



HAMPSHIRE REGIONAL YMCA

FOREVER WITH OUR COMMUNITY



SPRING SESSION DATES:

SPRING 1: April 5 – May 9 | SPRING 2: May 10 – June 13

REGISTER ONLINE AT WWW.HRYMCA.ORG

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SPRING SESSION DATES

SPRING 1: April 5 - May 9
SPRING 2: May 10 - June 13

MEMBERSHIP

We combine spirit, mind, and body in an integrated approach to well-being that goes beyond just fitness. With the Y you can increase energy, decrease stress, prevent illness, maintain a healthy weight, find personal balance and enjoy time with your family and friends. Membership benefits to our Y include reduced program, camp, and sport prices and priority registration, child watch, access to our state of the art Wellness Center, group exercise classes, and so much more. Visit the Welcome Center (413-584-7086) or our website at www.hrymca.org for more information on membership and rates. With the Y, you're not just a member of a facility; you're part of a cause. As a charitable nonprofit, your membership will not just bring meaningful change in yourself, but also in your community. Part of what makes us a nonprofit is our belief that you shouldn't be denied the opportunity to have a healthy lifestyle because of an inability to pay. Financial assistance is available for those that qualify. Financial Assistance is available for the Winter Program Session. For more information, please contact Jon Scully, jon.scully@hrymca.org

REFUND POLICY FOR PROGRAMS/CLASSES:

Requests for refund or credit (voucher) must be made in person or in writing. Refund or credit (voucher) will be given according to the following schedule: 100% - two weeks before first week of class / 100% - voucher only, one week prior to start of class. Once a session begins, all changes must be approved by the program director. Membership must be active through current session in order to receive member discount.



KEEPING YOU SAFE WHILE YOU STAY HEALTHY:

We've worked hard to exceed safety guidelines and stay up to date on the ever-changing COVID landscape.



SAFE WORKOUT SPACES:

With our online registration system you are guaranteed a safe space to work out, on land or in the pool.



STAY FIT WHILE STAYING AT HOME:

The Y's expansive virtual menu keeps members safe and healthy at home.



FOR A BETTER US:

Help make a difference right where you live and join our supportive and vibrant Y community! In this challenging time and always, financial assistance is available.



TAKE A TOUR & ASK ABOUT A FREE TRIAL

SPECIAL PROGRAMS

FITNESS ON THE TRAILS - WINTER HIKING FOR ALL ABILITIES

Members: \$100 / Non-Members: \$120

Stay fit and learn to love being outdoors this winter! Hiking meets strength training in this total body fitness class that will help to increase balance, strength, agility and cardiovascular fitness. *Monday & Friday at 12:00pm for six weeks.

Classes begin March 8. *Classes will be held at Mt. Tom, Fitzgerald Conservation, or Saw Mill Hills depending on trail conditions. **A Zoom information session will be held on March 1 at 6:00pm.** Email Jennifer Allen at Jennifer.allen@hrymca for the meeting link.

PRINCIPLES OF JOINT CARE - WITH YMCA CERTIFIED PERSONAL TRAINER JIM LOBLEY

Members: \$55 / Non-Members: \$90

Is a stiff or sore joint(s) interfering with your ability to move freely, exercise, or perform basic activities of daily life? There are certain common design principles to all the major joints of the body. Understanding these principles can help you take control over the well-being of your joints, from healing to injury prevention.

This six-part, online series will serve as a user's manual for the major joints of the body. The first two classes will be led in a webinar format, with a combination of lecture and demonstration. The next four classes will be movement-centered, providing participants with strategies and exercises to prevent injury and increase mobility.

Saturday at 10:00am for 6 weeks. Classes begin March 13.

YOUTH PROGRAMS

NEW! GIRLS GROUP (5TH TO 8TH GRADE)

Members: \$65 / Non-Members: \$104

This eight-week program is designed to help girls connect with and empower one other. Participants will develop crucial leadership and life skills, build self-esteem, learn how to make healthy and safe decisions, and forge community connections with strong female leaders. This class runs for both the Spring 1 and Spring 2 session.

Thursday: 3:30-5:30pm

NEW! BEGINNER SOCCER CLINIC (AGES 5-7)

Members: \$40 / Non-Members: \$60

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.

Wednesday 3:30- 4:15PM

NEW! BEGINNER TO INTERMEDIATE SOCCER CLINIC (AGES 8-12)

Members: \$40 / Non-Members: \$60

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.

Wednesday 4:30-5:15PM

PARENT'S NIGHT OUT (AGES 5-12)

Member: \$15 / Non-Member: \$20

Need some time away from the children to work out, get shopping done, or have a date night? Bring them to the Y for a fun packed evening!

Friday, March 12, April 9 and May 28. 6:00-8:30pm

ART WITH MISS SHELLY (AGES 5-9)

Members: \$40 / Non-Members: \$60

Art class with Miss Shelly provides an excellent opportunity for youth to gain exposure to their creative side.

Monday: 3:30-4:15pm **Location:** Youth Lounge

YOUNG SCIENTISTS (AGES 5-9)

Members: \$40 / Non-Members: \$60

Get ready to use your brain, be creative, and have lots of fun in this hands-on science class. If you are curious and love to create, this is the program for you! **This class can be taken in person or virtually. A Y staff person will contact you after registration to determine your preference.

Monday: 4:30-5:15pm **Location:** Youth Lounge

SPORTS SAMPLER

Members: \$40 / Non-Members: \$60

This class focuses on a variety of sports which include soccer, basketball, baseball, floor hockey and volleyball. Children will learn the basics of each sport, develop new skills, and get the chance to play in mini scrimmages

Friday: 3:30-4:15pm (Ages 5-7) / 4:30-5:15pm (Ages 8-12)

Location: Gym

NINJA WARRIORS (AGES 5-9)

Members: \$40 / Non-Members: \$60

Our Ninja Warrior class challenges children to test their speed and agility against our obstacles set up in the gym.

Tuesday: 4:30-5:15pm **Location:** Gym

NEW! PARENT/CHILD GYMNASTICS (AGES 1-3)

Member: \$40 / Non-Member: \$60

Introduces toddlers to the gymnastics environment of walking, climbing and moving their bodies. Children must be accompanied by an adult to class.

Tuesday: 3:30-4:15PM **Location:** Gym

PRESCHOOL GYMNASTICS (AGES 3-5)

Member: \$40 / Non-Member: \$60

Children are grouped by age and ability in our preschool gymnastics classes, where they begin to learn progressive handstand and cartwheel weight transfers, balance beam and uneven bar skills, and jumping and rebounding on our spring surfaces.

Saturday: 8:00-8:45am, 9:00-9:45am **Location:** Gym

SCHOOL AGE GYMNASTICS (AGES 5-12)

Member: \$40 / Non-Member: \$60

School age gymnastics classes at the Y introduce concrete skill building techniques on the bars, balance beam, vault and floor exercise. Groups are divided by age and ability.

Saturday: 10:00-10:45am, 11:00-11:45am **Location:** Gym

AQUATICS

WATER DISCOVERY LESSONS (AGES 6-36 MONTHS)

Members: \$40/50 | Non-Members: \$68/85

WATER DISCOVERY:

Introduces infants & toddlers to the aquatic environment.

Thursday: 4:40-5:10pm / **Saturday:** 9:00-9:30am / **Sunday:** 10:30-11am

PRE-SCHOOL LESSONS (3-5 YEARS)

Members: \$40/50 | Non-Members: \$68/85

PRESCHOOL LEVEL 1: WATER ACCLIMATION

No prior swimming experience, requires flotation.

Monday: 4:00-4:30pm / **Saturday:** 9:40-10:10am / **Sunday:** 9:45-10:15am

PRESCHOOL LEVEL 2: WATER MOVEMENT

Some prior experience, requires flotation.

Monday: 4:40-5:10pm, / **Thursday:** 3:30-4:00pm, 5:20-5:50pm

Saturday: 10:20-10:45am / **Sunday:** 9:00-9:45am

PRESCHOOL LEVEL 3: WATER STAMINA

Some independent swimming, some flotation required.

Monday: 5:20-5:50pm / **Thursday:** 4:00-4:30pm

Saturday: 10:20-10:50am

PRESCHOOL LEVEL 4: STROKE INTRODUCTION

Independent swimming, no flotation required.

Monday: 5:20-5:50pm / **Thursday:** 4:00-4:30pm

Saturday: 10:20-10:50am

YOUTH LESSONS (6 YEARS AND UP)

Members: \$50/63 | Non-Members: \$75/94

SCHOOL AGE LEVEL 1: WATER ACCLIMATION

No prior swimming experience, requires flotation.

Thursday: 4:00-4:45pm / **Saturday:** 9:00-9:45am

SCHOOL AGE LEVEL 2: WATER MOVEMENT

Some prior experience, requires flotation.

Monday: 4:00-4:45pm, 6:00-6:45pm / **Saturday:** 11:00-11:45am

SCHOOL AGE LEVEL 3: WATER STAMINA

Some independent swimming, some flotation required.

Monday: 5:00-5:45pm / **Thursday:** 4:00-4:45pm, 6:00-6:45pm

Saturday: 9:00-9:45am

SCHOOL AGE LEVEL 4: STROKE INTRODUCTION

Independent swimming, no flotation required.

Monday: 4:00-4:45pm / **Thursday:** 5:00-5:45pm

Saturday: 10:00-10:45am, 11:00-11:45am

SCHOOL AGE LEVEL 5: STROKE DEVELOPMENT

Introduces all competitive strokes, swim one length of the pool.

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 all complete strokes, swim two lengths of the pool.

Monday: 4:00-4:45pm, 6:00-6:45pm / **Thursday:** 5:00-5:45pm

Saturday: 11:00-11:45am

ADULT LESSONS (18 YEARS AND UP)

Members: \$50/63 | Non-Members: \$75/93

ADULT BEGINNER:

Learn the basics of swimming.

Wednesday: 6:00-6:45pm

PRIVATE & SEMI-PRIVATE LESSONS (3 YEARS +)

PRIVATE LESSONS

Members: \$140 | Non-Members: \$180

Four half hour sessions, with one-on-one instruction.

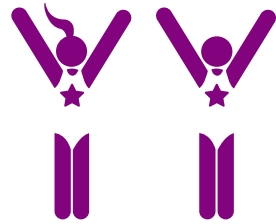
SEMI-PRIVATE LESSONS

Members \$100 | Non-Member: \$140

Four 45-minute lessons for 2-3 swimmers with similar ability levels.

HAMPSHIRE REGIONAL YMCA DAY CAMPS 2021

KOALA | GYMNASTICS | NORWICH | PROSPECT



We are proud of the fact that our camps help prepare children to meet the challenges of today and tomorrow through programs that develop the individual, strengthen the family, and build safe, caring communities.

CAMP KOALA FOR AGES 3-5

Ten, 1-week sessions
June 28 - Sept. 3, 2021
Monday - Friday

Half-Day: 8:30 AM - 1:30 PM
Full-Day: 8:30 AM - 4:30 PM

Our theme-based itinerary includes arts and crafts, drama and music, sports and games providing a memorable summer experience for your young camper.

CAMP KOALA DIRECTOR:

Stephanie Raftery
E: Stephanie.Raftery@hrymca.org
P: 413.584.7086 ext.130



GYMNASTICS CAMP FOR AGES 5-13

Four, 1-week sessions
Monday - Friday
9:00 AM - 5:00 PM
Morning Care 8:00 AM - 9:00 AM

Campers develop skills in floor exercise, balance beam, uneven bars, vaulting, and tumble trampoline in addition to traditional camp activities.

CAMP DIRECTOR:

Shelly Nardi
E: shelly.nardi@hrymca.org
P: 413.584.7086 ext. 138

SESSION DATES

- July 26 - July 30
- Aug. 2 - Aug. 6
- Aug. 9 - Aug. 13
- Aug. 16 - Aug. 20

CAMP NORWICH FOR AGES 5-15

Four 1-week sessions
and Three 2-week sessions
June 28 - Sept. 3, 2021
Monday - Friday
9:00 AM-4:30 PM

The quintessential summer camp experience on beautiful Lake Norwich. Daily swim lessons, archery, boating, athletics, arts & crafts, and group games.

CAMP NORWICH DIRECTOR:

Mackenzie Sullivan
E: mackenzie.sullivan@hrymca.org
P: 413.584.7086 ext.112



CAMP PROSPECT FOR AGES 5-14

Six, one week sessions
Monday - Friday
9:00 AM - 5:00 PM
Morning Care 8:00 AM - 9:00 AM

Camp Prospect is a recreational camp that focuses on sports introduction and includes swimming, arts & crafts, physical challenges, and dance & movement.

CAMP PROSPECT DIRECTOR:

Shelly Nardi
E: shelly.nardi@hrymca.org
413.584.7086 ext. 138

SESSION DATES

- June 28 - July 2
- July 5 - July 9
- July 12 - July 16
- July 19 - July 23
- Aug. 23- Aug. 27
- Aug. 30 - Sept. 3

YMCA BUILDING HOURS

Mon.-Fri. 5:30AM - 8:00PM | Sat. & Sun. 8:30AM - 2:30PM

Please visit our website or contact the Y for more information about all of the programs and services we offer.

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