

DISCOVER YOUR BEST SELF



FALL I & II 2018 PROGRAM BROCHURE

YMCA OF THE SEACOAST
A BRANCH OF THE GRANITE YMCA

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

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

INTRODUCING NEW SWIM LESSONS CURRICULUM

Dear Members:

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 and character. As part of The Granite YMCA'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 new information about changes to our swimming lessons curriculum. Y of the USA has been working to develop a new swim lesson curriculum over the last two years and it has finally made it to The Granite YMCA!

- **All New Names and Skill Levels:** This will be one of the most visible aspects of the new program. The familiar fish names are being retired and replaced with a numbered leveling system with descriptive names for both preschool and youth aged programs.
- **Greater Focus on Safety around the Water:** The new program emphasizes safety in all aspects starting with the smallest details like asking permission to enter the pool before class and greater emphasis on floating and getting comfortable putting the face in the water. "Swim Bubbles" will be used less often in some classes so children learn more self-reliance.
- **Unified Lesson Plans:** Instructors will be provided with basic visual lesson plans for each level and each day of the session, which they can customize with activities from a provided skill and topic library or by using their own creativity. There will also be all new handouts and achievement reports. Programs will be more similar from branch to branch and even at other YMCA associations.

We are very excited for what this new program has to offer and can't wait to bring it to you! Please contact Annie Hearn, Aquatics Director, for more information.

Annie Hearn, Aquatics Director
603.431.2334 ext 2519 | ahearn@graniteymca.org

INTRODUCING SAM FONTAINE



The YMCA is pleased to welcome back a valued employee into a new role! A local from Exeter, Sam Fontaine began swimming at age 6 and swam competitively through his graduation at Phillips Exeter Academy. Sam has been affiliated with the YMCA of the Seacoast since 2014 as an integral member of the Aquatics Team. Sam has worked in various capacities at the Y while obtaining his degree at the University of New Hampshire. As our new Aquatics Coordinator, he is dedicated to increasing our programming options here at the YMCA, starting with expanding on our adult swim as well as beginning a series of Stroke Clinics in the Fall. When he is not frequenting local art studios, shops and museums, Sam often comes and swims at the YMCA in his free time. Sam is excited to share his passion for the water with all of us here.

STAFF LISTING

BRANCH

Kelli McKenna | Executive Director | 603.431.2334 ext 2506
kmckenna@graniteymca.org

AQUATICS

Annie Hearn | Aquatics Director | 603.431.2334 ext 2519
ahearn@graniteymca.org

Sam Fontaine | Aquatics Coordinator | 603.431.2334
sfontaine@graniteymca.org

CAMP GUNDALOW AND CHILD CARE

Matt Mansur | Senior Program Director of Youth & Family
 603.431.2334 ext. 2557
mmansur@graniteymca.org

HEALTH & WELLNESS

Jessi Pasay | Healthy Living Director | 603.431.2334
jpasay@graniteymca.org

MEMBERSHIP

Meagan Wilson | Membership Director | 603.431.2334 ext 2503
mwilson@graniteymca.org

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



YMCA OF THE SEACOAST HOURS OF OPERATION

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

FALL/WINTER/SPRING HOURS RESUME TUESDAY, SEPT 4

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

SUMMER HOURS END SUNDAY, SEPT

Monday – Friday	5:30 AM – 8:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	8:00 AM – 12:00 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 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.)

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

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

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 | 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. Please see our Welcome Center for any questions.

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, 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 at www.graniteymca.org 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. Sorry, refunds cannot be given for scheduling conflicts or other reasons.

YMCA MISSION & 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.

Help make an impact today in your community by giving to Y. 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

051618 08/16

FOR YOUTH DEVELOPMENT

NEW! Under the new fish swim level names are the former swim level names that it most closely reflects

FALL I
SEPT 10-OCT 28

A/Water Discovery | Parent Child 6 – 18 months

Formerly Baby Seal

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Session	Day	Time	FM	CM
Fall I	Wed	11:00 – 11:30 AM	\$64	\$128
Fall I	Wed	11:30 AM – 12:00 PM	\$64	\$128
Fall I	Fri	11:30 AM – 12:00 PM	\$64	\$128
Fall I	Sat	9:30 – 10:00 AM	\$64	\$128

B/Water Exploration | Parent Child 18 – 34 months

Formerly Seal/Pike with Parent

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Session	Day	Time	FM	CM
Fall I	Fri	12:00 – 12:30 PM	\$64	\$128
Fall I	Sat	10:00 – 10:30 AM	\$64	\$128

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall I	Sat	10:30 – 11:00 AM	\$64	\$128

1/Water Acclimation 3-12 years

Formerly Pike and Polliwog

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall I	Mon	11:00 – 11:30 AM	\$64	\$128
Fall I	Tue	9:30 – 10:00 AM	\$64	\$128
Fall I	Tue	4:00 – 4:30 PM	\$64	\$128
Fall I	Wed	3:30 – 4:00 PM	\$64	\$128
Fall I	Fri	11:00 – 11:30 AM	\$64	\$128
Fall I	Fri	4:30 – 5:00 PM	\$64	\$128
Fall I	Sat	9:00 – 9:30 AM	\$64	\$128

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Tue	4:00 – 4:30 PM	\$67	\$134
Fall I	Fri	4:30 – 5:00 PM	\$67	\$134
Fall I	Sat	9:00 – 9:30 AM	\$67	\$134

2/Water Movement 3-12 years

Formerly Eel and High Polliwog

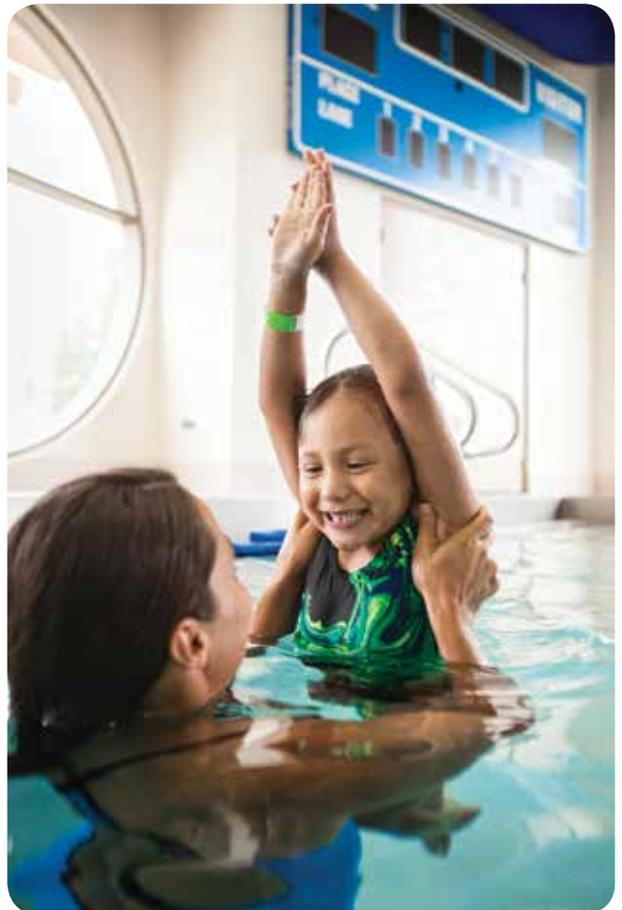
In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall I	Mon	11:30 AM – 12:00 PM	\$64	\$128
Fall I	Mon	12:30 PM – 1:00 PM	\$64	\$128
Fall I	Mon	3:30 PM – 4:00 PM	\$64	\$128
Fall I	Tue	11:00 – 11:30 AM	\$64	\$128
Fall I	Tue	4:30 – 5:00 PM	\$64	\$128
Fall I	Wed	4:00 – 4:30 PM	\$64	\$128
Fall I	Thu	9:30 – 10:00 AM	\$64	\$128
Fall I	Sat	8:30 – 9:00 AM	\$64	\$128

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Tue	4:30 – 5:00 PM	\$64	\$128
Fall I	Wed	4:00 – 4:30 PM	\$64	\$128
Fall I	Sat	8:30 AM – 9:00 AM	\$64	\$128



FOR YOUTH DEVELOPMENT

NEW!

Under the new fish swim level names are the former swim level names that it most closely reflects

FALL I
SEPT 10-OCT 28

3/Water Stamina 3-12 years

Formerly Ray and High Polliwog/Low Guppy

In Stage 2, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall I	Mon	12:00 – 12:30 PM	\$64	\$128
Fall I	Mon	4:00 – 4:30 PM	\$64	\$128
Fall I	Tue	11:30 AM – 12:00 PM	\$64	\$128
Fall I	Wed	4:30 PM – 5:00 PM	\$64	\$128
Fall I	Thu	4:00 – 4:30 PM	\$64	\$128
Fall I	Fri	3:30 – 4:00 PM	\$64	\$128
Fall I	Sat	9:30 – 10:00 AM	\$64	\$128

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Mon	4:00 – 4:30 PM	\$64	\$128
Fall I	Wed	4:30 – 5:00 PM	\$64	\$128
Fall I	Thu	4:00 – 4:30 PM	\$64	\$128
Fall I	Sat	9:30 – 10:00 AM	\$64	\$128

4/Stroke Introduction 3-12 years

Formerly Starfish and Guppy

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall I	Mon	4:30 – 5:00 PM	\$64	\$128
Fall I	Thu	4:30 – 5:00 PM	\$64	\$128
Fall I	Fri	4:00 – 4:30 PM	\$64	\$128
Fall I	Sat	10:00 – 10:30 AM	\$64	\$128

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Mon	4:30 – 5:00 PM	\$67	\$134
Fall I	Wed	5:00 – 5:30 PM	\$67	\$134
Fall I	Thu	4:30 – 5:00 PM	\$67	\$134
Fall I	Fri	4:00 – 4:30 PM	\$67	\$134
Fall I	Sat	10:00 – 10:30 AM	\$67	\$134

5/Stroke Development 7-12 years

Formerly Minnow

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Mon	5:00 – 5:45 PM	\$69	\$138
Fall I	Thu	5:00 – 5:45 PM	\$69	\$138
Fall I	Sat	10:30 – 11:15 AM	\$69	\$138

6/Stroke Mechanics 7-12 years

Formerly Fish and Flying Fish

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
Fall I	Tue	5:00 – 5:45 PM	\$69	\$138
Fall I	Sat	11:15 AM – 12:00 PM	\$69	\$138

Swim Team Prep 7 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 by building their confidence and swimming skills.

Session	Day	Time	FM	CM
Spr 2	Mon	5:00 – 6:00 PM	\$85	\$170
Spr 2	Wed	5:00 – 6:00 PM	\$85	\$170
Spr 2	Fri	5:00 – 6:00 PM	\$85	\$170
Drop in			\$40	



FOR YOUTH DEVELOPMENT

NEW!

Under the new fish swim level names are the former swim level names that it most closely reflects

FALL II
OCT 29-DEC 16

A/Water Discovery | Parent Child

6 – 18 months

Formerly Baby Seal

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Session	Day	Time	FM	CM
Fall II	Wed	11:00 – 11:30 AM	\$64	\$128
Fall II	Wed	11:30 AM – 12:00 PM	\$64	\$128
Fall II	Fri	11:30 AM – 12:00 PM	\$64	\$128
Fall II	Sat	9:30 – 10:00 AM	\$64	\$128

B/Water Exploration | Parent Child

18 – 34 months

Formerly Seal/Pike with Parent

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Session	Day	Time	FM	CM
Fall II	Fri	12:00 – 12:30 PM	\$64	\$128
Fall II	Sat	10:00 – 10:30 AM	\$64	\$128

PRESCHOOL 3–6 years

Session	Day	Time	FM	CM
Fall II	Sat	10:30 – 11:00 AM	\$64	\$128

1/Water Acclimation

3–12 years

Formerly Pike and Polliwog

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

PRESCHOOL 3–6 years

Session	Day	Time	FM	CM
Fall II	Mon	11:00 – 11:30 AM	\$64	\$128
Fall II	Tue	9:30 – 10:00 AM	\$64	\$128
Fall II	Tue	4:00 – 4:30 PM	\$64	\$128
Fall II	Wed	3:30 – 4:00 PM	\$64	\$128
Fall II	Fri	11:00 – 11:30 AM	\$64	\$128
Fall II	Fri	4:30 – 5:00 PM	\$64	\$128
Fall II	Sat	9:00 – 9:30 AM	\$64	\$128

SCHOOL AGE 6–12 years

Session	Day	Time	FM	CM
Fall II	Tue	4:00 – 4:30 PM	\$67	\$134
Fall II	Fri	4:30 – 5:00 PM	\$67	\$134
Fall II	Sat	9:00 – 9:30 AM	\$67	\$134

2/Water Movement

3–12 years

Formerly Eel and High Polliwog

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

PRESCHOOL 3–6 years

Session	Day	Time	FM	CM
Fall II	Mon	11:30 AM – 12:00 PM	\$64	\$128
Fall II	Mon	12:30 PM – 1:00 PM	\$64	\$128
Fall II	Mon	3:30 PM – 4:00 PM	\$64	\$128
Fall II	Tue	11:00 – 11:30 AM	\$64	\$128
Fall II	Tue	4:30 – 5:00 PM	\$64	\$128
Fall II	Wed	4:00 – 4:30 PM	\$64	\$128
Fall II	Thu	9:30 – 10:00 AM	\$64	\$128
Fall II	Sat	8:30 – 9:00 AM	\$64	\$128

SCHOOL AGE 7–12 years

Session	Day	Time	FM	CM
Fall II	Mon	4:30 – 5:00 PM	\$67	\$134
Fall II	Wed	4:00 – 4:30 PM	\$67	\$134
Fall II	Sat	8:30 – 9:00 AM	\$67	\$134



FOR YOUTH DEVELOPMENT

NEW!

Under the new fish swim level names are the former swim level names that it most closely reflects

FALL II
OCT 29-DEC 16

3/Water Stamina

3-12 years

Formerly Ray and High Polliwog/Low Guppy

In Stage 2, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall II	Mon	12:00 – 12:30 PM	\$64	\$128
Fall II	Mon	4:00 – 4:30 PM	\$64	\$128
Fall II	Tue	11:30 AM – 12:00 PM	\$64	\$128
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Fall II	Thu	4:00 – 4:30 PM	\$64	\$128
Fall II	Fri	3:30 – 4:00 PM	\$64	\$128
Fall II	Sat	9:30 – 10:00 AM	\$64	\$128

SCHOOL AGE 7-12 years

Session	Day	Time	FM	CM
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Fall II	Wed	4:30 – 5:00 PM	\$67	\$134
Fall II	Thu	4:00 – 4:00 PM	\$67	\$134
Fall II	Sat	9:30 – 10:00 AM	\$67	\$134

4/Stroke Introduction

3-12 years

Formerly Starfish and Guppy

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

PRESCHOOL 3-6 years

Session	Day	Time	FM	CM
Fall II	Mon	4:30 – 5:00 PM	\$64	\$128
Fall II	Thu	4:30 – 5:00 PM	\$64	\$128
Fall II	Fri	4:00 – 4:30 PM	\$64	\$128
Fall II	Sat	10:00 – 10:30 AM	\$64	\$128

SCHOOL AGE 6-12 years

Session	Day	Time	FM	CM
Fall II	Mon	4:30 – 5:00 PM	\$67	\$134
Fall II	Wed	5:00 – 5:30 PM	\$67	\$134
Fall II	Thu	4:30 – 5:00 PM	\$67	\$134
Fall II	Fri	4:00 – 4:30 PM	\$67	\$134
Fall II	Sat	10:00 – 10:30 AM	\$67	\$134

5/Stroke Development

7-12 years

Formerly Minnow

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

SCHOOL AGE 6-12 years

Session	Day	Time	FM	CM
Fall II	Mon	5:00 – 5:45 PM	\$69	\$138
Fall II	Thu	5:00 – 5:45 PM	\$69	\$138
Fall II	Sat	10:30 – 11:15 AM	\$69	\$138

6/Stroke Mechanics

7-12 years

Formerly Fish and Flying Fish

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SCHOOL AGE 6-12 years

Session	Day	Time	FM	CM
Fall II	Tue	5:00 – 5:45 PM	\$69	\$138
Fall II	Sat	11:15 AM – 12:00 PM	\$69	\$138

Swim Team Prep 7 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 by building their confidence and swimming skills.

Session	Day	Time	FM	CM
Fall II	Mon	5:00 – 6:00 PM	\$85	\$170
Fall II	Wed	5:00 – 6:00 PM	\$85	\$170
Fall II	Fri	5:00 – 6:00 PM	\$85	\$170
Drop in			\$40	



FAMILY STRENGTHENING

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

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 Fees

Pool parties are a splash! 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. A brief swim assessment is given at the start of your party to assure the safety of the group.

# 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



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 - 7:00 PM

Kids Night at the Y | 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 the Welcome Center 603.431.2334

	FM	CM
Friday, September 7	\$15	\$30
Friday, October 12	\$15	\$30
Friday, November 9	\$15	\$30
Friday, December 14	\$15	\$30



FOR YOUTH DEVELOPMENT

CHILD CARE @ CAMP GUNDALOW

After school child care | Grades K – 8

We understand the need for a nurturing, fun and safe place to be 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 7:00 AM – 6:00 PM

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.

December 26 - 28, 2018

February 25 - March 1, 2019

April 22 - 26, 2019

The Y provides:

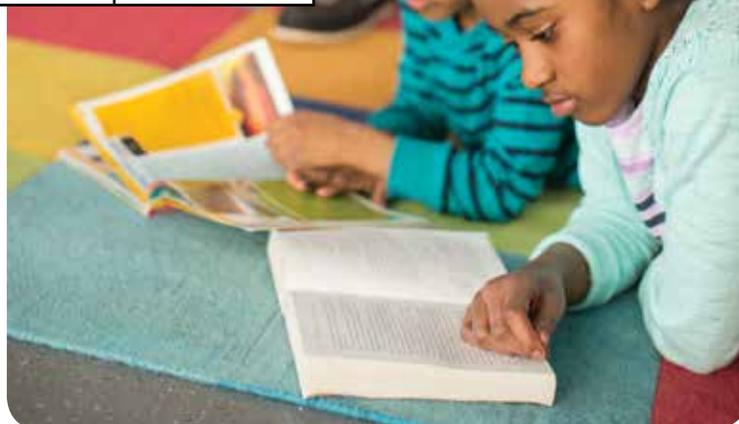
- Homework support
- 30+ minutes of physical activity
- Snack of fresh fruits/veggies and healthy grains
- Creative arts
- Exploration in STEM (science, technology, engineering & math)
- Character Rock Star program (recurring recognition with certificates and t-shirts)
- Transportation available from Greenland Central School



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 **Matt Mansur** at 603.431.2334 ext 2557 or mmansur@graniteymca.org.

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



FOR HEALTHY LIVING

ADULT AQUATICS FALL I & II

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. **FREE** classes include:

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 comradery guaranteed! Class goes shallow end to deep end.

Day	Time
Mon, Wed, Fri	8:00 – 9:00 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!

Day	Time
Mon, Wed, Fri	9:00 – 9:45 AM

Wild Wednesday

Make a splash by adding a low impact and high energy class to your fitness routine. There is less impact on your joints, so you can really let loose. This is one pool party you shouldn't miss!

Day	Time
Wed	10:00 – 10:45 AM

Mix it Up

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

Day	Time
Tue & Thu	10:00 – 10:45 AM

Deep Water Aquacise

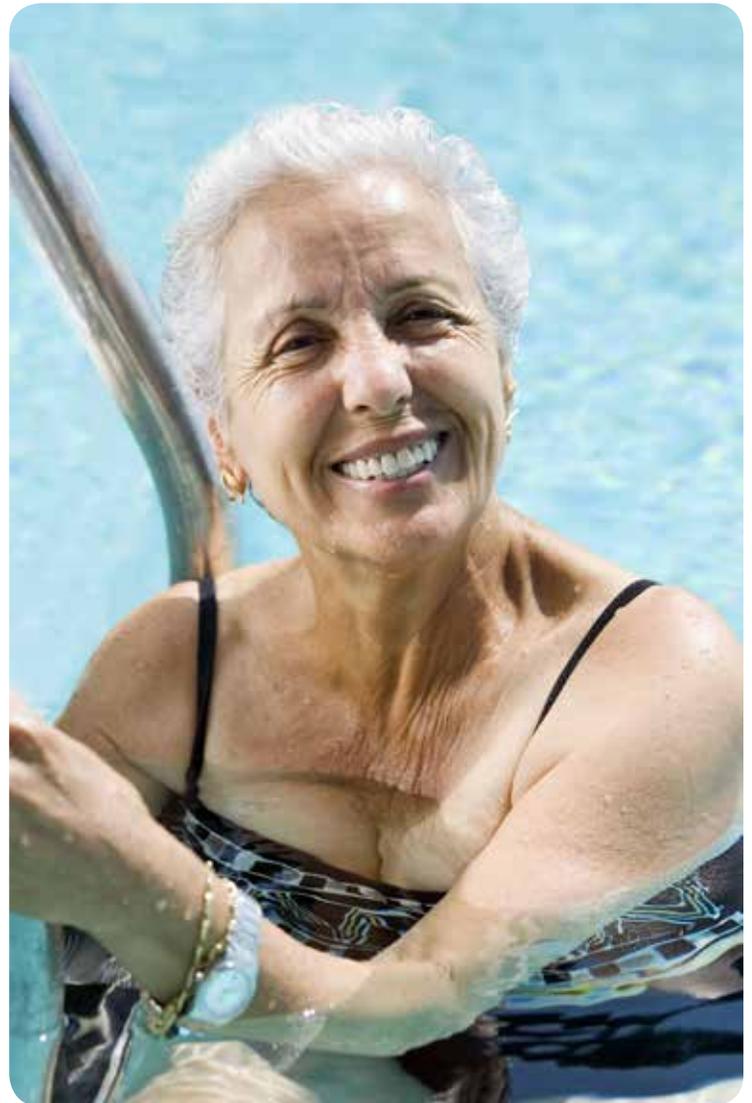
This low-impact class held in the deep end of the pool provides a total body workout using flotation belts and other equipment for a fun and challenging class.

Day	Time
Wed	6:15 – 7:00 PM

Adult Skills

This low-impact class held in the deep end of the pool provides a total body workout using flotation belts and other equipment for a fun and challenging class.

Session	Day	Time	FM	CM
Fall I	Thu	6:30 – 7:30 PM	\$80	\$160
Fall II	Thu	6:30 – 7:30 PM	\$80	\$160



FOR HEALTHY LIVING

ADULT AQUATICS FALL I & II

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.

Private lesson fee | 30 minute

Member \$35/per person

Non-Member \$55/per person

Semi private (2 swimmers) lesson fee | 30 minute

Member \$23/per person

Non-Member \$48/per person

Seven 30-minute private lesson fee*

Member \$210/per person

Non-Member \$385/per person

Four 30-minute private lesson fee*

Member \$120/per person

Non-Member \$220/per person

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



**CHECK THE WEBSITE FOR OUR
GROUP EXERCISE SCHEDULE!
www.granitemca.org**

**Find classes like PiYo, Tabata, Turbo Kick,
Gentle Yoga, Muscle Mix and much more!**



FOR HEALTHY LIVING

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,
Jessi Pasay, Director of Healthy Living
603.431.2334 | jpasay@graniteymca.org



LIVESTRONG AT THE YMCA



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.

DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 75-minute sessions per week
- 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

"I want to thank you for the LIVESTRONG program. I love coming to class where there are others who have been through the same sort of struggle as I have. We are all trying to get back to who we once were before cancer. Every aspect of

this class is what I need, and I wouldn't change a thing. You have a fabulous staff and it is led by a committed team.

- Julie R.

LIVESTRONG at the YMCA participant



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

FOR HEALTHY LIVING



PERSONAL TRAINING

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 the Seacoast contact:

Jessi Pasay, Director of Healthy Living, 603.431.2334 or jpasay@graniteymca.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

Wellness Center Orientations

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. 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**

Wheelchair Health in Motion (WHIM)

A FREE Y program. No membership required.

Wheelchair Health in Motion is an innovative chair exercise class for wheelchair users. WHIM provides the tools for increasing quality of life and promoting wellness. The program is focused on helping individuals who use a wheelchair gain access to health promoting activities and information that will encourage opportunities and enhance quality of life through improved physical and mental health. For more information about WHIM in NH, please contact **Carol Conforti-Adams**, the Executive Director of Sunset Hill Educational Institute at carol@sheinh.org. Classes are led by trained peer mentors who use wheelchairs for mobility themselves. Each class offers a 45-minute upper body exercise routine and 45-minutes of peer support, wellness information, and a chance to network with peers. WHIM is about using abilities to achieve wellness both inside and out.

Session	Day	Time
Fall I & Fall II	Thu	1:30 – 3:00 PM

For more information on any of these wellness programs, contact **Jessi Pasay**, Director of Healthy Living, at 603.431.2334 or jpasay@graniteymca.org.

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.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS IS Y.

The Granite YMCA is, and always will be, dedicated to building healthy, confident, connected, and secure kids, adults, families, seniors, and communities.



WE ARE HERE FOR YOU.

- **Fitness orientations** and goal setting
- Daily **group exercise classes**
- Family fun nights
- **Reduced fees** for camps and programs
- **Early registration** for programs
- Supervised **kid zone** while mom and dad work out
- **Full privileges** at all five branches of The Granite YMCA
- **Nationwide** membership
- ADA accessible equipment
- Teen Center
- **Financial assistance** available

Visit us to see how we strengthen our community with **Healthy Living, Youth Development, Social Responsibility and Family Strengthening**

PAY THE DAY WHEN YOU JOIN IN OCTOBER

Oct. 1 \$1 join fee	Oct. 2 \$2 join fee	Oct. 3 \$3 join fee	Oct. 4 \$4 join fee
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- **Fitness orientations** and goal setting
- Daily **group exercise classes**
- **Reduced fees** for camps and programs
- **Early registration** for programs
- **Nationwide** membership
- ADA accessible equipment
- Teen Center
- **Financial assistance** available

THIS OCTOBER IS DEDICATED TO A BETTER YOU!



YMCA OF THE SEACOAST | A BRANCH OF THE GRANITE YMCA
550 Peverly Hill Road, Portsmouth, NH 03801
603.431.2334 | www.graniteymca.org