

YMCA OF THE SEACOAST

A BRANCH OF THE GRANITE YMCA



THE Y. FOR A BETTER US.

Spring 2 2017 Program Brochure

YMCA of the Seacoast, 550 Peverly Hill Road, Portsmouth, NH 03801

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,

Matt Mansur, Camp Director
YMCA of the Seacoast



STAFF LISTING

AQUATICS

Erin Daley | Assistant Aquatics Director | 603.431.2334 ext 2515
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CAMP GUNDALOW

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HEALTH & WELLNESS

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MEMBERSHIP

Meagan Wilson | Membership Director | 603.431.2334 ext 2503
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YMCA OF THE SEACOAST HOURS OF OPERATION

550 Peverly Hill Road, Portsmouth, NH 03801
603.431.2334 | www.graniteymca.org

FALL/WINTER/SPRING

Monday – Thursday	5:30 AM – 9:00 PM
Friday	5:30 AM – 8:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	8:00 AM – 4:00 PM

Beginning March | Pool will be closing on Sunday at 3:00 PM

SUMMER

Monday – Friday	5:30 AM – 8:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	8:00 AM – 12:00 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 Greater Londonderry

206 Rockingham Road, Londonderry | 603.437.9622

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



The Y is Closed On...

Labor Day, Veteran's Day, Thanksgiving, Christmas, New Year's Day, Easter, Memorial Day, and Independence Day. 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.

MEMBER INFORMATION

Membership Card

For the security 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. Please check with our Welcome Center for details.

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. Please see our Welcome Center for any questions.

My Y is Every Y

This is 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 staff member can assist with registration

Refunds, Transfers or Cancellations

We are always happy to accommodate program 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. Sorry, 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.

Get in Y Gear

To purchase the latest in YMCA logo apparel and other items, check with the Welcome Center. All proceeds benefit The Granite YMCA.

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 toward your membership fees. Visit the Welcome Center for details.

OUR MISSION STATEMENT

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.

FOR YOUTH DEVELOPMENT

AQUATICS

Teaching children and adults how to swim and be safe around water is one of the most important life skills we can provide. This not only saves lives and creates awareness of water safety, it builds confidence. As part of the Y's ongoing commitment to aquatics and water safety, we are continually reviewing and updating our policies and procedures to ensure that we are providing a safe and quality environment for our members and their families.

We wanted to share some areas that we have identified for updates to our Open Swim policies around supervision and swim testing for our members. These new policies formally went into effect starting Monday, January 2, 2017.

After careful consideration—and in close partnership with Y-USA, our Aquatics professionals and other key stakeholders—we will be initiating the following new guidelines for non-swimmers under the age of 18 for pool usage and supervision.

- Non-Swimmers under 18 will need to be supervised in the pool area or in the water at all times.
- Instructional Flotation Devices (IFD's) will not be permitted during Open Swim time.
- A US Coast Guard certified Personal Flotation Device (PFD) will be required for all non-swimmers, the Y will make these devices free for member and guest use.
- Those needing to use a PFD will be limited to the shallow end of the pool. We are pleased to announce this new effort as part of our pledge to our members to provide the safest possible environment at all our facilities. Please feel free to contact your Branch Director or Aquatics Professionals for any questions you may have.



TEST • MARK • PROTECT

The Granite YMCA is committed to ensure everyone is safe while swimming in our pools.

Children under the age of 18 must participate in a swim test and will be issued a green, yellow, or red bracelet based on the results of their swim test. These bracelets will identify which areas are safe for swimmers based on their swimming abilities.

GREEN LEVEL

SWIM TEST (no flotation allowed)

- Swim 25 yd with rhythmic breathing and horizontal movement
- Tread water for 1 min. with ears out of the water.
- Float on back for 30 sec and recover to the side of the pool and climb out.
- Jump in feet first and recover to the side of the pool.

POOL ACCESS

- Access to whole pool
- 8 & UNDER**
- Must have a parent/guardian on the pool deck
- Age 9-11**
- Must have a parent/guardian in the building

YELLOW LEVEL

SWIM TEST (no flotation allowed)

- Shallow end, swim on front w/rhythmic breathing in horizontal position.
- Swim 1/2 the length of 25 yd pool.
- Float on back or tread for 30 seconds and recover to the wall.

POOL ACCESS

- Access to the shallow end
- Must have a parent/guardian on the pool deck.

RED LEVEL

DEFINITION

- Individuals who do not want to take a swim test
- Those who do not meet the Yellow or Green band requirements

POOL ACCESS

- Access to shallow water only
- If they do not pass the armpit depth, must wear a PFD and have parent/guardian in the water within arm's reach.
- Parent/guardian wishing to hold child/infant w/out PFD, must be cleared by lifeguard.

THE GRANITE YMCA

- YMCA staff have the final authority over all aquatic policies.
- We reserve the right to test and band any guest of any age using the pool.
- Parent/guardian/supervisor (18 or over) may have up to 3 non swimmers in the water at a time.
- No mask covering the nose may be worn during the swim test. Goggles are acceptable.
- Parent/guardian must stay in armpit depth water when supervising non swimmers.
- PFD is defined as a US Coast Guard approved Type II or III PFD (puddle jumper or life jacket).
- Instructional Flotation (IFD's noodles, bubbles, kick board etc.) may not be used in lieu of a PFD.

FOR YOUTH DEVELOPMENT

AQUATICS

Baby Seal 6 – 18 months

A fun introductory class designed for parents and infants to develop confidence in the water through water games and songs while learning water safety and introducing basic swimming movements; blowing bubbles, floating, and submerging.

Day	Time	FM	CM
Wed	11:30 AM – 12:00 PM	\$60	N/A
Fri	11:00 – 11:30 AM	\$60	N/A
Sat	11:00 – 11:30 AM	\$60	N/A

Seal 19 – 35 months

The objective of this class is to have both parent and child comfortable in the water and further develop independent swimming skills. Your child begins with basic water movements such as kicking, scooping, blowing bubbles, and floating. We allow the child to have fun in the water while parents guide children to learn aquatic skills using water games and songs.

Day	Time	FM	CM
Mon	5:30 – 6:00 PM	\$52	\$103
Tue	11:00 – 11:30 AM	\$60	\$120
Wed	11:30 AM – 12:00 PM	\$60	\$120
Fri	11:30 AM – 12:00 PM	\$60	\$120
Sat	11:30 AM – 12:00 PM	\$60	\$120

Pike With Parent 3 – 6 years

This class is designed for children not yet ready for independent swimming. The goal of this class is to transition from parent/child to instructor/child. Children learn the fundamentals for swimming, water safety, and personal development. Children work towards blowing bubbles, kicking, and floating independently.

Day	Time	FM	CM
Mon	5:30 – 6:00 PM	\$52	\$103
Tue	11:00 – 11:30 AM	\$60	\$120
Fri	11:30 AM – 12:00 PM	\$60	\$120
Sat	10:30 – 11:00 AM	\$60	\$120

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.

Day	Time	FM	CM
Tue	9:00 – 9:30 AM	\$60	\$120
Tue	11:00 – 11:30 AM	\$60	\$120
Tue	11:30 AM – 12:00 PM	\$60	\$120
Tue	4:30 – 5:00 PM	\$60	\$120
Wed	11:00 – 11:30 AM	\$60	\$120
Wed	11:30 AM – 12:00 PM	\$60	\$120
Wed	3:30 – 4:00 PM	\$60	\$120
Fri	11:30 AM – 12:00 PM	\$60	\$120
Thu	9:00 – 9:30 AM	\$60	\$120
Thu	9:30 – 10:00 AM	\$60	\$120
Thu	11:00 – 11:30 AM	\$60	\$120
Thu	11:30 AM – 12:00 PM	\$60	\$120
Sat	9:00 – 9:30 AM	\$60	\$120

Eel 3 – 6 years

For children who have mastered Pike skills and swim with a flotation device in horizontal position and are comfortable putting their face in the water. Children build skills toward accomplishing coordination of the front crawl, breathing techniques, progressive arm and kick movement across the pool on their front and back.

Day	Time	FM	CM
Mon	4:00 – 4:30 PM	\$52	\$103
Tue	9:00 – 9:30 AM	\$60	\$120
Tue	11:00 – 11:30 AM	\$60	\$120
Tue	11:30 AM – 12:00 PM	\$60	\$120
Tue	4:00 – 4:30 PM	\$60	\$120
Wed	11:00 – 11:30 AM	\$60	\$120
Wed	11:30 AM – 12:00 PM	\$60	\$120
Wed	4:00 – 4:30 PM	\$60	\$120
Thu	9:00 – 9:30 AM	\$60	\$120
Thu	9:30 – 10:00 AM	\$60	\$120
Thu	11:00 – 11:30 AM	\$60	\$120
Thu	11:30 AM – 12:00 PM	\$60	\$120
Thu	4:00 – 4:30 PM	\$60	\$120
Fri	11:30 AM – 12:00 PM	\$60	\$120
Sat	9:30 – 10:00 AM	\$60	\$120

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, and treading water.

Day	Time	FM	CM
Mon	3:30 – 4:00 PM	\$52	\$103
Thu	4:00 – 4:30 PM	\$60	\$120
Sat	9:00 – 9:30 AM	\$60	\$120

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 are introduced to the breaststroke and will gain endurance for all strokes and focus on developing technical skills.

Day	Time	FM	CM
Tue	11:30 AM – 12:00 PM	\$60	\$120
Sat	8:30 – 9:00 AM	\$60	\$120

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 are introduced to basic swimming strokes.

Day	Time	FM	CM
Mon	4:30 – 5:00 PM	\$52	\$103
Tue	5:30 – 6:00 PM	\$60	\$120
Wed	4:30 – 5:00 PM	\$60	\$120
Thu	5:00 – 5:30 PM	\$60	\$120
Sat	8:00 – 8:30 AM	\$60	\$120

FOR YOUTH DEVELOPMENT

AQUATICS

Guppy 7 – 12 years

For swimmers who have mastered the Polliwog skills and are developing confidence and independence in the water and 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 are introduced to diving techniques.

Day	Time	FM	CM
Mon	5:00 – 5:30 PM	\$52	\$103
Tue	4:00 – 4:30 PM	\$60	\$120
Wed	5:00 – 5:30 PM	\$60	\$120
Thu	5:30 – 6:00 PM	\$60	\$120
Fri	3:30 – 4:00 PM	\$60	\$120
Sat	8:30 – 9:00 AM	\$60	\$120

Minnow 7 – 12 years

For swimmers who have mastered the Guppy skills who can swim 50 yards on their front, back, and side (without flotation). This class fine tunes all stroke technique, rotary breathing, increases endurance, and introduces flip turns.

Day	Time	FM	CM
Mon	5:30 – 6:15 PM	\$56	\$112
Wed	4:30 – 5:15 PM	\$65	\$130
Fri	5:30 – 6:15 PM	\$65	\$130
Sat	9:30 – 10:15 AM	\$65	\$130

Private Swim Lessons

Private swim lessons are intended for those persons seeking one-on-one or small group (Individuals in the same family) attention necessary to help swimmer(s) learn more effectively and best meet their needs. Private swim lessons are scheduled at the convenience of the student and instructor.

Also scheduled the same time as group lessons, special arrangements can be made with different times with approval from the Aquatics Director.

Private lesson fee | 30 minute

Member	\$30/per person
Non-Member	\$35/per person

Semi private (2 swimmers) lesson fee | 30 minute

Member	\$20/per person
Non-Member	\$25/per person

Seven 30-minute private lesson fee*

Member	\$190/per person
Non-Member	\$235/per person

Four 30-minute private lesson fee*

Member	\$110/per person
Non-Member	\$132/per person

*packages of lessons must be completed 90 days after first lesson begins.

Fish 7 – 12 years

For swimmers, who have mastered the Minnow skills who can swim 100 yards on their front, back, and side (without flotation). This class continues to improve on swimmer technique, endurance, speed, and stroke mechanics. It also introduces the butterfly stroke and works on improving flip turns.

Day	Time	FM	CM
Fri	4:00 – 4:45 PM	\$65	\$130

Flying Fish 7 – 12 years

For swimmers, who have mastered the Fish skills who can perform the front crawl, back stroke, elementary backstroke, sidestroke, and breaststroke 100 yards each continuously (without flotation). This class also works to improve stroke development on the butterfly, starts, and flip turns.

Day	Time	FM	CM
Fri	4:00 – 4:45 PM	\$65	\$130

Swim Team Prep 6 years +

If your child is interested in joining a swim team but is unsure about what to expect, this program provides a good foundation. Let our aquatics staff help prepare them with building their confidence and swimming skills.

Day	Time	FM	CM
Mon	4:30 – 5:30 PM	\$69	\$138
Wed	5:30 – 6:30 PM	\$80	\$160
Fri	4:45 – 5:45 PM	\$80	\$160



**OUR OUTDOOR POOL IS
OPENING SOON!**
Join us for a pool party to
celebrate summer!
Coming in June!

FOR YOUTH DEVELOPMENT

SPORTS & PLAY

Mom & Tot Strength & Stretch

Enjoy time with your little one in this interactive and animated class. Be prepared to bark like a dog in downward facing dog pose, hiss like a snake in cobra or roar like a lion in lion pose. Laugh, sing, and help your child build body awareness. After 30 minutes of class we will spend another 30 minutes in free play among other tots (and socializing among moms). This class stimulates children's minds, strengthens coordination and gross motor skills, and is appropriate for walking through preschool. As you know, young children are unpredictable, and so will be the flow of the class, following the needs of our children. Please be prepared to be barefoot and stay hydrated! Minimum of 5 needed.

Day	Time	FM	CM
Tue	3:30 – 4:15 PM	\$25	\$50

Teen Strength & Conditioning 12 – 15 years

The class is designed to improve one's strength, core, agility, power, and speed using various types of training. Training methods include: free weights, medicine ball circuits, plyometric, functional, and dynamic training. Taught by **Mike Fleming**. Minimum of 5 needed.

Day	Time	FM	CM
Sun	10:00 – 11:00 AM	\$35	\$70

Kids Gym 2 – 4 years

Children will explore gross motor, locomotor, and manipulative games during gym time. Taught by **Mike, Deanna, Nicole, and Meghan**. After class, pool is available for parent/child swimming. Preregistration is required.

Day	Time	FM	CM
Sat	11:00 – 11:30 AM	FREE	\$40

Homeschool Gym and Swim 6 years +

Children will explore gross motor, locomotor, and manipulative games along with gymnastics and fitness activities during gym time. Children will then change and head into the pool for water skills with water games. Taught by **Deanna Graham** and **Erin Daley**. Minimum of 5 needed.

Day	Time	FM	CM
Tue	12:30 – 1:45 PM	\$50	\$100



Kid Zone

Children 6 weeks - 6 months, up to one hour
 Children 7 months - 2 years, up to one and a half hours
 Children 2 years - 9 years, up to two hours

At our Kid Zone program at the Y, children are active and engaged with others and exploring new things while they are supervised by a trained Y staff member. To make it easy for you while you work out in our facility, we offer **FREE** child care for our members holding a Family Membership.

Day	Time
Mon-Sat	8:00 AM – 12:00 PM
Mon-Thu	4:15 – 7:30 PM

*SUMMER HOURS SUBJECT TO CHANGE

Intro to Karate 10 years +

Four-week session
 This session provides a basic introduction to Traditional Okinawan Karate-Do. Students will learn some basic techniques, self-defense and stances, and learn how the philosophy of Traditional training can improve self-discipline, confidence, balance and respect. Class size is limited. Minimum of 5 needed. Taught by **Thomas Pierog**.

Day	Time	FM	CM
Tue	7:30 – 8:30 PM	\$25	\$50
Wed	7:30 – 8:30 PM	\$25	\$50



FOR YOUTH DEVELOPMENT

Make it a party to remember for your special birthday boy or girl!

For more information, please contact Cherie Davis at 603.431.2334 or email at cdavis@graniteymca.org.

Birthday Party Pool Rental Information

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.

Birthday Party Pool Rental Fees

Both the indoor and outdoor (summer only) pools are available for rentals, birthday parties and special events. Parties are held after hours only on Saturday and Sunday from 4:30-6:30 PM. This includes one hour in the pool and one hour in the group exercise studio. Members have the option of spending the full two hours in the pool.

# Participants	Facility (YMCA) Member	Community Non-Member
1 - 25	\$130	\$180
26 - 45	\$160	\$210

During the first 15 minutes of the pool rental, swimmers will be tested for ability. Swimmers are then designated by a color band, as to which areas of the pool they can use.

Studio Rental \$60/hour

Indoor Gaga Dodge Ball Pit \$150/two hours

**COMING SOON! June 2017
Outdoor Birthday parties!**



FOR HEALTHY LIVING

ADULT AQUATICS

Adult Aquatic Exercise

Facility Members can take advantage of **FREE** aquatics classes. Children 11 – 12 years can participate in water exercise classes provided they are accompanied by a parent. Children 13 years and up may participate in any class. Assistance is available for those requiring help with pool entry and exit.

Limber Limbs

Join us for low impact water aerobic exercise that combines cardio muscle toning activities to create a full-body workout. The class incorporates a variety of formats including interval training and equipment such as hydro buoys and offers all of the health benefits of traditional aerobics but avoids the pounding and jarring. Swimming ability is not required - laughter and camaraderie guaranteed! Class goes shallow end to deep end.

Days	Time
Mon, Wed, Fri	9:00 – 10:00 AM

Aquacise

A water based exercise class which provides low impact exercises. The water provides most of the resistance with the aid of water belts, hydro buoys and other types of aqua exercise equipment. Class format includes stretching, muscle toning and cardio elements. Join in a fun workout!

Days	Time
Mon	10:00 – 10:45 AM
Mon	6:15 – 7:00 PM
Wed	6:15 – 7:00 PM
Fri	10:00 – 10:45 AM

Aqua Zumba

Make a splash by adding a Low Impact and high energy class to your fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance. There is less impact on your joints, so you can really let loose. This is one pool party you shouldn't miss!

Days	Time
Wed	10:00 – 10:45 AM

Mix it Up

This class combines deep water no impact AND low impact shallow end options. Both ends of the pool will benefit from a full-body workout. The class incorporates a variety of formats including interval training and equipment such as hydro buoys and will focus on core strengthening. Your choice!

Days	Time
Tue & Thu	10:00 – 10:45 AM

Adult Swim Lessons 18+ years

Swimming lessons are designed to teach this lifelong skill in a safe environment. Swimmers learn new techniques, meet new friends, and develop confidence all while learning lifesaving water safety skills.

Day	Time	FM	CM
Tue	5:30 – 6:00 PM	\$80	\$160
Wed	6:00 – 6:30 PM	\$80	\$160

Adult Skills 18+ years

Improve upon your swimming skills by practicing stroke technique, speed, and endurance.

Day	Time	FM	CM
Wed	8:00 – 9:00 AM	\$80	\$160



FOR HEALTHY LIVING



for Boomers & Beyond...

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 kayaks, canoes and skill levels. Limited kayak rentals available. Min8/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

*Island Honey

*Seaside Yoga Class

*Seaside Downeast Lobster Bake

*Quaint cafés

*Swimming

*Ocean-View Porch Rocking

*Morning Birding

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.**

FOR HEALTHY LIVING

ADULT HEALTH & WELLNESS

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. For more information or to make an appointment, please contact **Deanna Graham**, Healthy Living Director at 603.994.4131 or dgraham@graniteymca.org.

Personal Fitness Assessment

This assessment is comprised of a battery of eight tests which evaluate body composition, cardio respiratory endurance, flexibility, muscle strength, and endurance. This provides information on an individual's fitness status and can be used in health enhancement, as well as setting future goals for training. Free to members.

Individual or Group Personal Training

A great way to customize your workout program! Our qualified and experienced trainers can help you to improve your cardiovascular fitness, muscle conditioning, endurance and flexibility, and body composition through both traditional and innovative techniques. The result is an exercise program that has been personalized to meet your goals and needs. Your exercise program can be taken home to keep you motivated!

Personal Training Program Fees | Per participant ages 13 years or older

	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

Tai Chi

This ancient Martial Art is made up of a series of poses that flow together forming a walking exercise routine. This series of movements focuses on balance, strength, and the mind. Tai Chi provides a moving meditation which can have a calming and relaxing effect. Taught by **Mike Fleming**. All levels are welcome.

Day	Time	FM	CM
Tue	11:00 AM – 12:00 PM	\$0	\$50
Thu	11:10 AM – 12:10 PM	\$0	\$50

TRX Suspension Training

Complimentary service for Facility Members. Registration required. TRX is the perfect way to tone up and have fun! Achieve a full body workout in a small group setting emphasizing core performance that is tailored to your ability. Whether you are new to strength training or a seasoned veteran, the use of varying angles to adjust for intensity makes the TRX suitable for all levels. Talk to a wellness staff member to find the class right for you. Taught by **Kendra Piccolo**.

Day	Class	Time	FM	CM
Tue	Beginner Level	4:40 – 5:25 PM	\$0	\$75

5K Training Class 10 years +

Join our blended seven-week training course to get ready for a 5k! Ideal for beginners, an experienced instructor will lead you through a class run as well as provide training tips and lecture to improve your running. A virtual group will also be made to support individuals on their personal runs. A 5k in the area will be chosen to compete in as a group. Race fee is not included.

Day	Time	FM	CM
Tue	6:00 – 6:45 PM	\$35	\$70

Pickleball for Seniors

Four week session | May 2 – 25

Pickleball is a fun and active game that combines elements from ping pong, volleyball, and badminton. Using a short net and paddles the game is easy to play and can be done by all fitness levels!

Day	Time	FM
Thu	12:30 PM	\$10

NEW! Pound Class for Seniors

This class is a full-body drumming workout that uniquely combines cardio, conditioning and strength training with yoga and pilates-inspired movements using lightly weighted exercise drumsticks that are 1/4 pound each. Called (Ripsticks) **POUND** is accessible to all fitness levels. Easily modifiable. Max of 15 participants.

Day	Time	FM
Wed	12:30 PM	FREE

UPCOMING EVENTS

Parents Night Out | 5:30 – 8:30

Hey Parents, drop off your children to come hang out with us and participate in a fun night of sports, games, music, and more! Pizza dinner is provided. Limited to ages 3-11. Bring your swim gear too! For more information, please contact **Deanna Graham** at 603.431.2334 or dgraham@graniteymca.org.

Max of two paid children per family.

Date	FM	CM
May 5 Ice Cream Social	\$15	\$30 (MAX/FAMILY)
May 19	\$15	\$30 (MAX/FAMILY)
June 2 Pajama Night Movie and Popcorn	\$15	\$30 (MAX/FAMILY)
June 16		
June 30 Luau Party by the pool	\$15	\$30 (MAX/FAMILY)

Parent/Child Paint Date

Friday, May 12 | 4:00 – 6:30 PM

Enjoy an evening with your child while you each paint a canvas. Sparkling cider and snacks will be served. Ages 6-11. Each of you will paint a beautiful floral image on a canvas. All supplies are included. While your canvas dries head into the pool for some swimming! Parents must accompany their child(ren).

\$25/parent/child pair. \$5 per additional child.

All supplies included. Bring your bathing suit. Minimum of five pairs to run this event.

Walk with a Cop

Let's get outside and enjoy the spring weather! We are partnering with the Portsmouth Police Department and Senior Center to walk through the beautiful city of Portsmouth with the chief, command staff and other officers on a 1-2 mile walk. Can be as brisk or as leisurely as you like. This is an opportunity to spend some time in a casual setting with the police officers of Portsmouth and get out for a walk. Geared for active older adults but all ages are welcome. Registration is strongly encouraged but 'walk-ins' are always welcome! **Every other Wednesday at 10:00 AM**

May 10 and 24

June 7 and 21

July 5 and 19

Aug 2, 16, and 30

Sept 13 and 27

Oct 11 and 25

Location: Meet at the South Mill Pond parking lot (there is a picnic table there), on Junkins Ave across from City Hall.



SAVE THE DATE!

SATURDAY, APRIL 22 | 10:00 AM – 1:00 PM

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

May is Senior Month!

Wellness Series with Cornerstone VNA! Join us to learn more about Nutrition, social, and emotional health.

Thursdays, May 11, 18, and 25 | 12:15 PM

DISCOVER YOUR ADVENTURE AT SUMMER CAMP

Camp Gundalow
176 Tuttle Lane, Greenland, NH 03840

LIT (Leaders in Training) Information Night

Thursday, May 25 | 6:00 – 7:00 PM

Camp Gundalow Open House

Sunday, June 4 | 12:00 – 2:00 PM



FOR YOUTH DEVELOPMENT

CHILD CARE AT CAMP GUNDALOW, GREENLAND, NH

NURTURING YOUR CHILD'S POTENTIAL

Kindergarten Wrap-Around Program

Now offering care for kindergarteners at the YMCA of the Seacoast, Camp Gundalow state licensed child care programs provide a supportive environment to meet each child's developmental needs and encourage active learning.

Program features include

- state-licensed program
- experienced staff
- physical education and creative arts classes
- language arts/literacy/writing block
- STEAM activities
- reasonable rates
- financial assistance available
- and much more!

Open for Registrations!

Kindergarten Wrap-Around Program	1-2 Days	3 Days	4-5 Days
KDC AM 7:00 - 9:15 AM	\$29/wk	\$49/wk	\$65/wk
KDC PM 11:30 AM - 6:00 PM	\$70/wk	\$116/wk	\$155/wk
KDC PM 11:30 AM - 2:00 PM	\$31/wk	\$56/wk	\$70/wk
KDC PM After School Care 2:00 - 6:00 PM	\$38 /wk	\$63/wk	\$85/wk

Transportation provided for Greenland Central School. This program requires a \$30 registration fee per child.

For more information, contact Alyssa Campbell, School Age Child Care Director at 603.431.2334 ext 2556 or email acampbell@graniteymca.org

LEARN, EXPLORE, PLAY

After school child care | Grades K – 8

We understand the need for a nurturing, fun and safe place to be both before and after school. That's why The Granite YMCA has signed on to the Y-USA After School Upgrade to continue enhancing the quality of programming through community relations, youth voice and choice, and family engagement!

No School Days | 7:00 AM – 6:00 PM

YMCA of the Seacoast child care at Camp Gundalow provides child care when there are no school days. Registrations will be available three weeks prior to no school/vacation day. If your child is not already enrolled in the program, you must fill out the complete registration form and pay \$30 registration fee for the year. Open to children between 4 years 8 months and 14 years. Minimum 8

Snow Days

If the Y is open we will offer care on a drop in basis. Must be pre-registered to attend. (no minimum)

School Vacation Camp

Held at Camp Gundalow in Greenland, NH. Children will participate in arts and crafts, STEAM (Science, Technology, Engineering, Arts, and Math) activities, cooking, open swim, and team building games.

PROGRAM SITE	1-2 Days	3 Days	4-5 Days
Gundalow after school care School Dismissal - 6:00 PM	\$50/wk	\$65/wk	\$85/wk

For more information contact

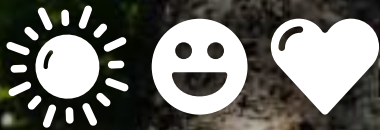
Alyssa Campbell, School Age Child Care Director
603.431.2334 ext 2556 | acampbell@graniteymca.org

Financial assistance available for those who qualify. State assistance is accepted.

2016-2017 school year 7:00 AM – 6:00 PM K-8
SCHOOL VACATION
April 17 – 21
April 24-28



**BEST
SUMMER
EVER**



SUMMER DAY CAMP 2017

The Granite YMCA

#BestSummerEver

www.graniteymca.org