

YMCA OF STRAFFORD COUNTY

A BRANCH OF THE GRANITE YMCA



Spring I 2017 Program Brochure

YMCA of Strafford County, 35 Industrial Way, Rochester, NH 03867

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,



Doug Currier
Branch Director
YMCA of Strafford County



STAFF LISTING

BRANCH

Doug Currier | Branch Director
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CAMP & FAMILY

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Charlene Shields | Early Learning Center Director
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MEMBERSHIP

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YMCA OF STRAFFORD COUNTY HOURS OF OPERATION

35 Industrial Way, Rochester, NH 03867
603.332.7334 | www.graniteymca.org

Monday – Friday 5:30 AM – 9:00 PM
Saturday and Sunday 8:00 AM – 2:00 PM

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



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 the Seacoast
550 Peverly Hill Road, Portsmouth | 603.431.2334

YMCA of Greater Londonderry
206 Rockingham Road, Londonderry | 603.437.9622

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.

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. 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.

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.

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

The YMCA is pleased to announce that all Welcome Centers now have Chromebooks to help members enroll in programs, or manage their account online. Please see Welcome Center for details.

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.



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 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. We also offer financial assistance to enroll in programs.

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.

To learn how you can help make an impact today in your community, 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.

FOR YOUTH DEVELOPMENT

CHILD CARE | EARLY LEARNING CENTER

INFANTS | TODDLERS | PRESCHOOL | PRE-K

7:00 AM – 6:00 PM

Our program supports the developmental needs of infants, toddlers, and preschool age children and provides opportunities for young children to grow, learn, and thrive. Our teaching staff design curriculum to ensure every child's experience builds skill and competence in all areas of development.

Infants | 6 weeks – 1 year

Older Toddlers | 1 – 2 years

Young Preschool | 2 – 3 years

Older Preschool | 3 – 4 years

Pre-Kindergarten | 4 – 5 years

For more information, contact Charlene Shields, Early Learning Center Director at 603.994.4113 or by email cshields@graniteymca.org.

We accept State Child Care Scholarship and offer financial assistance to those who qualify.



When your child is enrolled full time in the Child Development Center, you receive a **FREE** family membership. A value of up to **\$708**

BEFORE & AFTER SCHOOL CARE

With a focus on safety, health, and social growth, Y before and after school programs serve kindergartners through middle school with a variety of programs and activities to explore and develop their interests and talents.

After School Sites

Dover Middle School, Horne St., Woodman Park, Garrison, and Rochester.

Before School Sites

Garrison, Horne St., and Woodman Park in Dover.



For more information, call Rebecca Foss, School Age Child Care Director at 603.994.4117 or rfoss@graniteymca.org. Financial Assistance Available. State assistance is accepted. Call for details.

FOR YOUTH DEVELOPMENT

SPORTS & PLAY

NEW! Toddler Motor Mania

2 – 3 years with parent/guardian

With the help of a parent/guardian children learn body awareness, gross motor, and balancing skills through games, activities, and obstacle courses.

Day	Time	FM	CM
Tue	8:30 – 9:00 AM	\$27	\$41
	9:15 – 9:45 AM	\$27	\$41
Sat	9:15 – 9:45 AM	\$27	\$41

NEW! Discovery Tumbling 3 – 6 years

Movement exploration and basic tumbling skills such as cartwheels and handstands will be introduced in this beginner level class.

Day	Time	FM	CM
Tue	10:00 – 10:45 AM	\$30	\$45
Tue	11:00 – 11:45 AM	\$30	\$45
Sat	10:00 – 10:45 AM	\$30	\$45
Sat	11:00 – 11:45 AM	\$30	\$45

NEW! Kids in the Kitchen 5 – 12 years

Miss Lissy leads the yummiest cooking class around! Participants will become familiar with the basics of cooking while experimenting with new foods!

Day	Time	FM	CM
Mon	6:15 – 7:15 PM	\$33	\$50

NEW! Krafty Kiddos 6 – 12 years

Miss Lizzy works alongside participants while they design pieces of jewelry, paint on canvas, tie-dye t-shirts, and create other fun crafts while making friends and learning new skills!

Day	Time	FM	CM
Thu	6:00 – 7:00 PM	\$33	\$50

NEW! Once Upon A Craft Ages: 3+

Join Miss Lissy for a brand new story-hour! Each week children will experience a new book paired with a fun, hands-on craft and a yummy story-themed snack!

Day	Time	FM	CM
Mon	9:00 – 9:45 AM	\$30	\$45

NEW! Creative Movement Dance 3 – 5 years

Creative movement is a fun upbeat 45 minute dance class. Dancers will learn basic steps and terminology in ballet and explore their own creative movement styles through the use of imaginative music and games in a safe, positive environment.

Day	Time	FM	CM
Wed	9:00 – 9:45 AM	\$30	\$45

Homeschool Gym 4 – 14 years

Each class begins with a fitness focused warm-up, stretching and strength exercises, and active sports and games. Each week, participants are taught a new sport or game. If weather permits, class will be held outdoors. Please bring a water bottle and dress for potential outdoor play.

Day	Time	FM	CM
Thu	1:00 – 2:30 PM	\$40	\$60

Kids Night Out 4 – 12 years

Mark your calendars and make it a night out! The YMCA of Strafford County will provide an evening of fun for the kids while parents and guardians enjoy a night out. Drop the kids off with a sibling or friend for a flat rate - all supplies for these fun-filled themed nights are included!

Day	Time	FM	CM
Fridays	5:30 – 8:00 PM	\$5/child	\$8/child
		\$10/family	\$15/family

Luau Night | Friday, May 12

Carnival Night | Friday, June 9

Preschool Yoga Movement and Music 3 – 5 years

Join us for child focused yoga, learn body control and relaxation through yoga activities, followed by some music, movement and a story.

Day	Time	FM	CM
Fri	10:00 – 11:00 AM	\$33	\$50

Yoga for Health 8 – 12 years

Join us for yoga designed to teach young teens body control, stress management, and relaxation techniques. This class will include instruction in traditional yoga poses and techniques.

Day	Time	FM	CM
Wed	4:00 – 5:00 PM	\$33	\$50



FOR FAMILY STRENGTHENING

Family Martial Arts 8 years +

Taught by Sensei Eldred Thurlow, families participate together in the Kung Fu style of martial arts focusing on physical health and fitness as well as mental and spiritual development.

Day	Time	FM	CM
Mon	6:00 – 7:30 PM	\$50	\$94
Fri	6:00 – 7:30 PM	\$50	\$94



Kid Zone 6 weeks – 10 years

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	8:30 – 11:30 AM
Mon-Fri	4:30 – 7:30 PM

Supervised Gym 5 – 12 years

Kid Zone is pleased to offer this **FREE** program to our members holding a Family Membership. Children ages 6 - 10 years will have the opportunity to participate in supervised play using sports and gym equipment in our multi-purpose room while you work out. Participants must be members of the Y. Pre-registration is recommended.

Day	Time
Tue	5:15 – 6:15 PM

HOST YOUR NEXT PARTY AT THE Y FOR THE BEST PARTY EVER!

If you need a venue for your a child's birthday party, corporate meeting, community event, or private get together, call us.

We have a meeting space and party space. We will work with you to customize your event to meet your needs at our convenient location in Rochester. If you choose a themed party, your party will include one hour of the chosen activity led by staff, followed by one hour of party space rental. All parties have access to our bouncy house for an additional \$50 fee. All parties allow for 15 guests. There is an additional \$30 fee for 16–25 guests to include a 2nd staff member.

Facility Members \$135 Community Members \$165

Sports Party 3 years +

Pass! Kick! Score! Choose from a variety of activities including floor hockey, basketball, soccer, and more.

Archery Party 6 years +

Learn range safety, shooting basics, and get to shoot arrows.

Dance Party 3 years +

Dance parties can be geared to any age from preschoolers to teens. Our expert dance instructors introduce your guests to great music and easy-to-learn dance moves.

Tumbling Party 3 years +

Come tumble with us on the gymnastics floor! Your guests don't have to be experienced gymnasts to have a great time.

Arts & Crafts Party 6 years +

Host a jewelry, tie-dye or painting party with our crafty instructors! Activities can be tailored to meet the needs of your group. All art supplies are provided.

Baking Party 6 years +

A baking party is the perfect way to celebrate the birthday of a young baking enthusiast! Come bake and decorate a tasty treat for your birthday! All supplies are provided.

Gaga Party 6 years +

Spend your birthday in our outdoor gaga pit at Camp Coney Pine and let the good times roll!

Adventure Party 6 years +

Adventure Specialists will guide your party through problem solving and team-building activities on our high and low ropes course!

Seasonal party: Weekends June-September

Pool Party All ages

After a brief swim assessment participants will enjoy a variety of pool games and swim time under the supervision of our certified lifeguards. Up to 25 guests.

Seasonal Party: Weekends June-August

Fees: FM: \$165 CM: \$195

For more information about parties and rental space, contact **Lizzy Parent**, Family and Camp Director, 603-994-4114 or by email, eparent@graniteymca.org.

FOR HEALTHY LIVING

HEALTH & WELLNESS

Free Weights for Women

This small group class focuses on helping women improve their muscular strength and confidence using free weights and equipment in the wellness center.

Day	Time	FM	CM
Wed	8:30 – 9:15 AM	\$35	\$42

Women's Self Defense

Instructed by **Sensei Eldred**, women will learn the basic tactics of self-defense to make you more aware, prepared, and ready for any situation that may occur in your everyday life on any given day.

Day	Time	FM	CM
Fri	5:00–5:45 PM	\$52	\$65

“Creative movement is a fun upbeat 45 minute dance class. Dancers will learn basic steps and terminology in ballet and explore their own creative movement styles through the use of imaginative music and games in a safe, positive environment.”

Walk, Run, Race

Let us help you get ready for your next race! Learn training skills and race strategies for any distance, 5k to marathon. Beginners welcome!

Day	Time	FM	CM
Mon	9:30–10:30 AM	\$46	\$57

Knitting Club

Attend this FREE class and be ready to ask questions and get help with trouble knitting projects. Bring your own supplies. No registration required. Meet in the lobby.

Day	Time	Cost
Fri	9:00 – 10:00 AM	FREE

Personal Training

Description: “Y personal training is a great way to customize your workout program! Our trainers will help you 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!”

Fees and options:

1 half-hour session: \$30
3 half-hour sessions: \$78
7 half-hour sessions: \$168

1 one-hour sessions: \$45
3 one-hour sessions: \$120
5 one-hour sessions: \$178
7 one-hour sessions: \$210

For more pricing and group options contact **Rachel Hennessey** at rhennessy@graniteymca.org

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 the Welcome Center at 603.332.7334 or stop by to reserve your day and time.

MoveWell Today® Diabetes Exercise Program

An interventional program for individuals diagnosed with type 2 diabetes or for those who are considered pre-diabetic and have risk factors for diabetes. This program follows the American College of Sports Medicine and American Diabetes Association guidelines for aerobic exercise and resistance training specific for coaching clients with diabetes. As a participant, you will gain valuable knowledge and self-management tools to help you improve your health. You must have a note from your physician releasing you to exercise and a copy of your HbA1c results taken within three months prior to starting the program.

This program is FREE with a YMCA membership. Financial assistance available.

This program includes:

- 12 weeks of aerobic exercise and circuit strength training
- instruction and practice tracking your blood glucose levels
- diabetes education and access to diabetes specialists
- certified instructors through the DSW Fitness

For more information, contact **Rachelle Hennessey**, Associate Branch Director of at 603.994.4110 or rhennessy@graniteymca.org.

FOR HEALTHY LIVING



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. 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.**

CAMP AND FAMILY EVENTS

Summer Kickoff Family Night

Thursday, June 15 5:30-7:30 pm at Camp Coney Pine

Get ready for summer! Join us a week before camp starts for a summer kickoff party at camp! Come meet and bond with new and returning staff members and all your camp friends! The pool and challenge course will be open and we'll have arts & crafts, sports, and games for the whole family. A pot-luck BBQ cookout will tie our night together. We'll supply the burgers and dogs, participants and camper families are encouraged to bring side dishes and their favorite BBQ foods!"

Camp Coney Pine Open House

Sunday, June 4 | 2:00-4:00 PM @ Camp Coney Pine

Information Nights

Camp Coney Pine/Cocheco/Explorer Info Night

Wednesday May 10 | 5:30-6:30 PM @ Camp Coney Pine

Camp Tenderfoot Info Night

Tuesday, May 16 | 5:30-6:30 PM @ YSC

Camp Coney Pine/Cocheco/Explorer Info Night

Thursday, June 8 | 5:30-6:30 PM @ Camp Coney Pine

LIT Info Night

Wednesday, May 17 | 5:30-6:30 PM @ YSC

LIT Info Night

Wednesday, June 7 | 5:30-6:30 PM @ YSC



L I V E S T R O N G
AT THE YMCA



L I V E S T R O N G
FOUNDATION

WHAT IS LIVESTRONG AND HOW DOES THE GRANITE YMCA HELP CANCER SURVIVORS?

LIVESTRONG at the YMCA is a national, free 12-week group exercise program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

With **LIVESTRONG** at the YMCA, Y's are helping cancer survivors in their communities get the physical activity, supportive relationships, and stress reduction they need to improve their quality of life.

Medical studies show that moderate levels of exercise can help cancer survivors physically and mentally, and can also

reduce the severity of therapy and treatment side effects, helping to prevent unwanted weight changes, improve energy levels and self-esteem.

DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 75-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Held in YMCA "Wellness Centers"
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified instructors

WHO QUALIFIES?

Any adult 18 years old or older who is living with or beyond cancer treatment.

WHERE IS IT OFFERED?

The program is offered year-round at various locations:

- YMCA of Downtown Manchester Manchester, NH
- YMCA of Greater Londonderry Londonderry, NH
- YMCA of Strafford County Rochester, NH

Contact us for more information:

Cindy Lafond, Association Director of Healthy Living Initiatives at 603.232.8650
clafond@graniteymca.org.



Camp Tenderfoot | Ages 4 - 5

This camp provides preschool aged campers with a modified schedule to fit your child's needs. Daily activities include creative arts, musics, sports, games, and much more! Campers will take weekly trips to Camp Coney Pine for swimming, outdoor adventure, and sports & recreation.

Camp Coney Pine | Ages 5 - 16

Campers spend the summer in the outdoors experiencing a wide variety of activities while learning new skills and creating lasting friendships and memories. Daily activities include creative arts, dance, sports and recreation, high and low ropes course, swimming, and so much more!

Explorer Trip Camp | Ages 12 - 16

Teen campers enjoy an entire day of choice time and specialized activities. Campers participate in field trips three times per week at various state parks, beaches, local hiking spots, amusement parks, and more!

Leader in Training | Ages 12 - 16

This four week training program introduces teens to the Y leadership philosophy, effective communication, team building, and behavior management techniques through role playing in a day camp setting. Teens need to complete an interview process to be accepted in the Leader In Training program.

Camp Cocheco | Ages 5 - 14

Located at the YMCA of Strafford County, this camp offers participants the opportunity to learn new skills and create lasting friendships and memories. Activities include sports and games, creative arts, STEM, dance, and so much more. Campers will take field trips to Camp Coney Pine for swimming, adventure on the high and low ropes course, and outdoor fun. *Campers must be 5 years old on or before the first day of camp. New Hampshire Child Care Scholarship accepted.*

SUMMER DAY CAMP 2017
YMCA of Strafford County
A branch of The Granite YMCA
#BestSummerEver
www.graniteymca.org