



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hampshire Regional YMCA PROGRAM GUIDE

SPRING I

SPRING I REGISTRATION DATES:

MEMBER: February 11, 2019

COMMUNITY: February 18, 2019

**REGISTER
ONLINE TODAY!**

HRYMCA.ORG



**HEALTHY
KIDS DAY!**

Saturday, April 27
11:00am – 2:00pm

**FREE – open to
all community
members!**

SPRING I SESSION: March 4 – May 5, 2019

This is an 8-week program session.
Some programs are available for ongoing registration.

See Back Cover for Spring I Building Hours.

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SPRING I SESSION DATES:

MARCH 4 – MAY 5, 2019

MEMBER REGISTRATION BEGINS: FEBRUARY 11, 2019

NON-MEMBER REGISTRATION BEGINS: FEBRUARY 18, 2019

THIS IS A 8-WEEK PROGRAM SESSION (NO YOUTH PROGRAMS THE WEEK OF APRIL 15)

The deadline for Members and Non-Members to submit a Financial Assistance request for the Spring I Session is **February 18, 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. **The deadline for Members and Non-Members to submit a Financial Assistance request for the Spring I Session is February 18, 2019.** For more information, please contact Season Cronin at **season.cronin@hrymca.org**.

HAMPSHIRE REGIONAL YMCA – REFUND POLICY FOR PROGRAMS/CLASSES:

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

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

SPECIAL PROGRAMS & EVENTS

WELLNESS PROGRAMS

RENEW YOUR RESOLUTION: MARCH 4 -MAY 5

\$10 member; registration begins February 13 | Register at the Welcome Center

Renew your resolution and get the support you need to sustain your New Years' goals! Each week, you can earn points for healthy behaviors or lose points for unhealthy behaviors. These points convert to raffle tickets that will be entered into a prize drawing at the end of the program!

Outstanding -> 3 raffle tickets | Excellent -> 2 raffle tickets

Good -> 1 raffle ticket | Poor -> no raffle ticket

You will have weekly check-ins with a trainer to tally your points, receive your tickets, and get your next tracking sheet.

FREEDOM IN THE HILLS: FOUNDATIONS OF TRAIL RUNNING

Spring is here! Shake off winter and enjoy some well-deserved time in the outdoors by taking to the trails! Join us this spring for an eight-week program designed for both beginning and experienced runners. Freedom in the Hills will include:

- Fitness, balance and strength guidance
- Twice-weekly, non-competitive, guided group training runs
- An introduction to several different local trail systems
- A progress-focused approach, increasing skills on a variety of terrain
- A culminating, non-competitive, personal trail running challenge event

Members: \$150 / Non-Members: \$200 | Begins April 22

TREADMILL TUESDAYS

Tuesday at 6:00AM with Rachel

Don't let cold and dark mornings slow you down! Join the Tuesday Treadmill club and log some miles in a group setting – while running at your own pace! Weekly workouts are 30 minutes in length and will alternate between speed work and hills. Suitable for both beginning and experienced runners. Space is limited and registration will be capped at four participants.

Member: \$50 / Non-Member: \$75

COMMUNITY PROGRAMS

HEALTHY KIDS DAY

Saturday, April 27 11:00AM – 2:00PM

Join us for this nationwide, YMCA signature event that promotes healthy habits for youth. **FREE – open to all community members!**

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 per family

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 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.

Tuesday 3/12/19 5:30 – 8:30PM Registration deadline 3/5/19

Friday 4/19/19 12:30 – 3:30PM Registration deadline 4/12/19

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

AMERICAN RED CROSS LIFEGUARDING CLASS

To be offered over the April school vacation. **See page 3 for more information.**

ACTIVE OLDER ADULT TALENT SHOW & POTLUCK LUNCHEON

Friday, April 26 at 12:30PM

Calling all active older adult Y members! Bring a dish to share. Be part of our audience OR share your talent – sing, act, play an instrument, recite poetry, dance, or display your art/crafts. Whatever you do, we would love for you to take part in this fun event! **Sign up at the Y Welcome Center.**

SPECIAL PROGRAMS & EVENTS



HEALTHY WEIGHT AND YOUR CHILD

PROGRAM OVERVIEW

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.

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

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

Monday/Wednesday Evenings 6:00PM | Start Date: Monday March 25

Cost: \$175 (Health care reimbursement may be available from some insurances.)

Financial assistance is available for this program.

Information sessions: Mon. March 4 6:30-7:30PM / Sat. March, 9 1:00-2:00PM

AQUATICS

THERE WILL BE NO SWIM LESSONS THE WEEK OF APRIL 15, 2019.

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 / 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: \$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 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 9:30-10:00AM, 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: \$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 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 4:00-4:45PM, 6:00-6:45PM / **Thursday** 5:00-5:45PM

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

Saturday 9:00-9:45AM



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 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 – 7:45PM

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 8:00-8:45PM

MASTERS SWIM TEAM (AGES 18+)

Members: \$110 / Non-Members: \$145

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) & 12:30-1:30PM (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.

AMERICAN RED CROSS LIFEGUARDING CLASS

April 15-19 | 9:00AM-4:00PM

Prerequisites must be met the first day of class

PARTICIPANTS MUST ATTEND ALL SESSION DATES, NO EXCEPTIONS.

REQUIREMENTS: Participants must be 15 years old by the last day of training and must be able to swim 500 yards continuously (demonstrating front crawl and breast stroke). Must be able to retrieve a brick from 7-9 feet of water and swim on their back without the use of their hands. Please call Nicole Seligman for more details (413) 584-7086 ext113.

Members: \$255 / Non-Members: \$300



GYMNASTICS

THERE WILL BE NO GYMNASTICS CLASSES THE WEEK OF APRIL 15, 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 8:45-9:15AM / **Saturday** 9:25-9:55AM

Member \$64 / Non-Member \$105

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

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

Member \$64 / Non-Member \$105

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

Saturday 10:05-10:50AM

Member \$74 / Non-Member \$120

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 4:00-4:45PM

Member \$74 / Non-Member \$120

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 10:15-11:15AM 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.

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

SPRING I REGISTRATION INFORMATION:

The Spring/Summer session runs April 29 – August 16, 2019

1. Registration for new participants begins April 22. 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 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

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 2:00-3:00PM

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.

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. 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.

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.

KETTLEBELL PLUS

While continuing to learn and advance kettlebell skills this program is designed to incorporate barbells into your workout. This will help improve your overall strength, learn proper technique and spice up your workout!

Tuesday & Thursday for five weeks 5:45-6:30AM

Members: \$150 / Non-Members: \$225 (10 total Group Training 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

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 for a 6-week session, 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: \$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.

YOUTH PROGRAMMING

YOUTH CLASSES WILL NOT RUN THE WEEK OF APRIL 15, 2019.

YOUTH YOGA (AGES 6-10)

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

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

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 - 1:45PM in Studio 1

ROOKIES SOCCER 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 soccer and the concept of playing on a team. This class is designed for beginners in the sport of soccer. This class meets outdoors, please dress appropriately. In case of inclement weather this class will be held in the gym.

Friday 4:00 - 4:45PM / Saturday 9:30 - 10:15AM

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

BEGINNER TO INTERMEDIATE SOCCER CLINIC (AGES 7-11)

This clinic is built to help children feel comfortable competing in team sports while receiving level-appropriate instruction. Children will leave the class having gained skills specific to the sport of soccer as well as confidence and a better understanding of teamwork. Beginner to intermediate skill levels welcome. This class is designed for beginners in the sport of soccer. This class meets outdoors, please dress appropriately. In case of inclement weather this class will be held in the gym.

Friday 4:45 - 5:30PM

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

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 4:15 - 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.

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

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





SAVE THE DATE FOR OUR 2019 SIGNATURE EVENTS

ANNUAL SPRING BENEFIT – THURSDAY, MAY 2 AT THE GARDEN HOUSE – LOOK PARK
GOLF TOURNAMENT – FRIDAY, OCTOBER 4 AT THE CRUMPIN-FOX CLUB
BUILDING A HEALTHY COMMUNITY 5K – SATURDAY, NOVEMBER 2 AT LOOK PARK



HAMPSHIRE REGIONAL YMCA

BUILDING HOURS FOR SPRING I

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.