



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Hampshire Regional YMCA PROGRAM GUIDE

## SPRING 2

### SPRING 2 REGISTRATION DATES:

**MEMBER:** April 13, 2026

**COMMUNITY:** April 20, 2026

**REGISTER ONLINE TODAY!**



**SPRING 2 SESSION:** April 27 – June 15, 2026

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

**See Back Cover for Building Hours.**

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**SPRING 2 SESSION DATES:**

**APRIL 27 – JUNE 15, 2026**  
**MEMBER REGISTRATION BEGINS: APRIL 13, 2026**  
**NON-MEMBER REGISTRATION BEGINS: APRIL 20, 2026**

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

**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 habits, find personal balance, enjoy time with your family and friends, and build community. 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](#), call [413-584-7086](tel:413-584-7086) or our [website at www.hymca.org](http://www.hymca.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 inability to pay. Financial Assistance is available for those that qualify. For more information about [Financial Assistance](#), please contact [Mark Cabral at Mark.Cabral@hymca.org](mailto:Mark.Cabral@hymca.org) or call [413-584-7086 Ext. 102](tel:413-584-7086)

**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.

**\*Programs will not be prorated due to late registration.**

## YOUTH PROGRAMMING

### PRESCHOOL-AGE, CHILD WATCH & TUMBLE AND PLAY

#### Tumble and Play (Runs May–October)

**Members: FREE – Non Members: \$5.00 first child & \$2.50 each additional child**

Meet other Y families while children ages crawling–5 years play their way through a series of tumbling mats and toys.

**Tue & Thu: 10:30am–11:30am**

Location: [Gymnasium](#)  
[No Registration Required](#)

#### Ninja Warriors – Sensory Friendly Session (Ages 3–6) (Parent Welcome)

**4/27/2026 – 6/15/2026**

**Members: \$88 – Non Members: \$144**

Come train just like a Ninja Warrior in a supportive, sensory-friendly environment! Children will build speed, agility, balance, and strength while developing confidence through movement and play. This program is designed to provide a calmer, low-pressure space where each child can participate at their own pace.

Our gymnasium transforms into an exciting obstacle course featuring a tumble track trampoline, our Ninja Cage with rotating attachments each week, and the warp wall! Program leaders focus on each child's individual experience, offering encouragement, flexibility, and support so every participant feels welcomed and successful.

This class encourages movement, exploration, and skill-building while creating a positive environment where children can grow, gain confidence, and enjoy the fun of being a Ninja Warrior.

**Thu: 4:30pm–5:15pm**

Location: [Gymnasium](#)

### CHILD WATCH HOURS!

**Mon–Fri:**

**8:30am–12:00pm**

**4:00pm–7:00pm**

**Sat: 8:30am–12:00pm**

**Sun: 8:30am–12:00pm**

#### Gym and Swim Adventure Class (Ages 3–5) with Anaia and Jenny

**4/27/2026 – 6/15/2026**

**\*There will be NO class on Monday, May 25th**

**Members: \$40 – Non Members: \$60**

**Join our Gym and Swim Adventure Class at the HRYMCA!**

The Gym and Swim Adventure Class is perfect for children who want to stay active both on land and in the water. Each week features a fun, themed topic as children explore movement activities in the gymnasium, followed by a playful swim session in our heated small pool. The swim portion focuses on water games that promote safety, creativity, and confidence.

**Mon: 9:45am – 11:00am**

- **9:45am – 10:15am (Gym Portion)**
- **10:15am – 10:30am (Change and Transition)**
- **10:30am – 11:00am (Swim Portion)**

Location: [Gymnasium and Small Pool](#)

**\*\*Parents are required to stay during program times. One adult must accompany the child into the small pool during the swim portion of the class.**

For more information about Preschool-Age programs, please contact Youth Development Coordinator, Anaia Cayode at [Anaia.Cayode@hrymca.org](mailto:Anaia.Cayode@hrymca.org)

## SCHOOL-AGE & TEENS

### Ninja Warriors

4/27/2026 – 6/15/2026

**Members: \$88 – Non Members: \$144**

Come train just like a Ninja Warrior! Children will develop speed, agility, balance and strength that will help build a foundation for future sports or fitness pursuits. Our gymnasium transforms with an obstacle course including a tumble track trampoline, our Ninja Cage with different attachments every week, and the warp wall!

**Ages 3-5 (Parent Welcome):**

- **Tue: 4:30pm-5:15pm**

**Ages 6-8:**

- **Tue: 5:25pm-6:05pm**

**Ages 9-12:**

- **Tue: 6:15pm-7:00pm**

**Ages 6-8:**

- **Thu: 5:25pm-6:05pm**

Location: [Gymnasium](#)

### Soccer Skills and Scrimmages (Ages 8-11)

4/27/2026 – 6/15/2026

**\*There will be NO class on Monday May 25th**

**Members: \$35 – Non Members: \$50**

Soccer Skills and Drills is a fun, upbeat program designed to help young players build confidence with the ball while learning the fundamentals of the game. Each session focuses on improving technique, footwork, and game awareness at a pace perfect for beginner and intermediate athletes. Players will grow their skills, stay active, and discover the joy of playing soccer!

**Mon: 4:00pm-4:45pm**

Location: [Gymnasium/ Outdoors](#) (Dependent on Weather)

For more information about School-Age & Teens programs, please contact Youth Programs Coordinator, Anaia Cayode at [Anaia.Cayode@hrymca.org](mailto:Anaia.Cayode@hrymca.org)

# AQUATICS PROGRAMMING

## Parent-Child Swim Lessons (6–20 months)

### Water Discovery A

**Members: \$95 – Non Members: \$141**

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. This class is for kids who aren't yet able to respond to verbal cues and jump on land.

**Mon: 3:30pm–4:00pm, Tue: 3:30pm–4:00pm,  
Thu: 9:00am–9:30am, Sun: 9:00am–9:30am**

Location: [Small Pool](#)

## Parent-Child Swim Lessons (20–36 months)

### Water Exploration B

**Members: \$95 – Non Members: \$141**

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. This class is for kids who aren't yet comfortable working with an instructor without a parent in the water.

**Mon: 4:10pm–4:40pm, Tue: 4:10pm–4:40pm,  
Thu: 9:40am–10:10am or 10:15am–10:45am. TBD  
Sun: 9:40am–10:10am**

Location: [Small Pool](#)

## Parent Welcome Preschool Swim Lessons (Ages 3–5)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Parents have the option to join their preschool-aged child in the water to work with them to get comfortable working with an instructor to develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This class is for those who aren't yet comfortable going underwater voluntarily.

**Mon: 4:10pm–4:40pm, 4:50pm–5:20pm, Tue: 4:10pm–4:40pm,  
4:50pm–5:20pm, Sat: 11:00am–11:30am, Sun: 10:20am–10:50am**

Location: [Small Pool](#)

## Preschool Swim Lessons (Ages 3–5)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Students develop increased comfort with underwater explorations and basic self-rescue skills performed with assistance. This stage lays the foundation that allows for a student's future progress in swimming.

This class is for those who aren't yet comfortable going underwater voluntarily.

**Mon: 5:30pm–6:00pm, Tue: 5:30pm–6:00pm,  
Sun: 11:00am–11:30am, 12:20pm–12:50pm**

Location: [Small Pool](#)

## Preschool Swim Lessons (Ages 3–5)

### Stage 2: Water Movement

**Members: \$95 – Non Members: \$141**

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also developing independence in performing water safety skills.

This class is for those who aren't yet able to do a front and back float on their own.

**Mon: 4:50pm–5:20pm, Tue: 4:50pm–5:20pm,  
Sat: 10:20am–10:50am, Sun: 9:00am–9:30am, 11:40am–12:10pm**

Location: [Small Pool](#)

## Preschool Swim Lessons (Ages 3–5)

### Stage 3: Water Stamina

**Members: \$95 – Non Members: \$141**

In Stage 3, students learn how to swim to safety from a longer distance than in previous levels in the event of falling into a body of water. This level also introduces rhythmic breathing and integrated arm and leg action.

This class is for those who aren't yet able to swim 10–15 yards on their front and back.

**Mon: 4:10pm–4:40pm, Tue: 5:30pm–6:00pm,  
Sat: 12:20pm–12:50pm, Sun: 9:40am–10:10am**

Location: [Small Pool](#)

## Preschool Swim Lessons (Ages 3–5)

### Stage 4: Stroke Introduction

**Members: \$95 – Non Members: \$141**

Students in stage 4 develop stroke techniques in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

This class is for those who aren't yet able to swim 15 yards of front and back crawl. This class introduces stroke technique, so being able to swim 15 yards (regardless of technique) is a required starting point.

**Mon: 4:50pm–5:20pm, Sun: 11:40am–12:10pm**

Location: [Small Pool](#)

## School Age Swim Lessons (Ages 6–12)

### Stage 1: Water Acclimation

**Members: \$95 – Non Members: \$141**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This is the first stage in the YMCA Safety Around Water program and lays the foundation for future aquatics activities.

This class is for those who aren't yet comfortable going underwater voluntarily.

**Mon: 5:30pm–6:00pm, Tue: 4:10pm–4:40pm,  
Sat: 9:00am–9:30am, Sun: 10:20am–10:50am, 12:20pm–12:50pm**

Location: [Large Pool](#)

## AQUATICS CONTINUED

### School Age Swim Lessons (Ages 6–12)

#### Stage 2: Water Movement

**Members: \$95 – Non Members: \$141**

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**Mon: 4:10pm–4:40pm, 5:30pm–6:00pm, Tue: 4:10pm–4:40pm, 5:30pm–6:00pm, 4:50pm–5:20pm, Sat: 9:40am–10:10am, Sun: 11:40am–12:10pm**

Location: [Large Pool](#)

### School Age Swim Lessons (Ages 6–12)

#### Stage 3: Water Stamina

**Members: \$95 – Non Members: \$141**

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

This class is for those who aren't yet able to swim 10–15 yards on their front and back.

**Mon: 3:30pm–4:00pm, 4:50pm–5:20pm, Tue: 3:30pm–4:00pm, 5:30pm–6:00pm, Sat: 10:20am–10:50am, 12:20pm–12:50pm, Sun: 9:00am–9:30am**

Location: [Large Pool](#)

### School Age Swim Lessons (Ages 6–12)

#### Stage 4: Stroke Introduction

**Members: \$95 – Non Members: \$141**

Students in stage 4 develop stroke techniques in front crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

This class is for those who aren't yet able to swim 15 yards of front and back crawl.

**Mon: 4:10pm–4:40pm, 5:30pm–6:00pm, Tue: 4:10pm–4:40pm, 4:50pm–5:20pm, Sat: 9:00am–9:30am, 11:40am–12:10pm, Sun: 9:40am–10:10am**

Location: [Large Pool](#)

### School Age Swim Lessons (Ages 6–12)

#### Stage 5: Stroke Development

**Members: \$95 – Non Members: \$141**

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

This class is for those who aren't yet able to swim the front crawl, back crawl, and breaststroke across the pool.

**Mon: 4:50pm–5:20pm, 6:10pm–6:40pm, Tue: 6:10pm–6:40pm, Sat: 11:00am–11:30am, Sun: 10:20am–10:50am**

Location: [Large Pool](#)

### School Age Swim Lessons (Ages 6–12)

#### Stage 6: Stroke Mechanics

**Members: \$95 – Non Members: \$141**

In stage 6, students refine stroke techniques on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

This class is for those who aren't yet able to swim the front crawl, back crawl, and breaststroke across the pool and back.

**Mon: 6:10pm–6:40pm, Tue: 4:50pm–5:20pm, Sat: 10:20am–10:50am, Sun: 11:00am–11:30am**

Location: [Large Pool](#)

### Introduction to Competitive Swim Team (Ages 6–12)

**Members: \$95 – Non Members: \$141**

This swim lesson program prepares Stage 6 swim lesson graduates for the pace and commitment of the swim team.

**Mon/Tue/Thu: 5:30pm–6:00pm, Sat: 9:40am–10:10am**

Location: [Large Pool](#)

\*This class meets twice a week

\*Taking this class does not mean your student has an automatic spot on the swim team at the HRYMCA.

### Triathlon Swim Clinic (18+)

**Members: \$95 – Non Members: \$141**

Kick-start your Tri training season in the pool with fellow athletes! In this class you will learn open water swimming techniques, improve your freestyle and breaststroke, and practice the basics of Tri swimming.

**Tue: 6:10pm–6:55pm, Sat: 11:00am–11:45am**

Location: [Large Pool](#)

\*For equipment you will need goggles, a swimsuit and a swim cap. Wetsuits are optional.

### Teen & Adult Swim Lessons

**Members: \$95 – Non Members: \$141**

Our teen and adult swim lessons provide a place for swimmers to learn how to swim in a friendly small-group setting. We have students of all comfort levels and abilities.

**Teen Beginner | Mon: 4:50pm–5:20pm**

**Teen Intermediate | Mon: 5:30pm–6:00pm**

**Adult Beginner | Wed: 5:00pm–5:45pm**

**Adult Intermediate | Wed: 7:00pm–7:45pm**

Location: [Small & Large Pool](#)

For more information about Swim Lessons, please contact Assistant Aquatics Director, Colin Machat at [Colin.Machat@hrymca.org](mailto:Colin.Machat@hrymca.org)

## AQUATICS CONTINUED

### Triple Crown Open Water Challenge

Ongoing enrollment through 2026

Ongoing – Member led

**Members: FREE – Non Members: Day pass needed**

A year-long lap swim challenge inspiring participants to virtually complete the English Channel, Catalina Island, and Manhattan Island open water swims — all tracked within our YMCA facility in a fun, safe, and motivating format.

Participants log laps during any open lap swim time. Yardage is self-reported after each swim via paper slip and tracked by staff in a master spreadsheet. Milestones:

- commemorative cap after the participant completes all 3 of the open water swims
- Participant names may be displayed on a recognition board on the pool deck
- Completing all three in the calendar year earns a Triple Crown cap and board recognition
- Program runs January 1 – December 31 annually and is fully self-paced

Location: [Large Pool](#)

### Water Polo

**Members: \$125 – Non Members: \$175**

Water polo lessons introduce youth to the fundamentals of water polo in a fun, safe and positive environment. Participants will develop strong swimming skills, learn basic water polo techniques (passing, shooting, defense, and positioning), and build confidence in the water. Classes emphasize teamwork, sportsmanship, and fitness.

*\*No prior water polo experience required.*

**Thu: 5:00pm–6:00pm**

Location: [Large Pool – 3 lanes](#)

### Advanced Stroke Development

**Members: \$95 – Non Members: \$141**

This class is designed for confident swimmers who are ready to refine and advance their competitive swimming skills. Participants will focus on improving technique, efficiency, and endurance across all four competitive strokes; freestyle, backstroke, breaststroke, and butterfly. Instruction emphasizes proper body position, stroke mechanics, starts, turns, and finishes, while building race awareness and training habits.

**Mon/Tue: 4:10pm–4:40pm**

Location: [Large Pool](#)

### Starts and Turns Development

**Members: \$95 – Non Members: \$141**

The Starts & Turns Development class is designed to help youth and teens refine competitive swimming fundamentals with a strong emphasis on stroke technique, legal turns, starts, and race skills. The program bridges the gap between swim lessons and competitive swim team participation, supporting skill development, confidence, and lifelong swimming habits in a safe and encouraging YMCA environment.

**Tue: 4:50pm–5:20pm**

Location: [Large Pool](#)

### Introduction to Masters Swimming

**Members: \$95 – Non Members: \$141**

Introduction to Masters Swimming is a structured adult swim program designed for individuals interested in improving stroke technique, endurance, and overall fitness in a supportive, coach-led group environment. The program introduces participants to the principles of Masters Swimming, emphasizing skill development, confidence in the water, and lifelong aquatic fitness.

**Tue: 5:30pm–6:15pm**

Location: [Large Pool](#)

For more information about Aquatics programs, please contact Aquatics Director, Sarah Smith at [Sarah.Smith@hrymca.org](mailto:Sarah.Smith@hrymca.org)



# Summer 2026 HRYMCA DOLPHINS SWIM TEAM

We offer three different divisions/stages. Our **Dolphins Club** team is an entry level division that allows swimmers to continue their swimming careers past swim lessons. YMCA swim meets are available, but not required. The **Age Group** division is for those looking to refine their understanding of all four strokes. In this division there will be YMCA and USA swim meets. The **USA Dolphins/Senior** group focuses on refining an advanced understanding of all four strokes, with a focus on swim meet standards. This division will also participate in YMCA and USA swimming meets. At the Hampshire Regional YMCA, we focus on stroke technique, speed, and endurance, but most importantly the true meaning of sportsmanship and being part of a team.

## DOLPHINS CLUB DIVISION:

Tue/Thu: 4:30pm-5:30pm  
ALT Sat: 10:00am-11:00am

## AGE GROUP DIVISION:

AGE I: Mon/Wed/Fri 4:30pm-6:00pm  
AGE II: Mon/Wed/Fri: 4:30pm-5:45pm

## USA DOLPHINS/SENIOR:

Mon-Fri: 6:00pm-8:00pm  
Sat: 8:00am-10:00am



**REGISTRATION OPENS APRIL 1ST  
REGISTRATION CLOSSES APRIL 22ND**

DIVISION	HOUSEHOLD MEMBER	YOUTH/TEAM ONLY MEMBER
Dolphins Club	\$303	\$363
Age Group	\$447	\$541
USA Dolphins	\$576	\$692



**HEAD COACH:**  
Jae Pinilla-O'Dea  
[jae.pinilla-o'dea@hrymca.org](mailto:jae.pinilla-o'dea@hrymca.org)  
413.584.7086 Ext. 145



# HEALTHY LIVING PROGRAMMING

## PARKINSON'S PROGRAMMING

**All Parkinson's Programs are FREE for Y members. Non-members may join the Dance for Parkinson's class for a \$30 monthly fee.**  
**Classes are ongoing.**

### Parkinson's Cycle

Pedaling at a certain rate per minute (RPM) has shown to increase strength and improve symptoms of PD, plus it can be fun when you add trivia and sing-a-longs! This is an evidence-based, small group cycling program. Classes are ongoing, once per week for 45 minutes.

**All participants must complete a health history and get a signed medical clearance from a healthcare provider. Options to attend virtually or in person.**

**Mon: 1:00pm-1:45pm**

### Dance for Parkinson's

Experience the joy of movement in this class designed for people with Parkinson's and their care partners. Participants will access their creativity within a supportive community of movers. Classes incorporate seated warm-ups with standing and locomotor movement that can also be adapted for seated movers.

**A medical clearance and pre-registration is required.**

**Wed: 2:15pm-3:15pm**

### Parkinson's Exercise Program

A small-group exercise program based on research done by Boston University. A trained instructor leads participants through strengthening and balance exercises and stretches designed for those with PD. Classes are ongoing, once per week for 60 minutes.

**All participants must complete a health history and get a signed medical clearance from a healthcare provider. Options to attend virtually or in person.**

**Wed: 1:00pm-1:50pm**

### Parkinson's HIIT Circuit Class

HIIT stands for High Intensity Interval Training, a style of exercise where short bursts of high intensity exercises are followed by short periods of low intensity recovery. Participants will perform strength training intervals using combinations of weights, bands and body weight. Class will conclude with stretching and flexibility exercises. Studies have found that people with Parkinson's who regularly participated in HIIT training had increased neuronal activity, experienced a decrease in Parkinson's symptoms, and felt that their quality of life improved.

**A medical clearance and pre-registration is required. This class is offered in-person only.**

**Tue & Thu: 1:00pm-1:55pm**

### Parkinson's Support Group

Join fellow members of the Parkinson's community for a supportive, discussion-based group led by Marcia Post, LICSW. This monthly gathering provides a welcoming space to share experiences, exchange resources, and connect with others who understand the challenges of living with Parkinson's.

**Last Thursday of the Month, 2:15pm-3:15pm**

Location: [Studio 2](#)

\*A medical clearance is not required. There is no charge to participate, as this program is funded by the APDA.

\*Please email Marcia Post for program and registration details at [MarciaPostLICSW@gmail.com](mailto:MarciaPostLICSW@gmail.com)

\*The group will close when there are 18 participants or after March 26, whichever comes first.

### Coffee Hour for HRYMCA PD program participants and their caregivers

Connect with others in the PD community to socialize and share resources.

**Mon: 2:00pm-3:00pm**

Location: [Studio 1](#)

### Parkinson's Exercise Class – New UMass Amherst Collaboration

Offered in collaboration with the UMass Amherst School of Public Health and Health Sciences, Department of Kinesiology, this new pilot program brings evidence-based Parkinson's exercise directly to campus. Work alongside a YMCA instructor and UMass students, who will share their knowledge and support as you engage in exercises based on research conducted by Boston University. This small-group program focuses on strength, balance, and mobility in a welcoming, educational environment.

**Fri: 12:15pm-1:15pm**

Location: [Totman Building](#)

\*Parking is available in the Totman parking lot for those enrolled in the program.

\*All participants must complete a health history and obtain a signed medical clearance from a healthcare provider.

\*Jared Ramer for information on how to join at [Jared.Ramer@hrymca.org](mailto:Jared.Ramer@hrymca.org)

## HEALTHY LIVING CONTINUED

### LIVESTRONG® AT THE YMCA

LIVESTRONG® AT THE YMCA is a free, small-group exercise program that helps adult cancer survivors reclaim their health and well-being following cancer treatment. Participants commit to attending two, 90-minute classes per week for twelve weeks. Classes are guided by a certified LIVESTRONG® AT THE YMCA instructor. Participants also receive a complimentary twelve-week membership to the Y for themselves and their immediate family.

**Medical provider approval is required.**

**Our next session will begin in May.**

Please contact [Jared Ramer, Health and Wellness Coordinator at Jared.Ramer@hrymca.org or 413.584.7086 Ext. 111](#)

### LIVESTRONG® at the YMCA – New UMass Amherst Collaboration

LIVESTRONG® at the YMCA is a free, small-group exercise program designed to help adult cancer survivors rebuild strength, improve physical function, and enhance overall well-being after treatment. In 2026, there will be opportunities to participate in this program both at the Hampshire Regional YMCA and at UMass Amherst through a pilot collaboration with the UMass Amherst School of Public Health and Health Sciences, Department of Kinesiology. Participants work alongside a certified LIVESTRONG® at the YMCA instructor as well as UMass students, who contribute their knowledge and support to create an engaging, research-informed experience.

**Medical provider approval is required.**

#### How To Join?

Please contact [Jared Ramer, Health and Wellness Coordinator at Jared.Ramer@hrymca.org or 413.584.7086 Ext. 111](#)

### Northampton Senior Center – Group Exercise Classes

#### Drop-in fee – \$3/class for NSC and Y members

Did you know that the Y is offering classes at the Northampton Senior Center, taught by HRY instructors? Those interested in attending must become an NSC member (free for Northampton residents, \$2 for non-residents) in order to participate. Call or stop by the senior center to get started!

#### Low-Impact Aerobics & Strength with Jim

**Mon: 10:30am**

#### Low-Impact Aerobics & Strength with Lynne

**Wed: 10:15am**

#### Yoga Strength & Stretch with Melinda

**Tue: 9:00am**

#### Yoga Foundations with Teresa

**Mon & Wed: 8:30am**

#### Strength, Stretch & Balance with Jim

**Thu: 9:00am**

### Zumba® Gold class for NSC members with Heather

**NSC members are invited to come to the HRYMCA to attend our Zumba® Gold class!**

Enjoy easy to follow, Latin-inspired dance combinations, with a sprinkling of other rhythms and dance styles from around the world. This class feels more like a party than a workout! Zumba® Gold is similar stylistically and musically to regular Zumba® but taught at a lower-intensity and the movements are easier on the joints to make it accessible to a wider range of ages and fitness levels.

**Thu: 4:30pm**

Location: [Studio 1](#)

\*There is no charge for NSC members – just bring your NSC membership card and sign in at the HRYMCA Welcome Center. This opportunity is inspired by our existing collaboration with the Northampton Senior Center.

For more information about Healthy Living Programming, please contact Senior Program Director of Healthy Living & Wellness, Lynne Zusi at [Lynne.Zusi@hrymca.org](mailto:Lynne.Zusi@hrymca.org)

## WELLNESS PROGRAMMING

### Barbell Basics

**Members: \$75 – Non Members: \$175**

#### 6-week program

Learn and work on the basics of barbell training to develop a strong base of knowledge and strength! This class will focus on four basic barbell compound lifts: squat, bench press, deadlift, and overhead press. In this team-based approach to training, you will not only learn how to perform the movement but will also learn how to spot work in an effective training group.

- **Mon: 6:00pm–7:00pm & Wed: 5:00pm–6:00pm with J –OR**
- **Mon: 9:00am–10:00am & Wed: 9:00am–10:00am with Dani**

Location: [Functional Training Room & Weight Room](#)

\*You must attend at least 8 of the 12 classes in this course to progress to the Barbell Intermediate class in the future.

\*These classes are perfect for those who are newer and just learning

### How-to's of Hypertrophy with Andrew and Lily

**Members: \$75 – Non Members: \$175**

#### 6-week program

Discover the movements to build muscle in this program designed for both beginners and intermediate lifters. We will go over how to properly perform and optimally train your muscles for any of your muscle-building goals. This program will cover the whole body over the time period and will not only train but also educate you on proper rep ranges, weight, and form.

**Wed: 2:00pm–3:00pm & Fri: 3:00pm–4:00pm with Andrew**

**Wed: 7:00am–8:00am & Fri: 10:00am–11:00am with Lily**

Location: [Functional Training Room & Airnasium](#)

### Spring Strength Classic – Bench and Deadlift Competition with Sawyer

**Members: \$60 – Non Members: \$90**

#### Come join us for our second annual Spring Strength Classic!

All are welcome to take part in this fun and supportive lifting event. Whether you're a seasoned competitor or lifting for the first time, everyone is welcome as long as you can bench and deadlift at least 45lbs.

This friendly competition includes both Bench Press and Deadlift. You'll get three attempts to lift your best single rep in each. Your top successful lifts will be combined and calculated along with your bodyweight to determine the overall winners, by age-group, in one of three categories: Women, Men, Non-Binary.

Prefer to focus on just one lift? No problem! You can choose to compete in either Bench Press or Deadlift—but keep in mind, single-lift competitors won't be eligible for the overall prize. Includes an event t shirt!

**Winners will be for the following categories:**

**Male Adult. Female Adult. Non-Binary Adult.**

**Male High School. Female High School. Non-Binary High School.**

**Sunday, May 17: 8:30am–12:30pm**

Location: [Airnasium](#)

### Barbell Club with Sawyer

**Members: \$55/month – Non Members: \$100/month**

This program is for those who have taken Barbell Intermediate, or have extensive experience with barbell lifts/variations of the lifts and are looking to continue their progress in a group setting. Members of this program will receive a 4- week lifting program with lifts 3x a week. Two of these workouts will be done individually, or in small groups organized by members, and one will be done together in the group lift on Sunday.

**Sun: 10:00am–11:00am**

**Mon: 8:00am–9:00am & 5:00pm–6:00pm**

Location: [Functional Training Room & Weight Room](#)

\*This is a continuous club similar to EFT, meeting once a week and with rolling registration.

### Treadmill Stride & Strength with Rachel

**Members: \$65 – Non Members: \$165**

**May 2–June 13 (No class on May 23)**

This 45-minute treadmill workout combines hills and speed intervals to improve cardiovascular health. Increase your VO2Max, speed and power with this high energy weekly session!

**Sat: 8:00am**

Location: [Cardio Room](#)

### TRX/Kettlebell Fusion with Rachel

**Members: \$65 – Non Members: \$165**

**April 29–June 3**

This 45-minute dynamic workout combines two modalities of functional training: TRX Suspension Training and Kettlebells. You will build muscle, core stability and balance while improving cardiovascular health by moving quickly through high-energy intervals. Come ready to have fun and sweat!

**Wed: 7:00am**

Location: [Functional Training Room](#)

### Body Weight Mastery with Oliver

**Members: \$75 – Non Members: \$175**

#### 6-week program

Unlock your body's true potential in our Bodyweight Mastery Class — a focused training experience designed to build strength, control, and confidence through progressive calisthenics. Learn skills like handstands and arm balances, develop powerful full-body patterns, and improve the mobility that makes advanced movement feel effortless. Whether you're beginning your journey or leveling up your practice, this class will help you master your body using nothing but your own weight.

**Wed: 5:30pm–7:00pm**

Location: [Functional Training Room](#)

For more information about Wellness Programming, please contact Wellness Director, Sawyer Levy at [Sawyer.Levy@hrymca.org](mailto:Sawyer.Levy@hrymca.org)

# HAMPSHIRE REGIONAL YMCA

## BUILDING HOURS

Monday–Friday: 5:30AM–9:00PM

Saturday: 7:00AM–3:00PM

Sunday: 8:30AM–3:30PM

## UPCOMING EVENTS



HEALTHY KIDS DAY

Saturday, April 18 | 11:00am–1:00pm



Annual Community Impact Dinner

Thursday, May 7 | 5:30pm–8:30pm

## HOLIDAYS/CLOSURES



MEMORIAL DAY

Monday, May 25

FOLLOW US AND STAY CONNECTED!

