRIOR OBSTACLE COURSE

Member \$85 / Non-Member \$120

Ninja Warrior class challenges children to test their speed and agility. This class provides a fun way for children to be physically active and test their skills against our obstacles using the gymnastics equipment.

Tuesday 3:45–4:30PM (Ages 5–8) / 3:45–4:30PM (Ages 9–12)

DANCE (AGES 5–9YEARS)

Member \$85 / Non-Member \$120

This dance class will focus on Ballet and Jazz, as well as stretch and flexibility. 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 4:30–5:15PM in Studio 1

SPORTS SAMPLER

Member \$85 / Non-Member \$137

Don't want to pick a sport? Now you don't have to with our Sports Sampler class. This class focuses on a variety of sports, including soccer, basketball, baseball, floor hockey and volleyball. Children will learn the basics of the sport and get the chance to play in mini scrimmages.

Monday 4:15–5:00PM (Ages 5–7) / Wednesday 4:15–5:00PM (Ages 8–12)

FAMILY VOLLEYBALL

Free with a Membership

Get the entire family involved in our volleyball game! We will play volleyball and work on our skills! Sign up at the Welcome Center.

Saturday 1:00–1:45PM

S.T.E.A.M (AGES 6–11 YEARS)

Member \$85 / Non-Member \$137

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.

Wednesday 5:00–5:45PM in the Kitchen

ROOKIES BASKETBALL OPEN GYM (AGES 5–7 YEARS)

Free with a Membership

Come to the gym and use the Rookies basketball nets! We will provide Rookies size basketballs too!

Friday 3:30–4:30PM

TUMBLE AND PLAY IN THE GYM (6 WEEKS–4 YEARS)

FREE for Members

Children will interact with other children and families while playing their way through a series of tumbling mats and toys. Adult Supervision required. Sign in at Welcome Center, waiver required. Runs from September through May.

Tuesday and Friday 10:15–11:15AM

YOUTH LEADERSHIP

LEADERS CLUB (AGES 12–18)

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

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

YMCA YOUTH AND GOVERNMENT

Through four branches of mock government, YMCA Youth and Government participants learn and apply writing, persuasion and public speaking skills while gaining an understanding of the legislative and judicial processes in MA. Program involves weekend conferences and regular meetings. Contact Molly Keays at Molly.Keays@hrymca.org for pricing information.

Bi-Weekly Meetings Thursday 5:00–6:00PM



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.**

FAMILY & YOUTH PROGRAMS (CONTINUED)

MARTIAL ARTS (AGES 6+)

Members: \$100 / Non-Members: \$140

Come roll, kick, punch, block! All skill levels welcomed! Uniforms are required and can be purchased at registration for \$20.

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

FALL ENRICHMENT AT CAMP NORWICH

ARCHERY

Member \$75 / Non-Member \$120

Participants will learn the basics of archery, including how to perform a proper shot. Participants will also learn about the safety considerations and responsibilities of this activity.

Beginner grades 3-8: Saturday 9:00-9:45AM

Advanced grades 3-9: Saturday 9:50-10:35AM

NATURE FANATICS (GRADES 1-6)

Member \$60 / Non-Member \$100

We'll hike forests, fields and wetlands, observe and collect insects, and meet snakes, turtles and amphibians! This program will also include nature crafts, games and songs.

Saturday 10:00-10:45AM

BOATING (GRADES 3-9)

Member \$75 / Non-Member \$120

Learn to canoe or kayak Lake Norwich! Students will be given instructions on the use of proper flotation devices, how to get in and out of a boat safely, different paddling techniques and strokes, and will participate in water-based activities.

Saturday 11:00-11:45AM



AQUATICS

ALL PARENT/CHILD AND PRESCHOOL SWIM LESSONS WILL HAVE A 7-WEEK FALL I SESSION. (Small Pool)

SCHOOL AGE SWIM LESSONS WILL HAVE A 6-WEEK FALL I SESSION. (Large Pool)

PARENT/CHILD SWIM LESSONS (SMALL POOL)

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

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 / Tuesday 10:00-10:30AM / Thursday 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 / Tuesday 10:00-10:30AM

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

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 and still requires flotation.

Monday 9:30-10:00AM, 3:30-4:00PM / 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 flotation.

Monday 4:15-4:45PM

Thursday 10:00-10:30AM, 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 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: \$55 / Non-Members: \$90

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 flotation 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 flotation 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 flotation devices.

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

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

AQUATICS

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 6:00-6:45pm / **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: \$55 / Non-Members: \$90

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 7:00-7:45 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 8:00-8:45PM

MASTERS SWIM TEAM (AGES 18+)

Members: \$90 / Non-Members: \$120

The Master's program is for those looking to enhance their pool time experience. The group will focus on stroke technique and endurance training.

Tuesday 12:30-1:30PM / **Thursday** 12:30-1:30PM

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.

DOLPHINS SWIM TEAM

The HRYMCA Dolphins Swim Team offers a great opportunity to excel in an exciting and dynamic sport. The 2019-2020 Fall/Winter season begins September 16. For more information or a swim assessment, email Nicole Seligman at dolphins.swimteam@hrymca.org.

Registration begins August 19 for returning swimmers; September 3 for new swimmers.



GYMNASTICS

PARENT CHILD CLASSES (AGES 6 MONTHS - 3 YEARS)

Member \$56 / Non-Member \$92

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

Tuesday 4:15-4:45PM / **Thursday** 3:30-4:00PM / **Saturday** 8:50-9:20AM

PRESCHOOL CLASSES (AGES 3-5 YEARS)

Member \$56 / Non-Member \$92

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 4:15-4:45PM / **Thursday** 4:00-4:30PM / **Saturday** 8:50-9:20AM

BOYS GYMNASTICS (AGES 6-9 YEARS)

Member \$59 / Non-Member \$105

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 3:30-4:15PM

SCHOOL AGE CLASSES (AGES 5-12 YEARS)

Member \$59 / Non-Member \$105

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 4:15-5:00PM / **Thursday** 3:30-4:15PM, 4:15-5:00PM

Saturday 8:15-9:00AM

PRE-TEAM/ 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. Gymnast Evaluations for 2019-2020 prospective team members will take place **September 3, 2019 4:30-6:30PM**.

For more information about our gymnastics team or pre-team, contact Head Coach Ally Kubin at Ally.Kubin@hrymca.org.

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

Members: \$75 / Non-Members: \$85

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.

FIRST AID/CPR/AED

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

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.

Saturday 9/21/19 9:00AM-12:00PM Registration deadline 9/13/19

Wednesday 10/23/19 12:00-3:00PM Registration deadline 10/16/19

COMING TO THE GROUP EXERCISE SCHEDULE THIS FALL

YOGA FOR TEENS

Monday 4:30PM-5:20PM with Kyla in Studio 2

FAMILY YOGA

Tuesday 5:20PM-5:50PM with Leah in Studio 2

These classes are free for Y members – no registration required. See more class details on our website under Schedules and in our Exercise & Socialize brochure.

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, 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, call Senior Center for pricing: 413-587-1228

See the group exercise schedule in the Conz Street Chronicle.

CHRONIC DISEASE PREVENTION PROGRAMS

ARTHRITIS FRIENDLY AQUA AEROBICS

FREE with Membership

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.

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

ENHANCE FITNESS

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

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.**

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

The Fall session runs September 4 – December 20, 2019.

Registration will begin on August 26, 2019.

Registration process for new participants includes a class observation and completion of registration forms, including a health history.

1. Contact Lynne Zusi, Healthy Living Director, via email at lynne.zusi@hrymca.org or phone at (413) 584-7086 X119 to obtain registration forms and learn more about the program.
2. All participants must register for either a 10:15AM OR an 11:30AM class.
3. Participants who attend at least 50% of classes during the sixteen-week session will receive priority registration (one week prior to regular registration) for the next session. **These classes fill quickly.**

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 complimentary twelve-week membership to the Y for themselves and their immediate family. **Medical provider approval is required.**

PARKINSON'S CYCLING PROGRAM

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.

Monday 2:00-3:00PM

PARKINSON'S EXERCISE PROGRAM

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

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.

Thursday 2:00-3:00PM

SAVE THE DATE!

DINE AND DANCE THROUGH THE DECADES

Saturday, November 9, 2019

A social event for the forever young.

5:00-8:00PM at the Look Park Garden House.

Event details and ticket information will be available soon!





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVE THE DATE FOR OUR 2019 SIGNATURE EVENTS

GOLF TOURNAMENT

FRIDAY, OCTOBER 4, 2019 AT THE CRUMPIN-FOX CLUB

BUILDING A HEALTHY COMMUNITY 5K

SATURDAY, NOVEMBER 2, 2019 AT LOOK PARK



THANK YOU TO OUR SILVER SIGNATURE SPONSORS:



YMCA BUILDING HOURS

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.