

DISCOVER YOUR BEST SELF



FALL I & II 2018 PROGRAM BROCHURE

YMCA OF GREATER LONDONDERRY
A BRANCH OF THE GRANITE YMCA

Fall I Session Dates: September 10 – October 28, 2018

Fall II Session Dates: October 29 – December 16, 2018



TIME TO EXPLORE

Before and After School Care



**REGISTER NOW
FOR THE 2018 - 2019
SCHOOL YEAR!**

Before and After School, you can trust the Y to provide an engaging experience for your child. Our programs offer parents a safe environment for their children outside of regular school hours. Led by instructors who specialize in education and child development, our thoughtful curriculum includes homework time, fun enrichment classes, and so much more.

On-site school locations:

North School, South School, Matthew Thornton School | Grades 1 - 5

Before School Care | 7:00 am - 8:30 am

After School Care | 3:00 pm - 6:00 pm

Chester Academy | Grades K - 8

After School Care | 3:00 - 6:00 pm

Held at the YMCA:

YMCA of Greater Londonderry | Grades 1 - 7

After School Care | 3:00 - 6:00 pm

Serving students from North School, Matthew Thornton, and Londonderry Middle School.

Moose Hill School

Kindergarten Wrap-around Program held at YMCA of Greater Londonderry

IN OUR CARE, YOUR CHILD WILL RECEIVE:

Homework Support | Outdoor Play
Nutrition & Fitness Curriculum | Healthy
Snack | STEM | Creative Arts | Character
Development | Choice Time | and more!



Financial Assistance Available.
State Assistance Accepted.

VIEW RATES AT WWW.GRANITEYMCA.ORG/CHILD-CARE/GREATER-LONDONDERRY

**For more information, contact Stacy Neville, Child Care Director
at 603.437.9622 or email sneville@graniteymca.org**

STAFF AND HOURS

BRANCH

Lisa Fitzgerald | Executive Director | 603.437.9622
lfitzgerald@graniteymca.org

CAMP & YOUTH DEVELOPMENT

Gabby Parent | Camp & Youth Development Director | 603.437.9622
gparent@graniteymca.org

CHILD CARE

Stacy Neville | Senior Program & Child Care Director | 603.437.9622
sneville@graniteymca.org

Vacant | School Age Child Care Director

HEALTH & WELLNESS

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

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

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

TABLE OF CONTENTS

Child Care	2
Staff Listing/Hours of Operation.....	3
Membership Information.....	4
YMCA Mission & Cause	5
YOUTH DEVELOPMENT	
Child Care	6-7
Sports & Play	8-9
Family Programs	10
Teens.....	10
HEALTHY LIVING	
Health & Wellness.....	11-13
Personal Training.....	13
Health & Wellness Workshops	14
Parties and Rentals	15
Back Cover.....	16

YMCA OF GREATER LONDONDERRY HOURS OF OPERATION

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

September to June

Monday-Thursday	7:00 AM – 8:00 PM
Friday	7:00 AM – 6:30 PM
Saturday	8:30 AM – 1:30 PM
Sunday	CLOSED

July 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

The Y is Closed On...

Labor Day, November 12 (in observance of 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

Discover Membership at the Y

At the Y, your membership is so much more than just a discounted camp enrollment. Discover the unique community in your facility and all that the Y has to offer. Connect, play, and discover new things. We offer comprehensive healthy living and learning experiences for adults, kids, seniors, and families!

Membership benefits include:

- Early registration and reduced fees for programs
- Full privileges at all of the Ys in our association
- Nationwide membership access
- Income-based membership rates
- When you become a Family Member your entire family benefits by staying healthy and spending quality time together
- FREE group fitness classes
- FREE fitness orientations to help you design a wellness plan

For YMCA families:

- Free Kid Zone for your child to be active and have fun while you work out
- Free Family Nights
- Fun Family programs

Want to know more? Call and schedule a tour today to find out what the Y can do for you.

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 nationwide.

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.

To use other Ys across the country, just present your membership card and a photo ID to enjoy free access to almost every Y nationwide. To find a Y in your area visit www.ymca.net

*For Londonderry all Facility Memberships only.

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.

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 | Financial Aid Available

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.

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.

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.

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.

Registering for Programs

To register in person or find out about our membership types, please visit one of our Welcome Centers. To register online, you must have a current Facility Membership or create a YMCA log-in 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. Program must be paid in full at time of registration. For the fastest, most convenient registration, please visit us online www.graniteymca.org/programs and select view program availability.

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. Refunds cannot be given for scheduling conflicts or other reasons.

YMCA MISSION AND CAUSE

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.

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 Jessica Riendeau, Director of Annual Giving at 603.782.2804 or go online at www.graniteymca.org/support/ways-to-give.

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 **Jessica Riendeau**, Director of Annual Giving at 603.782.2804 or jriendeau@graniteymca.org.

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.

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 emailed to all members on a bi-monthly basis. Be on the lookout to stay updated with upcoming events, wellness initiatives, and branch improvements.

YMCA OF GREATER LONDONDERRY CHILD CARE

KINDERGARTEN WRAP-AROUND PROGRAM REGISTRATION FOR THE 2018-19 SCHOOL YEAR IS ONGOING!

The Y is the community leader in high-quality child care. Our programs provide a safe, nurturing environment where children learn and grow, while having fun, and participating in a wide variety of hands-on activities. We offer gym classes outdoors and in our spacious gymnasium, nature activities, outdoor play on the field and playground, and cooking activities! Our dedicated and friendly staff provide a caring and fun environment that encourages children's natural curiosity and creative expression.

The Y and the Londonderry school system will provide bussing so that children can attend the morning program, afternoon program and after school program if needed.

Kindergarten Wrap-around Program

AM Kindergarten 7:00 AM – 12:30 PM

PM Kindergarten 11:30 AM – 3:00 PM

PM Kindergarten 11:30AM – 6:00 PM

After Care 3:00 – 6:00 PM



For more information, call Stacy Neville, Child Care Director at 603.437.9622 or sneville@graniteymca.org.
Financial Assistance Available. State assistance is accepted. Call for details.

YMCA OF GREATER LONDONDERRY CHILD CARE

BEFORE AND AFTER SCHOOL CHILD CARE

**REGISTER NOW
FOR THE 2018 - 2019
SCHOOL YEAR!**

**Before School Care | 7:00 – 8:30 AM | Grades 1-5
On Site at North, South, and Matthew Thornton Schools**

The Y provides a great place for your child to have fun and make new friends! With activities to inspire physical and mental growth, teamwork and imagination, Y school-age childcare is perfect for every child. Our trained childcare staff engage the children with STEM activities, arts and crafts, creative monthly clubs, group games, homework time, and much more!

**After School Care | 3:00 – 6:00 pm | Grades 1-7
On Site at North School, South School, Matthew Thornton Schools, Chester Academy, and at the YMCA of Greater Londonderry.**

With activities to inspire physical and mental growth, teamwork and imagination, Y school-age childcare is perfect for every child. Allowing our participants to choose the activities he/she loves most keeps them excited to learn. Children have time every day to explore their own interests in areas like Creative Arts, the Library, Math and Construction, Puzzles and Games, and Science. Whether it is a science project, spelling test, or book report, our staff are also here to support your child in completing homework. Your child will also be developing healthy bodies and encourage proper nutrition through daily physical activity and healthy snacks.

***Bus Transportation will be provided from the Middle School, North School, and Matthew Thornton to the YMCA of Greater Londonderry.**

Financial assistance available. State assistance is accepted. Call for details.

No School Days at the YMCA of Greater Londonderry

We offer care for school vacations, early release days, and more!

7:00 am - 6:00 pm | Grades K-8

Snow days 8:00 am - 6:00 pm

School Vacation Camp 7:00 am - 6:00 pm

December 26-31, 2018

February 25-March 1, 2019

April 22-26, 2019



**For more information, call Gabby Parent, School Age Child Care Director
603.437.9622 gparent@graniteymca.org.**

YOUTH DEVELOPMENT

SPORTS & PLAY FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

Adult/Child Cooking 3 – 5 years

Nutrition is at the heart of a healthy lifestyle. Come have an opportunity to build healthy snacks with your toddler.

Session Day	Time	FM	CM
Fall I & II Mon	9:00-9:45 AM	\$36	\$72

Bring the Story to Life 3-5 years

This class is a wonderful combination of creative art and story-time tales for parents and children to do together. We will create small art projects based on the books we read together while children begin to learn the elements of art and the principles of design such as color, shapes, and pattern and symmetry. Some of the books we will read in this class are, The Very Hungry Caterpillar, Harold and The Purple Crayon, I Believe, and The Rainbow Fish.

Session	Day	Time	FM	CM
Fall II	Wed	9:00 – 9:45 AM	\$36	\$72

Archery 5 years +

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

Sept 13-Oct 4

Session	Day	Time	Fee
Fall I	Thu	5:30 – 6:30 PM	\$60

Oct 11-Nov 1

Session	Day	Time	Fee
Fall I	Thu	5:30 – 6:30 PM	\$60

Nov 8-29

Session	Day	Time	Fee
Fall II	Thu	5:30 – 6:30 PM	\$60

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.

Session	Day	Time	FM	CM
Fall I & II	Fri	9:30 – 10:15 AM	\$36	\$72

Contemporary Dance Class 8-13 years

This class will explore many different dance movements from genres such as jazz, ballet, lyrical dance, hip hop, salsa, Broadway and modern. The fun is in the blending! We will have a short warm up and then spend the majority of class learning and dancing new combinations every week. Whether inspired by a song, a feeling, or a vision, each combination will be unique and allow for much individual artistic freedom dancing to popular music!

Session	Day	Time	FM	CM
Fall I & II	Fri	4:30 – 5:30 PM	\$66	\$126

Beginner Archery 5 years +

In this beginner level program, participants will learn the basic skills of archery including rules and safety, knowledge of equipment and proper stance and techniques with instructor **Gabby Parent**. Participants may use archery equipment provided by the Y or bring their own.

Session	Day	Time	FM	CM
Fall I & II	Sat	9:00 - 10:00 AM	\$95	\$135

Soccer Skills and Play 3 – 5 years

Each week participants play in a variety of different soccer related games that teach skills without the use of repetitive drills. Children have fun while learning how to dribble, pass, shoot, and play defense and offense.

Session	Day	Time	FM	CM
Fall I & II	Sat	10:15 – 11:00 AM	\$36	\$72

Basketball Skills and Play 3 – 5 years

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

Session	Day	Time	FM	CM
Fall I & II	Sat	11:15 AM – 12:00 PM	\$36	\$72



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-Thu	8:45 – 11:00 AM	\$0	\$7
Wed	5:15 – 7:00 PM	\$0	\$7

YOUTH DEVELOPMENT

SPORTS & PLAY FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

WINDHAM PROGRAMS AT GRIFFIN PARK IN WINDHAM, NH Offsite Sports and Play September 13 – October 25

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 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	Cost
Thu	9:30 – 10:15 AM	\$65

Flag Football Skills & Play @ South School

6-11 years

Youth flag football is a co-ed sports program for boys and girls ages 4-12 years old. This class helps children develop fundamental skills and incorporates teamwork through instructional play. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility. In addition, participants will learn the rules of the game and engage in team play while having fun.

Session	Day	Time	FM	CM
Fall I	Thu	3:15-4:00 PM	\$36	\$72

Flag Football Skills & Play @ the YMCA of Greater Londonderry

6-13 years

See description above

Session	Day	Time	FM	CM
Fall I	Mon	4:15-5:00 PM	\$36	\$72



KIDS NIGHT AT THE Y

Mario Kart Tournament

Enjoy an evening out while your children have fun. Our trained childcare professionals keep you children healthy and active with art projects, STEM experiments, active play, and more. A pizza dinner will be served. Open to everyone! Registration is due the thursday prior to the event. Space is limited.

Date	Time	Cost
September 15	5:00 – 8:30 PM	
	Y Member	\$25
	Sibling	\$15
	Non-Member	\$25

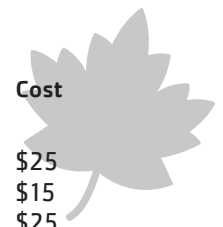
Halloween Party Overnight

Don't want Kids Night fun to end? The YMCA of Greater Londonderry will be holding an overnight to help raise funds for our Reach Out for Youth and Families campaign. Children will enjoy a fun night at the Y after hours. Activities include gym time, arts and crafts, pizza, a movie, sleep over, breakfast and much more!

Date	Time	Cost
October 19-20	6:00 PM-9:00 AM	
	Overnight first child	\$40
	Overnight sibling	\$30
	Half night/pick-up @ 9:30 PM	\$20

Fall Craft

Date	Time	Cost
November 10	5:00 – 8:30 PM	
	Y Member	\$25
	Sibling	\$15
	Non-Member	\$25



HEALTHY LIVING

FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

Adult Line Dancing 16 years +

This is a fun, exciting way to dance your way to good health! This dance class will combine low and moderate energy line dance routines and will help you burn calories at the same time! We dance to a wide mix of music styles, including country, pop and big band.

Session	Day	Time	FM	CM
Fall I & II	Thu	7:00 – 8:00 PM	\$66	\$126

Family Line Dancing

This is a fun, exciting way for you and your kids to dance your way to good health! This dance class will combine low and moderate energy line dance routines and will help you burn calories at the same time! We dance to a wide mix of music styles, including country, pop and big band.

Session	Day	Time	FM	CM
Fall I & II	Fri	6:00 – 7:00 PM	\$66	\$126

Contemporary Dance Class

This class will explore many different dance movements from genres such as jazz, ballet, lyrical dance, hip hop, salsa, Broadway and modern. The fun is in the blending! We will have a short warm up and then spend the majority of class learning and dancing new combinations every week. Whether inspired by a song, a feeling, or a vision, each combination will be unique and allow for much individual artistic freedom dancing to popular music!

Session	Day	Time	FM	CM
Fall I & II	Fri	4:30 – 5:30 PM	\$66	\$126

TEENS

Teen Nights YMCA OF GREATER LONDONDERRY

Teen Nights 11 – 18 years

Here is your opportunity to hang out with friends and make some new friends. Each month has a different theme. You can either participate in the activity, or just chill out with friends.

Day	Time	Cost
Friday	6:00-9:00 PM	\$15

Sept 21 | Bonfire
October 12
November 16

Leaders Club Grades 6-12

Find your leader within! Leaders Club, a nationally recognized Y teen program, runs November to May and provides participants with the opportunity for leadership training, personal growth, service to others, and social development. This program emphasizes educational success, community service, and leader development as well as planning and organizing projects. For more information to participate in Leaders Club please contact **Gabby Parent** at gparent@graniteymca.org.

Informational meeting will be on:
Monday, September 17 from 6:00-7:00 PM

Leaders will meet beginning on:
Monday, September 24 from 6:00-7:30 PM



HEALTHY LIVING

HEALTH AND WELLNESS

FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

NEW!

DIABETES PREVENTION PROGRAM

The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and 3 sessions every other week during the first 6 months followed by 6 monthly sessions in the second 6 months.

Program details and goals:

- The program emphasizes two primary goals for the first half of the program:
 - Reduce body weight by 7%
 - Increase physical activity by 150 minutes per week
- To sign up participants must meet the following:
 - At least 18 years old
 - Overweight (BMI \geq 25)
 - Diagnosed with prediabetes via a blood test or gestational diabetes (if a blood test is not available, participants must have a qualifying risk score)

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



LIVESTRONG®

FOUNDATION

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

FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

NEW!

P.A.C.T

Physical Activity Connecting Together

This program available to adults, teens, and youth helps new and current members incorporate physical activity into their normal everyday routines. Participants meet once a week for a 60 minute session for six weeks. Members connect in small groups of 4-6 people to sample different types of exercise and develop a regular routine that fits their lifestyle, comfort level, and goals. A trained wellness staff member will guide members through proper intensity, frequency, and forms of cardio, strengthening, endurance, flexibility, and balance exercises. 6 week PACT sessions are FREE to Y members.

Adult P.A.C.T. **Ages 18+**
Teen P.A.C.T. **Ages 13-17**
Youth P.A.C.T. **Ages 8-12**

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



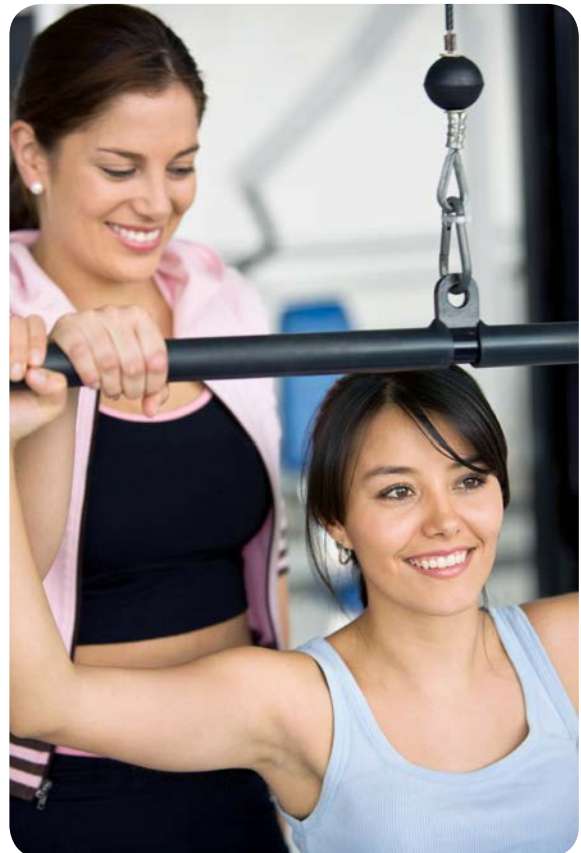
Wellness Center Orientations

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 **Cindy Lafond**, Wellness Coordinator at 603.232.8650 or clafond@graniteymca.org.



FOR HEALTHY LIVING



Discover new pathways to healthy living with our new and improved individual and small group personal training. At the Y, personal training provides all individuals, from health seekers to athletes, with the ability to achieve their healthy living goals regardless of the degree of difficulty. Sign up for individual personal training sessions or small group personal training sessions and receive:

Individual Personal Training

Certified, professional, and motivated staff work with clients on health and nutrition education in addition to developing personalized routines based on individual goals. Clients start with a customized wellness evaluation measuring current abilities, reviewing history, and making goals. These goals are monitored to celebrate success. Through traditional and innovative techniques, clients will build relationships, gain confidence, and maintain a focus on long-term health and sustainability.

New Package Options	New Rates
Intro to Personal Training (3) 1 hour sessions	\$135
(1) 1 hour session	\$55
(5) 1 hour sessions	\$260
(10) 1 hour sessions	\$495
(20) 1 hour sessions	\$895
(1) 30 minute session	\$40
(10) 30 minute sessions	\$350
(20) 30 minute sessions	\$600

For more information about Personal Training at the YMCA of Greater Londonderry, contact:

Cindy Lafond, Association Healthy Living Director at 603.232.8650 or clafond@granitemca.org.

Small Group Personal Training

Small group personal training inspires participants to team up to take advantage of the benefits of variety, community, and accountability while exceeding their individual wellness goals. This small group setting allows our professional trainers to incorporate flexibility and choice into workouts, yet still customize training methods and workout routines to accommodate individual needs and preferences.

New Package Options	New Rates (2 members)	New Rates (3 members)	New Rates (4 members)
(1) 1 hour session	\$45/each	\$40/each	\$30/each
(5) 1 hour sessions	\$150/each	\$100/each	\$75/each
(10) 1 hour sessions	\$300/each	\$225/each	\$175/each
(20) 1 hour sessions	\$500/each	\$400/each	\$300/each

FOR HEALTHY LIVING

HEALTH AND WELLNESS

FALL I SEPT 10-OCT 28 | FALL II OCT 29-DEC 16

WORKSHOPS

Decreasing the Risk of Many Chronic Diseases with the Mediterranean Food Plan

The Mediterranean food plan, centered around fruits, vegetables, olive oil, nuts, legumes, and whole grains, is good for everything from your brain to your bones. We will discuss the benefits of the plan ranked #1 by US World News and Report in 2018 on decreasing the risk of many chronic illnesses.

Day	Time	Cost
September 25	10:15 - 11:15 AM	\$10

Fuel for Sport: Sports Nutrition Tips to Get the Most From Your Workout

Learn the importance of fueling your body correctly for optimal performance in sports and athletics. How you fuel your body has a direct impact on how you feel during a workout and more importantly how you recover.

Day	Time	Cost
October 26	11:15 - 12:15 AM	\$10

Fueling Finicky Eaters

Feel confident in the knowledge that your child is eating well and getting the nourishment they need. Join us for this informative workshop full of tips and info to help get your child to eat a variety of healthy and nutritious foods.

Day	Time	Cost
November 20	10:00 - 11:00 AM	\$10

Healthy Holiday Eating

The holidays can be a challenging time when you are striving to eat healthy and watch your weight. This workshop will include healthy eating tips to help you power through the month of December while sticking to your health goals.

Day	Time	Cost
December 12	11:15 - 12:15 AM	\$10

All workshops presented by Registered Dietitian, **Noreen Gallo**. To register for any of these workshops, visit www.yourforeverdiet.com/seminars. For more information, contact **Cindy Lafond**, Association Director of Healthy Initiatives at 603.232.8650 or email clafond@graniteymca.org.



Fall Prevention Workshops

- Learn about ways to improve balance and reduce your fall risk!
- Participate in a few brief physical tests
- Receive recommendations about how you may improve balance and prevent falls
- Individuals who use a walker or cane are welcome, as well as those who walk unassisted

September, 13	10:00 - 11:30 AM
September 17	10:00 - 11:30 AM
September 24	11:00 - 12:30 PM
September 27	11:00 - 12:30 PM

These assessments are **FREE** to Y members and community members. No pre-registration required, stop by during one of the dates and times listed above. Assessments take about 10-15 minutes. For more information, please contact **Cindy Lafond**, Association Director of Healthy Living at 603.232.8650 or email clafond@graniteymca.org.

Tai Ji Quan™: Moving for Better Balance October 15, 2018 - March 2019

Improve balance, coordination, and stability using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based, 24-week program has been shown to increase confidence, reduce the risk of falling, and enhance overall fitness for participants. All levels are welcome.

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

Day	Time	FM	CM
Mon & Thu	11:00 am - 12:00 PM	FREE	\$95

CELEBRATE WITH US BIRTHDAY PARTY AND ROOM RENTALS



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! 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.

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. 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!

Pool (seasonal)

Swimming is a great way to have fun in the summer. Rent our pool for 15 – 20 guests.

BOOK NOW!
CALL
603-437-9622



THE GRANITE YMCA

Goffstown | Londonderry | Manchester | Portsmouth | Rochester
www.graniteymca.org | financial assistance available