



YMCA OF STRAFFORD COUNTY  
A BRANCH OF

**THE GRANITE YMCA**

**A BETTER YOU.  
MAKES A BETTER US.  
THE Y. FOR A BETTER US.**

**SPRING II, 2019 PROGRAM BROCHURE**

Session Dates: April 29 – June 16, 2019  
Registration begins April 8, 2019



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CELEBRATE CAMP WEEK!

YMCA of Strafford County  
April 22 – April 26, 2019



Let's celebrate camp all week long! Share your favorite camp memories and what you love most about camp at the Y! Visit Facebook for fun photos and camp updates!



**APRIL 25 is wear your camp t-shirt day!**  
Wear your camp gear and win prizes.

- Wear your favorite Y camp t-shirt
- Post a photo of you in camp gear to the **YMCA of Strafford County page**
- Ask your friends and family to **LIKE** your photo
- The photo with the most likes will win a **Y prize!**

YMCA of Strafford County | [www.graniteymca.org/camps](http://www.graniteymca.org/camps) | [www.facebook.com/ymcaofsc](http://www.facebook.com/ymcaofsc)

# STAFF LISTING

## BRANCH

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## DAY CAMP

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## MEMBERSHIP

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## YMCA OF STRAFFORD COUNTY HOURS OF OPERATION

35 Industrial Way, Rochester, NH 03867  
603.332.7334 | [www.graniteymca.org](http://www.graniteymca.org)

<b>Monday – Friday</b>	<b>5:30 AM – 9:00 PM</b>
<b>Saturday</b>	<b>7:00 AM – 3:00 PM</b>
<b>Sunday</b>	<b>8:00 AM – 2:00 PM</b>

## Enjoy other locations of The Granite YMCA

YMCA of Downtown Manchester  
30 Mechanic Street, Manchester | 603.623.3558

YMCA Allard Center of Goffstown  
116 Goffstown Back Road, Goffstown | 603.497.5663

YMCA of the Seacoast  
550 Peverly Hill Road, Portsmouth | 603.431.2334

YMCA of Greater Londonderry  
206 Rockingham Road, Londonderry | 603.437.9622

## The Y is Closed On

Labor Day, Veteran’s Day, Thanksgiving, Christmas, New Year’s Day, Easter, Memorial Day, and Independence Day. Programs are automatically prorated in the registration system for facility closings due to holidays. Branch closings will be posted on the website, Facebook and WMUR.

# MEMBERSHIP INFORMATION

## 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](http://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](http://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 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 thousands 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](http://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](mailto: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.

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



# FOR YOUTH DEVELOPMENT

## CHILD CARE EARLY LEARNING CENTER

Infants | Toddlers | Preschool | Pre-K

7:00 AM – 6:00 PM

Our program supports the developmental needs of infants, toddlers, and preschool age children and provides opportunities for young children to grow, learn, and thrive. Our teaching staff use creative curriculum to ensure every individual child's needs are met. Each child will build skills and character development based on the values of caring, honesty, respect, and responsibility.

Infants | 6 weeks – 1 year

Toddlers | 1 – 2 years

Young Preschool | 2 – 3 years

Older Preschool | 3 – 4 years

Pre-Kindergarten | 4 – 5 years

For more information, contact Christine Sorensen, **Senior Program Director of Child Care Development** at 603.994.4119 or by email [csorensen@graniteymca.org](mailto:csorensen@graniteymca.org).

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



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

**\$756**

## BEFORE & AFTER SCHOOL CARE

**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 the nine after school components listed below.**

**After School Sites K-8:** (school dismissal - 6:00 PM)

Rochester/YMCA

Horne St Elementary School, Dover

Garrison Elementary School, Dover

Dover Middle School

**Before School Care K-4:** (7:00 AM – school start time)

Horne St Elementary School, Dover

Garrison Elementary School, Dover

School vacations & School holidays: 7:00 AM – 6:00 PM

April 22-26, 2019

Snow day care available

### NINE AFTER SCHOOL COMPONENTS 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](http://WWW.GRANITEYMCA.ORG/CHILD-CARE/STRAFFORD-COUNTY)

For more information, contact Christine Sorensen, Senior Program Director of Child Care Development at 603.994.4119 or email [csorensen@graniteymca.org](mailto:csorensen@graniteymca.org)

# FOR YOUTH DEVELOPMENT

## CLASSES AT CAMP CONEY PINE

### Camp Crafts 3-12 years

Get ready for summer with some summer camp style crafts. Tie-dye, friendship bracelets, nature art, and more!

Day	Age	Time	FM	CM
Sat	3-5	9:30 – 10:20	\$45	\$58
Sat	8-12	8:30 – 9:20 AM	\$45	\$58
Sat	6-10	10:30 – 11:20 AM	\$45	\$58

### Archery 5-14 years

This class is designed to teach you the shooting basics, etiquette, and equipment maintenance of archery. All equipment is provided.

Day	Age	Time	FM	CM
Sat	5-8	8:30 – 9:20 AM	\$45	\$58
Sat	8-10	9:30 – 10:20 AM	\$45	\$58
Sat	10-14	10:30 – 11:20 AM	\$45	\$58

### Homeschool Archery 5-14 years

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

Day	Time	FM	CM
Mon	1:00 – 1:50 PM	\$45	\$58

### Sports Mix 3-8 years

Each week, we'll play a different sport, such as soccer, basketball, volleyball, and football. Learn basic sports skill through sport-related drills and games. Discover a passion for something new!

Day	Age	Time	FM	CM
Sat	3-5	8:30 – 9:20 AM	\$45	\$58
Sat	6-8	9:30 – 10:20 AM	\$45	\$58

### Kids Night at the Y

Guardians, enjoy an evening out while your children enjoy an evening in at the Y! These are our last two Kids Nights for the school year, and they'll be nothing less than awesome! Join us in May for a **Make Your Own Pizza and Dance Party night**. In June, we'll spend the evening at Camp Coney Pine playing classics like Capture the Flag and Hide and Seek, and watching an **outdoor movie with popcorn!**

Price is per child.

Fridays | 5:30 – 8:30 PM | \$8

Friday, May 3

Friday, June 7

## CLASSES AT THE Y

### Creative Movement and Dance 3-5 years

Creative Movement is a fun, upbeat 30-minute dance class. Dancers will learn basic steps and terminology of various dance styles and explore their own creative movement styles through the use of imaginative music and games in a safe, positive environment.

Day	Time	FM	CM
Wed	10:00 – 10:30 AM	\$35	\$58

### S.T.E.A.M. Sessions 3-8 years

What is S.T.E.A.M.? Science! Technology! Engineering! Art! Math! Each week, we'll complete a project from a different category. The last two weeks, class participants will get to choose from their favorite categories. YMCA members can be picked up or dropped off from Kid Zone by our instructors with guardian permission. Parent must be present for the first class.

Day	Time	FM	CM
Sat	9:30 – 10:05 AM	\$35	\$50

### Youth Martial Arts 7 – 12 years

This class focuses on physical fitness and health while providing social, mental, and health benefits.

Day	Time	FM	CM
Fri	6:00 – 7:30 PM	\$60	\$78

### 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.

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

**\*Kid Zone is free for Facility Members with 1-Adult Family or 2-Adult Family memberships. For all other memberships and non-members, there is a drop-in charge of \$7/visit.**



# FAMILY STRENGTHENING

## MAKING MEMORIES BRIGHTER

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

We have plenty of party activity options! We will work with you to customize your event to meet your needs at our convenient location in Rochester. Your party will include one hour of the chosen activity and one hour of party space rental for food, cake, and presents (add additional hours for \$50/hr). Parties include a complimentary 30-minute setup time and 15-minute clean up time. Add the bounce house on to any party for an additional \$50. Parties allow up to 15 guests; over 15 guests will need an additional \$30 fee for a second staff member. Party hosts are responsible for all decorations and food.

**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 +

Pop some party balloons!

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

#### **Arts & Crafts Party** 4 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.

#### **Gaga Party** 6 years +

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

#### **Adventure Party** 6 years +

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

#### **Bounce House Party** 1 year +

Bounce, bounce, bounce around! Have full use of the bounce house and the rental space for the duration of the party under guidance of a Y employee.

#### **Theme Party** 2 year + (depending on theme)

YMCA supplies themed invitations and tablecloths, while staff will lead guests in themed activities. Party hosts supply any other decorations and food.

**Choose from: Superheroes, Pirates/Princesses, Unicorns, Legos, Mad Scientist, or Luau.**

**Facility Member \$145**

**Community Member \$175**



**Saturday  
May 18  
10:00 AM-1:00 PM  
EVENT IS FREE  
& OPEN TO THE  
PUBLIC**

## Kick Off Summer With Healthy Living Day!

“This community event for all ages is focused on the YMCA’s Cause of building healthy communities. Join us for outside fun at Camp Coney Pine including local vendors, activities for kids, food trucks, raffles and giveaways, and more!”

# FOR HEALTHY LIVING

## WELLNESS COACHING SESSIONS

Our Wellness Coaching appointments are beneficial to all members, whether you're already fitness savvy, or just getting started. Working directly with our Wellness Coaches, you will discuss and define goals, interests and concerns and establish a custom roadmap towards success. Coaching sessions can be anywhere from 20 – 60 minutes depending on what works best for you and are FREE!

Whether you are interested in learning how to use the wellness equipment, group exercise classes or personal training, our Wellness Coaches can help you make sure you're heading in the right direction. Let's look now at the variety of days and times available for you to meet with one of our certified wellness coaches and get you started.

Our wellness instructors are always available whenever you need them. For more information or to make an appointment contact **Jennifer McGeehan**, Coordinator of Healthy Living, at 603.994.4112 or [jmcgeehan@graniteymca.org](mailto:jmcgeehan@graniteymca.org).



LIVESTRONG® is a FREE twelve-week, small group program designed for adult cancer survivors. The program meets twice a week for 75 minutes and consists of strength training, cardio conditioning, balance exercises and a relaxation/stretching segment. The Granite YMCA is able to offer this LIVESTRONG® program free of charge thanks to the generous contributions of donors.

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.

New session enrolling regularly. For more information, please contact **Cindy Lafond**, Association Director of Healthy Living Initiatives at 603.232.8650 or [clafond@graniteymca.org](mailto:clafond@graniteymca.org).

## YMCA 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:

1. Reduce body weight by 7%
2. 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 Pre-Diabetes 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 **Jennifer McGeehan**, Coordinator of Healthy Living Initiatives at 603.994.4112 or [jmcgeehan@graniteymca.org](mailto:jmcgeehan@graniteymca.org).

## 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.**  
**Teen P.A.C.T.**

**Ages 18+**  
**Ages 13-17**

For more information contact **Jen McGeehan**, Coordinator of Healthy Living at 603.994.4112 or [jmcgeehan@graniteymca.org](mailto:jmcgeehan@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, contact:

**Jennifer McGeehan**  
 Coordinator of Healthy Living  
 603.994.4112  
[jmcgeehan@graniteymca.org](mailto: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

# FOR HEALTHY LIVING

## Adult Archery 14 years +

This class held at **Camp Coney Pine** is for teens and adults of all skill levels. Learn proper technique, etiquette and safety while working to increase your accuracy and distance.

Day	Time	FM	CM
Mon	6:15 – 7:00 PM	\$45	\$58

## Archery Open Range All ages

Come out to **Camp Coney Pine** and use the range under the safety of our certified instructor, Kat. Available for use by recent YMCA Archery course students, or for those who have their own equipment. If bringing your own equipment and/or have not taken a YMCA course, equipment will be inspected before use. A safety orientation and practice drills will be conducted to ensure competency.

Day	Time	FM	CM
Wed	6:15 – 7:30 PM	\$5	\$10

## Pickleball

Come play pickleball at the Y! Court time must be reserved each week within 7 days of the day you would like to play. For more information or to reserve a court, please visit the Welcome Center or call 603.332.7334.

Day	Time	FM	CM
Thu	12:00 – 2:00 PM	FREE	\$10
Fri	12:00 – 2:00 PM	FREE	\$10





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER



CAMP GUNDALOW  
YMCA OF THE  
SEACOAST

CAMP OPEN HOUSE  
JUNE 22 (12:00 - 2:00 PM)

CAMP CONEY PINE  
CAMP COCHECO  
YMCA OF  
STRAFFORD  
COUNTY

CAMP OPEN HOUSE  
APRIL 28 (10:00 AM - 12:00 PM)  
JUNE 9 (1:00 - 3:00 PM)

## SUMMER DAY CAMP 2019

The Granite YMCA  
Portsmouth | Rochester  
[www.granitemca.org](http://www.granitemca.org)