WE ARE READY
WHEN YOU ARE

2020 FALL "A" PROGRAMS

This Fall we are trying something different with our program sessions. In order to provide more flexibility to our members, we are dividing our Fall Programs into 3 two week sessions.

FALL “A” September 21–October 3
FALL “B” October 5–October 17
FALL “C” October 19–October 31

Our Current Class Schedule both virtual and in-person can be found on our website. When you click the link you can find more details like class instructor, time and place or zoom/Facebook information for virtual classes.

Sign up for a MotionVibe account.
(Link available on our website.)
FACILITY HOURS
Monday & Wednesday 5am – 8pm | Tuesday, Thursday, & Friday 5am – 7pm
Saturday 8am – 12pm

ADULT LIFT & LEARN CLASS
HELD AT THE Y
Thursday 9-10AM • $35/person.
This class will run for all 6 weeks of the Fall Session (a, b, c)
Sign up on our website.

GROUP EXERCISE
Here is a sampling of the classes we are currently running.
Some are through ZOOM, Facebook Live and in person both at our facility and
in local parks. Visit our website and click on the virtual calendar to find your
class. Check back often because we are adding classes all the time!

ATHLETIC STRETCH - Deep stretching for extra active humans.
BOOTCAMP - A bright mix of body weight exercises with cardio and strength training throughout.
            Fun and physically challenging in the best way.
CARDIO & STRENGTH - Exactly what it sounds, Cardio and strength fitness class.
CORE CLASS - Core-focused strength class. Bring your own mat and water.
HEAT - High Intensity Interval Training style class sure to get your sweat going.
INDOOR CYCLING - A fun, heart pumping workout taking you through various terrain during class.
            This class can be low-impact if desired!
MUSCLE HOUR - Combination of cardio and weight training. Please bring your own mat.
PILATES - Pilates is a method of exercise that consists of low-impact flexibility and muscular
            strength and endurance movements. Pilates emphasizes proper postural alignment, core strength
            and muscle balance.
POWER HOUR - Get a full body burn in this one hour class sure to make you sweat it out!
SHRED - Resistance Training class that gets you pumped and feeling ripped.
YOGA - Variety of gentle and vigorous blends of Yoga. Bring your own mat.
ZUMBA - A mix of low-intensity and high-intensity moves for an interval-style,
          calorie-burning dance fitness party. Perfect for any skill level!

CHILD WATCH
Monday/Wednesdays 8:45am–12:00pm
Tuesday/Thursdays 4:30–7pm
Ages for the room are 2–6
(we will not be changing diapers.)
Parents must have a Family or Single Parent
Family Membership. There will be a limit as
to the amount of children in the room,
parents will need sign up for a one hour
slot on Motionvibe

Please visit our website or call the
Welcome Center for more details.

WELCOME BACK
Moving forward with care.
Visit our website for more details
www.concordymca.org
2020 FALL “A” CLASS SCHEDULE

FALL “A” September 21–October 3 • Register on our website.

YOUTH PROGRAMS

MINI NINJAS
4–7 years old • Saturday 9–930am.
Come run, jump, kick and flip for 30 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.
$10 per two week session.

SOCCER
4–7 years old • Wednesday 4:30–5pm
6–10 years old • Tuesday 3:30–4pm
This is a beginner soccer program. Our coach will teach your child the basic skills of soccer, including passing, dribbling, and agility all through fun games and supervised play. $10 per two week session.

FLOOR HOCKEY
4–7 years old • Wednesday 5–5:30pm
8–11 years old • Thursday 5:30–6pm
This is a beginner floor hockey program. Our coach will teach your child the basic skills of floor hockey, including passing, stick handling, and scoring all through fun games and supervised play. $10/two week session.

ALL BALL SPORTS
6–10 years old • Tuesday 5:30–6pm
This class is all about sports using different sports ball such as soccer, baseball, basketball, four square, and many more. Come join our coach to play fun game and learn different skills. $10 per two week session.

NEW!! VIRTUAL FIT FUN CLASS

$10/child for 4 class sessions (2 week sessions, 2x a week) 4 major points.
1. ACTIVITY 2. MENTAL HEALTH (MINDFULNESS) 3. NUTRITION FUN 4. HYGIENE/SELF CARE
Tuesday & Friday 3:30–4pm 5–8 year olds • Tuesday & Friday 4:15–5pm 9–12 year olds
2020 FALL SAILFISH SWIM TEAM
(CONY SAILFISH)

Our team is a year round competitive swim team offering high quality coaching and technique instruction for all ages and abilities. The goal of our team is to provide a fun and constructive environment where every swimmer has an opportunity to better their swimming skills and to improve his or her level of ability, from novice to championship competitor.

The Concord Family YMCA Sailfish Swim Team is a USA Swimming registered team. The team ranges from beginners to highly competitive level swimmers. The practice groups are structured by ability although age is considered. All participants must be able to swim 25 yards of the pool on their back and stomach. The team is open to children ages 6-18 years old.

Beginners:  
Tuesday 5:05-5:50 for $72.00  
Thursday 5:05-5:50 for $72.00

Intermediates:  
Monday 5:10-6:10 for $72.00  
Wednesday 5:10-6:10 for $72.00  
Friday 4:30-5:30 for $72.00

Advanced:  
Monday- 6:15-7:45 for $90.00  
Tuesday-6:00-7:30 for $90.00  
Wednesday-6:15-7:45 for $90.00  
Thursday-6:00-7:30 for $90.00  
Friday-5:35-7:05 for $90.00

All of our coaches are members of the American Swimming Coaches Association and are USA swimming certified with access to comprehensive training and certification programs for youth coaches in the United States. The team competes in New Hampshire Swim Association (NHSA) as YMCA team and is also a registered USA Swim Team.

FALL SESSION
September 21–October 31
Visit our website for more information and to register.  
www.concordymca.org

SWIM LESSONS

Monday & Wednesday PARENT CHILD 1&2  4-4:30 PM
Monday & Wednesday LEVEL 4  4-4:30 PM
Tuesday & Thursday PARENT CHILD 3  4-4:30 PM
Tuesday & Thursday LEVEL 5/6  4-4:30 PM

Register on our website.  
Y Members: $37  •  Community $74

Concord Family YMCA | 15 N. State St. | www.concordymca.org | 228-6922