MAKE A SPLASH THIS WINTER

WINTER SESSION:
Session Dates: January 7 – February 23
Registration begins: Members Online: December 8
Members at Y: December 15
Community Members at Y: December 22
Deadline for registration: January 5

SPRING SESSION 1:
Session Dates: March 4 – April 20
Registration begins: Members Online: February 2
Members at Y: February 9
Community Members at Y: February 16
Deadline for registration: February 23

Full Member registration will open one week early. *You must provide the Y with an active e-mail address prior to using online registration.

CONCORD FAMILY YMCA
Guide to WINTER PROGRAMS 2019

CONCORD FAMILY YMCA • 15 N. State St. • 228-9622 (YMCA) • www.concordymca.org
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!

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Registration begins: Members Online: February 2
Members at Y: February 9
Community Members at Y: February 16
Deadline for registration: February 23

Members can sign up early online!

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
September 4 – Mid June, 2019.
Pool opens 15 minutes after building opens
and closes 30 minutes prior to building closing

MONDAY – FRIDAY
5am-10pm (Doors lock at 9:30pm)

SATURDAY
7am– 6pm (Doors lock at 5:30pm)

SUNDAY
9am – 6pm (Doors lock at 5:30pm)

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

Gina Brochu, Marketing Director   ext. 134
gbrochu@concordymca.org

John DeCaprio, Swim Team Coach   jvd0330@comcast.net

Jim Doremus, CEO   ext. 146
jdoremus@concordymca.org

Justin Parker, Operations Director   ext. 150
jparker@concordymca.org

Deborah Galipeault, Child Care/Youth Services Director   ext. 145
dgalipeault@concordymca.org

Sarah Harrington, Assistant Child Care Director   ext. 147
sharrington@concordymca.org

Amanda Newton, Assistant After School/Camps Director,
Cell: 603.783.1129     anewton@concordymca.org

Trieste Philbrook, Wellness Coordinator   ext. 122
tphilbrook@concordymca.org

Paula Taylor, Development Director   ext. 127
ptaylor@concordymca.org

Karen Wimpey, Membership Supervisor   ext. 154
kwimpey@concordymca.org

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FOR YOUTH DEVELOPMENT—Nurturing the potential of every child and teen.
FOR HEALTHY LIVING—Improving our nation’s health and well-being.
FOR SOCIAL RESPONSIBILITY—Giving back & providing support to our neighbors

OUR MISSION PROMISE
Our promise is to strengthen the foundation of community through a focus on youth development, social responsibility, and healthy living.

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.

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. Classes that fall on a date the YMCA is closed due to a holiday will have an adjusted rate or pre-scheduled alternate date.

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.
THE Y CAN HELP YOU MEET YOUR FITNESS GOALS IN 4 EASY STEPS

ORIENTATION – INCLUDED IN YOUR MEMBERSHIP
As part of your membership, all members are asked to participate in an orientation to our Matrix Equipment.
• Adult members (18+ yrs) – recommended.
• Junior members (14-17 yrs) – REQUIRED.
• Youth members (10-13 yrs) – REQUIRED and Direct Parent supervision during any use.
• Allow 1 hour for an orientation.
• Come dressed to work out.
• Staff will explain policies, review the machines and begin a tracking card to provide a basic starting program for you.
Contact the Welcome Center to schedule an appointment, 228-9622.

COMMIT TO BE FIT – INCLUDED IN YOUR MEMBERSHIP
AGES 14 AND UP
This introductory program consists of a one hour session and 3 brief follow up meetings with a trainer to help you stick to the goals you have committed too. We will provide you with a basic weekly workout plan for you to complete on your own. This program is ideal for new members to set you on your path to a lifetime of physical fitness and well-being. 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.

INTRO TO TRAINING
This 7-week program introduces a bit of what is involved with personal training. This program is for the member who needs a bit more guidance, direction and individualization to meet specific goals.
Initial meeting is one hour, and each weekly follow up session will be 15-30 min.
1. This program begins the same way as the "Commit to Be Fit" program: fitness consultation and fitness assessment.
2. Members get workouts designed to start them down the right path to their specific health and wellness goals.
3. 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.

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 individual 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. It’s more than an hour, its about investing in yourself and committing to a lifestyle change.
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

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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
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 and 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

NUTRITIONAL COACHING PROGRAM
We are excited to announce the launch of our Nutritional Coaching Program to help our members enhance their lifestyles by providing the coaching needed to meet their specific nutrition goals using the Precision Nutrition system.

Nutritional coaching begins with complete client assessments. These assessments lead to goal setting programs and individualized nutrition plans. Further compliance is monitored through client reporting and follow up progress assessments. All along the way our trainers will coach you on nutritional adjustments, as well as fitness adjustments that might need to be made to troubleshoot your journey to optimal body composition, health and performance.

Program start up package $160 (member benefit), includes two one hour sessions and four 30 min follow up sessions. Additional 30 min. sessions can be purchased as needed for $25 per session.

Individualized appointments can be made through our wellness desk on the 2nd floor or by calling 228-9622, ext. 121.
At the time the appointment is made, clients will be given a packet of paperwork to be completed and returned at the initial client assessment appointment.

For more information, please contact our Wellness Coordinator, Trieste Philbrook via email tphilbrook@concordymca.org

CONTINUING WELLNESS SUPPORT
The YMCA wants to support those who have experienced any health concerns such as diabetes, recovery from cancer treatment, cardiac problems, a stroke or need continuing wellness support related to other health issues. After completing the stages of recovery under the supervision of their physician, the YMCA will support those individuals in discovering their new normal and healthy habits to support their continued recovery.

For more information contact: Trieste Philbrook, Wellness Coordinator at tphilbrook@concordymca.org

Visit us on-line at www.concordymca.org - Page 5
“There is no exercise better for the heart than reaching down and lifting people up.”
– John Holmes

At the Merrimack, we seek to lighten burdens by supporting causes and organizations that make our community a better place to live.
NEW ADULT PROGRAMS

Adult Painting

**ABSTRACT PAINTING**
Ages 18 years and over
Tuesdays from 1:00–2:00pm

Have you ever looked at an abstract painting and thought: “I could do that!” If you’ve ever tried, you’ll know it’s harder than it looks. If you have an appreciation for abstract art and want to learn how to create your own, this is the class for you.

Members $25 • Community $50.

Adult Dance

**JAZZ, HIP-HOP, LYRICAL AND MODERN DANCE:**
Ages 18 years and over
Tuesday from 5:30–6:30pm

This is a class for the beginner who wants to learn to move in a new fun way, and for the experienced dancer looking to continue practicing dance in a relaxed group setting. Each week we’ll learn new techniques and styles, and put together short dance routines.

Members $25 • Community $50.
YOGA WITH THE Y – MEMBER BENEFIT

SPACE LIMITED – REGISTER AT WELCOME CENTER

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 – 8:30 AM – Yoga for Back Health. Everyone can enjoy the benefits of yoga when muscle balance, alignment, energy and mind-body connection are working in harmony. This class will encourage you to listen to your body allowing the focus to be on the individual needs of participants. Imagine engaging in yoga without pain to strain, while enjoying the benefits and carryover. This class will safely guide you in protecting and strengthening your core with functional carryover.

Tuesday 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.

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 – 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.

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.

Saturday 8–9 AM or 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.

For schedule see on website or at the Welcome Center.

Please see schedule on our website or at the Welcome Center.

INDOOR CYCLING

10+ CLASSES PER WEEK

Burn 400–600 calories in 45–60 minutes and cover 10–20 miles!

Indoor cycling offers many of the same benefits as jogging/running but is a non-impact activity. A bottle of water is mandatory and a towel is recommended.

Member Benefit • For Full Members only

Space limited – register at welcome center

If a class is not full, bikes are available on a first-come, first-serve basis. Changes in class schedule are posted outside cycling studio and at the Welcome Center.

Returning winter session class

5:15–6 pm Friday

CYCLE AND CORE

This innovative new class combines the best of cycling for cardio conditioning and best of floor and mat work for your core. No prior cycling experience required.

Member Benefit

CORE AND MORE!

This class focuses on core strengthening through Pilates and Yoga exercises, done both standing and on the floor, with or without exercise equipment. Exercises are adapted to all fitness levels, beginner through advanced. This class will help to improve your balance, strength, flexibility and reduce stress. Member Benefit

See full cycling schedule for each session under adult group exercise schedule or cycling schedule on our website or at the welcome center.

KIDS CORNER – 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. Limited to 2 hours each day per child. Parents must remain in the building while using this service. Drop-in service is available:

Monday–Friday

8:00 AM–1:00 PM, & 4–6:30 PM

Saturdays 8:30–11:30 AM.

The YMCA reserves the right to close babysitting if no family is utilizing it by 12:30 PM or 6:00 PM Mon.–Fri., or 11:00 AM Sat.

Full Adult, Family or Single Parent Member benefit!
GROUP EXERCISE – MEMBER BENEFIT
FOR HEALTHY LIVING – Improving the nation’s health and well-being
See our website for current schedule at concordymca.org

LOW IMPACT/INTEGRITY CIRCUITS
Challenging but modified exercises that include sled pushes and pulls, mixed with battle ropes and weights. This class will increase your heart rate while doing a low impact workout that won’t hurt your joints. Member Benefit

STEP UP, CORE, STRIKE!
This high energy class will give you all the elements of a full body workout while blasting calories to the beat of the music. All the best of step aerobics, kickboxing and intense core training. Member Benefit

TOTAL BODY BARRE
AA fusion of Yoga and Pilates that also incorporates ballet inspired elements (such as the use of a ballet barre for balance and stability purposes). Through the use of small range-of-motion and isometric movements you will work specific muscle groups to fatigue. Immediately after fatiguing the muscles (also known as “feeling the burn”) we will stretch the affected area leading to a leaner, longer and more toned appearance. Member Benefit. Space limited – register at welcome center.

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

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

CARDIO FUSION
This class is a fun, fast paced class that can be done low or high impact for all fitness levels. Combines the best of H.I.I.T, Cardio Kickboxing and Zumba. Member Benefit

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

CARDIO KICKBOXING, STEP AND STRENGTH
This class is a fun mix of formats guaranteed to give you a full body workout and work up a great sweat. Member Benefit

WARRIOR CAMP
High energized circuit training combines the benefits of HIIT and strength training to maximize your heart rate and increase your endurance. From battle ropes, sled pushes and pulls, to kettle bell and barbell exercises that will burn fat and shape your body. This class is constantly changing and pushing you to warrior status. Member Benefit

SUNDAY STRETCH
This class will be customized per week to the participants that attend. Come participate in a fulfilling class of overall body stretches using both dynamic and static techniques, yoga postures and foam rolling. Stretching correctly relaxes your muscles, increases flexibility and reduces your risk of injury. Member Benefit

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

OPERATION BOOT CAMPS
Tuesday/Thursday 5:45–6:45AM.
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

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

SILVER SNEAKERS
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

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
Please check with your insurance provider for information on qualifying guidelines for members and Silver Sneakers® reimbursement.

SILVER SNEAKERS STRENGTH AND STABILITY
Work to become strong and stable as a “seasoned senior citizen”. This class will incorporate strength, conditioning and stability exercises to improve core strength and balance (stability).

WATER FITNESS

H2O AEROBICS
A high-intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This 45 minute class will be made up of kickboxing moves, aerobic exercises, interval work, strength training and a 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

DEEP WATER FITNESS
This low impact class held in the deep end of the pool provides a total body workout. Flotations and other equipment are used for this fun and challenging class. 45 minute class. Member Benefit

FINANCIAL AID IS AVAILABLE.

Visit us online at www.concordymca.org - Page 9
ADULT PROGRAMS!
FOR HEALTHY LIVING – Improving the nation’s health and well-being

Kickboxing

(2x per week) 7 week sessions

Introduction to proper technique and form will be the basis of this energizing cardiovascular workout consisting of jabs, hooks, elbows, uppercuts, knees and kicks for all first timers. No prior boxing or kickboxing experience is required. Participants will be individually challenged according to personal fitness goals. Bag strikes are combined with strength training and cardio bursts designed to get you on your way to a leaner and healthier you. Get ready to punch, kick, sweat and burn! Gloves are required.

Y members pay a one time registration fee of $90;
Community Members $120 per 7 week session

Equipment: suggested styles to be purchased by participant below.

![Kickboxing Gloves]

Martial Arts Classes

Taught for Concord Family YMCA by Dynamic Defense Concepts owner, Master David A. Ross. dynamicdefenseconcepts.com

1 Class/week: Member $50 • Community Member $70
2 Classes/week: Member $65 • Community Member $85
3 Classes/week: Member $80 • Community Member $100

Teen/Adult Combat Hapkido (14+ & UP) • 7 weeks
Tuesday or Thursday 7:30-8:30p • Small Gym

2 Classes: Would be in combination with ONE Hapkido class on Tuesday or Thursday 7:30-8:30p Or Kempo Karate Class Tuesdays 6:30-7:30 pm

3 Classes/week: Member $80 • Community Member $100
Would be in combination with both Hapkido classes
Tuesday and Thursday 7:30-8:30p and Kempo Karate Class Tuesdays 6:30-7:30 pm

Teen/Adult 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.

Teen/Adult Kempo Karate (14+ & UP) • 7 weeks
Tuesdays 6:30-7:30 pm • Squash Court

2 Classes: Would be in combination with ONE Hapkido class on Tuesday or Thursday 7:30-8:30p

3 Classes/week: Member $80 • Community Member $100
Would be in combination with all Hapkido classes
Tuesday or Thursday 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.
YMCA ADULT SPORTS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

YMCA ADULT SPORTS

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

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

18+ 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

PICKLEBALL
A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Can be played as doubles or singles.
Tuesday/Thursday 8–10 AM
Free for Members • Community Members $2 per day.
Email Justin Parker if you have any other questions at jparker@concordymca.org.

FREE Pickleball Clinic
Come check out this growing sport.
Wednesday, December 12th
from 9–10am
Sign up at the Welcome Center.

PICKLE BALL CLASS
Wednesdays 9:00–9:45am
Are you interested in learning the sport of pickle ball? Then this class is for you. Pickleball is the fastest growing sport in the USA. Throughout this class we will focus on developing basic skills and implementing them into game situations, all while having FUN and exercising our mind and body!
Members: $15
Community Members $30

With the right partner by your side, anything can happen.

PERSONAL & BUSINESS BANKING
WEALTH MANAGEMENT
INVESTMENT MANAGEMENT
PRIVATE BANKING
COMMERCIAL LENDING
MORTGAGES

When it comes to building a better future, relationships matter. As the premier bank and asset management firm in the region, we develop lasting relationships that are nurtured over time, predicated on trust and tailored to our clients’ unique needs.

Visit us online at ledyardbank.com or contact our Concord office at 603.513.4100 to learn more.

Personal and business banking relationships within the retail bank are subject to FDIC insurance coverage limits. Investment, tax and wealth management services offered by Ledyard Financial Advisors are not insured by the FDIC, are not deposits or other obligations of, or guaranteed by the Bank or any affiliate, and are subject to investment risk including the possible loss of principal amount invested.
Eastern Bank is committed to celebrating the good in our communities. We proudly support the Concord Family YMCA.

Eastern Bank proudly gives 10% of its net income to local charities. To learn more please visit joinusforgood.com.
Prescribe the Y

Tuesday and Thursday Classes – Spring 2019
For more information contact Trieste Philbrook at tphilbrook@concordymca.org

The Concord Family YMCA has adopted a program to address the childhood obesity epidemic and improve the health of the greater Concord community. This program emphasizes the use of behavioral skills to help establish healthier eating patterns and a more physically active lifestyle within a supportive family environment. It is designed for youth needing social and emotional encouragement to get moving.

- 12 week program – meet twice each week.
- Ages 8-13 separate age groups with participation of family.
- Participants attend nutrition and physical activity sessions.
- Program is for youth who are inactive and with a BMI of 85% or greater.
- Includes a few family sessions at Hannaford’s for a Guiding Stars tour.

Interested in participating?
1. Have your health care provider fill out a Prescribe the Y form referring the youth for the program. Forms available at Concord Family YMCA.
2. Bring paperwork to Concord Family YMCA, 15 North State St.
3. Have a scheduled in person or phone screening completed by Y wellness staff.
4. Soon after you will be notified if your family qualifies for the program.

This program is provided free of charge to the youth and their families.

For more information contact Trieste Philbrook, Wellness Coordinator tphilbrook@concordymca.org

Here’s what one family had to say about the experience.

“Our family has incorporated working out into our regular routine and we look forward to the time together. It’s nice to be on the treadmill or exercise bike and we can catch up on how the day was.

We can’t always eat 100% on track, but finding the balance is helpful and knowing how to make better choices helps.”
**NEW YOUTH SPORTS PROGRAMS**

**LITTLE KICKERS**
(3-5 years) • Tuesday 11-11:45 am in big gym.
Little kickers is a beginner soccer program.
Coach Justin will teach your child the basic skills of soccer, including passing, dribbling, and agility all through fun games and supervised play.
Members $15 • Community $50

**SPORT SHORTS**
(3-5 years) • Wed 10-10:45 am in big gym.
This class is full of games and activities catered to help your child develop the necessary balance, movement, hand-eye-foot coordination, and team building skills to succeed in youth sports. Sports include T-ball, kickball, soccer, floor hockey, and basketball.
Members $15 • Community $50

**SPORT FUNDAMENTALS**
(4-6 years) • Tuesday 4:30-5:15 pm in big gym.
This class is full of games and activities catered to help your child develop the necessary balance, movement, hand-eye-foot coordination, and team building skills to succeed in youth sports. Sports include dodgeball, rootball, T-Ball, floor hockey and basketball.
Members $15 • Community $50

**SUPER HERO TRAINING**
(6-9 years) • Wednesdays 4:30- 5:10 pm in small gym. Superhero Training is a structured class using activities to promote fitness, improve strength, endurance, self-esteem and most important HAVE FUN!
Members $15 • Community $50

**MINI NINJAS**
ages 4-7 • Saturday 9-9:45 am
Come run, rump, kick and flip for 45 mins of ninja style fun. Each week kids will work on skills in small obstacle course drills from boulder on the wall, jumping on mats and steps to flips and rolls. Full member benefit only

**FINANCIAL AID IS AVAILABLE.**

**NEW YOUTH DANCE PROGRAMS**

**DANCE LIKE YOUR FAVORITE MOVIE CHARACTER!**
Ages 2 - 4 • Mondays 9-9:30 am.
From Moana to Monsters, Inc, children will have fun learning to embody the moves of their favorite characters. Each week a different movie or TV show will be explored.
Members $10 • Community $50

**INTRODUCTION TO DANCE**
Ages 6 - 8 • Tuesday 3:30-4:15 pm
Each week we’ll explore a different style of dance. From ballet, to hip-hop, to lyrical, to jazz and all modern styles in between. There will be a focus on using dance to create patterns, lines, and shapes as part of a group. We will also focus on building individual strength, confidence, safe technique and movement skills.
Members $15 • Community $50

**STORY TELLING THROUGH DANCE**
Ages 4 – 5 • Tuesday 3-3:30 pm
Each week we’ll explore a different theme or story and children will learn how to express thoughts, ideas, and emotions through dance. We’ll pay attention to the relationship between music and dance, and how one greatly affects the other.
Members $10 • Community $50

**INTRO TO DANCE**
Ages 9 – 12 • Tuesday 4:30-5:15 pm
Each week we’ll explore a different style of dance. From ballet, to hip-hop, to lyrical, to jazz and all modern styles in between. There will be a focus on using dance to create patterns, lines, and shapes as part of a group. We will also focus on building individual strength, confidence, safe technique and movement skills.
Members $15 • Community $50

**DANCE AROUND THE WORLD!**
Ages 3 – 5 • Monday 9:45-10:15 am
Introduce your child to the wonders of traditional dance from around the world. Each week, we’ll visit a different continent and explore the traditional music and movement from specific cultures.
Members $10 • Community $50

**DANCE SKILLS**
Ages 8 - 13 • Monday from 4:30-5:15 pm
This is a class for children who have an interest in dance and want to focus on learning or perfecting some foundational dance skills. Leaps, spins, stretches, balance and coordination will be our focus.
Members $15 • Community $50

**FREE Demo’s for our DANCE & ART programs**

**MONDAY, DECEMBER 10TH**
9:30-10 am DANCE demo for the 2-5 age group
4-4:30 pm ART demo for the 13+ age group
5-5:30 pm ART demo for the 18+ age group

**TUESDAY, DECEMBER 11TH**
4-4:30 pm DANCE demo for the 6-8 age group
5-5:30 pm DANCE demo for the 9-12 age group
6-6:30 pm DANCE demo for the 13+ age group

**FRIDAY, DECEMBER 14TH**
9:30 -10 am ART demo for the 2-5 age group
3:30-4 pm ART demo for the 6-8 age group
4:30-5 pm ART demo for the 9-12 age group
5:30-6pm DANCE demo for the 18+ age group

Page 14–Visit us online at www.concordymca.org
NEW YOUTH ART PROGRAMS

TODDLER AND PRESCHOOL

COLLAGE, CONSTRUCTION, STAMPING
Ages 2–5
Tuesday 9–9:30 am
Explore arranging, building, sticking, stamping, and creating using recycled objects and other regular household items. Children will practice their fine motor skills and learn about pattern, shape, texture, overlapping, and lines.
Members $10 • Community $50

NATURE, ANIMALS AND THE SEASONS
Ages 2–5
Tuesday 10–10:30 am
In this class we’ll be choosing a different theme every week and drawing, painting, and coloring all the beauty found in the natural world. Children will have fun exploring the seasons and the animals we see through a variety of mediums.
Members $10 • Community $50

YOUTH and TEEN

DRAWING, PAINTING AND CRAFT
Ages 6–8
Thursdays 3:30–4 pm
This is a class for children who love art and want to learn, practice, and create more. We’ll focus on foundational skill building while also having fun in the studio with a variety of non–traditional art materials.
Members $10 • Community $50

ART AROUND THE WORLD!
Ages 9–12
Wednesday 5–5:30 pm
From Japanese Notan Collage, to Australian Aboriginal Dot painting, each week we’ll look at the art traditions from different cultures around the world and experiment with styles unfamiliar to us.
Members $10 • Community $50

PAINTING AND DRAWING SKILLS
Ages 13 – 17
Monday 5:45–6:15 pm
This class is for teens who enjoy making art and want to focus on building their skills in their own areas of interest. We’ll tailor this class to suit the needs and interests of the students.
Members $15 • Community $50
YMCA YOUTH AND TEEN PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being
All Children at the Y under the age of 14 must be under parental supervision.

YOUTH & TEEN EQUIPMENT ORIENTATION
Mandatory for any youth members ages 10–13 wishing to use the strength and cardio equipment with direct supervision of a parent.

Upon completion of this orientation, youth will be allowed limited use of strength and cardio equipment while under the direct supervision of a parent.

Members must be 14 or over to access the free weight room. A review of gym etiquette, strength and cardio training and flexibility with be included. A small amount of at-home study and “hands on” training will be required. Parents are encouraged to attend the sessions and may be required to attend at the trainer’s discretion.

The orientation can be made by appointment and will consist of 2–4 meetings ranging from 30–60 minutes depending on the youth’s ability and level of experience with strength training.

Contact the Welcome Center or the Wellness Desk 228-9622 @ ext. 121.

See page 10 for all Martial Arts options for teens
Teen/Adult Combat Hapkido (14+ & UP)
Teen/Adult Kempo Karate (14+ & UP)

Are you a coach looking to help advance your teams’ players? Contact us about off season sports and conditioning for your young athletes.
Trieste Philbrook, Wellness Coordinator tphilbrook@concordymca.org

We are always looking for qualified employees in many areas of the Y. Opportunities include: personal trainers, group exercise instructors, lifeguards and swim instructors. Interested individuals that are certified in any of these areas should apply today!

NEW!

Volleyball

Youth Volleyball
for girls in grades, 3rd, 4th or 5th
This new program offers age-appropriate into to skills and skill development for setting, passing, serving and hitting. Younger players will learn skills to play with proper fundamentals. This is the perfect beginning volleyball experience.
Thursdays 5:30–6:30 pm
Full member benefit; Community Members $45

Teen/Adult Volleyball
for Middle School-aged girls
A great opportunity for skill development or a first time experience. Practices will be used to increase girls skills with setting, passing, serving and hitting and games will be organized each week to encourage their understanding of the game. No experience necessary.
Tuesdays 6–7 pm and Sunday 2–3 pm
Full member benefit; Community Members $65

NEW!
Adult Pick up Volleyball, 3–4 pm Sundays

SPORT – A – DAY
(Ages 3-7): Bring your kids to enjoy some fun while you do a workout!
A variety of fun activities and games like soccer, obstacle courses, floor hockey and rock climbing help to build confidence, strength and team work.
Registration required. Register on-line or at the welcome center.
Class minimum of 2 registered children to run for the session.
Registration required. Saturday: 9-10:00 AM
If no one registers for class, it will not be held.
FOR MEMBERS ONLY

TEEN SPORTS TRAINING CLASS
A sport-specific conditioning class meant for the young athlete ages 14–18. Focus will be on functional strength training, core strength, agility, as well as balance and control; and emphasizing proper form and technique in resistance training. Rotational force and hand/eye coordination development will be a core training concept throughout the session.
These sports-specific classes will be led by a Certified Personal Trainer, who is also a former collegiate lacrosse player and coach.

Monday & Wednesday, 4:15–5:00 PM
Members: $25 • Community Members $65

YOUTH STRENGTH CLASS
(Ages 10–13) This is a great beginner fitness class where we focus on sports conditioning, injury prevention, play games, and promote overall health and physical fitness. Class is intended to provide a supervised introduction to the foundations of physical fitness and personal wellness, including cardiovascular and body weight exercises.
Group fitness is a fun way to help to keep youth active and build coordination, balance and flexibility through muscle awareness.

Tuesday & Thursday, 4:15–5:00 PM
Members: $25 • Community $65

FINANCIAL AID IS AVAILABLE.
YMCA FAMILY TIME
FOR HEALTHY LIVING – Improving the nation’s health and well-being

All Children at the Y under the age of 14 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.
Gym is open for use by all members.
Scheduled gym time is available for all members. 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.
Fri 6:30-7:30 pm and Sat. 10:30 am – 12 pm
FREE for Members only
See small gym schedule for availability.

FAMILY SWIM
Check schedule for availability.

FUN FAMILY FRIDAYS!!
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.

12/21/18-Join us for a FUN night watching Polar Express and sipping on hot cocoa.

1/18/18-Family Recess-
Join us for Supper and then a fun night of swimming, rock climbing, and arts and crafts. Supper at 6pm, Rock Climbing and Arts and Crafts from 6:30-7:30pm, with a dance party in the pool from 7-8pm.

2/15/18-Kids Night out/Parent Date Night-
Kids ages 3-10. Must be potty trained. Drop your kids off at the Y from 6-9pm for a Valentine’s Day theme kids night out. Parents enjoy the night out as your kids have fun at the Y. Rock climbing, playing games in small gym and large gym, arts and crafts, and then a short movie at the end of the night. Cost is $5.00 dollars per child.

Sign up at the Welcome Center.

PLAY TOGETHER TO STAY HEALTHY HAPPY & STRONG

Dear Family members,

Our families are important to us and we want to make sure we offer opportunities for families to enjoy the Y together.

Stop by the Welcome Center to pick up our new family time schedule, or download one from our website.
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

WATER FITNESS

H2O AEROBICS
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 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

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

DEEP WATER FITNESS
This low impact class held in the deep end of the pool provides a total body workout. Flotations and other equipment are used for this fun and challenging class. 45 minute class.

See schedule on website for times. Member Benefit

NEW!

ADULT SWIM LESSONS

ADULT BEGINNER SWIM LESSONS
This class is designed for beginner adults with little or no swimming experience to gain confidence and comfort in the water. Swimmers learn water adjustment, floating, safety skills, and instruction to basic swimming strokes.

Thursday 2-2:30 pm.
Members $25 • Community Member $50

ADULT INTERMEDIATE SWIM LESSONS
This class is for those adults who can do lap swimming, but would like to be better. Swimmers are able to swim over 25 yards on their front and back. This class will improve rotary breathing, stroke development, and overall swimming fitness.

Thursday 2:30-3 pm
Members $25 • Community Member $50

Financial Assistance is Available.

IMPORTANT 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, 228-9622 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 may 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: EVERYONE needs to shower before entering the pool—it’s a state law.
• Refrain from bringing food on pool deck.

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LEARN NEW SWIM SKILLS

CONCORD FAMILY YMCA Swim Lesson
Winter Session: January 7—February 23, 7 weeks

(PARENT CHILD) SWIM STARTERS
6 months - 3 years • 30 minute class • Once a week.
Full Member: $60 • Community Member: $120

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<th>Saturday</th>
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<tr>
<td>9:20–9:50am Stage A &amp; B</td>
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Swim lesson stages and definitions:
A. Water Discovery: Introduces infants and toddlers to the aquatic environment.
B. Water Exploration: Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

(PRESCHOOL) SWIM BASICS
3 years - 6 years • 30 minute class • Once a week.
Full Member: $60 • Community Member: $120

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<td>3:50-4:20 pm Stage 1&amp;2</td>
<td>9:55-10:25 am Stage 1&amp;2</td>
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<tr>
<td>4:25-4:55 pm Stage 2&amp;3</td>
<td>4:25-4:55 pm Stage 1&amp;2</td>
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<td>5:20-5:50 pm Stage 3&amp;4</td>
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<td>11:25-11:55 am Stage 3&amp;4</td>
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Swim lesson stages and definitions:
1. Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
2. Water Movement: Encourages forward movement in water and basic self-rescue skills performed independently.
3. Water Stamina: Develops intermediate self-rescue skills performed at longer distances than previous stages.
4. Stroke Introduction: Introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
5. Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.
6. Stroke Mechanics: Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

(YOUTH) SWIM STROKES
6 years - 13 years • 40 minute class • Once a week.
Full Member: $64 • Community Member: $130

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<td>11:05-11:45 am Stage 5&amp;6</td>
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PRIVATE OR SEMI-PRIVATE
(3 years and up) • 30 minute class • Once a week.
Full Member $160 • Community Member: $270

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

- Scholarships do not apply to private or semi private lessons
- Semi-Private: split the cost between children
- The Y does not provide a second child for Semi-Private lessons.
- Requesting private or semi-private lessons can be done in-house or over the phone if you are a member.
- Sign ups are on a First come first serve basis.

Registration dates for Winter session:
YMCA Members: Online ONLY starting Dec. 8
YMCA Members: Online & In house starting Dec. 15
Community Members: In-house ONLY Dec. 22
Private swim lessons registration begins Dec. 29 First come, first serve. Call the YMCA @ 228-9622 X131 and leave your request and information.

Visit us online at www.concordymca.org - Page 19
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

SWIM TEAM SCHEDULE

Request your practice schedule and turn in to Coach John by Sept. 1st. For ST 1 and ST 2 practices.
Prices are for EACH DAY PER training date range your child practices

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<th>Ages</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>Beginners 6–12 years</td>
<td>4:00-5PM ST 1, 6wk $72</td>
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<td>5:40-7:10PM ST 1, 6wk $90</td>
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COMMITTED TO STRENGTHENING OUR COMMUNITY

Capital City Sunrise Rotary

Weekly Meetings
CitySide Grille
Thursdays 7:10am

Proud supporters of the Concord Family YMCA Annual Campaign.

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Swim Team 2 practices: 
November 5 – February 9 (14Wks)

No practice the following days:
   Mon, Nov. 12
   (Veterans Day, YMCA is closed)

Wed, Nov. 21/ Thu. Nov. 22 / Fri Nov. 23
   (Thanksgiving)

Monday, Dec. 24
   (Christmas Eve)

Tue, Dec. 25 (Christmas, YMCA closed)

Monday, Dec. 31 (New Years Eve)

Tue, Jan. 1 (New Year’s day, YMCA closed)

Swim Team 3 practices:  
estimated dates
   Mid February –March
Swim Team 4 practices:  
estimated dates May-June
Swim Team 5 practices:  
estimated dates June-August

SWIM TEAM practice dates and fees for ST 3, 4 and 5 practices to be distributed asap.

- To sign up for swim team:
  Complete SWIM TEAM ENROLLMENT FORM
- Coaches will have the needed paperwork that will need to be filled out.
- Coaches will set final practice schedule for all swimmers with regular days based on requests, abilities and pool space.
- When training schedule is set the Coaches will create roster, and the YMCA will charge your credit card on file.
- Receipts will be forwarded to family through email.
- Swim team practice dates are marked as swim team 1 practices, swim team 2 practices, etc.
- This is In place of Fall 1 &2 sessions so they are not confused with any session date frames since the dates are different.
- Children must have legal front crawl, back stroke, breast stroke and an understanding of the butterfly stroke.
- All swim team participants are required to be current YMCA members.
- Practice prices are in addition to the YMCA membership and meet fees.
- USA swim meets are an additional fee. Dual meets are free.
- No refunds for weather related cancellations / or unforeseeable pool issues.
- Swimmers must stick to the days the enrolled throughout the numbered swim team practice dates.
- (Example: ST1 Practices ) Coaches will make any adjustments needed & practice fees will match days/times and date ranges.
- Members of the swim team are expected to attend at least one swim meet per session, provided a meet is offered during that range of practice dates. (Example: ST1 Practice date range )
- Swim team spots are on a first come first serve basis and also managed by head swim team coach.
- Swimmers under 13 must have a parent or guardian on the premises during practices.
- Siblings of swim team swimmers under 13 years of age need to be with in eye sight of a parent at all times.
- Swim team families, please provide a valid email address to receive email updates from the YMCA and the coaches.
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation's health and well-being.

Q: How do I know what level to place my child in?
A: Each child is grouped by age and skill. See the flow chart on the back of this sheet. 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 at concordymca.org, under the program guide.

Q: If the class that I want is full can the class take one more swimmer?
A: No, we need to stay in ratios to keep a quality class for all.

Q: If I miss the registration deadline date do you make exceptions?
A: No, we need prep time to get the classes organized and to make our staff schedules.

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 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. Your child will receive a mid-session and an end of session report from the instructor that explains his or her current skill level.

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

Q: Does the YMCA offer make-up lessons if we can not make it to a lesson?
A: No, 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 make-up lesson.

Q: Does the YMCA offer make-ups or refunds if I can not make the scheduled makeup class?
A: No, we offer make up classes when the pool schedule allows for the session.

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

Q: Where can I register for group & private and semi-private swimming lessons?
A: YMCA members can sign up for group classes on our website or with the Welcome Center staff at the YMCA. Community members can sign up for group classes at the YMCA with our Welcome Center staff. Private and Semi-Private lessons are scheduled via a request made through the Aquatics Department and are scheduled a week before lessons begin.

Q: If I register my child as a community member for swim lessons, can I use the family swim times?
A: No, the family swim times are for members only. If you want to become a member you can talk to the friendly staff at the Welcome Center.

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

Please note that there is a $10 charge for any class changed after the sign-up deadline, unless YMCA staff needs to move the child.

Sailfish Swim Team

Q: Are the swim team sessions the same as the swim lessons.
A: No, the dates for the swim team sessions are different.

Q: My child is a brand new swimmer. How do I know where to sign up my child?
A: Contact the head coach John DeCaprio for evaluation time jvd0330@comcast.net

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

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: Only refunds or credits requested BEFORE the 2nd class will be processed for swim team registration. Refunds for swim meets are not refundable.
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 at 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 and opportunities limited.
Big Gym • Small Gym • Climbing Wall
Contact: Justin Parker, Operations Director, for additional information jparker@concordymca.org.
Invested in our Community

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

Proud supporters of the Concord Family YMCA Annual Campaign.
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

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
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.

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

**Diagnostic Imaging**
- General x-ray and fluoroscopy
- Ultrasound
- Truly Open MRI and high-field open MRI
- CT and CT angiography
- Virtual colonoscopy
- CT colonography

**Services for Women**
- 3D Breast Imaging
- Full-field digital mammography
- Breast MRI (Sentinelle Vanguard)
- DEXA bone densitometry
- Ultrasound and MR-guided biopsy

**Interventional Radiology**
CIC provides world-class, minimally invasive, advanced, image-guided procedures that have less risk, pain and recovery time compared with conventional surgical treatments. Our specialty areas include surgery, urology, oncology, vascular, OB/GYN and many more. CIC’s Interventional Radiologists are in the top class of their field.

Call 603-230-7274 to schedule an appointment. Several locations in the Concord area. See our website for additional information www.ConcordImagingCenter.com or call now for an appointment.
A GREAT WAY TO SPEND YOUR DAY OR THE WHOLE WEEK!

DECEMBER VACATION CAMP

Join us this December and enjoy your school vacation with the Concord Family YMCA!

Come for the whole week or pick your days, your schedule is up to you!

Open to all school-age children in grades K-6.

December 24th (1/2 Day 7 AM – 12 PM)
December 26th, 27th, 28th Full Days (7 AM–5:30 PM)

Activities Include: Swimming, Rock Climbing, Minute to Win it Games, A Holiday Movie, White Park Day & Crafts

Camp drop-off and pick-up will be held at:
Concord Family YMCA
15 North State Street
Concord, NH 03301
www.concordymca.org

For more information contact: Amanda Newton
Assistant After School & Camp Director
603.228.9622 ext 158
anewton@concordymca.org

2018 CAMP MOKAWOGAN BEST SUMMER EVER!

Thanks to all who made 2018 the BEST SUMMER EVER!
We can’t wait to see you next year!
INVESTING IN TOMORROW

The Concord Family YMCA Child Development Center (CDC) has undergone extensive renovations. We have re-invested into our facilities to continue to offer the highest quality child care available.

Schedule your tour today!
603.228.9622

- Our evidence based, reliable assessment tailors learning to each child’s individual needs.
- 100% success rate with kindergarten & first grade readiness.
- Includes swim lessons and PE classes.

Financial aid is available.
Serving children ages 12 weeks—Kindergarten.

Proud supporters of the Concord Family YMCA Annual Campaign.

102 Fisherville Road, Concord, NH 03303
www.duncraft.com/

Committed to our community

Proud supporter of the Concord Family YMCA

The right bank makes a real difference.

Northway Bank
800-442-6666 | northwaybank.com
Member FDIC
Proud Supporter of the Concord Family YMCA

Strengthening our community through youth development, healthy living and social responsibility.
FULL DAY KINDERGARTEN

YMCA full day Kindergarten program provides enriching experiences that help to facilitate a child’s cognitive, social, physical and emotional growth. We strive to meet the developmental needs of each individual child by working in partnership with their families.

Our program, licensed by the State of New Hampshire, provides a curriculum that focuses on education, leadership and character development. Program hours 7AM-5:30 PM.

Expand your child’s learning opportunities, enroll today!

The YMCA Full Day Kindergarten program is run by a state certified elementary school educator.

Weekly Fee:

- $185 Members
- $200 Community Members

Financial aid is available.

Y Kids are better prepared for school!

- Learning tailored to each child’s needs.
- 100% success rate on kindergarten readiness.
- Includes swim lessons & PE classes.
- Focus on building a healthy lifestyle.
- If a child attends kindergarten at another location, the Y offers afterschool programs through kydstop

NOW ENROLLING

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

To Register: Concord Family YMCA • 15 North State Street • 290.7001 • www.concordymca.org

* Prices subject to change pending board approval.
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

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.

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

FINANCIAL ASSISTANCE IS AVAILABLE.

DOODLEBUGS (12 wks - 1 yr)
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: $250 Member $265 Community Member

BUMBLEBEES (1 yr)
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: $222 Member $237 Community Member

LADYBUGS (18 mo)
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: $222 Member $237 Community Member

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: $200 Member $215 Community Member

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: $200 Member $215 Community Member

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: $185 Member $200 Community Member

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: $185 Member $200 Community Member

LEAPFROGS (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: $185 Member $200 Community Member

PRESCHOOL 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: $185 Member $200 Community Member

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: $185 Member $200 Community Member

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: $160 Member $175 Community Member

I’m very comfortable with being able to drop off my children and concentrate on my work all day without wondering if they’re ok; I just know they are having a good day. Some days I just want to stay there with them!”
“I think the Y’s program is for kids, and about kids, and I think that all the teachers there put the kids first. It just works.”
– Liz P., CDC parent.

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

Visit us online at www.concordymca.org - Page 31
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
- Commit To Be Fit Program
- 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

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

FULL MEMBER BENEFIT.
KIDS CORNER – 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 Mon. – Fri. or 11 AM on Saturday.

ANNUAL LOCKER RENTAL FEES:
Visit the Welcome Center for more information.

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.

FULL MEMBERSHIP CATEGORIES AND FEES
AUGUST 1ST, 2018 – JULY 31ST, 2019

<table>
<thead>
<tr>
<th>Membership category</th>
<th>Monthly Fee</th>
<th>Start Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (up to 13 years)</td>
<td>$17.5</td>
<td>$0</td>
</tr>
<tr>
<td>Junior (14 – 17 years)</td>
<td>$22.5</td>
<td>$0</td>
</tr>
<tr>
<td>Young Adult (18 – 22 years)</td>
<td>$33</td>
<td>$30</td>
</tr>
<tr>
<td>Adult Regular</td>
<td>$59</td>
<td>$75</td>
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<tr>
<td>Family Regular</td>
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<td>$75</td>
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<tr>
<td>One Parent w/Child(ren)</td>
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<td>$75</td>
</tr>
<tr>
<td>Senior (65 years &amp; older)</td>
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<td>$30</td>
</tr>
<tr>
<td>Senior Couple Regular</td>
<td>$62</td>
<td>$50</td>
</tr>
</tbody>
</table>

Membership rates are prorated from the day of joining to the date of the first draft, then drafted on a monthly basis. Memberships are reviewed annually. If any increase in membership rates occur they become effective on August 1.

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 written 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. Only select classes available to community members.

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!

ANOTHER GREAT REASON TO BE A CONCORD FAMILY MEMBER
Nationwide Reciprocity enables you to visit any participating Y in the United States through membership at your “home” YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

A Nationwide Reciprocity waiver is required to visit other YMCAs. Other restrictions may apply.

To locate participating YMCAs go to http://www.ymca.net/nationwide-membership

Contact your local Y to learn more.