



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hampshire Regional YMCA PROGRAM GUIDE

## FALL 2

### FALL 2 REGISTRATION DATES:

**MEMBER:** October 8, 2018

**COMMUNITY:** October 15, 2018

**REGISTER  
ONLINE TODAY!**

**HRYMCA.ORG**



**FALL 2 SESSION:** October 29 – December 23, 2018

The YMCA will be closed on Thanksgiving Day, November 22, 2018

Some programs are available for ongoing registration.

See Back Cover for Fall 2 Building Hours.



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### FALL SESSION DATES:

OCTOBER 29 – DECEMBER 23, 2018

MEMBER REGISTRATION BEGINS: OCTOBER 8, 2018

NON-MEMBER REGISTRATION BEGINS: OCTOBER 15, 2018

**THIS IS AN 8-WEEK PROGRAM SESSION.**

The deadline for Members and Non-Members to submit a Financial Assistance request for the Fall 2 session is **October 15, 2018.**

**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](http://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 15, 2018.** For more information, please contact Season Cronin at [season.cronin@hrymca.org](mailto: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

### RESTORATIVE YOGA AND REIKI WORKSHOP WITH BETH

Pre-registration recommended, drop-ins will be allowed on a space available basis.

**Saturday, December 1, 2018 from 1:00-3:00pm**

**Members: \$10 / Non-Members: \$20** Registration fees are non-refundable.

### FAMILY FITNESS

Help your child develop healthy habits and learn how exercise can be fun!

Recommended ages 6 – 11 years, 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.

**Sunday 1:00 – 1:45 PM in Studio 1**

### 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.

**Sunday 11/17/18 1:00 PM–3:00 PM Registration deadline 11/8/18**

**Tuesday 12/11/18 12:00 PM–2:00 PM Registration deadline 12/4/18**

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

### ADULT SELF-DEFENSE

Come and learn how to protect yourself with our experienced instructor Simon Scher. All levels of experience are welcome.

**Friday 7:00 PM–8:00 PM**

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

### SKILLS, HILLS & DRILLS

Don't let dark and frosty mornings slow you down – take your running inside for our Skills, Hills and Drills series, starting October 30! This class meets Tuesday and Thursday mornings for an intense, 30 minute session that will get your metabolism kick-started and keep you going all day long. Enjoy running at your own pace while experiencing the companionship and support of a group! No prior running experience required! Workouts can be done on the treadmill or elliptical.

**7:00 AM Tuesday and/or Thursday with Rachel**

**1 day a week: Member \$50 / Non-Member \$75**

**2 days a week: Member \$100 / Non-Member \$125**

### MAINTAIN & NOT GAIN

Did you know that most Americans gain 6 to 8lbs of unwanted weight during the holiday season? Our Wellness Center has designed an incentive program for you to beat the statistics! You will meet with one of our Wellness staff, design a weekly plan and weigh in at the end of each week.

**Members: \$15 / Register at the Welcome Desk**

**Set up week November 11–24, 2018**

**Program runs November 25 – December 31, 2018**

### FREE SUNDAY SAMPLE CLASS SERIES

Every other Sunday, our instructors will teach something a little different from what's offered on our regular group exercise schedule. All sample classes will be geared toward a wide range of abilities, are open to anyone willing to try something new and are free to Y members!

**All classes begin at 12:00 PM – just drop in!**

(See detailed class descriptions in the Fall 2 Exercise & Socialize brochure.)

**Sunday 11/4 – Line Dancing with Joan**

**Sunday 11/18 – Zumba® Toning with Heather**

## SPECIAL PROGRAMS & EVENTS

### FALL NUTRITION SERIES WITH JIM L.

**COST: Members \$60 for series / \$20 drop-in | Non-Members \$100 for series**

- **3 SMOOTHIES WITH VARIATIONS – PARTICIPATORY WORKSHOP**

October 28, 2018 at 1:00 PM in the Kitchen

- **WHAT SHOULD I HAVE FOR BREAKFAST? EASY, NUTRITIOUS BREAKFASTS WHEN YOU'RE FLYING OUT THE DOOR**

November 11, 2018 at 1:00 PM in the Kitchen

- **HOLISTIC PROSTATE CARE FOR MEN AND THEIR PARTNERS**

December 16, 2018 at 1:00 PM in the Kitchen

- **SALADS: HOW TO CREATE NUTRIENT-DENSE SALADS AS A MEAL OR SIDE-DISH**

December 2, 2018 at 1:00 PM in the Kitchen



## AQUATICS

**Thursday class prices will be prorated to a 7-week session due to Thanksgiving Day.**

### PARENT/CHILD SWIM LESSONS (SMALL POOL)

**Members: \$64 / Non-Members: \$105**

#### 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, 3:30–4:00PM / **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 / **Thursday** 9:00–9:30AM, 3:30–4:00PM

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

### PRESCHOOL SWIM LESSONS (AGES 3–5) SMALL POOL

**Members: \$64 / Non-Members: \$105**

#### 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 a flotation device.

**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 a flotation device.

**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 devices.

**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** 5:00–5:30PM

**Saturday** 10:30–11:00AM / **Sunday** 10:30–11:00AM

### SCHOOL AGE SWIM LESSONS (AGES 6–12) LARGE POOL

**Members: \$74 / Non-Members: \$120**

#### 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, 11:00–11:45AM

#### 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



## AQUATICS (CONTINUED)

### 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** 4:00-4:45, 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 flotation.

**Monday** 5:00-5:45PM / **Thursday** 4:00-4:45PM, 6:00-6:45PM  
**Saturday** 10:00-10:45AM

### 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** 10:00-10:45AM



### ADULT SWIM LESSONS

**Members: \$74 / Non-Members: \$120**

#### 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 6:00 – 6:45PM**

#### 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 – 7:45 PM**

#### 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 8:00-8:45 PM**

#### MASTERS SWIM TEAM (AGES 18+)

**Members: \$110 / Non-Members: \$135**

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 – 1:30 PM (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

**Thursday class prices will be prorated to a 7-week session due to Thanksgiving Day.**

### 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.

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

**Member \$59 / Non-Member \$100**

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

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

**Member \$59 / Non-Member \$100**

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

**Saturday 10:05AM-10:50AM**

**Member \$68 / Non-Member \$115**

### 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 4:25PM-5:10PM**

**Member \$68 / Non-Member \$115**



## 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 Tom Bianco directly at 413-221-4956 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](http://www.hrymca.org).

#### 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.

#### 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**



## CHRONIC DISEASE PREVENTION PROGRAMS

### ARTHRITIS FRIENDLY AQUA AEROBICS

**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 10:15 – 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. New participants are welcome to observe a class before registering.

**FREE for Members**

**Our Fall session classes are currently full. Registration for the Winter session will begin December 17, 2018.**

Contact Lynne Zusi, Healthy Living Director, via email at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org) or phone at (413)584-7086 X119 for more information.

### 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 2:15 – 3:15PM**

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. For more information 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, 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.**



## YOUTH PROGRAMMING

### YBL PRESEASON BASKETBALL

#### NCAA (AGES 7-10)

**GROUP 1: Monday 5:30PM - 6:30PM / Wednesday 5:30PM - 6:30PM**  
**Saturday 1:00PM - 2:00PM**

**GROUP 2: Monday 6:30PM - 7:30PM / Wednesday 6:30PM - 7:30PM**  
**Saturday 2:00PM - 3:00 PM**

#### NBA (Ages 11-14)

**Monday 7:30PM - 8:30PM / Wednesday 7:30PM - 8:30PM**

**Saturday 3:00PM - 4:00 PM**

Aspiring super-stars can brush up on important fundamentals during two weekly practices to help them prepare for game season. The YMCA Youth Basketball League encourages teamwork, good sportsmanship and commitment to excellence in a supportive environment. Our experienced coaches look forward to helping young athletes strengthen their skills while building enthusiasm for leading an active lifestyle. (Please note this does not guarantee your child's spot in the YBL league, you must register for the league separately.)

**Members: \$92 / Non-Members: \$177**

### ROOKIES BASKETBALL 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 basketball and the concept of playing on a team. This class is designed for beginners in the sport of basketball.

**Friday 4:00PM - 4:45PM**

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

### GIRLS BEGINNER TO INTERMEDIATE BASKETBALL (AGES 7-11)

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.

**Friday 4:45PM - 5:30PM**

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

### 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 4:15PM - 5:15PM in Studio 1**

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

### 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](mailto:molly.keays@hrymca.org).

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

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


### 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 and understanding of the legislative and judicial processes in MA. Program involves weekend conferences and regular meetings.

**Bi-Weekly Meetings Tuesday 6:00-7:00PM**







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# BE SOMEBODY'S HERO

**BUILDING  
A HEALTHY  
COMMUNITY**



ACTIVITIES FOR THE  
WHOLE FAMILY INCLUDING  
A COSTUME CONTEST!



SATURDAY,  
NOVEMBER 3, 2018  
5K START TIME: 1:00 PM  
LOOK MEMORIAL PARK

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

Register online today at [www.hrymca.org](http://www.hrymca.org)



## Hampshire Regional YMCA

### BUILDING HOURS FOR FALL 2

Monday – Friday 5:30AM – 9:30PM

Saturday 7:00AM – 5:30PM

Sunday 8:30AM – 5:30PM