

YMCA OF GREATER LONDONDERRY

A branch of The Granite YMCA



THE Y. FOR A BETTER US.

Spring 2 2017 Program Brochure

YMCA of Greater Londonderry, 206 Rockingham Road, Londonderry, NH 03053

Spring 2 Session May 1 – June 18, 2017

Registration begins April 17

WELCOME TO THE Y!

Best Summer Ever!

Spring is here and summer will soon be upon us. At the Y we are very proud of our summer camp offerings. Whether you're considering a traditional day camp, a specialty camp, or one of our overnight camps, a summer at the Y is filled with excitement, adventure, new friends, lifelong memories, and most of all discovery!

Summer camp gives children the opportunity to learn and grow in a safe supportive environment that is fun. Youth discover that making new friends is easier than they may have thought, and the friendships they create during this shared experience will be some of the strongest bonds they will have as they take on adolescence.

There is no comparable experience for youth than discovering a natural talent. A variety of activities and a culture that encourages trying new things allows for unlimited opportunities for kids to discover their own gifts. Our staff are professional role models chosen for their passion surrounding the activity and their desire to share that passion with others.

If you ask a camper what they like about camp many of them will mention friendship and fun, but most of all being allowed to "be themselves". This is a result of a carefully crafted culture that is accepting of all, diverse in nature, and built on the values of caring, honesty, respect, and responsibility.

At the Y we feel that every child should be given the opportunity to experience summer camp. That is why we offer financial assistance to ensure every child can experience the summer a lifetime. We offer more than 37 camp programs at five different Y locations across NH.

Camp is a great way to build relationships, have a sense of belonging and achieve goals. We are excited to help your child be a part of our camp family this summer.

Yours in good health,



Lisa Fitzgerald, Branch Director
YMCA of Greater Londonderry



STAFF LISTING

BRANCH

Lisa Fitzgerald | Branch Director | 603.437.9622
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CAMP & FAMILY

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YMCA OF GREATER LONDONDERRY HOURS OF OPERATION

206 Rockingham Road, Londonderry, NH 03053
603.437.9622 | www.graniteymca.org

September to July

Mon, Tue, Thu	7:00 AM – 8:00 PM
Wed, Fri	7:00 AM – 7:00 PM
Saturday	8:30 AM – 1:30 PM
Sunday	CLOSED

June to August

Monday – Thursday	7:00 AM – 8:00 PM
Friday	7:00 AM – 7:00 PM
Saturday	9:00 AM – 4:00 PM
Sunday	11:00 AM – 4:00 PM

Enjoy other locations of The Granite YMCA

YMCA of Downtown Manchester
30 Mechanic Street, Manchester | 603.623.3558

YMCA Allard Center of Goffstown
116 Goffstown Back Road, Goffstown | 603.497.5663

YMCA of Strafford County
35 Industrial Way, Rochester | 603.332.7334

YMCA of the Seacoast
550 Peverly Hill Road, Portsmouth | 603.431.2334

The Y is Closed On...

Labor Day, Veteran's Day, Thanksgiving, Christmas, New Year's Day, Easter, Memorial Day, and July 4. Programs are automatically prorated in the registration system for facility closings due to holidays. Branch closings will be posted on the website, Facebook and WMUR.

MEMBERSHIP INFORMATION

Membership Card

For the security of others, please scan your membership card at the Welcome Center in order to access the facility. Expect a wait time if you do not have your membership card. **There is a \$3 replacement charge for Y membership cards.**

Membership For All

At the Y, we want to make it easy and affordable for you and your family to stay healthy and fit together, so we offer income-based rates for membership and programs.

Membership Satisfaction

The Y believes so strongly in the quality of our programs and membership services that we guarantee all of our memberships. During the first 30 days of your new Y membership, if you are not completely satisfied, you may cancel and receive a 100% refund on both your join fee and your membership dues by completing a refund request available at the Welcome Center.

Out of Work Guarantee

The Y wants you to keep your membership even if you lose your job. The Y will suspend membership payments for up to three months for those current members who become unemployed. Proof of unemployment benefits from the Department of Employment Security is required.

My Y is Every Y

Another great reason to belong to the YMCA!

The Y is for healthy living and we want you to stay active and keep moving wherever you travel in New England.

As a Facility Member of The Granite YMCA, you have complete facility access and all privileges at the Goffstown, Manchester, *Londonderry, Portsmouth, and Rochester branches. You can also register for any programs at those branches at Facility Member rates. Because the membership fee structure does vary between these branches, we ask that you maintain your membership at the branch that you plan to frequent most often.

Just present your membership card and a photo ID to enjoy free access to almost every Y in Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.

*For Londonderry All Facility Memberships only.

Program Registration

You must have a current Facility Membership or online account to register online and you must be ready to pay with a debit or credit card. Registration for Facility Members begins three days before registration for non-members.

To register in person or find out about our membership types, please visit one of our Welcome Centers. Payment must be made at the time of registration.

For the fastest, most convenient registration, please visit us online www.graniteymca.org.

How to Register for Programs

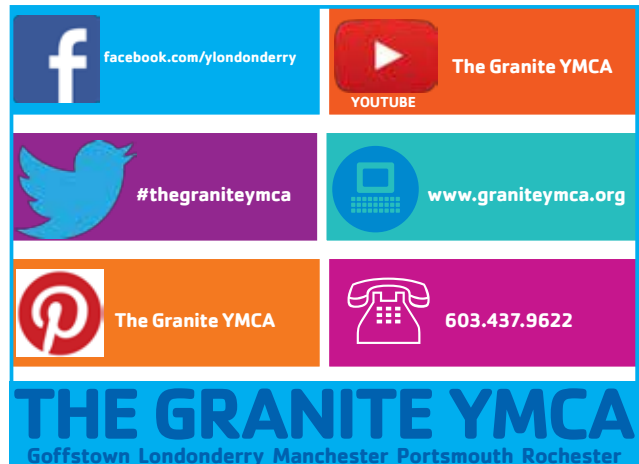
- Register for programs anytime at www.graniteymca.org
- Stop by the Welcome Center during normal business hours and a staff member can assist with registration

Refunds, Transfers, or Cancellations

We are always happy to accommodate changes and transfers as long as space is available and your request is made **before** the session begins.

If you need to cancel participation in a program, please cancel before the session begins as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel at least 7 days before the first class. After that point, refunds are given if you have a medical reason that is supported with a doctor's note. Refunds cannot be given for scheduling conflicts or other reasons.

Stay connected! There's lots of ways to interact with your YMCA.



GENERAL INFORMATION

Financial Assistance

As a 501(c)3 non-profit, charitable organization, The Granite YMCA strives for our services to be affordable to the community. Our financial assistance program helps provide access for those in need in the form of financial aid for Y memberships and programs. Our join fees and monthly membership dues are income-based to ensure that everyone can enjoy the Y and its programs, regardless of income.

Please visit the Welcome Center for more information about our financial assistance program. Please bring a copy of your household tax return for the current year with you upon enrollment. If a recent tax return is not available, the Welcome Center will happily discuss further options with you.

Insurance Reimbursement

Many insurance carriers provide full or partial reimbursement for membership and wellness programs. The Granite YMCA proudly partners with many local carriers including: Anthem Blue Cross and Blue Shield, Cigna, Harvard Pilgrim Health Care, and WellSense among others. Please check with your insurance carrier or employer for further details.

Our Cause

At the Y, strengthening 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.

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit. That is why well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected, and secure children, adults, families, and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

Giving

With a focus on youth development, healthy living, and social responsibility, strengthening communities is our cause. At the Y, we believe that lasting personal and social change happens when we all work together. 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 be healthy, confident, connected, and secure.

When you give to The Granite YMCA, you are funding life-changing programs that help millions of children, adults and families in our communities to learn, grow, and thrive.

Help make an impact today in your community by giving to Y. Please call **Sara McCarthy**, Director of Annual Giving at 603.782.2803 or go online at www.graniteymca.org/donations.

Volunteer

As the leading nonprofit for youth development, healthy living and social responsibility, we work side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive. To do our important work, we rely on support from volunteers. Help us bring about lasting personal and social change! For more information about volunteering throughout our organization, contact **Leslee Stewart**, VP of Development at 603.782.2805 or lstewart@graniteymca.org.

Member Newsletter

The Granite YMCA's newsletter is a free publication provided to all members. To sign up, please visit www.graniteymca.org.

Share the Y! Earn \$20

Achieve greatness together! Each time you refer a NEW member to a branch of The Granite YMCA, YOU receive \$20 credit towards your membership fees. Visit the Welcome Center for details.

OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.

CHILD CARE

ENSURE A BRIGHTER FUTURE

Before & After School Care
YMCA OF GREATER LONDONDERRY

The YMCA of Greater Londonderry School's Out Program (SOP) offers both before and after school care for children in grades K-5 on-site right at your child's elementary school. Our trained child care staff engage kids with homework time, creative weekly themes, arts & crafts, group games, and more!

- Before school care 7:00 am – 8:30 am
- After school care 3:00 PM – 6:00 PM
- North School | South School
- Matthew Thornton School

Register between
May 1 – 14 receive
\$30
DISCOUNT



Kindergarten Wrap-Around Program @ the YMCA of Greater Londonderry

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through child care at The Granite YMCA, hundreds of youth are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement. We feature low teacher-to-child ratios in a fun, friendly learning environment. Our caring and supportive child care professionals teach academic and developmental skills.

Kindergarten Wrap-around Program

- AM Kindergarten 7:00 AM – 12:30 PM
- PM Kindergarten 11:30 AM – 3:00 PM
- PM Kindergarten 11:30 AM – 6:00 PM
- After Care 3:00 – 6:00 PM



AQUATICS

YOUTH DEVELOPMENT

Pike 3 – 6 years

This class is designed for children with minimal swimming experience. Swimmers learn floating, basic paddling strokes, kicking skills, and feeling comfortable putting their face in the water while blowing bubbles.

Eel 3 – 6 years

For children who have mastered Pike skills and swim with a flotation device in horizontal position while comfortable putting their face in the water. Children build skills towards accomplishing

Ray 3 – 6 years

For children who have mastered Eel skills and can independently swim without flotation. Children learn the front crawl with rotary breathing, stroke development, back stroke, treading water and deep water swimming and be introduced to diving techniques. coordination of the front crawl, breathing techniques, progressive arm and kick movement across the pool on their front and back.

Starfish 3 – 6 years

For swimmers, who have mastered the Ray skills and can swim the back crawl and front crawl without a flotation device. Children will gain endurance for all strokes and focus on developing technical skills, they are introduced to the breaststroke.

Polliwog 7 – 12 years

This class is designed for beginner youth 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.

Guppy 7 – 12 years

For swimmers who mastered the Polliwog skills and who are developing confidence and independence in the water. Swimmers are able to swim 25 yards on their front and back while putting their face in the water without a flotation device. Swimmers learn rotary breathing, stroke development, survival swimming skills, and be introduced to diving techniques.



Two-week Swim Program

June 5 – 15 | Classes meet Monday to Thursday for two weeks, totalling eight classes. Rain date on Fridays.

Program	Time	FM	CM
Pike 3 – 6 years	3:30 – 4:00 PM 4:00 – 4:30 PM	\$93	\$118
Eel 3 – 6 years	3:30 – 4:00 PM 4:00 – 4:30 PM	\$93	\$118
Guppy 7 – 12 years	4:30 – 5:00 PM	\$93	\$118
Polliwog 7 – 12 years	4:30 – 5:00 PM	\$93	\$118

Summer Swim Team 7–14 years

June 20 – August 3

The Tiger Sharks Competitive Swim Team 2017 summer season promotes spirited competition with a multi-tiered structure designed to accommodate varying abilities. The swim team helps your swimmer take their skills to the next level. We will work on building a strong foundation of swimming skills, with continuous work on endurance and speed. We focus on proper technique for competitive strokes; freestyle, backstroke, butterfly, breaststroke, flip turns, and starts. Additional practice options and swim meets available. For more information, contact **Anna-Lise LeBlanc** at aleblanc@graniteymca.org.

Day	Time	Cost
Tue, Thu, Fri	7:30 – 8:30 AM	\$150



OUTDOOR POOL OPENS JUNE 5-18

Day	Time
Mon to Thu	5:00 PM – 7:00 PM
Sat, Sun 1	1:00 AM – 3:00 PM

Extended hours beginning June 19

SPORTS & PLAY

YOUTH DEVELOPMENT

Movin' & Groovin' 2 – 4 years

Join us for this great play group! Meet other parents and learn new ways to interact with your toddler. Toddlers can toss, crawl, climb their way through a variety of obstacles. This structured playgroup allows your toddler to be physical and engage with others while learning new skills such as taking turns, sharing, and cooperation.

Day	Time	FM	CM
Mon	10:00 – 10:45 AM	\$31	\$62

NEW! Fun and Fitness 3-6 Years

This program is dedicated to helping the whole child physically, intellectually, and socially. A fun, non-intimidating noncompetitive wellness program combining strength, cardiovascular exercises, and nutrition. A typical day may be a run, a step count, jumping rope, games, or creating healthy snacks.

Day	Time	FM	CM
Wed	10:00 – 10:45 AM	\$36	\$72

Messy Play 2 – 5 years

Messy play is not only great fun, but is a perfect way for your child to learn new skills through sensory play and learning. Children will learn to share, make new friends, develop greater confidence and independence, and increase language and communication skills. Parents/caregivers work alongside their child, while exploring lots of messy things like goo, paint, gloop, and bubbles, and creating fantastic art work. As well as experiencing different sensations, the children will join in on activities with other children learning greater social skills as they play.

Day	Time	FM	CM
Fri	9:30 – 10:15 AM	\$36	\$72

T-Ball 3 – 5 years

Learn the basic fundamentals of T-ball; hitting, catching, and running.

Day	Time	FM	CM
Sat	8:15 – 9:00 AM	\$36	\$72

Itsy Bitsy Sports 3 – 6 years

This class is the perfect way to introduce your child to the wonderful world of sports. Suited for little ones to develop teamwork and cooperation through a variety of sports in a fun, safe environment.

Day	Time	FM	CM
Sat	9:05 – 9:50 AM	\$36	\$72

Soccer Skills and Play 4 – 6 years

Each week participants play in a variety of different soccer related games that teach passing, dribbling, and shooting, and other fundamentals as we start to incorporate game play.

Day	Time	FM	CM
Sat	10:00 – 10:45 AM	\$36	\$72

NEW! Take it to the Net 7 years +

Each week participants will engage in various "net" related sports such as handball, soccer, street hockey, newcomb and more! Children will improve in hand-eye coordination, agility, endurance and working as a unit!

Day	Time	FM	CM
Sat	10:00 – 10:45 AM	\$36	\$72

Intro to Sports for Kids 7 years +

This class will introduce your child to a variety of different sports in a team-building and encouraging atmosphere! Kids will learn and engage in sports such as basketball, soccer, track and field, street hockey and more!

Day	Time	FM	CM
Sat	11:00 – 11:45 AM	\$36	\$72

NEW! The Quest for Adventure 7 years +

Let's go on an adventure! Explore the outdoors and participate in nature based activities such as scavenger hunts, string mazes, outdoor games, low-ropes courses, water balloon slingshot fun and much more! This class is an exciting and adventurous way to introduce and encourage outdoor play and get active!

Day	Time	FM	CM
Sat	12:00 – 1:00 PM	\$38	\$76

Basketball Skills and Play 4 – 6 years

This is a skill based class that engages the participants as they learn to dribble, pass, and shoot while having fun.

Day	Time	Age	FM	CM
Sat	11:00 – 11:45 AM	4-6	\$36	\$72
Sat	1:15 – 2:00 PM	7+	\$36	\$72

Archery 5 years +

This class, taught by veteran instructor **Dana White**, is a fun and challenging combination of skill, strategy, and concentration.

Day	Time	Fee
Thu	5:30 – 6:30 PM	\$60

Session 1: May 4-25

Session 2: June 1-22

PRESCRIBE THE Y

Prescribe the Y is a 12-week program for children ages 6-12 with a BMI of 85% or higher. With a referral from your child's physician, this program can offer families support, guidance, and resources needed to establish healthier eating patterns and a more physically active lifestyle. With the help of wellness coaches, Prescribe the Y will teach each kids and their families to enjoy exercise and teach how to make healthy choices. Includes a 12-week family membership to the Y.

For more information, please contact **Cindy Lafond**, Association, Healthy Living Director at 603.232.8650 clafond@graniteymca.org.

SPORTS & PLAY

YOUTH DEVELOPMENT

SCHOOL PROGRAMS

May 1 – June 19 | Grades 1 – 5

*Participants in our after-school programs are eligible to register at \$39 rate.

Around the Bases @ South School

Ready, Set, Go! Join in on the fun at South School with staff member Savanna from the YMCA! This enrichment program allows the sports enthusiast to have fun through various forms of base related sports such as kickball, wiffleball and more! Participants will learn skills such as hitting, kicking, fielding, base running, catching and sportsmanship! (No class May 29)

Day	Time	FM	CM
Mon	3:15 – 4:00 PM	\$39	\$78

Dance, Dance, Dance @ North School

Move and groove with YMCA instructor Samantha Pearl and dance the time away! Kids will learn how fun dancing can be and ways to incorporate fitness as part of their everyday lives. The class will explore choreographed dance routines and movements while incorporating key childhood development skills like leadership, respect, team work, self-esteem, memory, creativity and much more.

Day	Time	FM	CM
Tue	3:15 – 4:00 PM	\$39	\$78

Basketball Skills & Play @ Matthew Thornton

Come join staff member Savanna from the YMCA on the court! Not only will this class help your child with skills such as dribbling, passing and shooting but they will also participate in fun team-building games and exercises such as knock-out, horse, king of the court, scrimmages and more! Children will learn and execute in sportsmanship, leadership and working together as a team in a non-intimidating environment.

Day	Time	FM	CM
Wed	3:15 – 4:00 PM	\$39	\$78

Football Mania @ South School

Compete with friends while having fun in this YMCA led football class with staff member Savanna! In this program your child will participate in football related games such as jackpot, two-hand touch, capture the flag football and more! Kids will improve skills in catching, passing, kicking and endurance.

Day	Time	FM	CM
Fri	3:15 – 4:00 PM	\$39	\$78

WINDHAM PROGRAMS AT GRIFFIN PARK IN WINDHAM, NH

To register for our programs held at Griffin Park visit www.windham.recdesk.com.

For registration questions, contact: **Cheryl Haas**, Windham Rec Director at chaas@windhamnewhampshire.com or call 603.965.1208.

Messy Play 3 – 5 years

Messy play is not only great fun, but is a perfect way for your child to learn new skills through sensory play and sensory learning, as well as learning to share, make new friends, develop greater confidence and independence, and increase language and communication skills. Parents/caregivers work alongside their child, happy exploring lots of messy things like goo, paint, gloop, and bubbles, while creating fantastic art work. In every class, the children will be engaged in fun interactive play. As well as experiencing different sensations, the children will join in on activities with other children learning greater social skills as they play.

Day	Time	Cost
Thu	9:30 – 10:15 AM	\$55

NEW! Adventure Land 3 – 5 years

Welcome to Adventure land! In this YMCA led class, your child will have the opportunity to explore nature and the beautiful world around them. Children will learn to share, make new friends, develop greater confidence and independence, and increase language and communication skills. Parents/caregivers work alongside their child, while exploring and doing things like nature walks, recycled art projects, sensory activities and much more! Your child will use their five senses in this action packed adventure class!

Day	Time	Cost
Thu	10:30 – 11:15 AM	\$55



Wellness Center Orientations

Our wellness instructors are here for you; whether you need help getting started, a refreshed program as boredom is setting in or you have decided to train for your first marathon, we can and will help.

During your orientation you will be walked through all aspects of living a healthy life and leave with a clear program for success.

The goals are yours and the program is yours. Typical orientations include the following components:

- General introduction to the facility
- Discussion around possible health concerns
- Goal setting; short and long term
- Warming up
- Flexibility work
- Cardio vascular training
- Resistance training
- Cooling down
- Reducing stress
- Program review

Our wellness instructors are always available to change, amend or refresh your program whenever you need them to. To make an appointment please call **Cindy Lafond**, Wellness Coordinator at 603.437.9622 or clafond@graniteymca.org.

Individual or Group Personal Training

Personal training at the Y is a great way to customize your workout program! Through both traditional and innovative techniques, you will improve your cardiovascular fitness, muscle conditioning, endurance and flexibility with an exercise program that has been personalized to meet your goals and needs. To learn more, please contact **Cindy Lafond** at clafond@graniteymca.org.

Personal Training Program Fees | Per participant ages 13 years +

	Individual	Two	Three
One half hour session	\$30	N/A	N/A
Three half hour session	\$78	\$52	\$38
Seven half hour session	\$168	N/A	N/A
One one hour session	\$45	\$25	\$20
Three one hour sessions	\$120	\$70	\$55
Five one hour sessions	\$175	\$95	\$75
Seven one hour sessions	\$210	N/A	N/A

LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®] is a FREE twelve-week, small group program designed for adult cancer survivors (18+). The program meets twice a week for 75 minutes and consists of strength training, cardio conditioning, balance exercises and a relaxation/stretching segment.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not

only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

YMCA fitness instructors work with each participant to tailor the program to their individual needs. All instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

New sessions enrolling regularly. For more information, please contact **Cindy Lafond**, Association Healthy Living Director at 603.232.8650 or clafond@graniteymca.org.

FOR HEALTHY LIVING

HEALTH AND WELLNESS

Boot Camp (B, I)

Boot camp combines aspects of athletic training including power movements, plyometric, and high intensity cardiovascular exercises with all the essential components for a beginner to fit right in.

Day	Time	FM	CM
Thu	9:00 – 10:00 AM	\$0	\$62

Cardio/Fusion (B,I)

We will feature a cardio workout with a little muscle blast and cool down, or interval training.

Day	Time	FM	CM
Mon	9:00 – 10:00 AM	\$0	\$62
Wed	9:00 – 10:00 AM	\$0	\$62

TRX Boot Camp (B,I)

Using your own body weight for resistance will use higher-intensity cardiovascular and strength exercises to improve your overall fitness level.

Day	Time	FM	CM
Mon	6:00 – 6:55 PM	\$0	\$62
Fri	9:00 – 10:00 AM	\$0	\$62

PiYo® (B, I)

Lengthen and strengthen muscles using your own body weight during this high-energy but low-impact workout. This class combines core power moves from Pilates and flowing, strength-building sequences from yoga for total-body conditioning!

Day	Time	FM	CM
Thu	7:00 – 7:45 PM	\$0	\$62
Sat	9:00 – 9:45 AM	\$0	\$62

Yoga (B)

Focus on your breath as a form of medication combined with proper body alignment, healthy stretches, and balance. Open to beginner and moderate levels. Wear loose comfortable clothing and bring a yoga mat, water, and a small pillow.

Day	Time	FM	CM
Tue	6:25 – 7:25 PM	\$0	\$62

Vinyasa Yoga (B)

Smoothly transition from pose to pose while working on flexibility and balance. Open to beginner and moderate levels. Wear loose comfortable clothing and bring a yoga mat, water and a small pillow.

Day	Time	FM	CM
Fri	5:15 – 6:15 PM	\$0	\$62

Senior Yoga (B, I)

Improve your circulation, flexibility, balance, and inner well-being with this low-impact yoga class designed for seniors. Be sure to wear loose comfortable clothing and bring a yoga mat, a bottle of water, and a small pillow to each class.

Day	Time	FM	LSCM	CM
Tue	9:00 – 10:00 AM	\$0	\$30	\$40
Thu	9:00 – 10:00 AM	\$0	\$30	\$40

Zumba® (B,I,A)

Dance away stress and burn calories in an energized, welcoming environment. Routines are inspired by a number of dance styles including Latin, Greek, Indian, and even hip-hop! No dance experience is necessary.

Day	Time	FM	CM
Mon	7:00 – 8:00 PM	\$0	\$62
Tue	7:30 – 8:30 PM	\$0	\$62

Cycling (B,I,)

Work at your own pace. Class starts with a warm-up and then through a series of routines, ranging from hill work to sprints, all set to motivating music!

Day	Time	FM	CM
Thu	6:00 – 6:45 PM	\$0	\$62

Barre Fitness(I,A)

Barre classes are for all levels of students and are not dance classes. The ballet barre is used for stability while working through pilates based exercises. This class will increase strength and flexibility.

Day	Time	FM	CM
Tue	10:15 – 11:00 AM	\$0	\$62

Kid Zone | 6 weeks – 9 years

Your workout should be stress free. To make it easy for you, we offer child care so your child can have fun at the Y while you enjoy your workout in our facilities!

Free for Family Members! Please note that hours are subject to change based on the time of year and demand. Ask at the Welcome Center for a current schedule.

Day	Time	FM	CM
Mon	8:45 – 10:30 AM	\$0	\$7
Mon	5:45 – 8:10 PM	\$0	\$7
Tue	8:45 – 11:30 AM	\$0	\$7
Wed	8:45 – 10:30 AM	\$0	\$7
Thu	8:45 – 11:00 AM	\$0	\$7
Fri	8:45 – 10:30 AM	\$0	\$7

HEALTH & WELLNESS

HEALTHY LIVING

Exploring the Outdoors with Essential Oils

Do you like being outside but hate those annoying pests? We have a natural solution for you! Make and take Adventure Spray and After Sun Soothing Spray. Preregistration required at www.eventbrite.com

Date	Time	FM
Wed, May 17	6:00 – 7:00 PM	\$10

Essential Oils and Food

Did you know that some essential oils were safe to consume? Come learn about the vitality line and cook up some summer snacks! Make and take guacamole with lime and sugar cinnamon sugar popcorn.

Day	Time	FM
Wed, June 21	6:00 – 7:00 PM	\$10



Spring it On Spring Fitness Challenge

Get ready for summer by challenging yourself to stay healthy this year and complete our spring fitness challenge! You will have 4+ weeks, Monday, May 1 – Wednesday, May 31 to complete the challenge and receive prizes. Register now at the Welcome Center!

Choose three activities to complete

row 50,000 meters | bike 112 miles
run/walk 26.2 miles | attend 18 different group exercise classes
Tracking sheets are available at the Welcome Center.

For more information, contact **Cindy Lafond**, Association Director of Healthy Living Initiatives, at 603.232.8650 or clafond@graniteymca.org.



TRY A NEW ADVENTURE

Lifelong Wellness at The Granite YMCA Active Older Adults | Ages 40+

Y Boomerang Adventures Club (Y-BAC) brings active older adults who are 40+ years of age together through year round multi-sport day outings, adventure trips, and tour activities. This club is designed to enhance the lives of active adults through outdoor adventures that challenge and inspire while at play. All skill levels welcome.

MEMBERSHIP BENEFITS INCLUDE:

- Online registration available
- NO membership for full YMCA Facility Members (\$50 in annual savings)
- WA=Weekly Activities (call for details)
- DO=Day Outings | 1-4 hours
- DT=Day Trips | 4-8 hours
- OAT= Overnight Adventure Trips
- LT = Long Tours | Avg 5-10 days/nights

*Fees vary per trip. Bus transportation and/or carpooling available.

Annual Y Boomerang Adventure Club fee is **FREE** for YMCA full facility members. Community members are welcome to try their first adventure free before joining and paying a \$50 annual club fee.

SAVE THE DATE!

May

Saturday, May 13 | 10:30 AM – 1:00 PM
Opening Day Paddle

Swains Lake, Barrington, NH is our annual pick for our first official paddle of the season. The first hour is dedicated to fitting kayaks to renters, safety tips and instruction. A guided paddle and on shore bag lunch follows on this unique and beautiful 341 acre water body. Open to all kayakers, canoes and skill levels. Limited kayak rentals available. Min 8/Max 15
Carpooling available

BM \$25 | CM \$30 Reg. deadline **May 12**



June

Saturday, June 3 | 9:00 AM – 6:00 PM

24th Annual Celebration of Lupines

Enjoy the annual blossoming of this captivating wildflower in the beautiful town of Sugar Hill, NH. In addition to walking along fields filled with brilliant spikes, Saturday's celebration adds an open-air market with over 60 vendors, artisans, entertainment, and tours of the Sugar Hill Historical Museum. Of course, no visit to Sugar Hill is complete without stopping in to chat with Brenda Aldridge of Harman's Cheese & Country Store.

Transportation, fees and tours are included. Min 12/Max 24

BM \$52 | CM \$57 Reg. deadline **May 15**

UPCOMING OVERNIGHT TRIPS

MAY

Friday, May 5-Sunday, May 7

Shining Sea Bikeway & Walking Trail, Cape Cod

Join us as we travel to the Cape this spring! Falmouth is a sea-side town of eight unique villages. With 68 stunning miles of Coastline, Falmouth is the perfect place for those who love the sea. We'll bike and/or walk past cranberry bogs, salt marshes, bird sanctuaries, covered bridges and ocean beaches. Two night's accommodations, one dinner, two breakfasts, 1 class each - yoga & water aerobics, guided bike and walk excursions, music, and aquarium tour.

Optional: Bike rentals and ferry ride to Martha's Vineyard.

Activity Level: B, I, A Minimum 12 people

Carpooling is encouraged, and van transportation may be available based on numbers.

BM \$375 d/o | CM \$310 d/o | \$400 p/p s/o

Registration and full payment deadline April 15.

JULY

Friday, July 21 – Sunday, July 23

Weekend Stay in a Living History Museum, Peak's Island, Portland, Maine

Join us for a unique opportunity to stay in an authentic Victorian lodge, located on Peaks Island, a short ferry ride from Portland, Maine. This non-profit historical lodge is owned and operated by the 8th Maine Regiment Memorial Association. The itinerary for this adventure allows us to fully experience this beautiful island and the surrounding area.

Trip Highlights include:

*Art Galleries & Old Port Excursions

*Historical Golf Cart Tour

*Quaint cafés

*Island Honey

*Biking

*Swimming

*Seaside Yoga Class

*Ocean-View Porch Rocking

*Morning Birding

*Seaside Downeast Lobster Bake

Optional Activities Horseback Riding & Kayaking

Activity Level: B, I, A Min 12 Max 20 people

BM \$475 s/o \$385 d/o \$325 t/o

CM \$540 s/o \$450 d/o \$390 t/o

A non-refundable \$150 deposit reserves your place. **Registration and full payment deadline June 9.**

CELEBRATE WITH US

Birthday Party and Room Rentals YMCA OF GREATER LONDONDERRY

PARTIES

Archery Party 5 years +
Host a unique party for all your friends. A perfect way to get started learning how to shoot archery.

Dance Party 3 years +
Music keeps the kids moving! The possibilities for a dance party are endless and can be geared to any age. Bring your own music and our staff will teach you some fun dance moves.

Arts & Crafts Party 6 years +
Host a painting, jewelry making or another fun craft party at the Y! each guest will make their own piece to take home.

Cooking Party 3 years +
A cooking party is the perfect way to celebrate the birthday of a young food lover or cook. Come make and decorate a tasty treat for your birthday!

Gaga Party 6 years+
A Camp Pa-Gon-Ki favorite! Spend your birthday in our 24' inflatable indoor gaga pit and let the good times roll!

Sports Party 3 years +
Pass! Kick! Score! Choose from a variety of activities including floor hockey, basketball, soccer, and more!

Pool Party
(SEASONAL) All ages | Up to 25 guests
Pool parties are a splash! Children enjoy a variety of pool games and swim time all under the supervision of our certified lifeguards. A brief swim assessment is given at the start of your party to assure the safety of the group.



RENTALS

Space at the Y is both flexible and functional for events such as birthday parties, church gatherings, family reunions, clubs, or social extracurricular activities.

Game Room

Whether you are planning a beach party, costume party, or luau, this is the perfect spot for your children to celebrate. Our game room includes foosball, air hockey, four square, board games, Wii, and a pool table. Available for up to 20 guests.

Multipurpose Room

If you need a space for a baby shower, bridal shower, rehearsal, or other event with an adjacent kitchen we have a multipurpose room for up to 40 guests.

Gym

Playing sports is a great way to have fun. Rent our gym for your next sporting event for up to 40 guests.

Art Room

Bring your own arts and crafts supplies and get creative! We provide the space for you and 15 – 20 guests!



UPCOMING EVENTS

KIDS NIGHT OVERNIGHT | Grades K – 8

May 5 – 6 | 6:00 PM – 9:00 AM

Don't Want Kids Night fun to end? Join our special overnight event. Let the kids spend the night in a healthy and safe environment. Dinner and breakfast provided. All proceeds from this fun-filled evening will go to support our Reach Out for Youth and Families campaign.

Overnight 1st child	\$40
Sibling	\$30
Half Night (leave by 9:30 PM)	\$20

Pre registration is required as space is limited. For more information, please call **Gabby Parent**, After School Child Care Director at 603.437.9622 or gparent@graniteymca.org.

KIDS NIGHT | Grades K-8

May 5 | Special Event

June 17 | Pool Party

Drop your kids off at the Y for the evening. Kids will enjoy dinner and a fun-filled evening of activities. Enjoy an evening out while your children have fun at the Y. Let our trained child care professionals keep your kids healthy and active with crafts and games, activities, and dinner.

Fee: \$20/participant Pre registration is required as space is limited.



SATURDAY, MAY 6

10:00 AM – 12:00 PM

Fun for the community! Join us for a FREE day at the YMCA of Greater Londonderry filled with fun, engaging, and creative activities together with healthy snacks.

CAMP PA-GON-KI OPEN HOUSE

SATURDAY, MAY 6

10:00 AM – 12:00 PM



**HEALTHY
KIDS DAY[®]**
A YMCA Initiative



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BEST
SUMMER
EVER**

Camp Pa-Gon-Ki Mini Camp | Ages 5 - 15

Camp Pa-Gon-Ki | Ages 5 - 13

Pa-Gon-Ki Overnight | Ages 8 - 13

Pa-Gon-Ki Trip | Ages 8 - 13

FIT Camp | Ages 9 - 15

Flag Football | Ages 7 - 13

Challenger British Soccer | Ages 5 - 13

Flag Football | Ages 7 - 13

Fun & Fitness | Ages 5 - 8

Play `Em All | Ages 7 - 13

STEM Camp | Ages 7 - 13

Artful Antics | Ages 7 - 13

Center Stage Theatre | Ages 8 - 13

Fort Building | Ages 7 - 13

Summer Chefs | Ages 7 - 13

Jump Rope Camp | Ages 5 - 13

Summer Swim Team | Ages 7 - 14

Teen Overnight | Ages 11 - 15

Pa-Gon-Ki Swim Lessons



SUMMER DAY CAMP 2017

#BestSummerEver

www.graniteymca.org

Matt Malone, Camp Director

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