FALL REGISTRATION DATES:
MEMBER: October 9, 2017
COMMUNITY: October 16, 2017

REGISTER ONLINE TODAY!
HRYMCA.ORG

FALL 2 SESSION: October 30 – December 24, 2017
The YMCA will be closed on Thanksgiving Day, November 23, and will close at 2:00 PM on Christmas Eve, December 24. Some programs are available for ongoing registration. See Back Cover for Fall Building Hours.
MEMBERSHIP / SPECIAL PROGRAMS & EVENTS ................................................................................................................................. 1-2
AQUATICS .......................................................................................................................................................................................... 2-3
GYMNASTICS / DANCE........................................................................................................................................................................... 4
WELLNESS / CHRONIC DISEASE PREVENTION PROGRAMS .................................................................................................................. 5
YOUTH PROGRAMMING ........................................................................................................................................................................... 6

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 2 session is October 16. 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.

The deadline for members and non-members to submit a Financial Assistance request for the Fall 2 session is October 16, 2017.

TABLE OF CONTENTS

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.

RESTORATIVE YOGA AND REIKI WITH BETH
Saturday, December 2 11:30AM-1:30PM
The perfect antidote to the busy-ness of life! In this workshop, learn restorative yoga set-ups that can be done at home as well as basic Reiki self-care practices that you can do anywhere. Experience how these two healing modalities can work together to help relieve tension and stress, support overall well-being, and leave you feeling blissed out!
$15 Members/$30 Non-Members – Register by Friday, December 1 at 12:00PM, no drop-ins

INTRO TO FLOW YOGA WITH CHANDRA
Sunday, December 17 12:00-1:30pm
This workshop is for anyone looking to go to a flow yoga class with more understanding of how to go from one pose to the next. Appropriate for beginners or a brush up on fundamentals for those wanting to go back to the basics.
$10 Members/$20 Non-Members – Register by Friday, December 15 at 12:00PM, no drop-ins

KETTLEBELL GROUP TRAINING
October 31 – December 5 (No class on Thanksgiving)
Tuesday & Thursday 8:30-9:30 AM
Registration required by October 24
Learn this effective form of training in a group setting! Kettlebell training can improve range of motion, full body strength and cardiovascular fitness. Participants will learn exercises that incorporate basic body movements and develop functional movement patterns. Olympic movements will also be introduced with a progression to a circuit training format.
10 sessions; cost can be split by 2-4 people — Members: $60 per session
Non-Members: $70 per session

ADULT MARTIAL ARTS WITH SIMON
Friday at 6:35PM in Studio 2
In this seven-week series, learn effective martial arts techniques, incorporating drills and exercises that will provide a fun and vigorous workout. This class is helpful for improving muscle tone, flexibility and cardio endurance. Learn skills necessary to start progressing up through the rank system from white belt through black belt and beyond. If you have previous martial arts experience you will be ahead of the game, but if you have none, don’t worry. You will learn everything you need to know in this class!
$68 Members/$115 Non-Members (no class on 11/24)

BALANCED NUTRITION
A program designed to build a supportive community around eating and setting healthy goals. Meet with our registered dietitian, Erika Ladd, for focused discussion about nutrition, body awareness and food choices. Weekly topics will include: holiday eating, super foods, mindful eating techniques, food fears, stress eating, and planning healthy snacks. Meetings will include a confidential and optional weigh-in. Together, we’ll work to achieve and maintain your goals. Come join us in this friendly and reassuring group setting!
Wednesday 12:30-1:30PM, beginning November 15 for seven weeks
Members: $3 meeting/$10 monthly / Non-Members: $5 meeting/$15 monthly

MAINTAIN & NOT GAIN
Wellness Holiday Incentive – November 13, 2017 – January 1, 2018
Did you know that most Americans gain 6 to 8 lbs. of unwanted weight during the holiday season? Our Wellness Center has designed an incentive program for you to beat the statistics! Maintain & Not Gain is a 7-week program starting November 13. You will meet with one of our Wellness staff, design a weekly plan and weigh in at the end of each week. You’ll have the potential to win two raffle tickets each week toward great prizes if you maintain your weight within 2 lbs. and stick with your weekly plan. Participants are eligible to attend weekly Balanced Nutrition meetings FREE with their Maintain Not Gain registration (see program description above).
Members: $12 / Register at the Welcome Center

MEMBERSHIP:

1. For more information, please contact Season Cronin at season.cronin@hrymca.org.
NEW! 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 Tom Bianco directly at 413-221-4956 to schedule an initial evaluation. Physician referral is required.

$40 per session

AOA HOLIDAY POTLUCK LUNCHEON
Wednesday, December 20 at 12:30PM in Studio 1
Join fellow members for great company and holiday cheer!
FREE for Members

AQUATICS

WE ARE EXCITED TO OFFER Y-USA’S NEW SWIM LESSON CURRICULUM, V6!

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

SWIM BASICS
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

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
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.

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

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.

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

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

*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.
AQUATICS (CONTINUED)

While these prices reflect an eight-week Fall 2 session, Thursday and Sunday swim lesson prices will be prorated to a seven-week session due to Thanksgiving and Christmas Eve.

**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 10:30-11:00AM / Sunday 10:30-11:00AM
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)**

**SCHOOL AGE 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

**SCHOOL AGE 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

**SCHOOL AGE 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

**SCHOOL AGE 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

**SCHOOL AGE 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

**SCHOOL AGE 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. For more information, email Head Coach Harrison Ross at Dolphins.SwimTeam@hrymca.org

**ADULT SWIM LESSONS**

**BEGINNER ADULT SWIM LESSONS (SMALL POOL)**
Wednesdays 7:00 – 7:45 PM
This class is for adults who are looking to learn the basics of swimming. The class will cover skills such as putting your face into the water, basic body positioning and introduction to front and back crawl strokes.
Members: $68 / Non-Members: $115

**ADULT STROKE CLINIC (LARGE POOL)**
Wednesdays 7:45 – 8:30 PM
This class is for adults who are looking to improve their skills. Strokes will be developed at a comfortable pace. Individuals must be comfortable swimming in the deep end and putting their faces in.
Members: $68 / Non-Members: $115

**MASTERS SWIM TEAM (AGES 18+)**
Tuesdays & Thursdays 6:30 – 7:30 AM & 12:30 – 1:30 PM
The Masters Swim team is for those looking to enhance their pool time experience. There are two coached and two non-coached practices for a total of four practices per week. During the non-coached practices there will be a workout posted. The group will focus on stroke technique and endurance training.
Members: $104 / Non-Members: $115
While these prices reflect an eight-week Fall 2 session, Thursday and Sunday class prices will be prorated to a seven-week session due to Thanksgiving and Christmas Eve.

PARENT AND CHILD GYMNASICS (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 reboudning on our spring surface, as well as balancing on different surfaces.

SCHOOL AGE GYMNASICS (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 directional in our obstacle course, loco-motor skills on the floor and the beam, jumping and reboudning 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

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

EXTREME NINJA CHALLENGE (AGES 7+)
Wednesday 6:35-7:20PM
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

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

ACROTUMBLING (AGES 7+)
Thursday 4:55-5:40PM

MIDDLE/HIGH SCHOOL GYMNASICS (AGES10+)
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

GYMNASICS 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.

GYMNASICS 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
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.

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 10:15–11:00AM
Monday, Wednesday, Friday 11:15–12:00PM
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 10:10 – 11:10AM OR 11:15AM – 12:15PM
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.

FREE for Members

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.

$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.

Contact Lynne Zusi, our Healthy Living Director, at Lynne.Zusi@hrymca.org for more information on any of the above programs.
LEADERS CLUB (AGES 13–18)
Weekly Meetings: Thursday 6:00PM
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.
Yearly Dues – Members: $92 / Non-Members: $177

NEW! YOGA DANCE (AGES 10–13)
Monday 4:15–5:15PM
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

YOGA DANCE (AGES 10-13)
Mondays 7:30 - 8:30 PM & Saturdays 5:00 - 7:00 PM

NEW! YOGA PLAY (AGES 3–5 WITH SUPERVISING ADULT)
Tuesday 3:00-3:45PM
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)
Weekly Meetings: Saturday 9:00–9:45AM
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

YMCA YOUTH AND GOVERNMENT (8TH – 12TH GRADE)
Bi-Weekly Meetings Tuesday 3:30 – 4:30 PM
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 an understanding of the legislative and judicial processes in MA. The program involves weekend conferences and regular meetings. At the four pre-legislative events, youth network with other delegates, share ideas and learn important skills in order to be successful at the final conference in March at the State House. For more information, contact Molly Keays at molly.keays@hrymca.org.

NEW! 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

ROOKIES BASKETBALL CLINIC (AGES 5–7)
Friday 4:00 – 4:45PM
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 basketball and the concept of playing on a team. This class is designed for beginners in the sport of basketball.
Members: $59 / Non-Members: $100

GIRLS BEGINNER TO INTERMEDIATE BASKETBALL (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 basketball 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

YOUTH PROGRAMMING
Hampshire Regional YMCA

BUILDING HOURS FOR THE FALL
Monday – Friday 5:30AM – 9:30PM
Saturday 7:00AM – 5:30PM
Sunday 8:30AM – 5:30PM

DANCE FITNESS PARTY IN PINK
In recognition of Breast Cancer Awareness Month
Sunday, October 29, 2017 at 11:30AM-1:00PM in the Gym
(Kid-friendly dances 11:30AM-12PM)
Proceeds from this event will benefit LIVESTRONG® at the YMCA, an exercise program for cancer survivors. Have fun and get a great workout for a great cause!
$10/person | $15/family - Free for those registered for our Building A Healthy Community 5K. Register for either or both events at the Welcome Center. Wear pink and receive a raffle ticket for a chance to win a Northampton Chamber of Commerce gift card!

286 Prospect Street, Northampton, MA 01060 | (413) 584-7086 | www.hrymca.org