

A photograph of a man and a woman in a gym, both lifting dumbbells with their arms raised. The man is on the left, and the woman is on the right. They are both looking forward with concentration. The background is slightly blurred, showing other gym equipment.

DISCOVER YOUR BEST SELF



FALL I & II 2018 PROGRAM BROCHURE

YMCA OF STRAFFORD COUNTY
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:

Garrison & Horne Street Schools | Grades K - 4

Before School Care | 7:00 am - start of school

After School Care | Dismissal - 6:00 PM

Dover Middle School | Grades 5 - 8

After School Care | Dismissal - 6:00 PM

Held at the YMCA:

YMCA of Strafford County | Grades K - 5

After School Care | Arrival - 6:00 PM

Serving students from Chamberlain, East Rochester, Gonic, Maple Street Magnet, McClelland, Nancy Loud, and William Allen.

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/STRAFFORD-COUNTY
For more information, contact Christine Sorensen, School Age Child Care Director
at 603.994.4119 or email csorensen@graniteymca.org

STAFF & HOURS

BRANCH

Laura Prisco | Executive Director
603.994.4115 | lprisco@graniteymca.org

CHILD CARE

Alyssa Campbell | Early Learning Center Director
603.994.4113 | acampbell@graniteymca.org

Caitlin Frost | Assistant Early Learning Center Director
603.994.4109 ext 4109 | cfrost@graniteymca.org

Christine Sorensen | School Age Program Director
603.994.4119 | csorensen@graniteymca.org

Heather Levasseur | Assistant School Age Program Director
603.994.4117 | hlevasseur@graniteymca.org

Linda Silvia | Registrar
603.994.4130 | lsilvia@graniteymca.org

DAY CAMP

Christine Sorensen | School Age Program Director/Camp Cocheco Director
603.994.4119 | csorensen@graniteymca.org

Kat Lindemann | Camp and Youth Program Director (Coney Pine)
603.994.4114 | klindemann@graniteymca.org

MEMBERSHIP

Christian Samuel Clark | Membership Director
603.994.4110 | cclark@graniteymca.org

Nick Reynolds | Membership Coordinator
603.994.4112 | nreynolds@graniteymca.org

HEALTH & WELLNESS

Jennifer McGeehan | Coordinator of Healthy Living
603.994.4112 | jmcgeehan@graniteymca.org

FACILITIES

Tom Magruder | District Facilities Director
603.994.4111 | tmagruder@graniteymca.org

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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	7:00 AM – 3:00 PM
Sunday	8:00 AM – 2:00 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 the Seacoast
550 Peverly Hill Road, Portsmouth | 603.431.2334

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 of others, please swipe 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, WellSense, and Harvard Pilgrim Health Care 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/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. 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.

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, Development Coordinator 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 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.

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 electronic 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

CHILD CARE EARLY LEARNING CENTER

Infants | Toddlers | Preschool | Pre-K

7:00 AM – 6:00 PM

Here at the Y, we understand that each child learns differently. Our trained and certified staff get to know each child as an individual. We strive to provide our students with opportunities for hands on, open-ended learning. Our program follows strict regulations put forth by the State of New Hampshire as well as incorporating YMCA National Child Care best practices.

Infants | 6 weeks – 1 year

Toddlers | 1 – 2 years

Preschool I | 2 – 3 years

Preschool II | 3 – 4 years

Pre-Kindergarten | 4 – 5 years

When your child is enrolled in the Early Learning Center, you receive a FREE family membership. A value of up to **\$756**



For more information, contact **Alyssa Campbell**, Early Learning Center Director at 603.994.4113 or by email acampbell@graniteymca.org, or **Caitlin Frost**, Assistant Early Learning Center Director at 603.994.4109 or email cfrost@graniteymca.org.

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

REGISTRATION IS ONGOING!

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. Our program follows strict regulations put forth by the State of New Hampshire as well as incorporating YMCA National Child Care best practices.

Before School Sites | K-4

Garrison and Horne Street Schools in Dover.

After School Sites

K-5 Garrison and Horne Street Schools in Dover
YMCA of Strafford County in Rochester
(serving Rochester public elementary schools)

5-8 Dover Middle Schools

School Vacations & School Holidays | 7:00 AM-6:00 PM

Vacation camp is offered at both Horne Street Elementary School in Dover and at the YMCA of Strafford County in Rochester.

For more information contact **Christine Sorensen**, School Age Program Director at 603-994-4119 or email csorensen@graniteymca.org or **Heather Levasseur**, Assistant School Age Program Director at 603.994.4117 or email hlevasseur@graniteymca.org.



KID ZONE

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. Kid Zone is available for Y Family Members as drop-in child care while parents work out in the Y.

Day	Time	FM	CM
Mon-Sat	8:30 – 11:30 AM	FREE	\$7
Mon-Fri	4:30 – 7:30 PM	FREE	\$7

FOR YOUTH DEVELOPMENT

SPORTS & PLAY

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

Pee Wee Kung Fu 5-6 years

A great introduction to martial arts for younger children. Participants will learn stance and basic Kung Fu skills.

Session	Day	Time	FM	CM
Fall I & II	Fri	5:30 – 6:00 PM	\$30	\$40

Youth Kung Fu 7 years +

Taught by Sensei Eldred Thurlow, Kung Fu style of martial arts focuses on physical health and fitness as well as mental and spiritual development.

Session	Day	Time	FM	CM
Fall I & II	Fri	6:00 – 7:30 PM	\$60	\$78

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.

Session	Day	Time	FM	CM
Fall I & II	Thu	1:00 – 2:15 PM	\$40	\$60

\$10 additional child

Archery (Coney Pine) 5-12 years

This class is designed to teach your child the shooting basics, etiquette, and focus of safety of archery. All equipment is provided. Max of eight participants.

Session	Day	Age	Time	FM	CM
Fall I	Sat	5-6	8:30 – 9:15 AM	\$45	\$58
Fall I	Sat	7-8	9:30 – 10:15 AM	\$45	\$58
Fall I	Sat	9-12	10:30 – 11:15 AM	\$45	\$58

Soccer Clinic (Coney Pine) 4-7 years

Children will learn the basics of soccer. Skills will develop through practice and mini games.

Session	Day	Age	Time	FM	CM
Fall I	Sat	4-5	9:30 – 10:15 AM	\$45	\$58
Fall I	Sat	6-7	8:30 – 9:15 AM	\$45	\$58

Sports Mix (Coney Pine) 4-7 years

Participate in a different sport each week such as soccer, basketball, volleyball, and football. Basic sport skills are taught through sport related drills and games.

Session	Day	Age	Time	FM	CM
Fall I	Sat	4-5	10:30 – 11:15 AM	\$45	\$58
Fall I	Sat	6-7	11:30 AM – 12:15 PM	\$45	\$58

Fall T-Ball League (Coney Pine) 5-7 years

Children will learn the basics of baseball while hitting a ball off a stationary tee. Tshirts and hats included. Parent volunteer coaches needed. If you are interested in volunteering, please contact **Kat Lindemann**, Camp and Youth Program Director at 603.994.4114. Please bring a glove.

Session	Day	Time	FM	CM
Fall I	Sat	12:15 – 1:15 PM	\$55	\$70

Floor Hockey 6-7 years

This class encourages fun and enjoyment for all participants. From learning the basics to successful stick handling and passing, kids have a great time at the Y!

Session	Day	Time	FM	CM
Fall II	Sat	10:30 – 11:15 AM	\$45	\$58

Archery at YMCA 5-12 years

This class is designed to teach your child the shooting basics, etiquette, and focus of safety of archery. All equipment is provided. Max of eight participants.

Session	Day	Age	Time	FM	CM
Fall II	Sat	5-8	8:30 – 9:15 AM	\$45	\$58
Fall II	Sat	9-12	9:30 – 10:15 AM	\$45	\$58

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.

Session	Day	Time	FM	CM
Fall I & II	Wed	9:30 – 10:15 AM	\$45	\$58

Mommy and Me 18 months – 2 years

Dance, sing, and play with your child in this interactive music and movement class.

Session	Day	Time	FM	CM
Fall I & II	Wed	9:00 – 9:30 AM	\$30	\$39

Kids Night at the Y | Fall I Session

Children enjoy an evening at Camp Coney Pine while guardians enjoy an evening out! Activities may include Archery, Ropes Course, Gaga Pit, swimming, or an outdoor movie. Pizza provided.

Session	Day	Time	FM	CM
Fall I	Fri, Sept 7	5:30 – 8:30 PM	\$8	\$8
Fall I	Fri, Oct 5	5:30 – 8:30 PM	\$8	\$8

Kids Night at the Y | Fall II Session

Children enjoy an evening at the YMCA while guardians enjoy an evening out! Activities may include indoor Gaga Pit, art projects, games, or a movie and popcorn.

Session	Day	Time	FM	CM
Fall II	Sat, Nov 3	4:30 – 7:30 PM	\$8	\$8
Fall II	Sat, Dec 1	4:30 – 7:30 PM	\$8	\$8

Healthy Kids Kitchen 5 years +

Participants will create, prepare, and enjoy a different healthy snack each week. Learn about not only basic food preparation, but also healthy food choices!

Session	Day	Time	FM	CM
Fall II	Sat	11:30 AM – 12:10 PM	\$45	\$58

FOR HEALTHY LIVING

HEALTH AND WELLNESS

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

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. 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 whenever you need them to. For more information or to make an appointment contact **Jennifer McGeehan**, Coordinator of Healthy Living, at 603.994.4112 or jmcgeehan@granitemca.org.

Adult Kung Fu 16 years +

Taught by Sensei Eldred Thurlow, Kung Fu style of martial arts focuses on physical health and fitness as well as mental and spiritual development.

Session	Day	Time	FM	CM
Fall I & II	Mon	6:00 – 7:30 PM	\$65	\$82
Fall I & II	Wed	6:00 – 7:30 PM	\$65	\$82
Fall I & II	Mon&Wed	6:00 – 7:30 PM	\$98	\$123

Adult Archery 13 years +

For teens and adults of all skill levels. Learn proper technique, etiquette, and safety while working to increase your accuracy and distance. Max of eight participants.

Session	Day	Time	FM	CM
Fall I	Sat	11:30 am – 12:15 PM	\$45	\$58

Pickleball starting this Fall!

Contact the Welcome Center for more information and how to join.

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 **Jen McGeehan**, Coordinator of Healthy Living at 603.994.4112 or jmcgeehan@granitemca.org.



FOR HEALTHY LIVING

HEALTH AND WELLNESS

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

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.



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 session beginning January 22, 2018. For more information, please contact **Cindy Lafond**, Association Director of Healthy Living Initiatives at 603.232.8650 or clafond@graniteymca.org. Space is limited! Please call to reserve your space!



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, contact:

Jennifer McGeehan
 Coordinator of Healthy Living
 603.994.4112
jmcgeehan@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

UPCOMING EVENTS

HALLOWEEN HOOPLA AT CAMP CONEY PINE, 63 LOWELL ST, ROCHESTER

Saturday, October 27
Holiday fun for the whole family!

Halloween Hoopla | ages 3-8 | 2:00-4:00 PM
Haunted Forest | ages 8+ | 4:30-6:30
Hot dogs and hamburgers provided 4:00-4:30 PM
COST: \$8



Family Afternoon at Camp Coney Pine
Experience some of the fun campers had this summer at Camp Coney Pine! Enjoy the large field, multiple pavilions, and some time on the archery range or ropes course! Pool will be open, weather dependent. BBQ food will be available.
Saturday, September 22 | 1:00 - 4:00 PM **COST: \$8**

Fall Fun with Families at the Y
Create decorations for your family's Thanksgiving, as well as learn and create a new recipe to share with loved ones. Enjoy sipping on warm apple cider while you celebrate the season with other local families.
Saturday, November 17 | 1:00 - 3:30 PM **COST: \$8**

CELEBRATE WITH US BIRTHDAY PARTY AND ROOM RENTALS

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

We will work with you to customize child's birthday party, corporate meeting, community event, or private get together 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.

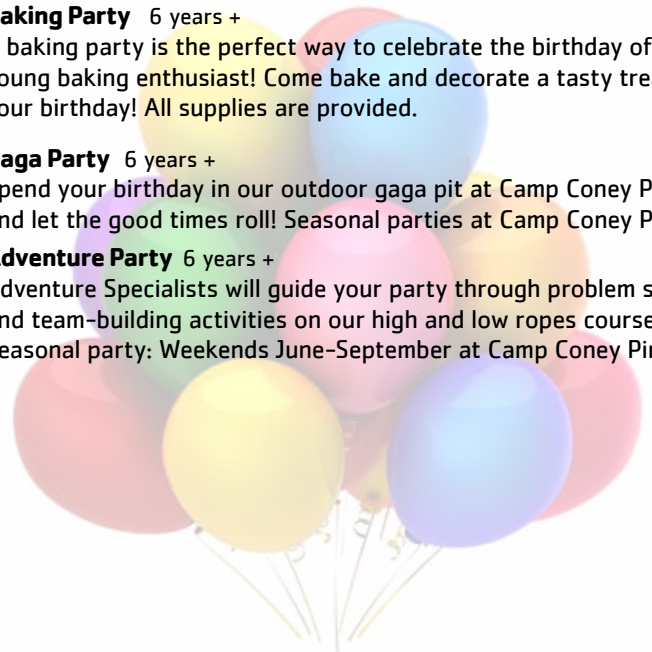
Tumbling Party 3 years +
Come tumble with us on the gymnastics floor! Your guests don't have to be experienced gymnasts to have a great time.

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! Seasonal parties at Camp Coney Pine.

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 at Camp Coney Pine.





THE GRANITE YMCA

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