



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hampshire Regional YMCA PROGRAM GUIDE

## WINTER

### WINTER REGISTRATION DATES:

**MEMBER:** December 17, 2018

**COMMUNITY:** December 24, 2018

**REGISTER  
ONLINE TODAY!  
HRYMCA.ORG**



**WINTER SESSION:** January 7 – March 3, 2019

This is a 7-week program session.  
Some programs are available for ongoing registration.

**See Back Cover for Winter Building Hours.**

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## WINTER SESSION DATES:

JANUARY 7 – MARCH 3, 2019

MEMBER REGISTRATION BEGINS: DECEMBER 17, 2018

NON-MEMBER REGISTRATION BEGINS: DECEMBER 24, 2018

**THIS IS A 7-WEEK PROGRAM SESSION**

The deadline for Members and Non-Members to submit a Financial Assistance request for the Winter session is **December 17, 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** 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 Winter session is December 17, 2018.** For more information, please contact Season Cronin at **season.cronin@hrymca.org**.

## HAMPSHIRE REGIONAL YMCA – REFUND POLICY FOR PROGRAMS/CLASSES:

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

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

# SPECIAL PROGRAMS & EVENTS

## WELLNESS PROGRAMS

### 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. Stop by the Northampton Senior Center to register!

**FREE for HRY members age 55 and older**

**NSC Members who are not Y members:**

**\$36 for 60+ years old | \$48 for non-residents & 55-59 years old**

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

**Tuesday & Thursday at 8:45am**

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

**Tuesday & Thursday at 5:30pm**

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

**Tuesday & Thursday at 11:00am**

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

## MEET THE TRAINER

Our certified personal trainers will be hosting a meet and greet, including exercise demos, in the lobby! This is a great opportunity to chat with our trainers one-one-one and learn more about how they can help you develop structure and accountability to meet your fitness goals.

**Saturday, January 12 9:00-11:00 AM**

**FREE for YMCA members**

## BEST YEAR EVER: ACCOUNTABILITY CHALLENGE!

Complete 19 items on the Accountability Checklist (for the year 2019) by the end of January and win a prize! Let this challenge get you off to a good start on making it **YOUR best year ever!** Once you have paid, bring your receipt to the Wellness Desk and get your Accountability sheet starting Sunday, December 23.

**Challenge will begin on Sunday, December 30.**

**\$5 for YMCA members**

## HEALTHY HEART CHALLENGE

Keep your heart healthy while adding variety to your routine! Complete 20 minutes of cardiovascular exercise on seven different machines and be entered in a drawing to win a YMCA duffel bag.

**February 10-22 | Registration begins on February 3, 2019**

**FREE for YMCA members**

## SPECIAL PROGRAMS & EVENTS

### FAMILY AND COMMUNITY PROGRAMS

#### NAMETAG WEEK

**January 13-19, 2019**

Get to know each other at the HRYMCA! Share your name and how long you have been a member of the HRYMCA. There will be a nametag station by the water fountain by the lobby during this week!

#### YOUTH YOGA

Suggested age range: 6-10 years

Yoga is great for developing balance, core strength, and focus at any age! In this class, kids will be introduced to basic yoga poses and terminology, play movement games and practice breathing and relaxation skills.

**Members: \$68 / Non-Members: \$115**

**Wednesday 4:00 - 4:45 PM in Studio 1**

#### FAMILY FUN FRIDAYS

**1st and 3rd Friday of each month 5:30-6:30PM**

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

**Members: Free / Non-Members: \$10**

### 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.

**Tuesday 1/15/19 10:00AM - 1:00PM**

**Registration deadline 1/7/19**

**Monday 2/4/19 1:30PM - 3:30PM**

**Registration deadline 1/28/19**

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

## AQUATICS

**THERE WILL BE NO SWIM LESSONS THE WEEK OF FEBRUARY 18, 2019.**

#### 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 / 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**

**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 but still requires flotation.

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

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

##### PRESCHOOL LEVEL 2: WATER MOVEMENT

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

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

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

##### PRESCHOOL LEVEL 3: WATER STAMINA

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

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

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

##### PRESCHOOL LEVEL 4: STROKE INTRODUCTION

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

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

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

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

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

##### SCHOOL AGE LEVEL 1: WATER ACCLIMATION

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

**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 flotation.

**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.

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



### ADULT SWIM LESSONS

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

#### BEGINNER ADULT SWIM LESSONS (SMALL POOL)

This class is for adults who are looking to learn the basics of swimming. The class will cover skills such as putting your face into the water, basic body positioning and introduction to front and back crawl strokes.

**Wednesday 7:00 – 7:45PM**

#### INTERMEDIATE ADULT SWIM LESSONS (LARGE POOL)

This class is for adults who are looking to improve their skills. Strokes will be developed at a comfortable pace. Individuals must be comfortable swimming in the deep end and putting their faces in.

**Wednesday 7:00 – 7:45 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: \$104 / Non-Members: \$125**

The Master's program is for those looking to enhance their pool time experience. There are two coached and two non-coached practices for a total of four practices per week. During the non-coached practices there will be a workout posted. The group will focus on stroke technique and endurance training

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

**THERE WILL BE NO GYMNASTICS CLASSES THE WEEK OF FEBRUARY 18, 2019.**

### PARENT CHILD CLASSES (AGES 9 MONTHS - 4 YEARS)

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

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

**Member \$56 / Non-Member \$92**

### PRESCHOOL CLASSES (AGES 3-5 YEARS)

Our preschool gymnastics classes are grouped by age and ability. Following a themed lesson plan every week, these little dynamos learn different rolling directionals in our obstacle course, loco motor skills on the floor and the beam, jumping and rebounding on our spring surfaces, as well as balancing on different surfaces. With their developing upper body strength, they also begin to learn drills on the bars.

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

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

**Member \$56 / Non-Member \$92**

### SCHOOL AGE CLASSES (AGES 5-12 YEARS)

HRYMCA school age gymnastics classes introduce concrete skill building techniques. Children will learn how to swing on the bars, perform inverted skills on the balance beam, and vaulting, which involves repulsion from the hands. On floor they begin to learn how to combine grace and power through skill advancement. Floor exercise training involves drills, lead-up skills for back handsprings, and more. Groups are divided by age and ability.

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

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

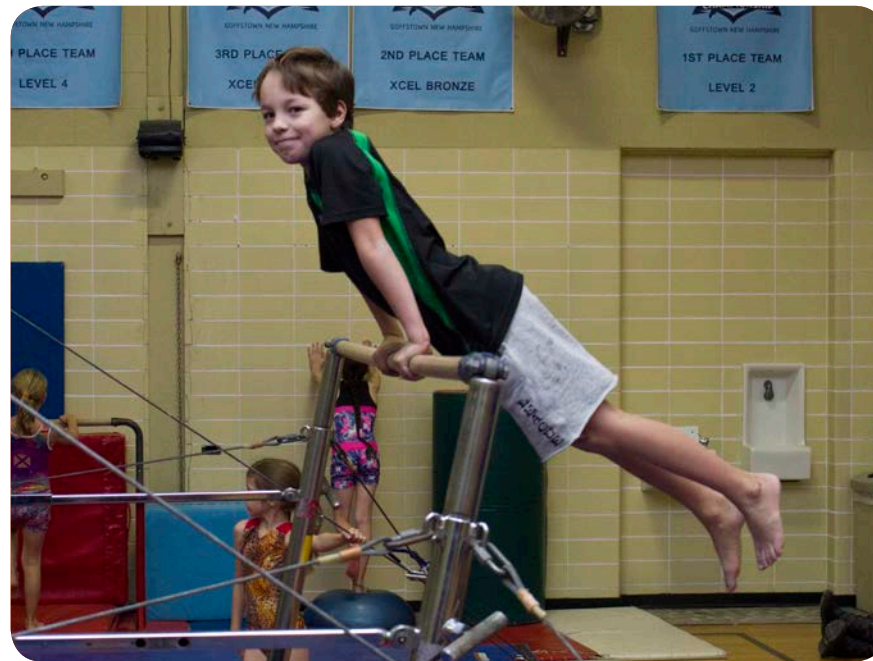
**Member \$65 / Non-Member \$105**

### BOYS GYMNASTICS (AGES 6-9 YEARS)

This class is perfect for your acrobatic boy who is interested in learning more about gymnastics. Boys learn proper vaulting techniques, basic locomotor skills, and spatial awareness of themselves. They also gain physical strength needed for the bars, acquire rolling, bounding, and support positions on the floor, and receive safety education.

**Thursday 3:25PM-4:10PM**

**Member \$65 / Non-Member \$105**



## 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 11:15AM-12:00PM**

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. No swimming skills required.

**FREE for Members**

## ENHANCE FITNESS

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

This is a research-based, arthritis-friendly exercise program that has been proven to increase strength, flexibility, range of motion and balance. Led by a certified Enhance Fitness Instructor, this class incorporates low-impact aerobics, strength training and stretching. There are both standing and seated options for each portion of the class.

**Pre-registration is required.**

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

### WINTER REGISTRATION INFORMATION:

1. Registration for currently enrolled participants begins December 10. Registration for new participants begins December 17. Registration process for new participants includes a class observation and completion of registration forms, including a health history. 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 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. Please inquire with Lynne Zusi, Healthy Living Director, via email at [lynne.zusi@hrymca.org](mailto: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 CYCLING PROGRAM

**Monday 2:15PM – 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 2:00PM-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

**YOUTH CLASSES WILL NOT RUN THE WEEK OF FEBRUARY 18, 2019 WITH THE EXCEPTION OF YBL.**

### YBL BASKETBALL

**Registration deadline: January 4**

The YMCA Youth Basketball League encourages teamwork, good sportsmanship and commitment to excellence in a supportive environment. Our volunteer coaches and referees look forward to helping young athletes strengthen their skills while building enthusiasm for leading an active lifestyle. All levels of this program provide equal playing time for all participants.

### NCAA (AGES 7-10) AND NBA (AGES 11-14)

**Practices:** One evening a week on either Monday or Wednesday for one hour. All Practices will be at the YMCA.

**Games:** Saturdays at the YMCA between 1:00 and 7:00pm. **All players are required to attend a team pairing event on Saturday, January 5, 2019 from 1:00-4:00pm.** Practice and game schedules will be released at that time.

**Members: \$115 / Non-Members: \$240**

**ALL YBL PRACTICES AND GAMES WILL RUN DURING THE WEEK OF FEBRUARY 18, 2019**

### 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.

For more information, contact Molly Keays at [molly.keays@hrymca.org](mailto:molly.keays@hrymca.org).

**Bi-weekly meetings Tuesday 6:00-7:00 pm**





# SAVE THE DATE FOR OUR 2019 SIGNATURE EVENTS

**ANNUAL DINNER:** THURSDAY, MAY 2 AT THE GARDEN HOUSE – LOOK PARK  
**GOLF:** FRIDAY, OCTOBER 4 AT THE CRUMPIN-FOX CLUB  
**ROAD RACE:** SATURDAY, NOVEMBER 2 AT LOOK PARK



## HAMPSHIRE REGIONAL YMCA

### BUILDING HOURS FOR WINTER

Monday – Friday 5:30AM – 9:30PM

Saturday 7:00AM – 5:30PM

Sunday 8:30AM – 5:30PM