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

MOTIVATION
SUPPORT
SUCCESS

SPRING SESSION 1:
Session Dates: March 2 – April 25
Registration begins: Members Online: February 1
Members at Y: February 8
Community Members at Y: February 15
Deadline for registration: February 29

SPRING SESSION 2:
Session Dates: May 4 – June 26
Registration begins: Members Online: April 4
Members at Y: April 11
Community Members at Y: April 18
Deadline for registration: May 2

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!

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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**
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.

Christopher "Topher" Bishop, After School Director, ext 123
cbishop@concordymca.org
Matt Bolton, Facility Director   ext. 135
mmbolton@concordymca.org
Dylan Talbot, Aquatics Director   ext. 139
dtalbot@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
Heather Hildum, Wellness Coordinator   ext. 121
hhildum@concordymca.org
Paula Taylor, Development Director   ext. 127
ptaylor@concordymca.org
Karen Wimpey, Membership Supervisor   ext. 154
kwimpey@concordymca.org

Visit us online at www.concordymca.org
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 and once classes have begun. 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

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 is required 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.
Call 228-9622 ext. 121 to connect with a trainer.

NEW MEMBER PERSONAL TRAINING: 3–1 HOUR SESSIONS FOR $99
A SAVINGS OF OVER $80!
1. Members get workouts designed to start them down the right path to their specific health and wellness goals.
2. 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, but this initial price is a one-time use per member.
See below for personal training rates.
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: Heather Hildum, Wellness Coordinator at 228-9622 ext. 122 or hhildum@concordymca.org

To get your fitness consultation, to go over your personal health and fitness history and to get started with a trainer, contact:
Fitness Department
Wellness Desk at 228-9622 ext. 121 or Heather Hildum at hhildum@concordymca.org

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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, please contact Heather Hildum via email hhildum@concordymca.org

A TOAST FOR COMMUNITY

Concord Family YMCA • 16th Annual Spring Social

SAVE THE DATE

Tuesday, April 7 | Bank of NH Stage | 5:30–7:30 PM

New location for our Spring Social!
“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.
YMCA ADULT SPORTS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

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 Dylan Talbot, Aquatics Director, 228-9622 ext 139 or dtalbot@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

Mindfulness Meditation
Learn about living mindfully with Judy Caron. This class is offered twice a week. Practice will include guided mindful meditation, mindful breathing, walking meditation and guided relaxation. Techniques for practicing kindness, compassion, accepting what is and letting go will be incorporated. Assistance and information on continuing and using mindful living “outside of the class” will be given in areas of daily living to include mindful eating, communication, journaling and creating an affirmation.
Member Benefit only Tuesdays 5:45 – 6:45 PM and Friday 7:15-8:15 AM in the studio.

Pedaling for Parkinson’s® Program
The Pedaling for Parkinson’s® class mission is to improve the quality of life of Parkinson’s patients and their caregivers. Educating patients, caregivers, and the public about the benefits of maintaining an active lifestyle after a Parkinson’s diagnosis is a secondary class goal, as is research dedicated to prevention and treatment of Parkinson’s.

High speed pedaling/cycling has been proven to help afflicted patients delay or in some cases improve their symptoms. Rapid pedaling is not a cure for the disease, but there is compelling evidence to show that it does make a real difference for many who attend class. Additionally, fast-paced or high cadence cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medications and potential surgery to slow the progression of their disease.

Class Offerings: three times weekly, 60 minutes in duration
Tuesday, Thursday and Saturday 1-2PM
Cost of Class: FREE for Y members, $5 per class for community members

Who Can Participate?
- Must be 30-75 years old (older if approved by participant’s physician)
- Must be diagnosed with idiopathic Parkinson’s
- Must complete and submit a signed consent form before first class
- Must complete and submit a medical clearance form with written consent from a physician
- Agree to periodically monitor progress

For more information on this program, contact Justin Parker, Operations Director at jparker@concordymca.org
GROUP EXERCISE – MEMBER BENEFIT

Registration is required for class communications. Please register for Group Exercise at the Welcome Center or Online. This will add you to an email list to keep you informed of any last minute changes.

YOGA AND PILATES WITH THE Y
SPACE LIMITED – REGISTER AT WELCOME CENTER

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 and allow for 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.

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.

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.

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.

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
Registration is required for class communications. Please register for Group Exercise at the Welcome Center or Online. This will add you to an email list to keep you informed of any last minute changes. See our website for current schedule at concordymca.org

LOW IMPACT/INTENSITY 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

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 OVER 50
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, kickboxing, 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

HIGH INTENSITY 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

WAKE UP 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

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

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

FIT OVER 50 CLASS
Our Fit Over 50 class is for those members who would like to focus on bone building strengthening exercise, with special attention to post-menopausal women. This is a 2 day a week, 45 minute, 7-week class and will take place in the free weight and Matrix rooms. Members Only: $50 dollars Tuesday & Thursday from 10:15-11 am.

TRX AND KETTLEBELL
Limited to 8 participants • Small Gym
Register to reserve your spot at the Welcome Center. Come get a total body workout utilizing the revolutionary TRX and the traditional kettlebell for a unique and challenging class. Small group sessions make this class more individualized, specific to your own goals, and tailored to your ability level. Members $30 • Community $60 Mondays 12-12:45 PM or Tuesdays 7-7:45 AM

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

POWHER 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
ADULT PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being

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).

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
Tuesday 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.
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

For more information contact Heather Hildum at hhildum@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 Heather Hildum at hhildum@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.”
YOUTH PROGRAMS

LITTLE KICKERS W/ ELITE PERFORMANCE PLAYERS PHIL AND KAYLIN TUTTLE
(3-5 years) • Tuesday 11-11:40 am in big gym.
Little kickers is a beginner soccer program. Coaches Phil and Kaylin will teach your child the basic skills of soccer, including passing, dribbling, and agility all through fun games and supervised play.
Members $30 • Community $50

MINI NINJAS
(4-7 years) • Saturday 9-9:45 am
Come run, jump, kick and flip for 45 minutes 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.
Members $25 • Community $50

FINANCIAL AID IS AVAILABLE.

YOUTH AND TEEN

Concord Family YMCA is excited to announce that our summer day camp will use the Abbot Downing School as its home base this summer. "We’ve had some feedback from families that campers would like to participate in more field trips. By returning to the successful model for camp that we have run in the past we will be able to provide lots of opportunity for engaging field trips to different locations all summer long.” Says Concord Family YMCA Youth Services Director, Deborah Galipeault.

"We are still finalizing our theme weeks for this summer, but we anticipate having all information available to families by the end of January. “ Topher Bishop, After School Director. “I’m excited to play an important part in planning camp this year and looking forward to providing campers the – Best Summer Ever! This year is going to be a great mix of both traditional summer camp activities and new engaging field trips each week.”
Registration forms will be available for download on our website concordymca.org.

CAMP MOWKAWOGAN RETURNS TO ABBOT DOWNING
BEST SUMMER EVER!

WHEN IT COMES TO YOUR HEALTH PLAN,
WE’RE WITH YOU.

TUFTS HEALTH FREEDOM PLAN IS PROUD TO SUPPORT THE CONCORD FAMILY YMCA.

TUFTS HEALTH FREEDOM
THFP.COM

Page 13 – Visit us online at www.concordymca.org
NEW! EXPLORING TAE KWON DO
Age 8-12
The Five Tenets of Taekwondo; Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit. These are what drive the learning and teaching of Taekwondo. No matter what; training in a martial art can be invaluable for a developing mind and body. Respect, self-discipline, a boost in self esteem, goal setting, socialization, and being involved in physical activity are just some of the benefits Taekwondo can have. It’s not all about kicking and punching, it’s about learning control; mind, body, and spirit.
Sunday 10-11am or Thursday 4-5pm.
Member $25 • Community $50

NEW! THE BASICS OF SINGING AND PERFORMING
Age 8-12
Music is at the root of all life; before you learn how to speak, you sing. Everyone is a singer, and everyone is an artist. In this program we will learn the basics of breath support, resonance, creating a character, and much more! Let loose, enjoy the music, and at the end of the program there will be an informal recital where everyone will sing one piece that they have learned and practiced during their time in class!
Sunday 11-12pm or Thursday 5-6pm.
Member $25 • Community $50

ELITE PLAYER PERFORMANCE
SOCCER WITH PHIL & KAYLIN TUTTLE
SOCCER 3-5 YR OLDS • Saturdays 10-10:30AM
Member $30 • Members $60
SOCCER 6-9 YR OLDS • Saturdays 10-11AM
Member $50 • Members $100
SOCCER 10-13 YR OLDS • Saturdays 11AM-12PM
Member $50 • Community $100

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 will 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.

TEEN SPORTS TRAINING CLASS
A sport-specific conditioning class meant for the young athlete ages 13–16. 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 4:15–5:00 PM
Members $25 • Community Members $50

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
Member $25 • Community $65

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!

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

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.

FAMILY SWIM Check schedule for availability.

Check out our Kid Zone schedule for open and staffed times.

COME PLAY WITH US!

Introducing
Concord Family YMCA
KID ZONE!
FREE MEMBER BENEFIT!

Visit us online at www.concordymca.org - Page 15
AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

NEW!

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

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 $35 • 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 OR
Wednesday 5:10-5:40pm
Members $35 • 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.
# AQUATICS PROGRAMS
FOR HEALTHY LIVING – Improving the nation’s health and well-being.

## YMCA PROGRESSIVE SWIM LESSON STAGES

### AGE GROUPS

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>PARENT® &amp; CHILD: STAGES A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>PRESCHOOL: STAGES 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>SCHOOL AGE: STAGES 1–6</td>
</tr>
<tr>
<td>13+ years</td>
<td>TEEN &amp; ADULT: STAGES 1–6</td>
</tr>
</tbody>
</table>

### SWIM STAGES

- **SWIM STARTERS**
  - Parent® & child lessons

- **SWIM BASICS**
  - Recommended skills for all to have around water

- **SWIM STROKES**
  - Skills to support a healthy lifestyle

### LESSON SELECTOR

<table>
<thead>
<tr>
<th><strong>Stage</strong></th>
<th><strong>Can the Student</strong></th>
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</thead>
<tbody>
<tr>
<td>STAGE A</td>
<td>NOT YET</td>
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<tr>
<td>STAGE B</td>
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<td>STAGE 1</td>
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<td>STAGE 3</td>
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<td>STAGE 4</td>
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<td>STAGE 5</td>
<td>NOT YET</td>
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<tr>
<td>STAGE 6</td>
<td>NOT YET</td>
</tr>
</tbody>
</table>

- Respond to verbal cues and jump on land?
- Work with an instructor without a parent in the water?
- Go underwater voluntarily?
- Do a front & back float on his/her own?
- Swim 10–15 yds. on his/her stomach & back?
- Swim 15 yds. of front & back crawl and tread water for 1 min.?
- Swim 25 yds. of front crawl & back crawl, and 15 yds. of breaststroke & butterfly?
- Swim 50 yds of all competitive swim strokes: front crawl, back crawl, breaststroke and butterfly?

---

Your Dues
Operate the Facility

Your Gift
Changes Lives

Give. Because everyone belongs.

Visit us online at www.concordymca.org - Page 17
GET READY FOR SUMMER
SWIM LESSONS WITH THE Y

Spring 1: March 2 –April 25
(Spring break April 27 – May 1)
Spring 2: May 4 –June 26

(PARENT CHILD) SWIM STARTERS
6 months – 3 years• 30 minute class• Once a week.
Full Members $ 65 Community Members $ 130

<table>
<thead>
<tr>
<th>Sat</th>
<th>Tues</th>
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<tbody>
<tr>
<td>9:20-9:50am Stage A &amp; B</td>
<td>5:00-5:30 Parent Child</td>
</tr>
<tr>
<td>11:25-11:55 Stage A &amp; B</td>
<td>NEW Ages 3-6 • Stage 1</td>
</tr>
</tbody>
</table>

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: $65• Community Member: $130

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<tr>
<th>Mon</th>
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<tbody>
<tr>
<td>3:50-4:20 pm Stage 1 &amp; 2</td>
<td>3:50-4:20 pm Stage 1 &amp; 2</td>
<td>4:00-4:30 pm Stage 3 &amp; 4</td>
<td>4:10-4:40pm 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 2 &amp; 3</td>
<td>4:45-5:15 pm Stage 2 &amp; 3</td>
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<tr>
<td>5:00-5:30 Parent Child</td>
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<td>5:20-5:50 pm Stage 3 &amp; 4</td>
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<td>10:50-11:20 am Stage 1 &amp; 2</td>
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Swim lesson stages and definitions:
1. Water Acclimation: Increases comfort with underwater exportation 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.

(YOUTH) SWIM STROKES
6 years – 13 years• 40 minute class• Once a week.
Full Member: 69 • Community Member: 138

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<tr>
<th>Mon</th>
<th>Tue</th>
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<th>Thu</th>
<th>Sat</th>
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<tbody>
<tr>
<td>5-5:40 pm Stage 5 &amp; 6</td>
<td>4:40 pm Stage 3 &amp; 4</td>
<td>5-5:40 pm Stage 1 &amp; 2</td>
<td>5-5:40 pm Stage 3 &amp; 4</td>
<td>9:20-10 am Stage 1 &amp; 2</td>
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<td>11:05-11:45 am</td>
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***NEW (ADULT) SWIM LESSONS****
13+ years• 30 minute class• Once a week.
Full Member: $45• Community Member: $90

<table>
<thead>
<tr>
<th>Thu</th>
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<tbody>
<tr>
<td>2-2:30 pm Beginner</td>
<td>2:30-3 pm Intermediate</td>
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</table>

Swim lesson stages and definitions:
1. Adult Beginner: Adults with little or no swim experience.
2. Adult Intermediate: Adults who can do laps but would like to do them more efficiently.

Registration dates for Spring 1 session:
• YMCA Members: Online ONLY starting Feb 1
• YMCA Members: Online & In house starting Feb 8
• Community Members, In–house ONLY: Feb 15
  Feb 23 any classes that have 2 or less will be canceled and re-organized.

Private swim lessons registration starting Feb 23rd First come, first serve. Call the YMCA @ 228-9622 X131 and leave your information.

Page 18–Visit us online at www.concordymca.org
GET READY FOR SUMMER
SWIM LESSONS WITH THE Y

Spring 1: March 2 –April 25
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Spring 2: May 4 –June 26

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6 months – 3 years• 30 minute class• Once a week.
Full Members $ 65 Community Members $ 130

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(PRESCHOOL) SWIM BASICS
3 years – 6 years•30 minute class• Once a week.
Full Member: $65 • Community Member: $130

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(YOUTH) SWIM STROKES
6 years – 13 years•40 minute class• Once a week.
Full Member: 69 • Community Member: 138

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***NEW (ADULT) SWIM LESSONS****
13+ years•30 minute class• Once a week.
Full Member: $90

Swim lesson stages and definitions:
1. Adult Beginner: Adults with little or no swim experience.

Swim lesson stages and definitions:
A. Water Discovery: Introduces infants and toddlers to the aquatic environment.

Swim lesson stages and definitions:
B. Water Exploration: Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

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Swim lesson stages and definitions:
3. Water Stamina: Develops intermediate self-rescue skills performed at longer distances than previous stages.

Swim lesson stages and definitions:
4. Stroke Introduction: Introduces stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Swim lesson stages and definitions:
5. Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Swim lesson stages and definitions:

Financial Assistance is Available.

Visit us online at www.concordymca.org - Page 19
CONCORD FAMILY YMCA SAILFISH SWIM TEAM

OFF SEASON, SWIM TEAM CONDITIONING
6 weeks • April 10–May 17 • Ages 5–18

Strength training, (14+in weight room 10-13 in matrix room or balcony)
Spin bikes, (in spinning room)
Swim (in pool)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Members $60</td>
<td>Members $70</td>
<td>Members $50</td>
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<tr>
<td>Community Members $130</td>
<td>Community Members $130</td>
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<td>4:15–5PM</td>
<td>6–7PM</td>
<td>4:15–5pm</td>
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<tr>
<td>Conditioning: Spin training</td>
<td>Conditioning: Swim training</td>
<td>Conditioning</td>
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<tr>
<td></td>
<td></td>
<td>Strength training</td>
</tr>
</tbody>
</table>

Q & A

Q: How do I register my child for swim team?
A: Contact Coach John at email above. Coaches will give you the appropriate paperwork to fill out. The YMCA will charge your credit card on file for your desired number of practices per week.

Q: Does the swim team dates run the same as the swim lessons.
A: No, the swim team sessions are September 16–March 31st. Dates 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 swim team practice dates 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: Refunds or credits requested BEFORE the 2nd class will be processed for swim team registration only. Refunds for swim meets are not refundable.

Updated JP 7.22.19 JP
FOR HEALTHY LIVING

THE Y IS MORE THAN JUST A PLACE TO WORK OUT

“The Y was a safe haven for me”
-JASON

Jason is legally blind and began his journey at the Y in June 2018. He began coming to the Y once a week while in Tilton and in October 2018 moved to Concord to take advantage of a more walkable lifestyle. Jason is a survivor of a Staph A. infection that destroyed his spine in April 2016 and after major surgeries plus 36 additional ones, his life as he knew it was changed forever. During the course of treatment for the infection he went from 20/20 vision to 20/400 with extreme sensitivity to light and missing large portions of his visual field. Jason and his family came to the Y on the recommendation of a friend as a place to escape the boredom and isolation that he was feeling as he adjusted to this new “normal” of daily life. They applied for a scholarship which allowed them to have a family membership at a rate that was affordable for their family. “The Y was a safe haven for me, a nexus for my family in my own backyard” Jason said.

In April 2016 Jason left the hospital in a wheelchair only able to walk a few feet and unable to lift the weight of a full gallon of milk. In August 2018, Jason began personal training with Corey. “While Corey’s workout can be intense, his attitude isn’t. Many people set very low expectations of the blind and handicapped. Being blind didn’t matter to him. Corey found goals for me to achieve bringing in humor and finesse to my sloppy uncoordinated workouts. He found ways to tease out more than I felt I was capable of doing,” Jason proudly shared.

Jason has gone from being able to walk only with the assistance of a walker to being physically and mentally capable of walking up to 7 miles in a day with a white cane. He walks to the local market and can carry a backpack with his groceries, often up to 50 lbs in weight. “What Corey didn’t realize when he took me on, was I had a goal of being able to apply for a guide dog. I needed to be able to walk 2 miles a day and be strong enough to handle a dog,” Jason adds. Jason has been approved for a guide dog and will begin training with his new dog at the end of October. “I am very grateful to Corey for his time and patience to help a guy regain life again after I almost lost mine. Today I have disabilities that will never go away, but I have the strength and fortitude to take on a world that really isn’t for blind people. I have this outlook because of my own hard work and the guidance from a skilled trainer. Corey and the Y have played a huge part in my recovery. They have been as important to my life as some of the worlds best doctors that saved my life. My family and I are grateful for the generosity of the Y for their high level of care and great sense of community to all.”
Q: How do I know what level to place my child?
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 www.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 do you make exceptions?
A: No, we need prep time to get the classes organized and to make our staff schedules.

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: 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: 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 classes at the YMCA with our welcome center staff. For private or semi-private lessons please email Kelly Sargent at Ksargent@concordymca.org or call 228-9622.

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

Thank You Concord
For voting us:
#1 Child Care
#1 Best Fitness Center
Find out why — schedule your tour today!

Concord Family YMCA | concordymca.org | 228.9622

Financial assistance is available.

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.

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.

Contact the Welcome Center to schedule your party today!

Great for Birthdays! See page 23 for more details.
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 3-10
Goals! Hike! Basket!
Many sports available including: basketball, soccer, floor hockey, and flag football.
Small gym use only.

Contact the Welcome Center for availability.

INDOOR PLAYGROUND KID ZONE
AGES 4-10
Staff will provide the safety and guidance.
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 $150 1 Lifeguard
26-50 people $200 2 Lifeguards
51-75 people $250 3 Lifeguards
(All swimmers must take a swim evaluation.)

KID ZONE PARTY:
1-12 people $150
13-25 people $200 additional staff included

SPORTS PARTY:
Small Gym $150

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.
AFTER SCHOOL • VACATION CAMPS
FOR YOUTH DEVELOPMENT—Nurturing the potential of every child and teen
Topher Bishop, Kydstop After School Director 603 790-7001 • cbishop@concordymca.org

CONTINUING OUR PARTNERSHIP WITH
Y@21C Beaver Meadow
Y@21C Abbot Downing

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

BEFORE SCHOOL PROGRAM:
Boscawen, Penacook, Loudon, and Webster Schools (Penacook and Webster students are bussed from Boscawen in the morning and to Boscawen in the afternoon.)

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.

AFTER SCHOOL PROGRAM:
Concord
Y@21C Beaver Meadow
Y@21C Abbot Downing
Penbroke (Penbroke students are bussed to Concord)
Loudon
Boscawen, Penacook & Webster (Penacook & Webster students are bussed to Boscawen)
Pembroke

Come join the YMCA After School KYdstop programs serving local 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; Topher Bishop at 290-7001

WEEKLY FEES:
Concord / Pembroke
After School Care: Member: $80.00

Pittsfield
After School Care: Member: $65.00
Community Member: $85**

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

Before Care Only:
Member: $55
Community Member: $75**

After School Care Only:
Member: $65
Community Member: $85**

Both Before & After School Care
Member: $85
Community Member: $105**

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

SECOND CHILD DISCOUNT

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.
HELPING YOU TAKE CARE OF YOUR EMPLOYEES SINCE 1978, SO YOU CAN TAKE CARE OF YOUR BUSINESS!!

Health and Safety consulting to keep your workers safe, workers’ comp self-insurance to help you lower premiums and employee wellness to keep your employees healthy and save on the cost of health insurance!

Learn more today! Contact us at 800.645.7674 or visit thelawsongroup.com
Welcome Heather Hildum
our new Wellness Coordinator

I have always had a love for fitness and health from a young age. As soon as I could, I left Connecticut to move to where the sun shines all but a week of the year and the mountains left me dreaming of climbing in the Winter and snowboarding in the Summer. Salt Lake City, Utah, a place where I continued my love of health in college studying Community Health, Health education and promotion. In Utah, I fell in love with the mountains (and my husband), doing everything outdoors you could imagine: hiking, climbing, mountain biking, snowboarding, and camping. Transitioning to family life, I’ve continued to share my love of fitness and outdoors with my family. I’ve been a certified personal trainer, on and off for the past decade, always feeling the need to help others achieve their health goals. Here at the Concord YMCA, I am excited to start this new adventure as Wellness Coordinator and share all that is health and fitness with the Concord Community!
For nearly three decades, Concord Imaging Center has been providing Professional Medical Imaging Services to the greater Concord area. Continually investing in new technology ensures the highest quality medical imaging. Each image is carefully reviewed by one, or more, of our on-staff, board-certified radiologist / physicians. The result is world-class preventative and diagnostic medical imaging services. To learn more about the depth of care we provide, please visit our website.

ConcordImagingCenter.com

The right bank makes a real difference.

Northway BANK
800-442-6666 | northwaybank.com

Visit us online at www.concordymca.org - Page 28-
A GREAT WAY TO SPEND YOUR DAY OR THE WHOLE WEEK!

Concord YMCA VACATION CAMP

Spend your school vacations 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-5.

Registration forms are available on our website.

CAMP HOURS 7:00 A.M. - 5:30 P.M. Drop off is 7am –8:45am in the YMCA lobby.
Please send your child with snacks, lunch, a water bottle, and appropriate clothing /footwear for the day!

ALL FIELD TRIPS LEAVE BY 9:45 am and return no later than 3:30 pm

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: Topher Bishop
Kydstop After School Director
603.290.7001
cbishop@concordymca.org

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Proud Supporter of the Concord Family YMCA

Strengthening our community through youth development, healthy living and social responsibility.
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 (9 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: $250 Member
$265 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: $225 Member
$240 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: $204 Member
$219 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: $204 Member
$219 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: $189 Member
$204 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: $189 Member
$204 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: $189 Member
$204 Community Member

FINANCIAL ASSISTANCE IS AVAILABLE.

“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.
**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.

- Kid Zone
- 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.

**FAMILY MEMBER BENEFIT**

**KIDS CORNER – CHILD WATCH AND KID ZONE**
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.

Kid Zone drop off is available for kids 3-10 (must be potty trained) for use while you work out. Parents are asked to remain in the building while children are in Kid Zone.

**Please note there is a 2 hour limit per child per day. (1 hour per day in Child Watch for babies 6 months to 1 year.)**

Only Family or Single Parent Memberships may use this service.

Kid Zone staffed times are Monday–Friday 4-6:30 and Saturday 8:30-11:30. YMCA reserves the right to close if not being utilized by 6:00pm weeknights and 11:00am Saturdays.

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.

**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
- Child watch
- Full & 3/4 gymnasia with A/C
- Squash Court with A/C
- Complete Strength Center
- Day Camp/Vacation Camps
- Complete-Free Weight Center
- Cardiovascular Area
- Steam Rooms
- Personal Trainers
- Aerobic & Cycling Studio

---

**FULL MEMBERSHIP CATEGORIES AND FEES**

<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</td>
<td>$33</td>
<td>$30</td>
</tr>
<tr>
<td>(18 - 22 years/College Student)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Regular</td>
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<td>$75</td>
</tr>
<tr>
<td>Family Regular</td>
<td>$84.5</td>
<td>$75</td>
</tr>
<tr>
<td>One Parent w/Child(ren)</td>
<td>$71.5</td>
<td>$75</td>
</tr>
<tr>
<td>Senior (65 years &amp; older)</td>
<td>$42</td>
<td>$30</td>
</tr>
<tr>
<td>Senior Couple Regular</td>
<td>$62</td>
<td>$50</td>
</tr>
</tbody>
</table>

(At least one over 65 yrs. old)

**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.

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

**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.