GET READY FOR SUMMER!

Sign up for swim lessons now – be ready in time for summer!

**CONCORD FAMILY YMCA**

Guide to **SPRING 1 & 2 PROGRAMS 2015**

**SPRING 1 SESSION:**
March 2 – April 18 (7wks)
Registration begins: Members Online: February 2
Members at Y: February 9
Community Members at Y: February 16

**SPRING 2 SESSION:**
April 20 – June 13 (7wks)
(No classes Spring Break week April 27-May 2)
Registration begins: Members Online: March 23
Members at Y: March 30
Community Members at Y: April 6

Members can sign up early online! Full Member registration will open one week early.

*You must provide the Y with an active e-mail address prior to using online registration.
WELCOME TO THE Y!
At the Y, strengthening our community is our cause. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

When YOU join the Y, you are coming together with others in your community who are committed to youth development, healthy living and social responsibility!

REGISTRATION DATES:
SPRING 1 SESSION:
March 2 - April 18 (7wks)
Registration begins: Members Online: February 2
Members at Y: February 9
Community Members at Y: February 16

SPRING 2 SESSION:
APRIL 20 - JUNE 13 (7wks)
(No classes Spring Break week April 27-May2)
Registration begins: Members Online: March 23
Members at Y: March 30
Community Members at Y: April 6

Members can sign up early online!
Full Member registration will open one week early – visit our website for more information.

To avoid cancellation of classes please register during designated dates. Classes will be cancelled if fewer than 3 people are enrolled for a specific time. Classes will be cancelled the Wednesday before the session starts if enrollment is low. Thank you!

CLOSED THE FOLLOWING HOLIDAYS:
Closing at 1:00 New Year’s Eve, Closed New Year’s Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Columbus Day, Veteran’s Day, Thanksgiving Day, Closing at 1:00 Christmas Eve and Closed Christmas Day

HOURS beginning September 8 - Mid June:
Pool opens 15 minutes after building opens and closes 30 minutes prior to building closing.
Monday - Friday 5:00 AM - 10:00 PM
Saturday 7:00 AM - 6:00 PM
Sunday 9:00 AM - 6:00 PM

SUMMER HOURS Mid June – September 8, 2015:
Pool opens 15 minutes after building opens and closes 30 minutes prior to building closing.
Monday - Friday 5:00 AM - 9:00 PM
Saturday 7:00 AM - 6:00 PM
Sunday closed

Y Professional Staff
Our staff strives to provide the best programs and services possible. We work closely with both support staff and volunteers to meet the needs of the many families in our community. Please feel free to contact us any time at 228-9622.

Matt Bolton, Facility Director ext. 135 mbolton@concordymca.org
Jen Bonnett, Aquatics Director ext. 139 jbonnett@concordymca.org
John DeCaprio, Swim Team Coach jvd0330@comcast.net
Jim Doremus, Executive Director ext. 146 jdoremus@concordymca.org
Jim McEwen, CFO jmcewen@concordymca.org
Stephanie Feist, Senior Program Director ext. 150 sfeist@concordymca.org
Deborah Galipeault, Child Care/Youth Services Director ext. 145 dgalipeault@concordymca.org
Trieste Philbrook, Wellness Coordinator ext. 122 tphilbrook@concordymca.org
Carole Thibodeau, Assistant Childcare Director ext. 147 cthibodeau@concordymca.org
Paula Taylor, Development Director ext. 127 ptaylor@concordymca.org
Sonia Wilks, After School & Camps Director ext. 123 Cell: 603.290.7001 swilks@concordymca.org
Karen Wimpey, Membership Supervisor ext. 154 kwimpey@concordymca.org

Page 2-Visit us online at www.concordymca.org
OUR MISSION
The Concord Family YMCA puts Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR PROMISE
With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Though the world may be unpredictable, one thing remains certain - the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

GIVE
When you give to the Y, you continue to strengthen our community and move us all forward. Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

WHEELABRATOR CONCORD
CONVERTING EVERYDAY HOUSEHOLD TRASH INTO CLEAN RENEWABLE ENERGY
www.wtienergy.com

Thank you for all you do in the community.

VOLUNTEER
The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own community.

PROGRAM CREDIT POLICY
Program Directors will issue YMCA credit if a registered participant withdraws prior to the first day of a program. In the event the YMCA is responsible for program cancellation due to low enrollment, a credit will be issued toward merchandise or future program registrations. A $10.00 administration fee will be charged for any classes changed after initial registration. We will pro-rate classes falling on a scheduled holiday when the YMCA is closed.

FINANCIAL ASSISTANCE
Financial Assistance is available for program and membership fees. The YMCA’s generous supporters enable us to make the “Y” experience available to all, regardless of ability to pay. For information or an application, contact Karen Wimpey, kwimpey@concordymca.org, or pick one up at the Welcome Center. We are a 501c (3) charitable organization.

FINANCIAL AID IS AVAILABLE.
ADULT PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

SPECIAL MEMBER SERVICES INCLUDED IN YOUR MEMBERSHIP

ORIENTATION (FOR AGES 14 AND UP!)
All members are asked to participate in an orientation to our Matrix & Cardiovascular Equipment from one of our trained staff. They will explain policies, equipment and provide a program for you. Please allow 1 hour for an orientation, and be prepared to work out. Contact the Welcome Center to schedule an appointment, 228-9622.

BODY COMPOSITION ANALYSIS
The YMCA’s method of estimating lean muscle mass involves the measurement of skinfolds in various body locations. In 3 or 4 pinches you will know approximately how much of your body is muscle and how much is fat. By Appointment Only.
First evaluation is included in Full Membership, second and all after $10.
Community Members: $15.00
Call 228-9622 ext. 121 to sign up for this service.

INDIVIDUAL FITNESS TESTING/EVALUATION
The Y’s Way to Physical Fitness Test is an excellent means of evaluating your present fitness level. The test is highly recommended for all members to determine progress toward personal goals. The complete battery of tests will include measurements of body composition, blood pressure, resting heart rate, strength, flexibility and muscular endurance, as well as cardiorespiratory efficiency. By Appointment Only. Call 228-9622 ext. 121 to sign up for this service.
Full Member Benefit
Community Members: $45.00

INTRO TO TRAINING
This is a 7-week program that introduces you to a bit of what personal training is all about. This program is for the member who needs a bit more guidance, direction and individualization.

1. This program begins the same way as the “Commit to Be Fit” program with a fitness consultation and fitness assessment.
2. Participants meet with a trainer once to twice a week for 7 weeks.
3. Members will get workouts that will be designed to start them down the right path to their health and wellness goals.
4. In addition to being given a workout plan, you will be given guidance on healthy eating, goal setting and lifestyle changes that might help you to reach your fitness goals.

This is an ongoing program and you can sign up at anytime.
Fee: $90 for Members
Call 228-9622 ext 121 to connect with a trainer.

Full Member benefit!

COMMIT TO BE FIT
AGES 14 and up
Welcome to the Y!

This introductory program consists of 2 one-hour and 2 half-hour sessions with a personal trainer, designed to set you on your way to a lifetime of physical fitness and well-being. Your first meeting is your Initial Fitness Consultation and Fitness Assessment, to determine where you are and goals to get you where you’d like to be. Your second session will review the machines and begin a tracking card. After that, you meet with a trainer to help you stick to your goals and see how to best utilize what the Y has to offer!

Sign up at the Welcome Center or at the Wellness Desk on the second floor.
PERSONAL TRAINING

All of our trainers are certified by respected certifying organizations.

Benefits of working with a personal trainer include:

- Developing an individualized plan for achieving your specific fitness goals
- Ensuring safe lifting techniques and sound programming
- Identifying and correcting strength imbalances
- Staying motivated and accountable

Staying active is vitally important to maintain your health and well-being.

If you have specific fitness goals and you are not getting the results you would like, working with a personal trainer is about the smartest thing you can do with your money. When you think about it, what could be better than investing in yourself?

To get your fitness consultation, to go over your personal health and fitness history and to get started with a trainer, contact: Trieste Philbrook, Wellness Coordinator at 228-9622 ext. 122 or tphilbrook@concordymca.org

FEES:

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YMCA ADULT SPORTS

MEN’S PICK-UP BASKETBALL

Are you stressed out? Want to play some hoop? Join our pick-up basketball games! Go back to the office feeling like you are in college again.

Monday–Friday, 1:00 – 2:00 PM
(Must be over 18)
Member Benefit

MASTERS SWIMMING

Do you love to swim? Do you want to try racing again and have some fun getting in shape? Come swim on Monday & Wednesday, 7:30-8:25 AM. This is a dedicated swim time for athletes to work on endurance, racing, strength and strokes. If you are interested in racing with US Masters, you must register for NE Masters. There is a fee for US Masters. This is a self-managed volunteer group. If you have questions or if you are interested in volunteering to help manage this group contact Jen Bonnett, Aquatics Director, 228-9622 ext 139 or jbonnett@concordymca.org.
Member Benefit

SQUASH

Our squash court is available for you to use on a first-come, first-serve basis. Get a workout in at noon, or call ahead to reserve a court before work and feel refreshed all day!
Member Benefit

WE CAN HELP YOU REACH YOUR FITNESS GOALS!

Proud supporters of the Concord Family YMCA Annual Campaign.

CONCORD ORTHOPAEDICS

264 Pleasant Street • Concord • 603.224.3368
www.concordortho.com

Visit us on-line at www.concordymca.org – Page 5
YOGA WITH THE Y

Monday 12 – 1:00 PM – All-levels Hatha Yoga. Yoga promotes increased strength, flexibility, balance and focus, and is both energizing and relaxing. Participants in this class will be able to challenge themselves while learning modifications and adjustments that make the postures appropriate for any level of fitness, flexibility and yoga experience.

Monday 6:30–7:30 PM – Hatha yoga. This class focuses on strength, flexibility, and overall conditioning. Class includes warm-ups, standing asanas, balance and core work. Connect your mind, body and spirit with yoga! All levels welcome.

Mondays at 7:30 PM – Yoga for Veterans
Continue the mission of Seva (selfless service). The YMCA is offering a “Yoga for Veterans” class, free of charge. All veterans and their spouses are welcome. No previous yoga experience is necessary. Please wear comfortable clothing and avoid eating at least one hour before class. For veterans and their families only, please.

Tuesday 6:30–7:30 AM – Morning Yoga. Awaken, stretch, and gently invigorate your body with this early morning class. The use of props, modifications, and personal guidance allows participation by and challenge for participants with any level of fitness, flexibility and yoga experience. This class is both energizing and relaxing, and will prepare you to greet your day.

Tuesday 7:00–8:15 PM – All-levels Hatha Yoga. Wind down after your work day in this all-levels yoga class. Challenge your body, rejuvenate your spirit and experience both the energizing and relaxing benefits of yoga. Personal guidance and modifications will allow each participant to work at an appropriate intensity.

Wednesday 9–10 AM – Yoga for Well-Being. Yoga promotes increased strength, flexibility, balance and focus, and is both energizing and relaxing. Participants in this class will be able to challenge themselves while learning modifications and adjustments that make the postures appropriate for any level of fitness, flexibility and yoga experience.

Wednesday 11–12 PM – Gentle Yoga. Enhance your breathing, increase your strength, flexibility and improve your balance through a variety of standing, sitting and floor yoga postures. The use of props, modifications and personal guidance allows participation and challenge for all at any level.

Thursday 6:30–7:30 AM – Wake Up With Yoga! An easy-to-moderate, yet energizing class, influenced by Iyengar and Kripalu traditions. We’ll kick-start our mornings with a variety of stretches, sun salutations, and balance postures. All levels welcome—modifications will be provided as necessary.

Thursday 7–8:15 PM – Core Vinyasa Flow Yoga. This class focuses on linking the movement with the breath through flowing postures engaging the core. Sun salutations, standing, and balance postures are linked in a flow that builds strength and flexibility.

Friday 9–10 AM – Yoga for EveryBODY. This class will focus on lengthening your muscles, opening your joints and creating balance & alignment while releasing stress. Suitable for all levels and modifications will be given to accommodate injuries or limitations.

Friday 12–1 PM – Vinyasa Yoga. Vinyasa means “linking movement and breath.” The class may be fast or slow paced but will include sun salutations, standing postures and balance poses linked in a flow that synchronizes movement and breath. Instructions will include modifications suitable to all levels of experience with yoga.

Friday 5–6 PM – Energizing Yoga. Come after work to decompress and energize! Use your breath to move energy through your body and become mindful. This yoga class is focused on strength and release. Movements and postures done for core strength, full range of motion, and learning how to breathe fully again. Most important is learning the concept of “yoga off the mat.”

Saturday 9–10 AM – Vibrant Flow Yoga. A rhythmic flow of yoga poses paired with heart-warming, soul-provoking music. The intent of this class is to create a balance and strength in the body and mind, giving you a peaceful yet energizing experience.

Yoga can also be taught in private sessions, similar to personal training. Learn one-on-one or learn with a friend. Private sessions are available for Full Members at personal training rates.
GROUP EXERCISE – FREE FOR MEMBERS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

See our website for current schedule at concordymca.org

Community Member fees are $80 per session.

AEROBICS
Traditional aerobic class focusing on cardiovascular endurance, strength conditioning and flexibility. This class can be performed at either high- or low-impact, or a combination of both.
Member Benefit
Community Members: $80

HEAT (High Energy Aerobic Training)
This cardio mix class will appeal to all fitness levels. The instructors guarantee you will have fun! A great overall workout through a combination of floor aerobics, hand weights, kick boxing, body sculpting, jump roping and dynabands. This class is held in the Big Gym.
Member Benefit
Community Members: $80

BALLS, BANDS & WEIGHTS
Increase your strength and flexibility with various fitness equipment. You progress at your own rate so beginners and advanced can be in the same class. Focus is on specific areas, such as arms, hips and abs.
Member Benefit
Community Members: $80

ZUMBA®
Join this exciting Latin-based cardio workout. Dance ability is not required and men are welcome. Experience a great cross-training effect!
Member Benefit
Community Members: $80

R.I.P.P.E.D®
Resistance, Intervals, Power, Plyometrics, and Endurance. Join our NEW athletic-based workout class that incorporates weights, cardio, kickboxing set to some awesome music. “The One Stop Body Shock” is a plateau-proof fitness routine that helps you to create continuity, consistency and challenge in each and every class.
Member Benefit
Community Members: $80

PILATES
This class will strengthen and tone your muscles, improve your posture and provide flexibility. The focus of the class is on the core: abdominals, hips, butt, and back muscles. We will incorporate hand weights, small balls, yoga straps, stability balls and our own body weight to create an overall, total body workout. Exercises can easily be modified to accommodate your physical ability.
Member Benefit
Community Members: $80

POWER HOUR
This class will be broken up into a 20/20/20 format:
20 minutes of strength training
20 minutes of cardio
20 minutes of core conditioning & stretching
May include cycling, running/walking (inside or outside), strength training; may include free weights, bands, steps or balls.
Member Benefit
Community Members: $80

BODYSHOCK
A fast-paced, high-energy, full-body workout. Change up your routine by using a combination of plyometrics and free weights to shape and tone your body. Muscle confusion is the focus in this class!
Member Benefit
Community Members: $80

PiYo
A perfect blend of Pilates & Yoga. Increase your flexibility, burn calories, build muscle then end with relaxation in this transforming hybrid class.
Member Benefit
Community Members: $80

ACTIVE OLDER ADULTS

SILVER SNEAKERS®
Designed for seniors just beginning to exercise or at an intermediate level. Join us for fun, friendship and fitness.
Member Benefit
Community Members: $80
Please check with your insurance provider for information on qualifying guidelines for members and Silver Sneakers® reimbursement.

WATER AEROBICS
A high-intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This class will be made up of kickboxing moves, aerobic exercises, interval work, strength training and a 10-minute cool down. All areas of the pool are used, so participants must be comfortable in deep and shallow water. This class is geared toward active adults seeking a diverse and intense water-aerobic workout.
Member Benefit
Community Members: $80

WATER WALKING
An intense deep-water workout with no impact to muscles or joints. You’ll build strength and endurance through 30-minute interval training plus stretching and toning. Participants must be comfortable in deep water.
Member Benefit
Community Members: $80

SPASH DANCE
Dance-inspired water fitness using easy-to-follow movements incorporating free style, Latin, club and belly dancing movements for a fun water aerobic workout.
Member Benefit
Community Members: $80

FINANCIAL AID IS AVAILABLE.
ADULT PROGRAMS!
FOR HEALTHY LIVING – Improving the nation’s health and well-being

BOOT CAMP
An exciting total-body strength and conditioning program designed to meet the needs of any individual, from novice to the ultra fit. From hot trends such as plyometrics, functional training, and pilates, to old-school calisthenics, Boot Camp promises to give you the challenging and effective workout you have been training for.

Member Benefit • Community Members: $80

IRON MAIDENZ—Designed for women by women
Iron Maidenz is our small group weight training program designed just for women. Class is held in the Free Weight Room and is led by a Certified Personal Trainer. This program is a great fit for any woman who is looking to take things to the next level or if there is still an intimidation factor in the weight room.

Class size is limited to 6 in order to guarantee quality one-on-one instruction and develop a tight-knit training group.

Members $50 • Community Members $80

KICKBOXING
An energizing cardiovascular workout consisting of jabs, hooks, uppercuts and kicks, combined with strength training designed to get you on your way to a leaner and healthier. This class will include bag and pad work, so finger-less boxing gloves are recommended. A 3 person minimum to run the class and limited to a max of 8 people.

Members $50 • Community Members $80

ADVANCED BOOT CAMP
Get in touch with your military side and see what it is really like to go through Boot Camp. This is a high-intensity class that will take you to the next level in Boot Camp Training. Boot Camps utilize highly effective physical training techniques practiced by the U.S. military, complete with BODY resistance and exercise tubing uniquely arranged to target specific muscle groups. You’ll burn upwards of 600-800 calories!

Member Benefit

Monday, Tuesday, Thursday, Friday:
0600 – 0700 (6:00-7:00 AM)

MASSAGE THERAPY
AT THE Y!
Dina Carnivale
Licensed Massage Therapist

By Appointment
Contact Dina to schedule your appointment:
(603) 344-2159
dcarnivale03@yahoo.com

Cost:
1/2 Hour: $45 • 1 Hour: $75 • 1 1/2 Hour: $100

CONNECTED
WITH OUR COMMUNITY

We are proud to support the Concord Family YMCA – making a difference in the lives of children, individuals and families.

Attorneys at Law – serving New Hampshire from our office at:
11 South Main Street, Suite 400, Concord, NH 03301
603-225-4334
hinckleyallen.com

Albany • Boston • Concord • Hartford • New York • Providence

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The Roller Skating Workout for Women
NO EXPERIENCE NECESSARY.

START OUT
is a series of weekly one-hour learn-to-skate classes that teach women the language of our program and the basic skills necessary to move on to other Fitness Skating classes, or just feel more confident at the roller rink with the kids. ‘Start Out’ is a prerequisite for all new members who don’t have at least 12 weeks of Derby Lite or competitive roller derby experience.

ROLL OUT
classes provide a one-hour High Intensity Interval Training (HIIT)-based exercise class for continuing skaters looking for an on-skates workout with no deliberate falls that burns up to 1,000 calories an hour while building lean muscle and strong hearts. This class ZOOMS by and then ends with a blissful stretch sequence.

DERBY LITE
is the name of our classic workout based on the skills & drills of competitive women’s roller derby. Continuing skaters learn and improve skating skills and participate in roller derby-style drills in a ninety-minute class.

- **Start Out**: Tuesdays 7-8:30 PM
- **Roll Out**: Thursdays 7-8:00 PM
- **Derby Lite**: currently no classes at YMCA

To register go to Derbylite.net
For more information contact: spankalleysally@gmail.com

Registration fees do not include quad speed skates or protective gear including helmet, elbow pads, knee pads, wrist guards, and mouth guard which are required.

COMBAT HAPKIDO
(13+ and UP) 7 weeks • NEW RATES
Mon., Tues., Thurs. options • Small Gym 7:30-8:30p
1 Class/week: Member $50 • Community Member $70
2 Classes/week: Member $65 • Community Member $85
3 Classes/week: Member $80 * Community Member $100

Combat Hapkido is an extremely realistic and versatile discipline of self-protection that includes an extensive variety of strikes, kicks, joint locks, pressure points, grappling and disarming techniques. The result is a practical, comprehensive Self Defense system that is enjoyable to learn and produces effective results for realistic situations.

The essence of Combat Hapkido is pure Self Defense. It is the synthesis of dynamic concepts, scientific principles, realistic applications and plain common sense. Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross.
dynamicdefenseconcepts.com

WOMEN’S SELF DEFENSE (13+ and up)
NEW RATES • Tues. Small Gym 6:30p
Class/week: Member $20
Community Member $30 per 7 week session

This is a personal protection program designed to teach women how to defend themselves against sexual harassment or basic assault situations. The program is comprised of elements from the SHARP (Sexual Harassment and Rape Prevention) course from PPTC Management Systems, the International Police Defensive Tactics Institute, Combat Hapkido and Kempo Karate. This course has been specifically designed for situations when control and assault prevention methods are required; employing principles and strategies for effectively reducing the likelihood of assault through techniques for countering attacks and strategies of avoidance. This program is open to any teen / adult female 13 and up. Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross.
dynamicdefenseconcepts.com

TEEN/ADULT KEMPO KARATE (13+ and UP)
7 weeks NEW RATES • Thursday 6:30-7:30 PM • Small Gym
1 Class/week: Member $50 • Community Member $70
2 Classes/week: Member $65 • Community Member $85
Would be in combination with ONE Hapkido class on Monday, Tues or Thurs 7:30-8:30p
3 Classes/week: Member $80 • Community Member $100
Would be in combination with TWO Hapkido classes on Monday, Tues or Thurs 7:30-8:30p

Kempo Karate (combined with Kungfu & Jiu-Jitsu) is a martial arts program based on traditional training values and personal development of life skills for today’s modern society. Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross.
dynamicdefenseconcepts.com
YMCA PARTIES AND RENTALS

Are you planning a birthday party, corporate event, church outing, or family get-together? Then come to the Concord Family YMCA!!

All rentals will receive access to the facility and the staff to help lead the event. You provide the guests, food, and paper goods.

SPORTS PARTIES
AGES 3–17
Goals! Hike! Basket!
Many sports available including: basketball, soccer, floor hockey, and flag football.
Small gym use only.

Contact the Welcome Center for availability.

CLIMBING PARTIES
AGES 4–17
Climber ready, belay on, climb away! Learn these commands as you go up our indoor climbing wall. We have a variety of courses for first timers to advanced climbers. Staff will provide the safety and guidance to have the kids reach the top. An obstacle course is set up for kids to play on while they wait their turn. Parents say their kids sleep very well after attending these parties!

Contact the Welcome Center for availability.

POOL PARTIES
AGES 4–17
Pool parties are great fun! Children will enjoy swimming and a variety of pool games under the supervision of certified lifeguards. All non swimmers under 6 and those using flotation devices, must be accompanied by an adult guardian at all times. Contact the Welcome Center for availability.

- Parties are scheduled at the Welcome Center in the lobby. Contact the Welcome Center for availability call 603.228.9622
- Date is secured when facility lease agreement is signed and payment is received in full.
- Please reserve your party at least 2 weeks in advance for staffing purposes.
- Please allow for clean up within your party time. The birthday room needs to be ready for the next party. Thank you.
- The YMCA closes promptly at 6 PM so we ask all party goers to clear the building by 6 PM.
- Rental includes birthday party room and 1 hour of activity time.

THANK YOU!

POOL PARTY:
1–25 people $120 1 Lifeguard
26–50 people $160 2 Lifeguards
51–75 people $200 3 Lifeguards
(All swimmers must take a swim evaluation.)

ROCK WALL PARTY:
1–12 people $120
13–25 people $160 additional staff included

SPORTS PARTY:
Small Gym $120

Contact the Welcome Center 603.228.9622

SPECIAL FACILITY RENTALS:
Subject to availability.
Big Gym • Small Gym • Climbing wall
Max 12 people, additional people require additional staff and will change the rate.
Contact Stephanie Feist, Senior Program Director, for additional information sfeist@concordymca.org.
SAVE THE DATE!

IN GOOD SPIRITS
GOOD FOOD • GOOD TIMES • GOOD CAUSE

11th Annual Spring Social
Wednesday, April 22, 2015
5:30PM—7:30PM
Capital Center for the Arts

Wine & Beer Tasting
Top Chef Cook-off
Live & Silent Auction

Thank You Sponsors!

Cheers to 250 years!
New Year’s Eve Gala!

Merrimack County Savings Bank
Eastern Bank

Amica Insurance
Boston Asset Management
Community Players
Concord Photo Services
Concord Monitor
Concord Orthopaedics
ConvenientMD
DHMC
Fairpoint Communications
Grappone Automotive
Grappone Conference Center
Hinckley Allen
Lindt Chocolates
Mason & Rich
McLane, Graf, Raulerson & Middleton
NH Distributors
Northeast Delta Dental
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Sanel Auto Parts
The Lawson Group
The Centennial Inn
Upton & Hatfield
Wheelabrator

We would also like to thank everyone that participated in the Historic Gallery and the Centerpiece Celebration!

Proud to support
Concord Family YMCA

New Hampshire Distributors, Inc.
Concord 1946
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www.nhdist.com

HE GIVES LECTURES IN HOOKSETT

WHILE STUDENTS TAKE NOTES IN HANOVER

At FairPoint, we believe in empowering our communities to make strong connections. Like helping a local university expand its reach and connect with students in neighboring towns and beyond. Our high-speed network and reliable service have helped our customers build online education programs, enabling tens of thousands of students to achieve their dreams from the comfort of their living rooms. These connections are why, since April 2008, we’ve invested over one million dollars a week in new technology, infrastructure, and services for our northern New England network. Because a connected community is a brighter community.
"WE FOUND A BANK AS MOBILE AS WE ARE."

What will YOU discover?

Our Merrimack24 mobile banking app lets you check balances, pay bills, transfer funds and more on the go. So if you’re attached to your smartphone, learn how The Merrimack can also help you stay attached to your money.

Get the Merrimack24 mobile banking app from your app store.
YMCA YOUTH AND TEEN SPORTS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

All Children at the Y under the age of 10 must be under parental supervision.

YOUTH DANCE

INTRO TO BALLET AND DANCE
30 min class (Ages 3–5) • Monday 3:30–4:00
Young Dancers will learn age-appropriate technique, musicality, and rhythm to develop a love of dance and prepare them for the next level. Fees: $35 Full Member • $50 Community Member

YOUTH BALLET – LEVEL 1
30 min Class (Ages 5–7) • Monday 4:00–4:30
Ballet is the basis of all forms of dance. It develops and strengthens good body placement by emphasizing structured technique and positioning of the dancer. This class will introduce ballet technique, terms, and barre, and across the floor exercises so students get use to not only the structure of ballet and the class. Fee: $35 Full Member • $50 Community Member

YOUTH BALLET – LEVEL 2
45 min. class (Ages 7-9) • Monday 4:30-5:15
This class will begin to develop and strengthen good body placement by emphasizing structured technique and positioning of the dancer. The student will expand knowledge on movement and ballet terminology as well as an exploration in music rhythms and counts. Fee: $35 Full Member • $50 Community Member

ZUMBOMATIC®
Ages 7–12 years old • Wednesday 4:15–5:00 PM
Adults have Zumba® and children have ZumbAtomic! It’s a fast forward fusion of the Zumba program’s moves (salsa, cumbia, reggaeton, hip-hop and more) and workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can’t wait to get into the Zumbatomic groove. • Watch their energy and fitness levels soar as they get the groove.
Fee: $15 Full Member • $45 Community Member

SPORT – A – DAY
(AGES 4–6) • Come learn the basics of floor hockey, indoor soccer, and other games in a fun filled environment. Class will focus on the fundamentals of throwing, passing, catching and shooting as well as proper fitness techniques. (location small studio). Register on-line or at the welcome center. Registration required. Saturday: 9–10:00 AM • If no one registers class, it will not be held. For Members only

YOUTH STRENGTH TRAINING
(Ages 8-12; Limit 10 per class) A class for our youth members, Youth Strength Training is intended to provide a supervised introduction to the foundations of physical fitness and personal wellness. Activities will include 10 minutes of the principles of nutrition, 40 minutes of exercise including cardiovascular training, strength training and flexibility training; as well as basic anatomy. This is a GREAT class for sports conditioning, to prevent injuries and to promote health and physical fitness.
Monday & Wednesday, 4:15-5:05 PM
Members: $25 • Community $65

YOUTH KEMPO KARATE (under 13)
1 Class/week: Member $50 • Community Member $70
2 Classes/week: Member $65 • Community Member $85
Kempo Karate (combined with Kung-Fu & Jiu-Jitsu) is a martial arts program based on traditional training values and personal development of life skills for today’s modern society.
See schedule on our website for class times. Minimum of 4 per class. Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross.
dynamicdefenseconcepts.com

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Visit us online at www.concordymca.org - Page 13
YMCA YOUTH AND TEEN/ADULT SPORTS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

YOUTH & TEEN EQUIPMENT ORIENTATION
We are excited to announce a new opportunity for our youth and family members! Once they have completed the orientation with one of our training staff, youth 8-13 yrs old will be allowed the use of limited strength equipment while under supervision of parent. The orientation can be made by appointment and will consist of 2-4 sessions ranging from 30-60 minutes depending on the youth’s ability and level of experience with strength training. A review of gym etiquette, strength and cardio training and flexibility with be reviewed. A small amount of at-home study and “hands on” training will be required to review for the verbal and practical test administered at the end of the sessions. Parents are encouraged to attend the sessions and may be required to attend at the trainer’s discretion. Contact the Welcome Center or the Wellness Desk 228-9622 @ ext. 121.

TEEN STRENGTH AND SPORTS CONDITIONING
(Ages 13-17) Join us for a class specifically designed to get or keep you in shape for summer or fall sports. This program will consist of challenging weight-training programs while learning proper techniques to enhance sports performance and general fitness. Teens will learn healthy nutrition tips, plus learn a variety of fun drills and games to improve their fitness level, strength, speed and agility for their upcoming season.
**Tuesday & Thursday, 4:15-5:05 PM**
$25 Members • Community $65

TEEN/ADULT KEMPO KARATE (13+ and UP)
NEW RATES • Thurs. Small Gym 6:30-7:30p • 7 weeks
1 Class/week: Member $50 • Community Member $70
2 Classes/week: Member $65 • Community Member $85
Would be in combination with ONE Hapkido class on Monday, Tues or Thurs 7:30-8:30p
3 Classes/week: Member $80 * Community Member $100
Would be in combination with two Hapkido classes on Monday, Tues or Thurs 7:30-8:30p
Kempo Karate (combined with Kungfu & Jiu-Jitsu) is a martial arts program based on traditional training values and personal development of life skills for today’s modern society. Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross.  dynamicdefenseconcepts.com

ARCHERY
(AGES 6 THRU ADULTS)
For those youth with prior skill in archery or adults who want to learn archery. Class focuses on more advanced aspects of the sport with target based practices and fun games.
**Saturday 10:15-11:00 AM**
Fee: $50 Members, $90 Community Members

We’re proud to help support the fine work of the
Concord Family YMCA
LEARN NEW SKILLS!

Seacoast United & Concord Family YMCA Partner Up for Futsal

Now registering for weeks of February 2—March 28

Seacoast Express United (SEU) will host two sessions of futsal/soccer skills training at the Y. Sessions will be run by Bill Nardino, Devon Rabun and SEU Staff. Training topics will focus on foot skills, first touch, and speed & agility.

Futsal is a quicker style of soccer. Played on our indoor basketball court with a smaller heavier ball, the program emphasizes ball control and precise passing. Now registering for:

Winter EDP, Grassroots Program and Winter Training for U11 B, U12 B&G, U14 B&G, U16 B&G, U18 G

<table>
<thead>
<tr>
<th>Age group</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>EDP 3-10 yrs</td>
<td>Monday</td>
<td>4:30-5:30 pm</td>
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<tr>
<td>Boys &amp; Girls</td>
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<td></td>
</tr>
<tr>
<td>U11 Boys</td>
<td>Tuesday</td>
<td>4:30-5:30 pm</td>
</tr>
<tr>
<td>EDP 3-10 yrs</td>
<td>Wednesday</td>
<td>4:30-5:30 pm</td>
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<tr>
<td>Boys &amp; Girls</td>
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<tr>
<td>U12 Boys</td>
<td>Thursday</td>
<td>4:30-5:30 pm</td>
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<tr>
<td>U12 Girls</td>
<td>Friday</td>
<td>4:30-5:30 pm</td>
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<tr>
<td>U14 Girls</td>
<td>Saturday</td>
<td>3-4:00 pm</td>
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<tr>
<td>U14 Boys</td>
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<td>4-5:00 pm</td>
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<td>U16 Girls</td>
<td>Saturday</td>
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<td>U16 Boys</td>
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<td>6-7:00 pm</td>
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<tr>
<td>U18 Girls</td>
<td>Saturday</td>
<td>7-8:00 pm</td>
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</table>

Cost is $75 for YMCA Members/
$85 Community Members.
Concord Family YMCA members click pay later and email Bill Nardino that you are a CONCORD FAMILY Y member.

Online Registration:
To register for the Seacoast United training sessions go to: www.seacoastunitedexpress.org
Questions? Please contact Bill Nardino at bnardino@seacoastunited.com
**It's comforting to know...**

**Concord Imaging Center**

provides

World-Class Healthcare

In Concord, New Hampshire!

---

**Diagnostic Imaging**

- General X-Ray and Fluoroscopy
- Ultrasound
- MRI and high-field open MRI
- CT and CT Angiography
- Virtual Colonoscopy
- CT Colonography

**Services for Women**

- Full-field digital mammography
- Breast MRI (Sentinelle Vanguard)
- Ultrasound
- DEXA bone densitometry
- Ultrasound and MR-guided biopsy
- Stereotactic biopsy

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**It's nice to know...**

Because of our commitment to provide quality care, unlike some other facilities, we never send your images out of town or to foreign countries. Our own Local, highly-experienced, board certified, radiologists read all x-rays and scans. Our physicians work closely with your doctors to maximize the quality of care.

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Our highly-experienced physicians utilize state-of-the-art equipment to offer a wide array of services, including:

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<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td><strong>CIC Pillsbury</strong></td>
<td>Concord Hospital Campus Pillsbury Building - Suite 102</td>
</tr>
<tr>
<td><strong>CIC Horseshoe Pond</strong></td>
<td>Medical Offices at Horseshoe Pond Suite 101</td>
</tr>
<tr>
<td><strong>CIC Epsom</strong></td>
<td>Concord Hospital Medical Offices East</td>
</tr>
<tr>
<td><strong>CIC Breast Imaging Suite</strong></td>
<td>Concord Hospital Campus Pillsbury Building - Suite 106</td>
</tr>
</tbody>
</table>

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Call **603-230-7274** to schedule an appointment. Our offices are open Monday - Friday

See our website for additional information [www.ConcordImagingCenter.com](http://www.ConcordImagingCenter.com) or call now for an appointment.
YMCA FAMILY TIME
FOR HEALTHY LIVING – Improving the nation’s health and well-being
All Children at the Y under the age of 10 must be under parental supervision.

OPEN GYM
Check schedule for availability.
Looking for a place to burn off a little energy during the day? Bring them to the Y! Parents must supervise children.
FREE for Members only
Stop by the Welcome Center to pick up our new family time schedule, or download one from our website.

ROCK WALL- FAMILY OPEN CLIMB
Climb on our vertical climbing wall
Introduce yourself to the sport of climbing or challenge yourself to go to another level (3 levels: beginner, intermediate and advanced!) Climbing is a great sport to build upper and lower body strength along with confidence. We can train you to belay at these open gym times. Contact Trieste 228-6922 ext 122 or tphilbrook@concordymca.org if you want training in belaying.
Wednesday & Friday  6:30-7:30 PM
FREE for Members only

FAMILY SWIM
Check schedule for availability.

FUN FAMILY FRIDAYS!!

February 13
March 20 • April 10 • May 15

Time together as a family is more important than ever. The YMCA is doing its part in providing a fun, safe environment for YMCA families. Join us for an evening of activities, fun and food for the whole family. There will be games in the gym from 5:30-7:30PM, floor hockey, fun relay races, dodgeball (YMCA style) and more! The climbing wall will be open for kids and adults, and the pool will be open for recreational swimming from 6:15-7:00PM.

Dinner will be provided from 5:15 – 6:00 PM.
You must pre-register for these nights at the front desk. Register or call to let us know you are coming before noon on these Fridays.

Feel free to register a guest to see what the Y is all about! You do not need to be a member of the Y to participate in this event.
Fee: $5 PER FAMILY – DINNER IS INCLUDED!

PLAY TOGETHER TO STAY HEALTHY HAPPY & STRONG

Dear Family members,

As a result of our recent survey, it has been brought to our attention that we (the Concord Family YMCA) could do a better job offering more family time, in the pool, the big gym and with weight room access for younger members. Our families are important to us and we want to make sure we are offering the best programs and access possible.

We are now offering more opportunities for families to enjoy the Y together. We will provide ideas and equipment to make playing together easy. We’ve also made an effort to open up larger blocks of times in both gyms and the pool for Family Time, making space in the Y more convenient to work with your schedule.

Stop by the Welcome Center to pick up our new family time schedule, or download one from our website.
SWIM WITH THE SAILFISH

CONCORD FAMILY YMCA
Sailfish Swim team Schedule

No swim team March 9 – May 3
Spring 2: May 4 –June 21  – Monday 6wks no practice Memorial Day / T-F 7wks
Summer: June 22–August 3 @Rollins Park 6 weeks

SWIM TEAM:
• All swim team participants are required to be current YMCA members.
• Children must have legal front crawl, back stroke, breast stroke and an understanding of the butterfly stroke.
• Registration for swim team is on our website or in-house.
  The first week of registration is ONLINE ONLY.
  The second week is online or in house.
  The dates for the sign ups will be emailed to each swimmer.
• Members of the swim team are expected to attend at least one swim meet per session provided a meet is offered during that session.
• Meets are an additional fee.
• No refunds for weather related cancellations / or unforeseeable pool issues.
• Swimmers must attend the days they sign up for only. Missed classes may not be made up on other practice days. We have limited space in each lane and each day.
• To sign up early and to receive email updates be sure your membership has a valid email address.
• Swim team spots are given on a first come first serve basis.

Questions Contact
John DeCaprio, Head Swim Coach at jvd0330@comcast.net
Jennifer Bonnett, Aquatics Director at jbonnett@concordymca.org
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

Swim Team Schedule

NO SWIM TEAM MARCH 9–MAY 3
Spring: May 4 – June 21 Monday 6wks no practice Memorial Day / T-F 7wks
Summer: June 22 – August 3 @ Rollins Park 6 weeks

<table>
<thead>
<tr>
<th>Practice Level</th>
<th>6-12 years $12 per day</th>
<th>7-8:30am 6 @ Rollins Park Summer $95</th>
<th>7-8:30am 6 @ Rollins Park Summer $95</th>
<th>7-8:30am 6 @ Rollins Park Summer $95</th>
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<tbody>
<tr>
<td>Beginners 1 hr</td>
<td>4:00-5PM Spring 2 6w $72</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
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<tr>
<td>Intermediate 1 hr</td>
<td>6-7PM Spring 2 7w $84</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
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<tr>
<td>Advanced 1.5 hr</td>
<td>5:45-7:15PM Spring 2 6w $84</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
<td>7-8:30am 6 @ Rollins Park Summer $95</td>
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</tbody>
</table>

Questions Contact: John DeCaprio, Head Swim Coach at jvd0330@comcast.net
Jennifer Bonnett, Aquatic Director at jbonnett@concordymca.org

Q: Where do I find session dates, registration dates, class times, and prices?
A: On this flyer and online

Q: How do I know where to sign up my child?
A: Contact the head coach John DeCaprio for evaluation times jvd0330@comcast.net

Q: How do I make sure my expectations are being met during the lesson program?
A: Talk to the Head Swim Coach, any of the assistant coaches or the Aquatic Director if you have a concern. We appreciate and welcome your feedback.

Q: How many swimmers in each lane?
A: Our average is 8 swimmers per lane

Q: Does the YMCA give refunds?
A: Refunds or credits requested BEFORE the 2nd class will be processed for swim team registration only. Refunds for swim meets are not refundable.

Q: How does the swim team operate day to day?
Swim meet registration, suit orders, etc..
A: All those questions can be answered by reading our swim team welcome packet, as well as on our swim team website.
www.conyswimteam.org

Financial Assistance is Available.
**SWIM LESSONS**

FOR HEALTHY LIVING – Improving the nation’s health and well-being.

**Questions Contact:** Jennifer Bonnett, Aquatics Director at jbonnett@concordymca.org

**SPRING 1:** March 2—April 18 (7 lessons once a week)

**SPRING 2:** April 20—June 15 (7 lessons once a week)

(See additional vacation schedule for winter and spring breaks.)

Members $53 • Community Members $96

Private swim lessons: Members $155 • Community Members $195

*Semi Private: split the cost between children *the Y does not provide a child for Semi Private. Semi Private lessons need to be processed by Membership Supervisor. (Scholarships do not apply to Private or Semi Private lessons)

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**PARENT CHILD**

(6 months - 3 years) • 30 minute class once a week.

Members $53 • Community Members $96

Child in the water with parent and instructor. Class focus is on getting children comfortable in the water with games, songs, kicking and floating.

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<tr>
<th>Monday</th>
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**PRESCHOOL**

(3 years - 6 years) • 30 minute class once a week.

Full Member: $53 • Community Member: $96

PIKE (Beginner) First time swimmer; Fearful or a little timid; Needs flotation device to swim.

EEL (Beginner) Comfortable in water; Will put face/head under water. Can swim unassisted with flotation device.

RAY (Intermediate) Can swim 10-15 feet without flotation device; Work on more refined strokes.

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<th>Monday</th>
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<tr>
<td>9:50am</td>
<td>9:50am Pike</td>
<td>3:50pm Pike</td>
<td>9:50am Pike</td>
<td>9:15am Pike</td>
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<td>3:55pm Pike</td>
<td>10:25am Eel</td>
<td>4:35pm Eel</td>
<td>3:50pm Ray</td>
<td>9:50am Pike</td>
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<td>4:35pm Eel</td>
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<td>10:25am Eel</td>
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<td>4:25pm Eel</td>
<td>5:15pm Pike</td>
<td>11:00am Ray</td>
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<td>5:15pm Ray</td>
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</table>

**YOUTH**

(6 years - 13 years) • 40 minute class once a week.

Full Member: $53 • Community Member: $96

POLLIWOG (Beginner): Beginner swimmer; Learning to swim independently. Introduction to basic strokes.

GUPPY (Beginner): Swims confidently, has passed deep end test. Beginning to learn proper form.

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<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>3:55pm Polliwog</td>
<td>3:50pm Polliwog</td>
<td>3:55pm Polliwog</td>
<td>10:20am Polliwog</td>
<td>9:15am Polliwog</td>
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<tr>
<td>4:40pm Guppy</td>
<td>4:40pm Polliwog</td>
<td>4:40pm Guppy</td>
<td>3:50pm Guppy</td>
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<td>4:25pm Guppy</td>
<td>5:20pm Polliwog</td>
<td>4:40pm Polliwog</td>
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<td>5:20pm Polliwog</td>
<td>11:35am Guppy</td>
</tr>
</tbody>
</table>

**OFF THE BLOCK**

(6 years - 13 years) • 40 minute class Once a week.

Members $53 • Community Members $96

Child must have passed the deep end test. Front crawl, back stroke, breast stroke, butterfly, flip turns, starts and endurance swims.

**PRIVATE OR SEMI-PRIVATE**

(3 years and up) • 30 minute class once a week.

Members $155 • Community Members $195

Semi Private: Split the cost between children

For students who do better with one-on-one attention, have special needs or are working towards a specific goal.

*Semi-private swim lessons must provide a second swimmer and must be processed by Membership Supervisor (kwimpey@concordymca.org)

**ADULT GROUP**

(13 years – 100 years) • 30 minute class once a week.

Members $53 • Community Members $96

For adults who cannot swim or for the triathlete who needs some technique work.
Q: How do I know what level to place my child?
A: Each child is grouped by age and skill. For an assessment, call us, we can determine skill levels over the phone or set up a water appointment.

Q: Where do I find session dates, registration dates, class times and prices?
A: In this brochure or in our Program Guide on our website at www.concordymca.org. Follow the links to the Aquatics program.

Q: Does the YMCA give refunds?
A: Refunds or credits requested BEFORE the 2nd class will be processed.

FAMILY SWIM
The pool is reserved for members who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children under six, non-swimmers and those needing bubbles or life jackets must be accompanied into the water by an adult.

LAP SWIM
Lap swimmers must be 14 years or older and you must swim laps. Circle swimming is enforced. Please be courteous and stop at the end of the pool to allow faster swimmers to pass. If you are being passed often, please move into a slower lane. It is the responsibility of the lifeguard to maintain direction, numbers and speeds of the lanes, and your cooperation is appreciated. Youth 10-13 may be allowed to swim laps at the lifeguard’s discretion when space is available.

ADULT EXERCISE
Adult exercise is an opportunity for members to do water aerobic exercises, physical therapy exercises, rehab exercises and/or walk/jog in the pool. One lap lane or the shallow end is available for this purpose during these times on the schedule. This time is not for lap swimming.

Q: Does every child advance to the next level after completion of their session?
A: No, we expect each child to learn and progress at his or her own rate. At the final class, they will receive a progress report from the instructor that explains his/her current skill level.

Q: How do I make sure my expectations are being met during the lesson program?
A: Talk to the Aquatic Director, Head guard or the instructor if you have a concern. We appreciate and welcome your feedback.

Q: What is the instructor to child ratio?
A: Our average ratio for preschool class is 1:5, and the average for youth class is 1:6.

Q: Does the YMCA offer make up lessons?
A: Due to the large number of participants we are unable to offer make up lessons. In the event of an unforeseen pool shutdown, we will do our best to offer a makeup class.

Q: Where can I register for group and private swimming lessons?
A: YMCA members can sign up for classes on our website or with the Welcome Center staff at the YMCA. Community members can sign up for classes at the YMCA with our Welcome Center staff.

IMPORTANCE INFORMATION
To avoid cancellation of classes please register during designated dates.
Classes will be cancelled if fewer than three people are enrolled for a specific time.
Thank you!
If you do not know your level, please contact the Aquatics Director, ext 139.

- No prolonged breath holding.
- There will not be make-up classes for individually missed classes.
- In the event the pool is closed due to safety reasons a make-up class will be scheduled.
- Strollers are not permitted on the pool deck.
- Remove shoes before entering the pool deck.
- Parents are asked not to be on deck during lessons, but to watch from the pool balcony located off the 2nd floor.
- Parents must stay on the premises while their child/children are attending lessons.
- Cloth or plastic diapers are not allowed. Young children must wear swim diapers.
- Please remember that EVERYONE needs to shower before entering the pool—it’s a state law.
- Refrain from bringing food on pool deck.
NEW THIS YEAR!

THIS SCHOOL VACATION COME SWIM WITH US!

Vacation week classes MONDAY–THURSDAY for a total of 4 lessons.

Members $35 • Community Members $60

---

### PRESCHOOL

(3 years – 6 years) • 30 minute class • Monday—Thursday
Members $35 • Community Members $60

- **PIKE (Beginner)** First time swimmer; Fearful or a little timid; Needs floatation device to swim.
- **EEL (Beginner)** Comfortable in water; Will put face/head under water. Can swim unassisted with floatation device.
- **RAY (Intermediate)** Can swim 10–15 feet without floatation device; beginning to work on more refined strokes.

---

### YOUTH

(6 years – 13 years) • 40 minute class • Monday—Thursday
Members $35 • Community Members $60

- **POLLIWOG (Beginner)**: Beginner swimmer; Learning to swim independently. Introduction to basic strokes
- **GUPPY (Beginner)**: Swims confidently and has passed deep end test. Beginning to learn proper form.

---

### OFF THE BLOCK

(5 years – 13 years) • 40 minute class
Monday—Thursday
Members $35 • Community Members $60

Child must have passed the deep end test.
Front crawl, back stroke, breast stroke, butterfly, flip turns, starts and endurance swims.

---

### FEBRUARY VACATION BREAK

February 23–26
4 lessons a week.

**REGISTRATION DATES:**
YMCA Members: Online only starting February 2
YMCA Members: Online & In house starting February 9
Community Members: In house only starting Feb. 16

### APRIL VACATION BREAK

April 27–30
4 lessons a week.

**REGISTRATION DATES:**
YMCA Members: Online only starting March 23
YMCA Members: Online & In house starting March 30
Community Members: In house only starting April 6

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Page 22 - Visit us online at www.concordymca.org
SPECIAL SPRING EVENING SESSION
March 9– April 18 (6 lessons once a week.)

PRESCHOOL
(3 years - 6 years) • 30 minute class. Once a week.
Members $48 • Community Members $84
PIKE (Beginner) First time swimmer; Fearful or a little timid; Needs flotation device to swim.
EEL (Beginner) Comfortable in water; Will put face/head under water. Can swim unassisted with flotation device.
RAY (Intermediate) Can swim 10–15 feet without flotation device; Beginning to work on more refined strokes.

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<td>6:20pm</td>
<td></td>
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<td>6:35pm Eel</td>
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</table>

YOUTH
(6 years - 13 years) • 40 minute class. Once a week.
Members $48 • Community Members $84
POLLIWOG (Beginner): Beginner swimmer; Learning to swim independently. Introduction to basic strokes.
GUPPY (Beginner): Has passed deep end test. Beginning to learn proper form.

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<th>Thursday</th>
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<tr>
<td>Polli</td>
<td>5:45pm Polliwog</td>
<td>6:05pm Polliwog</td>
<td>5:45 pm Guppy</td>
<td>6:05pm Guppy</td>
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<tr>
<td>Guppy</td>
<td>6:30pm Guppy</td>
<td>6:45pm Guppy</td>
<td>6:30 pm Polliwog</td>
<td>6:45pm Polliwog</td>
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<tr>
<td></td>
<td>7:30pm Polliwog</td>
<td>7:30pm Guppy</td>
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<td></td>
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</tbody>
</table>

OFF THE BLOCK
(5 years - 13 years) • 40 minute class. Once a week.
Members $48 • Community Members $84
Child must have passed the deep end test. front crawl, back stroke, breast stroke, butterfly, flip turns, starts and endurance swims.

<table>
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<tr>
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<td>7:35pm</td>
<td>7:35pm</td>
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</table>

ADULT GROUP
(13 years –100 years) • 30 minute class. Once a week.
Members $48 • Community Members $84
For adults who cannot swim or for the triathlete who needs some technique work.

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<thead>
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WATER POLO
(8 years –13 years) • 60 minute class. Once a week.
Members $40 • Community Members $60
Try something new! This new program combines staying in shape with fun competition.

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<th>Thursday</th>
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<tbody>
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<td>7:00pm</td>
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</tbody>
</table>

SYNCHRONIZED SWIM
(8 years –13 years) • 60 minute class. Once a week.
Members $40 • Community Members $60
Like to swim? Like to dance? Try something new that combines them both!

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<th>Tuesday</th>
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<tbody>
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<td>7:00pm</td>
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</table>

Questions Contact: Jennifer Bonnett, Aquatics Director at jbonnett@concordymca.org

REGISTRATION DATES:
YMCA Members: Online only starting February 2
YMCA Members: Online & In house starting February 9
Community Members: In house only starting February 16

Visit us online at www.concordymca.org - Page 23
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

WATER FITNESS

SPLASH DANCE
Dance inspired water fitness using easy to follow movements incorporating free style, Latin, club and belly dancing movements for a fun water aerobic workout. 
Once a week for 7 weeks.
See schedule on website for times.
Member Benefit
Community Members $80

WATER WALKING
An intense deep water workout with no impact to muscles or joints. You’ll build strength and endurance through 30 minute interval training plus stretching and toning. Participants must be comfortable in deep water.
Once a week for 7 weeks.
See schedule on website for times.
Member Benefit
Community Members $80

WATER WORKS
A high intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This class will comprise kickboxing moves, aerobic exercises, interval work, strength training and a 10 minute cool down. All areas of the pool are used, so participants must be comfortable in deep and shallow water. This class is geared toward active adults seeking a diverse and intense water-aerobic workout.
Once a week for 7 weeks.
See schedule on website for times.
Member Benefit
Community Members $80

Financial Assistance is Available.

We don’t care if it’s half full or half empty. We find out where the other half went.

Nathan Wechsler & Company.
Proudly serving clients since 1957.

McLane

Our Services
Bio Tech
Commercial Finance
Corporate
Education
Energy
Environmental
Family Law
Healthcare
High Tech

Immigration
Intellectual Property
Labor & Employment
Litigation
Real Estate
Tax Planning &
Controversy
Trust & Estates

Concord
Manchester
Portsmouth
Woburn
mclane.com
You put belonging first.

We put you first.

Eastern Bank is proud to support the Concord Family YMCA.

Here, you’re first.

Eastern Bank

Member FDIC

hereyourefirst.com
CHILD CARE
FOR YOUTH DEVELOPMENT - Nurturing the potential of every child and teen
DIRECTOR: Deborah Galipeault  ext. 145  •  Second Child Discount: $10.00 per Child
Tuition effective through July 31, 2015

PROUDLY STATE LICENSED PLUS
Licensed Plus is a quality rating system that recognizes NH child care programs for efforts to improve the quality of care of young children and rewards programs that strive to improve their practices and staff qualifications. It also allows families to identify programs with higher quality.

We provide high-quality, affordable early child development enrichment programs at the Concord Family YMCA Child Development Center. Our nurturing atmosphere stimulates learning, celebrates individuality, promotes self-esteem and encourages social interactions based upon respect and kindness. Children engage in a framework called Creative Curriculum, an approach that focuses on how children develop and learn, based on their individual interests, the learning environment, and the role of the teacher.

We know how important it is that children participate in a safe learning environment when they are not at home. Each year parents evaluate and provide feedback on our childcare services by completing a Quality Survey. Overall, we’re happy to report that 95% of our YMCA families rated the quality of our service as Excellent or Very Good, and 98% of our families rate our staff as Excellent or Very Good. We think that’s important for you to know as you consider your child care options. Your children are your greatest treasures and at the Concord Family YMCA the well-being of your child is our number-one priority.

FINANCIAL ASSISTANCE IS AVAILABLE.

TOODLERS

DOODLEBUGS (Age 1)
A nurturing environment where young children can learn and grow at their own rates with the support of highly qualified early childhood teachers.
Hours: 7:30 AM - 5:30 PM
Weekly Fee: $218 Members
$233 Community Members

SUNFLOWERS (Toddler 1)
A supportive environment where highly qualified early childhood teachers encourage and support children’s development through hands-on learning opportunities.
Hours: 7:00 AM - 5:30 PM
Weekly Fee: $196 Members
$211 Community Members

BUTTERFLIES (Toddler 2)
A structured environment where young children can explore and learn with the support of highly qualified early childhood teachers.
Hours: 7:00 AM - 5:30 PM
Weekly Fee: $196 Members
$211 Community Members

Our programs include SWIMMING LESSONS, PE CLASSES & GYM TIME!!

Lincoln Financial Foundation™
Made possible with the support of the Lincoln Financial Foundation

PRE-SCHOOL PROGRAMS

SALAMANDERS (Preschool)
A traditional preschool environment with highly qualified early childhood teachers who support the development of well-rounded students through a balanced curriculum.
Hours: 7:00 AM - 5:30 PM
Weekly Fee: $181 Members
$196 Community Members

LEAPFROGS (Preschool Multi-Age)
A multi-aged preschool environment where students are challenged at their own rates while participating in structured organized activities provided by highly qualified early childhood teachers.
Hours: 7:00 AM - 5:30 PM
Weekly Fee: $181 Members
$196 Community Members

APPLES (Pre-Kindergarten)
A traditional pre-kindergarten program where students are introduced to early literacy skills, numerical concepts and explore everyday science through a structured curriculum developed by highly qualified early childhood teachers.
Hours: 7:00 AM - 5:30 PM
Weekly Fee: $181 Members
$196 Community Members

The Concord Family YMCA Full Day Kindergarten
Full Day Kindergarten at the Y is a structured, academic program based on State and District standards that offers children a solid foundation academically, physically and socially. Our full-day Kindergarten allows children to explore and grow in a small group setting providing for a safe place to challenge themselves as they learn. The YMCA Full Day Kindergarten program is run by a state certified elementary school educator.
Weekly Fee: $181 Members
$196 Community Members

AFTER KINDERGARTEN PROGRAM
The YMCA picks up your child from a Concord school after morning kindergarten. Our caring and professional staff will care for your child while they take part in all kinds of fun and enriching activities. Supports Kindergarten learning through an enriching curriculum.
After School until 5:30 PM Mon. – Fri.
Weekly Fee: $155 Member
$170 Community Member
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

A GREAT WAY TO SPEND YOUR DAY OR THE WHOLE WEEK!

Join us this February and enjoy your School Vacation with the Concord Family Y!

Come for the whole week or pick your days, your schedule is up to you!
Enjoy a fun filled, enriching vacation camp at the YMCA!

Open to all Kids in 1st–6th Grade. You do not need to be a member of the Y, or our KYDSTOP after school program to attend YMCA vacation camps. Reserve your spot today!!

CAMP HOURS 7:00 A.M. - 5:30 P.M.
Camp will be held at:
Concord Family YMCA
15 North State Street, Concord, NH 03301

For more information contact:
Sonia Wilks, After School and Camps Director
603.290.7001 • swilks@concordymca.org

YMCA Member: $168.00 per week or $40.00 per day
Non Y Member: $188.00 per week or $50.00 per day

DEADLINE TO SIGN UP FOR FEBRUARY VACATION CAMP IS FRIDAY, FEBRUARY 12TH, 2015, REGISTRATIONS MUST INCLUDE PAYMENT

<table>
<thead>
<tr>
<th>Day</th>
<th>Grades</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Monday, February 23rd</td>
<td>1st-2nd Grade: Fun Spot</td>
<td>3rd-6th Grade: Minute To Win It, Archery, Wii Party</td>
</tr>
<tr>
<td>Tuesday, February 24th</td>
<td>3rd-6th Grade: Fun Spot</td>
<td>1st-2nd Grade: Minute To Win It, Rock Wall, Wii Fun</td>
</tr>
<tr>
<td>Wednesday, February 25th</td>
<td>1st-2nd Grade: See Science Center &amp; Swimming /</td>
<td>3rd-6th: Swimming, Sports, Rock Wall, Crafts, Archery</td>
</tr>
<tr>
<td>Thursday, February 26th</td>
<td>3rd-6th Grade: See Science Center (Lego Scavenger Hunt &amp; Explore)</td>
<td>1st-2nd: Sports, Rock Wall, Crafts</td>
</tr>
<tr>
<td>Friday, February 27th</td>
<td>Sledding at Whites Park (All Grades), Swimming, Sports, Crafts</td>
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</table>

Check out our website for more information about April vacation camps!
YMCA After School Program

Concord locations include:
Abbot-Downing School, Beaver Meadow School and the YMCA.
We will bus from all other Concord public schools to the Y.

More than just child care, the Y’s after school program nurtures the potential of children. As the leader in youth development, we cultivate the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Working side-by-side with the school district, we design experiences that help your child thrive.

Our Balanced After School Care Approach
• Fun, Fitness and Swimming!
• Academic Enrichment
• Dedicated Homework Time
• CATCH Kid’s Club

We are open for early release, snow days and school vacations.

PARENT FEEDBACK:

“Our family could not be HAPPIER with all that we have received from the Y. The friendships the girls have made will be cherished for a LIFETIME. It excites me to know that many other children may soon have the opportunity to experience this amazing program. I wholeheartedly recommend the Concord Family YMCA’s Kydstop program” – Amy MacDonald

WEEKLY FEES FOR CONCORD NOT MORE THAN $70 A WEEK FOR MEMBERS / COMMUNITY MEMBER RATE AVAILABLE.

Contact Sonia Wilks for more information: 603.290.7001 or swilks@concordymca.org
AFTER SCHOOL • VACATION CAMPS
FOR YOUTH DEVELOPMENT—Nurturing the potential of every child and teen
Sonia Wilks, After School and Camps Director  603 290-7001 swilks@concordymca.org

WE ARE THRILLED TO ANNOUNCE
OUR NEW LOCATION AT

Beaver Meadow Elementary
in Concord!

SCHOOL VACATION CAMP
Did you know that the Y offers Day Camps during school vacation weeks?
Send your kids to the Y where they stay active and engaged every day!
Come for the whole week or by the day!

Program Highlights:
• Homework Support
• Snow Day, Early Release and School Closing Day Coverage
• Outdoor Playgrounds
• NH State Licensed Plus School Age Sites
• Low Student/Staff Ratio
• Gym & Rock Climbing
• Swim Time
• Craft Activities
• Certified CATCH Program offering 1 hour of physical activity each day

FALL SCHOOL AGE CONCORD
KYdstop FUN AND FIT KYDS! – School-age after-school program
Our nationally recognized after school program meets the needs of the working family and keeps your child learning after the school bell rings. Have your child spend the afternoon with us.

We promote physical activities daily! Our caring, professional staff will lead your child as they get to select from daily activity choices such as: swimming, arts & crafts, homework support, computer time and gym time.

As a member of the after school program, your child will take part in our “Fun & Fit Program,” which will allow your child to develop the knowledge, attitude and skills they need to maintain a healthy active lifestyle.

We are a NH-licensed-plus after-school program that also covers all early release days, snow days, and school vacations.

The KYdstop main site is located at the YMCA Child Development Center adjacent to the Concord Family YMCA.

Transportation is available from the following schools:
• Mill Brook
• Christa McAuliffe
• Broken Ground

KYDSTOP SATELLITE SITES
Before & After School Care:
Boscawen, Penacook, Loudon, and Webster Schools (Penacook and Webster students are bussed from Boscawen in the morning and to Boscawen in the afternoon.)

BEFORE SCHOOL CARE:
Before care programs begin at 7 AM at each site. Children are treated to a small healthy morning snack and take part in enrichment activities to start the day off right. Homework time is featured in the morning care to allow students time to get ready for their day. Students are dismissed to their classrooms at the start of their school day. All after-school students are able to sign up for our school vacation camps early. KYdstop is held at the Boscawen school. Transportation is provided to and from other schools.

AFTER SCHOOL CARE:
Concord
Come join the YMCA After School KYdstop programs serving Concord Schools. These programs offer many of the same activities as our main site in Concord, along with playground use and weekly trips to the YMCA to go swimming. Each afternoon is filled with adventure-based games, crafts, homework time and a healthy afternoon snack! All after-school students are able to sign up for our school vacation camps early.

For more information contact:
Deb Galipeault at 228-9622 ext. 145

AFTER SCHOOL • VACATION CAMPS
FOR YOUTH DEVELOPMENT—Nurturing the potential of every child and teen
Sonia Wilks, After School and Camps Director  603 290-7001 swilks@concordymca.org

We are open for early release, snow days and school vacations.
Check out our website to see all the exciting activities we have planned for enriching and active school vacation weeks.
Continue the fun through summer with our summer day camp – CAMP MOWKAWOGAN.

SECOND CHILD DISCOUNT

WEEKLY FEES:
Effective through July 31, 2015

Concord
After School Care:
Member: $70.00
Community Member: $90.00

Pittsfield
After School Care:
Member: $57.00
Community Member: $77**

Boscawen, Penacook, Loudon, Webster
Program for Webster and Penacook held in Boscawen (transportation provided)

Before Care Only:
Member: $47
Community Member: $67**

After School Care Only:
Member: $57
Community Member: $77**

Both Before & After School Care
Member: $77
Community Member: $97**

**Community Members are any participant not holding a YMCA membership.

WeeKly Fees:

We are open for early release, snow days and school vacations.
Check out our website to see all the exciting activities we have planned for enriching and active school vacation weeks.
Continue the fun through summer with our summer day camp – CAMP MOWKAWOGAN.

SECOND CHILD DISCOUNT

Visit us online at www.concordymca.org  29
We’re hard at work planning a great line-up of programs for 2015 that includes more variety and new experiences for your camper.

Day Camp program information for 2015 will be updated soon.
Mary’s* older daughter started going to the Y’s Child Development Center at 18 months old and according to her, it was a very good experience. “The staff was helpful and friendly,” she says. So much so that she was interested in sending her second daughter, who has special needs, but was worried that the staff would not be able to address those needs. Deb advised Mary to try short term initially and see if her daughter needs are met and decide. “So I started sending her two days a week.”

Close to 3 years old now, the Y has done a tremendous job with her younger daughter, says Mary. “I can’t even explain it. They treat my daughter like a normal person, they never make me feel guilty or talk about her differently. They are busy people but they take the extra mile to provide care for her.”

One example of that extra effort is how the Y’s childcare staff handles her daughter’s everyday needs, like eating, says Mary. Because her daughter cannot feed herself, staff has to help her. If her daughter doesn’t eat, they give her a bottle of milk and a second try later on, says Mary. “Maybe she doesn’t feel like eating so they try again later. Other day cares might be rigid in their schedule but not them.”

For these and many other reasons, Mary says she is very thankful to the Y. “Because of them I was able to work. I thought of quitting my job, of staying home with my daughter, but my company agreed to let me work from home. I have to be at work at least once a week for meetings so she’s home three days with me and two days with school.” Even with having such a difficult situation, Mary says she was able to get everything for her daughter from the Y. “Through a communications evaluation, we discovered that she has the capability to learn. She is now sitting by herself and starting to respond to things. The teachers at the Y find individual ways to make her play, like hiding objects in special sandboxes. I literally cry when I get the notebook every week from the school, because my daughter can’t explain herself. You really have to have a good heart and good values to do that for my daughter. I am very thankful to them and never had any complaints with the way they handle her.

She adds, “I can afford to work and have the ability to earn and give to people in need. The Y is helping to keep me strong.”

*To protect the privacy of our families, names and pictures of the individuals have been changed.

- Parent of a Preschool Child at the Y’s Child Development Center.
**YMCA FULL MEMBERSHIP INCLUDES:**
The YMCA is a membership organization. Your membership allows you complete access to our facilities (based on schedules for program areas) and preferred opportunity to register for classes each session.
- Family Time
- Yoga for Youth
- Open Gym
- Open Climbing
- Squash Court
- Towel Service
- Indoor Cycling (Spin) Classes
- Water Fitness Classes
- Fitness Evaluation
- Open, Youth and Family Swim
- Lap Swimming & Adult Open Swim
- Early Registration for Classes
- Reduced Rates on selected Classes
- Yoga and Pilates Classes
- Sport-A-Day Classes
- Fitness Orientation
- Body Composition and Blood Pressure Screening
- Strength Conditioning, Cardio Classes and Boot Camp
- Child Watch while you work out or take a class (subject to membership type)
- Unlimited access to all areas of the Fitness Center including: Matrix Strength Center, Cardio, Free Weight and Youth Fitness Areas

We encourage all participants to become Full Members. Membership is non-refundable.

**FULL MEMBER BENEFIT.**

**KIDS CORNER – FREE CHILD WATCH!**
Child Watch is available for children 6 months to 6 years, while you work out. We provide age-appropriate toys, learning tools, and caring attention. Parents are asked to remain in the building while children are in Child Watch.

Please note there is a 2 hour limit per child per day.

Only Full Adult, Family or Single Parent Memberships may use this service.

Monday - Friday 8:00 AM-1:00 PM and evenings, 4:00 PM-6:30 PM* • Saturdays 8:30 AM-11:30 AM.

* The YMCA reserves the right to close Child Watch if no family is utilizing it by 12:30 or 6:00 PM on any given day.

**ANNUAL LOCKER RENTAL FEES:**
Large Locker: $10/Month, Small Locker: $5/Month
Family Locker Deal: 2 lockers (2nd is half price)
Family Large: $15/Month (2 lockers) • Family Small: $7.50/Month (2 Lockers) Renting a locker allows you to leave your belongings overnight at the Y.

**PROGRAM CREDIT POLICY**
Program Directors will issue YMCA credit if a registered participant withdraws prior to the first day of a program. In the event the YMCA is responsible for program cancellation due to low enrollment, a credit will be issued toward merchandise or future program registrations. A $10.00 administration fee will be charged for any classes changed after initial registration.

**OUR FACILITY INCLUDES:**
- 25-yard Swimming Pool
- 20 X 30’ Vertical Climbing Wall
- Childcare
- Full & 3/4 gymnasia with A/C
- Youth Fitness Center
- Squash Court with A/C
- Complete Nautilus Strength Center
- Day Camp/Vacation Camps
- Complete-Free Weight Center
- Cardiovascular Area
- Steam Rooms
- Personal Trainers
- Aerobic & Cycling Studio

**We are an approved provider for most insurance reimbursement programs.**

**FULL MEMBERSHIP CATEGORIES AND FEES**

<table>
<thead>
<tr>
<th>Membership category Draft</th>
<th>Monthly Fee</th>
<th>Annual Fee</th>
<th>Start Up</th>
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<tbody>
<tr>
<td>Youth (up to 13 years)</td>
<td>$16.50</td>
<td>$198.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Junior (14 - 17 years)</td>
<td>$21.50</td>
<td>$258.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Young Adult (18 - 22 years/College Student)</td>
<td>$30.00</td>
<td>$360.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Adult Regular</td>
<td>$54.50</td>
<td>$654.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>Family Regular</td>
<td>$81.00</td>
<td>$972.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>One Parent w/Child(ren)</td>
<td>$69.50</td>
<td>$828.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>Senior (65 years &amp; older)</td>
<td>$40.00</td>
<td>$480.00</td>
<td>$30.00</td>
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<tr>
<td>Senior Couple Regular</td>
<td>$59.00</td>
<td>$708.00</td>
<td>$50.00</td>
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To figure the cost of first payment on monthly draft, add startup fee & monthly draft fee. To figure the cost of new membership, add startup fee & annual fee.

Every year if there is an annual increase in our membership rates, they become effective on August 1st.

**MEMBERSHIP IS EASY!**
We can draft from your bank account or credit card monthly or you can pay the full amount. Credit card and bank drafts are perpetual memberships and will continue until cancelled. We require 30 day notice to cancel or change a drafting membership. You can get a termination form or change of status form right at the front desk in the Welcome Center.

**FINANCIAL ASSISTANCE**
Financial Assistance is available for program and membership fees. The YMCA’s generous supporters enable us to make the “Y” experience available to all, regardless of ability to pay.

For information or an application, contact Karen Wimpey, kwimpey@concordymca.org, or pick one up at the Welcome Center. We are a 501c(3) charitable organization.

**COMMUNITY MEMBER**
The community membership category is for individuals who are not full members of the YMCA but wish to participate in select classes. Community members register for classes after regular members and onsite at the Welcome Center.

Community members are not entitled to general use of the facilities, only the specific program registered for.

Violation of this policy will result in removal from all programs without compensation.

**Become a Full Member to enjoy everything the Y has to offer!**

**VOLUNTEER**
The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility.

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own community.

**ANOTHER GREAT REASON FOR BEING A Y MEMBER**
Did you know that your YMCA membership card will provide you free access to most YMCA membership facilities in New England? We are for healthy living and we want you to stay active and keep moving! Visit our website for details www.concordymca.org

**MY Y IS EVERY Y IN NEW ENGLAND**