

YMCA OF GREATER NASHUA ACHIEVE A HEALTHIER HAPPIER YOU

2024 Session D: Mar. – Apr.
Winter Program Guide



**REGISTRATION OPEN
DATES AND TIMES!**

Registration will open for YMCA
Members at 6am on Monday,
February 19.

Registration will open for Greater
Nashua Community Members at
6am on Monday, February 26.



YMCA OF GREATER NASHUA | www.nmymca.org

Nashua YMCA • Merrimack YMCA • Westwood Park YMCA • YMCA Camp Sargent



Scan this QR Code with Your Phone's
Camera to Register for Programs Online.



JOIN US FOR SOME FUN PROGRAMS AT THE YMCA

JOIN US AT THE Y FOR CONNECTION, FUN, SPORT, EXERCISE, WELLBEING AND COMMUNITY!

Programs are a big part of the YMCA experience; connecting members, giving youth a place to express themselves and burn off energy with friends, and helping others to achieve mental, physical and spiritual goals. Families, friends and neighbors can start to research programs and make plans for the upcoming session today, by visiting the program registration portal.

Discover our multitude of program options by clicking one of the Program options at the top of this page for more information on what's offered by program category

or see what's available by clicking on the link below and then searching by program category, keyword, age, branch location, day of the week or even time of day.

Programs will populate in the program portal no later than the Wednesday before registration opens. This will allow members 5 days to research the offerings and determine desired programs prior to registration opening. Before that, upcoming programs can be viewed by clicking "Programs" after the below link and then click on the "Coming Soon" tab.

PROGRAM REGISTRATION SPECIFICS

Register Online

All Registrations can be made online through our [Program Registration Portal](#).

Searching for Programs

You can utilize this guide to begin your research of programs you'd like to enroll in. It contains some, not all, program descriptions, but does contain activity grids for all programs being offered.

Additionally, the registration portal has an elaborate search engine mechanism to help with choosing programs. Members are encouraged to use the filtering system within program portal.

- Use the filter options for category, location, participant age, day of the week, time of day and keywords; all of which can be helpful in targeting programs of interest.
- To search for specific programs by name you can use the keyword functionality (i.e. "Express" for Express Term programs or "Soccer" for soccer programming).

Further Program Details

Our web site's program pages have additional information about our program groupings and contain links to click through to registration for those specific areas of activity or concentration.

This program guide contains some program descriptions that highlight those areas of programming, but does not contain the full breadth of program descriptions. You can find the full listing of program descriptions online within the program registration portal where you can discover a fuller understanding of what each program consists of and what to expect from them.

Further Registration Details

If you have further questions about registration you can visit our [program registration page of our web site](#). It contains information around registration and also a list of the upcoming sessions and their timeframes.

If you have program specific questions, feel free to reach out to the below list of people to inquire further.

REGISTRATION, BILLING AND PROGRAM QUESTIONS

If you have questions about program registration, billing, how programs will be run or what is being offered, you can contact the director of the program by clicking on their names below to send them an email.

Arts, Music and Enrichment Programs: [Tiffany Joslin](#)

Dance Programs: [Tiffany Joslin](#)

Healthy Living Programs: [Eirikur Holt](#)
(LiveStrong, Prescribe the Y, BOOST, Prevent T2, etc.)

Sports and Recreation Programs: [Andy MacEachern](#)

Swimming and Swim Lessons: [Clark Plummer](#) (Merrimack YMCA and [Denean Johnson](#) Nashua YMCA)

Wellness and Fitness (Nashua YMCA): [Jason LaChance](#)

Wellness and Fitness (Merrimack YMCA): [Liz Kaas](#)

Wellness and Fitness (Westwood Park YMCA): [Skyla Gorman](#)

Youth Wellness and Fitness: [Tyler Penn](#)

Group Exercise: [Meredith Wegener](#)

Scan this QR Code with Your Phone's Camera for
More Information on Program Registration.



ARTS & HUMANITIES SESSION C PROGRAMS: 3/4 – 4/21

ART AND HUMANITIES:

www.nmymca.org/artsenrichment

Art

Preschool Art:

Let's Get Messy (Ages 1-3) – Guardian/Child

This is the perfect class for your budding artist. Different art stations will be set up for open art play! Care giver participation is required.

ArtNastics (Ages 2-5) – Guardian/Child for Ages 2-4

This class will start with an art class where your child can explore their creativity with different art stations in the art room, then move to Tumble Town where your little one will work their muscles in a fun, safe environment. Care giver participation is required.

NEW Animal Art (Ages 3-5)

Have your child explore their wild side. Each week we will be making our favorite animal out of different materials. What kind of animal will you create?

NEW Nature Art (Ages 3-5)

Students will create art inspired by nature using various art mediums and items found in nature.

NEW Play & Paint (Ages 3-5)

The best of both worlds! This class is a great opportunity to develop both fine and gross motor skills while having fun! Students will spend part of the class learning new sports and ninja skills and the other part of the class using their creativity in art class.

Art Sampler (Ages 4-6)

Does your child like all kinds of art? This class is a fun mix of all different kinds of art mediums! Each week, students will sample different kinds of art like painting, drawing, clay, making slime, and even edible art!

Youth Art:

Art Sampler (Ages 6-12)

Does your child like all kinds of art? This class is a fun mix of all different kinds of art mediums! Each week, students will sample different kinds of art like painting, drawing, clay, making slime, and even edible art!

NEW Perfect Pottery (Ages 6-12)

Does your child like to use clay? This class is the perfect opportunity to learn how to use it. Students will make and paint their own creations while learning the techniques of air dry clay.

NEW Silly Science (Ages 6-12)

Participants will do different fun experiments each week and learn about the science behind the results.

NEW Glow Art (Ages 8-13)

Students will use various art materials to create unique works of art with a little something extra... they glow!

Homeschool Classes:

Youth Homeschool:

NEW Homeschool Play & Paint (Ages 4-5)

The best of both worlds! This class is a great opportunity to develop both fine and gross motor skills while having fun! Students will spend part of the class learning new sports skills and the other part of the class using their creativity in art class.

NEW Homeschool Dance, Dance, Dance Sampler (Ages 6-12)

Come dance with us! Students will spend each week of class learning different styles of dance including ballet, hip hop, jazz, and lyrical.

Music

Preschool Music:

NEW Wiggles and Giggles (Ages 1-3) – Guardian/Child

In this class, children will be encouraged to explore their creativity and imaginations using different sounds, rhythms, and movement through singing, dancing, and playing instruments, and moving to the beat.

NEW Preschool Music (Ages 3-5)

Preschool music will focus on basic music skills through music and movement through singing, dancing, listening, rhythm games, and props.

Youth and Teen Music:

Youth Guitar (Ages 8-17)

Have you ever wanted to learn to play the guitar Now you can in this beginner class! Participants supply their own guitars.

ARTS & HUMANITIES SESSION C PROGRAMS: 3/4 – 4/21

ARTS AND HUMANITIES PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA

ART	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30–45 Minutes								
Let's Get Messy	1-2					9:30-10am (N)		
ArtNastics	2-4	10-10:45am (N)	9:15-10am (M)					
Animal Art	3-5		4-4:30pm (M)			10-10:30am (N)		
Artnastics	3-5		10:15-11am (M)					
Nature Art	3-5	4:30-5pm (N)						
NEW Play and Paint	4-5			9-9:45am (M)				
Art Sampler	4-6				4:15-4:45pm (M)			
Youth Programs / Length: 30 Minutes								
Arts Sampler	6-12		4:45-5:15pm (M)					
Glow Art	6-12				5-5:45pm (M)			
Perfect Pottery	6-12		5:30-6:00pm (M)					
Silly Science	6-12	5-5:30pm (N)						
HOMESCHOOL	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs / Length: 30–45 minutes								
NEW Homeschool Play & Paint	4-5			10-10:45am (M)				
NEW Homeschool Dance, Dance, Dance Sampler	6-13	11:15am-12pm (N)						
MUSIC	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30 minutes								
Wiggles and Giggles	1-3				9:30-10am (M)			
Preschool Music	3-5					4:15-4:45pm (N)		
Youth and Teen Programs / Length: 45 minutes								
Youth Guitar	8-17				6-6:45pm (N)			

ARTS & HUMANITIES SESSION C PROGRAMS: 3/4 – 4/21

Gymnastics

www.nmymca.org/gymnastics

Preschool Gymnastics:

Mini Movers (Ages 1-2) – Guardian/Child

Mini Movers offers age appropriate instruction to help children gain coordination, balance, listening, social and motor skills – all in a fun environment.

ArtNastics (Ages 2-5) – Guardian/Child for Ages 1-3

This class will start with an art class where your child can explore their creativity with different art stations in the art room, then move to Tumble Town where your little one will work their muscles in a fun, safe environment. Care giver participation is required.

Lil' Tumblers (Ages 2-4) – Guardian/Child

Lil' Tumblers offers age appropriate instruction to help children gain coordination, balance, listening, social

and motor skills – all in a fun environment. In this class, guardians will participate until independence can be achieved.

Preschool Pikes (Ages 3-5)

This preschool gymnastics program offers age appropriate instruction to help children gain coordination, balance, listening, social and motor skills – all in a fun environment.

Youth Gymnastics:

Preschool Pikes 2 (Ages 4-6)

Designed for the older preschooler, this class will continue to build the skills students learned in Preschool Pikes.

Tumble and Twirl (Ages 4-6)

Perfect combo class for your little gymnast or future ballerina. You will begin with a bitty ballet class, and end with tumbling fun using the mats.

Kinder Gym (Ages 5-7)

Kinder gym is designed as a bridge between preschool and school-age gymnastics classes. Students will work on strength, flexibility, and continue skill progressions learned in Preschool Pikes.

Tumble Kids 1 (6-9)

This tumbling class focuses on developing strength and flexibility, as well as mastering basic tumbling skills such as cartwheels, round-offs, handstands, and backbends.

Tumble Kids 2 (8-12)

This class will continue to develop skills mastered in the level 1 class. This tumbling class focuses on developing strength and flexibility, as well as mastering intermediate tumbling skills such as front and back walkovers, limbers, and back handsprings. Students must be able to do a full handstand, cartwheel passing through vertical position, as well as backbends and kickovers with minimal assistance.

ARTS AND HUMANITIES PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA

GYMNASTICS	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30-45 Minutes								
Mini Movers	1-2			9-9:30am (N)				
ArtNastics	2-4	10-10:45am (N)	9:15-10am (M)					
Lil' Tumblers	2-4			9:35-10:05am (N)	10:05-10:35am (M)			
ArtNastics	3-5		10:15-11am (M)					
Preschool Pikes	3-5			10:10-10:40am (N) 4-4:30pm (M)	10:40-11:10am (M)	4:50-5:20pm (M)		
Preschool Pikes 2	4-6			4:35-5:05 (M)				
Tumble and Twirl	4-6			10:45-11:30am (N)		4-4:45pm (M)		
Kinder Gym	5-7					5:25-6:10pm (M)		
Youth Programs / Length: 45-60 Minutes								
Tumble Kids 1	6-9			5:10-5:55pm (M)	4-4:45pm (M)			
Tumble Kids 2	8-12				4:50-5:50pm (M)			

DANCE SESSION C PROGRAMS: 3/4 – 4/21

RECREATIONAL DANCE:

www.nmymca.org/dance

Lil' Dancers (Ages 2-4) – Guardian/Child

This wonderful introduction to the world of dance includes ballet skills, and creative expression in a loving fun environment. The class is designed to acclimate children to dance class with parent participation until separation can be accomplished.

Bitty Ballet (Ages 3-5)

Just the right class for your future ballerina! This class will introduce your child to movement, balance, spacial awareness, basic terminology, and more using both creative movement and pre-ballet curriculum.

NEW Storybook Ballet (Ages 3-5)

Your ballerina will explore their imagination while practicing ballet basics by combining storybooks, music, and movement. The class will begin by reading a book, then we will bring it to life by exploring movements that correlate to the story.

Tiny Tappers (Ages 3-5)

This class introduces our young dancers to tap, and movement using music, props, group dances, and basic dance skills in a fun positive environment.

Tumble and Twirl (Ages 4-6)

Perfect combo class for your little gymnast or future ballerina. You will begin with a bitty ballet class, and end with tumbling fun using the mats.

Adult Tap (Ages 18+)

This class will work toward establishing fundamental tap movements, vocabulary and will work on basic rhythms and steps that progress into fun and lively dance combinations. No prior tap experience necessary.

DANCE PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA

RECREATIONAL DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Lil' Dancers	2-4						8:30-9am (N)	
Bitty Ballet	3-5			11:35am-12:05pm (N)			9-9:30am (N)	
Storybook Ballet	3-5	9-9:30am (N)						
Tiny Tappers	3-5		4-4:30pm (N)					
Tumble and Twirl	4-6			10:45-11:30am (N)		4-4:45pm (M)		
Adult Tap	18+				11-11:45am (N)			

SWIM SESSION C PROGRAMS: 3/4 – 4/21

AQUATICS/GROUP SWIM LESSONS

www.nmymca.org/swim

Imagine watching your child swim for the first time all by himself. The joy of seeing that accomplishment and confidence is unmatched. In our swim lessons, we're not just teaching life-saving skills – we're building confidence.

At the Y, we see swimming as a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Research's shows that nearly 60% of youth drownings happen within 10 feet of safety. The Y found it is was critical to develop the new swim lesson program with this in mind. Using our new approach to lessons, we teach kids how to be safe and independent around the water, as well as teaching safe habits that will keep the pool a fun place to be.

Every lesson students gain important life skills for staying safe around the water, while only learning the skills the are ready to take on and always developing towards the next skill. With this in mind the Y developed a new approach to how we teach.

Our Approach

Using skill-based instruction: A large portion of our instructional time is dedicated to teaching students fundamental swimming skills. Using the method of instructing, practicing, and assessing fundamental skills through multiple activities we are able to help teach kids in a way that helps them remember and continue to improve.

Maximizing physical activity: The curriculum maximizes the number of minutes students are physically active. At every lesson, students engage in group activities that promote additional active time in the pool and give everyone a chance to practice skills.

Emphasizes Safety: With the importance of always asking permission first before getting in the water, our new safety topics addresses issues that can affect the day-to-day lives of students and their families, focusing on how to safely avoid danger in the pool.

Engages families: Our new swim lesson program utilizes a comprehensive guardian communication toolkit to help guardians have an understanding of what each stage is teaching and how those skills build off each other.

Research shows that participation in formal swimming lessons can reduce the risk of drowning by **88 percent** among children aged one to four years.

(Source: Pediatrics & Adolescent Medicine 2009)

GETTING THE MOST OUT OF YOUR YMCA GROUP SWIM LESSONS

GUARDIAN TIPS

- Register for the correct level! Use the program descriptions in this guide, or give us a call. We can talk about your child's readiness for a particular level OR schedule a free assessment.
- Get ready! Children with shoulder length hair or longer must tie it back. Swim caps and goggles are strongly encouraged for Stage 3 and higher.
- Don't forget to bring your towel to the pool deck!
- Meet your instructor on the pool deck in the designated drop off zone. Note: your instructor may be in the pool finishing a class.
- If you choose to leave the pool deck during lessons, please return 5 minutes prior to the end of class for pick up. Please note: you must remain in the building for the duration of class!

CLICK TO DOWNLOAD THE SWIM LESSON SELECTOR! ----->

HELP US KEEP OUR POOL CLEAN

- **Please remove your street shoes:** they carry dirt, salt and other germs onto the pool deck.
- **Take a shower:** this helps keep our water fresh and balanced!
- **Stay home:** if your child has not been feeling well in the last 24 hours, please stay home! Aquatics staff may ask your child to leave if they are visibly ill. A system credit may be issued for absence for medical reasons, just provide a doctor's note.
- **Swim diapers:** Children not fully potty trained are required to wear swim diapers.

SWIM SESSION C PROGRAMS: 3/4 – 4/21

AQUATICS/GROUP SWIM LESSONS

www.nmymca.org/swim

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

Below is an overview of the new swim lesson curriculum stages and their descriptions. There is further information about the new curriculum and available on our web site at www.nmymca.org/ymca-swim-lesson-program.

SWIM STARTERS

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



A / WATER DISCOVERY

Guardians 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, guardians 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.



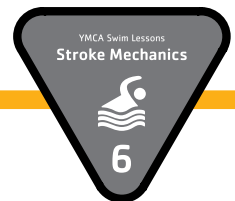
4 / STROKE INTRODUCTION

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.

SWIM SESSION C PROGRAMS: 3/4 – 4/21

MERRIMACK AQUATICS/GROUP SWIM LESSONS

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Starters / Length: 30 Minutes								
Stage A	5-2						9-9:30am	
Stage B	5-2						9:35-10:05am	
Stage 1 w/ Guardian	1-5						10:10-10:40am 10:45-11:15am	
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5		4:45-5:15pm					9:00-9:30am 10:45-11:15am
Stage 2	3-5		5:20-5:50pm		4:35-5:05pm			9:35-10:05am 11:20-11:50am
Stage 3	3-5		5:55-6:25pm		4:00-4:30pm			10:10-10:40am 11:55am-12:25pm
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12	5:30-6:10pm 6:15-6:55pm		5:30-6:10pm 6:15-6:55pm				
Stage 2	6-12	4:00-4:40pm 4:45-5:25pm	4:00-4:40pm	4:45-5:25pm			11:15-11:55am	9:00-9:40am
Stage 3	6-12		4:00-4:40pm 4:45-5:25pm	4:00-4:40pm				9:00-9:40am & 9:45-10:25am
Stage 4	6-12	4:00-4:40pm 4:45-5:25pm		3:15-3:55pm 4:00-4:40pm	5:10-6:00pm		10:30-11:10am	10:30-11:10am
Stage 5/6	6-12	5:30-6:10pm	5:30-6:10pm	4:45-5:25pm 5:30-6:10pm	6:05-6:45pm		9:00-9:40am 9:45-10:25am	
Competitive Strokes	6-15	6:15-6:55pm		6:15-6:55pm				11:15 -11:55am
Teen & Adult Swim Lessons / Length: 40 Minutes								
Adult Beginner	13+		6:15-6:55pm					
Personal Swim Lessons / Length: 30 Minutes								
Personal Swim Lessons	3+	3:25pm-3:55pm	3:25-3:55pm 6:30-7pm 7-7:30pm 7:30-8pm		3:25pm-3:55pm			8:30-9am 9:05-9:35am 9:40-10:10am 10:15-10:45am 10:50-11:20am 11:25-11:55am 12-12:30pm 12:3-1pm

Adult Beginner (Ages 13+)

This level is intended for participants who have little to no swim experience or comfort in the water. The goal is to increase confidence and develop basic water skills including breath control, balance, floating, and basic swimming skills.

Personal Lessons (Ages 3+)

We provide personal swim lessons to family members, youth members & community members, three years of age or older, who want to improve their swimming technique, skills, and knowledge. An instructor will provide personalized instruction based on the strengths and needs. Each lesson will last 30 minutes and will focus on the areas of improvement you would like to see.

SWIM SESSION C PROGRAMS: 3/4 – 4/21

NASHUA AQUATICS/GROUP SWIM LESSONS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Starters with Guardian / Length: 30 Minutes								
Stage A	5-2							10:10-10:40am
Stage B	5-2			2:05-2:35pm				9:00-9:30am 9:35-10:05am
Stage 1 w/ Guardian	1-5			1:30-2pm				10:45-11:15am
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5							11:20-11:50am
Stage 2	3-5	4:00-4:30pm 4:35-5:05pm						
Stage 3	3-5	5:10-5:40pm 5:45-6:15pm 6:20-6:50pm			6:15-6:45pm			
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12		4:00-4:40pm		4:00-4:40pm 4:45-5:25pm			10:00-10:40am
Stage 2	6-12		4:45-5:25pm		5:25-6:10pm			
Stage 3	6-12		4:00-4:40pm	3:15-3:55pm	4:00-4:40pm 4:45pm-5:25pm			10:45-11:25am 11:30am-12:10pm
Stage 4	6-12	3:15-3:55pm 4:00-4:40pm	4:45-5:25pm 6:15-6:55pm	4:00-4:40pm 4:45-5:25pm	5:30-6:10pm			
Stage 5/6	6-12	4:45-5:25pm 5:30-6:10pm	5:30-6:10pm	3:15-3:55pm 5:30-6:10pm				
Competitive Strokes	6-15	6:15-6:55pm		6:15-6:55pm	6:15-6:55pm			
Teen & Adult Swim Lessons / Length: 45 Minutes								
Adult Beginner	13+		8:30-9:10am 9:15-9:55am					
Personal Swim Lessons / Length: 30 Minutes								
Personal Swim Lessons	3+	3:25-3:55pm			3:25-3:55pm		8-8:30am 9:55-10:25am 10-10:30am 11:15-11:45am	11:55am-12:25pm 12:25-12:55pm 12:30-1pm
Adaptive Swim Lessons / Length: 30 Minutes								
Adaptive Lessons	3-12			6-6:30pm 6:40-7:10pm		5:30-6pm 6:10-6:40pm 6:50-7:20pm	10-10:30am 10:40-11:10am 11:20-11:50am	

Adaptive Swim Lessons (Ages 3-12)

These adaptive swim lessons incorporate specialized aquatic strategies to assist swimmers with diverse physical and neurological abilities. The YMCA Adaptive Lesson instructors are trained in Swim Whisperers® through Swim Angelfish to gain adaptive aquatic skills and knowledge and learn how to address sensory and motor challenges that swimmers face.

Competitive Strokes (Ages 6-15)

This class is for those who have completed all other stages and aged 6-15 years old. You will work on building endurance and swimming for fitness, as well as refine stroke techniques and the rules of competitive swimming. This will include flip turns, breast stroke pullouts, pacing, relays, I.M. order and more. Expect more endurance work and a more coach-style of teaching.

SPORTS SESSION C PROGRAMS: 3/4 – 4/21

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nmymca.org/sports

Feature Sports

Ninja Course

Our Ninja course at Westwood YMCA offers an opportunity for all ages to put fun into fitness and push themselves to their limit. With obstacles such as the floor is lava, warped wall, swinging rings and the flying squirrel there is something for all levels. Classes are available for ages 3-16yrs and something for our home school students!

Tennis

Our tennis courts at our Merrimack location are home to many different offerings in the sport. Our youth classes are great for introducing your child to the game as well as provide a platform for them to hone their skills. We also offer adult lessons for all levels, along with private lessons while availability lasts.

Pickleball (NEW Classes)

We've added more levels to our class offerings! Already taken Pickleball 101 but not ready for our intermediate class? Join our Beginner Level 2 class to hone your skills with those at your level!

NEW Homeschool Classes at the Merrimack Y and Nashua Y!

Homeschool PE (Nashua)

Students will have fun participating in a variety of games and exercises.

Homeschool Play & Paint (Merrimack)

The best of both worlds! This class is a great opportunity to develop both social and motor skills while having fun! Students will split their activity time between learning new sports and using their creativity in art class.

Homeschool Tennis (Merrimack)

Get some exercise and learn the game of tennis in this group clinic.

Preschool Sports (Ages 2-5)

It's never too early to start training! Introduce your young one to a sport in our Mini Baseball, soccer, basketball, or ninja classes!

Basketball

Dribble, dribble, and dribble! We work on the very basic fundamentals of basketball during these monthly classes.

Parent & Me Soccer

Parents will join their child's experience in learning the basics of soccer with dribbling, passing and shooting along with interactive games!

Mini Ninjas

Our mini Ninjas will learn many different obstacles and games including the floor is lava, the warped wall, ring-swinging and more! Alongside their parents. Kids play games, get used to kicking the ball and get lots of great fun in! We offer parent & me classes so families can assist their Ninjas through their fun day!

Youth/Teen Sports (Ages 6-16)

Basketball

Our hoop classes are tailored by age groups and will fit the skill level for each age group. We offer monthly classes for those new to the game and something longer for those with more experience to go more in-depth.

Soccer

Let's 'kick it' this fall! Whether you are in-season and looking for extra work or the sport is new to you, join us for skills and drills and smaller game activities!

Y Ninjas

Find the fun in Fitness on our Ninja Warrior course! Participants will learn and master obstacles such as the warped wall, ring-swinging, cheese walls, the flying squirrel and more!

Volleyball with Dig Deep

Our volleyball classes combine game play with learning the fundamentals of sets, bumps and spikes.

Starting in the Spring

NFL Flag Football League

Registration Now Open

Our flag football league provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. All players will receive an official jersey, belt and flags.

YMCA Youth Basketball

League (Ages 7-12)

Registration Now Open

This is a fun semi-competitive league with divisions for ages 5-6, 7-9 and 10-12. Practices and games take place Saturday mornings during our 10-week season.

SPORTS SESSION C PROGRAMS: 3/4 – 4/21

SPORTS PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA, (E) = Express Program

WESTWOOD PARK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Westwood Park YMCA Preschool Sports								
Ninja Open Gym	3+		7-8pm		7-8pm			
Mini Ninjas Parent & Me Playtime	3-5						9:30-10am	
Mini Soccer Parent & Me (E)	3-5		10-10:30am		4-4:30pm			
Tiny Sports Sampler	3-5		10:30-11am					
Mini Basketball (E)	4-5		4:45-5:15pm	4-4:30pm	4:30-5pm	4-4:30pm		
Mini Ninjas	4-5		9:30am-10am 4-4:30pm		5:15-5:45pm	4:45-5:15pm	10-10:45am	9-9:45am
Westwood Park YMCA Youth Sports								
Youth Basketball League	5-6						7:30-8:30am	
NFL Flag League	6-9							8:30am
Rookie Basketball	6-9	4:30-5:15pm		5:45-6:30pm				
Rookie Soccer	6-9				4:30-5:15pm			
Y Ninjas	6-9	4:30-5:15pm	5-5:45pm	4-4:45pm	4:30-5:15pm	5:15-6pm	11-11:45am	10-10:45am
Rookie/Youth Flag Football	7-12		5:30-6:15pm					
Volleyball with Dig Deep – Beginner	7-14				5-6pm			
Volleyball with Dig Deep – Intermediate	7-14		5-7pm					
Youth Basketball League	7-9						8:30am-11am	
Youth Indoor Soccer League	7-9						9am-11am	
Rookie/Youth Archery	8-14		4:30-5:15pm		4:30-5:15pm			
Youth Basketball League	10-12						11am-1pm	
Youth Indoor Soccer League	10-12						11-1pm	
NFL Flag League	10-14							10:30am
Y Ninjas	10-14		6-6:45pm	5-5:45pm	6-6:45pm		12-12:45pm	11-11:45am
Youth Basketball	10-14	5:30-6:15pm		4:45-5:30pm	6-6:45pm			
Youth Pickleball	10-14		4-4:45pm					
Westwood Park YMCA Teen Sports								
Teen Flag Football Clinic	13-16	5:30-6:15pm						
Teen Y Ninjas	13-16	Contact Andy MacEachern at amaceachern@nmymca.org for Teen Y Ninja program options.						
YMCA Game Changers Club	13-17			5:15-6pm				
Teen Basketball Clinic	14-16						12-12:45pm	

SPORTS SESSION C PROGRAMS: 3/4 – 4/21

SPORTS PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA, (E) = Express Program

WESTWOOD PARK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Westwood Park YMCA Adult Sports								
Men's Basketball League	18+	6-10pm						
Pickleball 101 Beginner (Level 1)	18+	4-5pm	1-2pm	2-3pm	1-2pm			
Pickleball Beginner (Level 2)	18+	5-6pm	2-3pm	1-2pm	3-4pm			
Pickleball Intermediate	18+		3-4pm	3-4pm	2-3pm			
Pickleball Skills and Drills	18+		5-6pm 6-7pm		4-5pm 5-6pm 6-7pm			
Women's Basketball League	18+		7-10pm					
Women's 30+ Soccer League	30+				6-10pm			

MERRIMACK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Merrimack YMCA Preschool Sports								
Mini Basketball (E)	4-5			4-4:30pm		4-4:30pm		
Mini Soccer Parent & Me (E)	4-5			10-10:30am				
Play and Paint	4-5			9-9:45am				
Homeschool Play and Paint	4-5			10-10:45am				
Merrimack YMCA Youth Sports								
Rookie Basketball	6-9			4:45-5:30pm		4:45-5:30pm		
Rookie Tennis	6-9			5-5:45pm			9:30-10:15am	
Homeschool Tennis	7-14			1-1:45pm				
Youth Tennis	10-12			5:45-6:30pm			10:15-11:00am	
Merrimack YMCA Teen Sports								
Teen/Adult Tennis Stroke Production	13+						8:15-9:15am	
High School Tennis Clinic	13-16			4-5pm				
Merrimack YMCA Adult Sports								
Adult Beginner Tennis	18+	6:45- 7:45pm						
Adult Intermediate/ Advanced Tennis	18+	7:45-8:45pm						

NASHUA Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Nashua YMCA Preschool Sports								
Mini Basketball (E)	4-5	9:30-10am						
Nashua YMCA Youth/Teen Sports								
Rookie Basketball (E)	6-9				4-4:45pm			
Homeschool PE	6-12				1:30-2:15pm			

WELLNESS SESSION C PROGRAMS: 3/4 – 4/21

WELLNESS PROGRAMS:

www.nmymca.org/wellness

YOUTH WELLNESS

4 and 8 Week Classes

Kids Conditioning (Ages 7–10)

This class provides a positive and nurturing environment for youth to participate in speed, conditioning, and agility workouts through game-based learning. Instructor: Tyler

Athletic Youth Fit Club (Ages 9–11)

Our Athletic Youth Fit Club introduces kids to age-appropriate movements, exercises, drills that assist in maximizing physical skills, self-confidence and body awareness. This program aims to make exercise fun and to help your young athlete to move better, safer and more effectively for their designated sport. Classes include a warm-up, skill work, workout/game. Youth Fit Club enhances a child's motor skills by teaching better movement and cognitive skills through engaging children during their workouts, which are scaled appropriately for their age. Ages 9–11. Instructor: Skyla

Kids on the Move (Ages 9–11)

In this advancing program, your child will grasp the fundamentals of strength training, mastering essential aspects such as correct form and technique, strategies for navigating the weight room, guidelines for utilizing the Wellness Center, goal-oriented training methodologies, and the significance of nutritional choices. Upon successfully finishing the program, both you and your child will be equipped to exercise together in the Wellness Center. For safety reasons and the program's incremental structure, participants may miss a maximum of two classes during the term. Instructor: Tyler and Josh

Please keep in mind, if your child is 12 years of age or younger, you (the parent) must remain in the building during the session.

Teen Strength Training for Beginners (Ages 12–16)

This is a 6-week program that teaches teens how to use the cardio equipment & strength machines, incorporates goal setting strategies, & introduces teens how to safely use free weights/functional equipment. It's encouraged teens take this program prior to the "teen workout" offering. Instructor: Skyla

Teen Workout (Ages 12–16)

Each session within this program will include a circuit-based workout. This program will keep your teen moving, exercising safely and, best yet, support making friends with their peers! This program was intentionally created for the teens who completed the "Teen Strength Training for Beginners" to continue personal growth and healthy habits. This is also a good opportunity for teens who have a baseline understanding of how to workout with weights but want to do so in a group setting. Instructor: Skyla

Self Defense (Ages 13–17)

Self defense training teaches you to identify, prepare for, and avoid potentially bad situations. If the worst happens, you'll learn and practice techniques to handle aggressive attackers, as well as someone who is just too friendly. The techniques presented do not require strength or agility and can be done by anyone of any size or age. Learning to protect yourself is crucial. You deserve the peace of mind these self-defense classes will provide. It's also good exercise and a mild workout. You will be working with a partner and occasionally with the instructors. A certificate of completion and a self-defense checklist will be given to all participants at the end of the course. Instructor: Bill

Teen LiftLab (Ages 13–17)

Building Strength with Confidence: This course is crafted to emphasize fundamental strength training, guiding teenagers in familiarizing themselves with the wellness area. Key aspects include emphasizing the significance of correct strength training mechanics through total-body workouts, instilling proper gym etiquette, conducting fitness assessments to establish achievable goals and monitor progress, and introducing engaging games for conditioning and warm-up activities designed to elevate heart rate. Registration covers participation on both days. Instructor: Tyler

MARTIAL ARTS

Martial Arts (Ages 4–7)

This introduction to martial arts is designed to improve listening, motor skills, and confidence. Students have fun and exercise while learning to focus and follow directions. Chief Instructor: Dan Casey

WELLNESS SESSION C PROGRAMS: 3/4 – 4/21

WELLNESS PROGRAMS:

www.nmymca.org/wellness

ADULT WELLNESS (Ages 17+)

Month-to-Month with Open Enrollment

BeyondHER Basics

An intermediate-level, invigorating class designed to take your strength, endurance, and confidence to new heights. In this dynamic class, we'll build on the foundations for fitness, incorporating challenging exercises to sculpt and tone your body! Instructor: Leslie.

Circuit Revolve

A transformative fitness experience that propels you towards your wellness goals! This dynamic circuit class is meticulously designed to ignite your fitness journey and elevate your strength, endurance, and overall wellness. Instructor: Tyler.

Functional Infusion

This class will put an emphasis on mobility, proper form, joint stabilization, and exercises that emulate everyday movements. With a combination of both cardio and strength training, this class will have your body working as a single unit to allow for maximum efficiency in everyday life. Functional Infusion is great for all levels and those who are looking for a challenging, hybrid environment. Members can choose either a twice-a-week option or a once-a-week option. Instructor: Skyla

Men's Strength

Engage in targeted strength training exercises created to enhance muscle tone, improve endurance, and promote functional strength. Class focuses on challenging yet achievable workouts that cater to men at all fitness levels. Instructor: Tyler

Mindful Movement and Meditation

Participants are guided through gentle mobility and stretching movements with calming breathwork, and then transition to guided meditation (lying on yoga mats). Meditation content will vary (ex: the wandering mind, body sensations/pain, stress, gratitude etc) before concluding with several minutes of quiet rest (shavasana).

The goal of the class is for participants to notice where they feel stress and tension in their body and release that throughout the class. The structure will also incorporate a series of stretches/mobility movements they can practice at home. Participants should bring their own yoga mat and some water; a light blanket or sweatshirt is recommended in the event the studio is cool. Instructor: Certified Health Coach Tina

MomBod

Back by popular demand! Being a mom is wonderful, but moms often put their self-care last. And let's face it, welcomed or not, our bodies can change after becoming a parent. Mom-bod Muscle is NOT about losing weight and does not focus on being thinner. Mom-bod Muscle IS about gaining strength and confidence. The focus will be about performing exercises correctly and being able to navigate a gym setting with comfort. You'll be under the supervision of a Certified Personal Trainer who will keep your goals and well-being in mind. Grab your mom friends and let's have a blast getting our mom-bod muscle on! Instructor: Tyler

MOVEIT

Embrace the power of Functional Fitness, engage in small group training, and ignite your energy with HIIT workouts! MOVEIT is tailored to leverage the innovative ESCAPE equipment in Merrimack. Every session is crafted to push your limits and enhance overall functional strength in this 30-minute workout. Need modifications? No worries—our trainers will demonstrate each move and offer modifications as needed. Join us and let's MOVEIT together! Instructor: Amy & Tyler

Self Defense

Self defense training teaches you to identify, prepare for, and avoid potentially bad situations. If the worst happens, you'll learn and practice techniques to handle aggressive attackers, as well as someone who is just too friendly. The techniques presented do not require strength or agility and can be done by anyone of any size or age. Learning to protect yourself is crucial. You deserve the peace of mind these self-defense classes will provide. It's also good exercise and a mild workout. You will be working with a partner and occasionally with the instructors. A certificate of completion and a self-defense checklist will be given to all participants at the end of the course. Youth and Adult Classes available. Instructor: Bill

WELLNESS SESSION C PROGRAMS: 3/4 – 4/21

WELLNESS PROGRAMS:

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Kids on the Move	9-11		6-6:45pm		6-6:45pm			
Adult Programs								
BeyondHER Basics	17+		9-10am		9-10am			
Mindful Movement & Meditation	17+		6:45-7:45pm					

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Martial Arts	4-7		3:30-4pm					
Kids' Conditioning	7-10						10-10:45am	
Kids on the Move	9-11			4-4:45pm				
Teen LiftLab	13-17		5-5:45pm		5-5:45pm			
Self Defense	13-17		4-5pm					
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
Men's Strength	17+			5:15-6pm				
MomBod	17+			12-12:45pm				
MOVEIT	17+		12:15-12:45pm			10:45-11:15am		
Self Defense	17+		5-6pm					

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Athletic Youth Fit Club	9-11		4:15-5pm					
Teen Strength Training for Beginners	12-16	4:45-5:45pm						
Teen Workout	12-16			4:45-5:30pm				
Adult Programs								
Functional Infusion	18+		5:15-6:15pm		5:15-6:15pm			

HEALTHY LIVING SESSION C PROGRAMS: 3/4 – 4/21

HEALTHY LIVING PROGRAMS:

www.nmymca.org/healthyliving

ADULT PROGRAMS (18+)

Bones

Strength training program aimed to build stronger bones and muscles to help combat Osteoporosis.

BOOST

Small group training program perfect for beginners or those recovering from injury or illness. Each class includes a warm up followed by cardio and strength and ends with a good stretch.

Moving for Better Balance

12-week exercise program developed by the Oregon Research Institute. Based on the principles of Tai Chi, class is led by a qualified instructor who teaches eight movements modified especially for falls prevention.

Prevent T2

Diabetes Prevention Program Certified instructors help participants learn how to eat better, reduce stress and

exercise more to lower the risk of developing Type-2 diabetes. This is a year-long program.

Steady B.A.S.E

Offers progressive balance and flexibility exercises to help improve your stability and help prevent falls. Designed to improve multiple factors that affect balance such as joint mobility, muscle flexibility and strengthening legs and core.

HEALTHY LIVING PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA

PROGRAM NAME	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Bones (N)	17+	9-10am				9-10am		
Bones (W)	17+		10-11am 11:30am-12:30pm		10-11am 11:30am-12:30pm			
BOOST (N)	17+	12-1pm		12-1pm		12-1pm		
Moving for Better Balance Level 1 (M)			12:15-1:15pm		12:15-1:15pm			
Moving for Better Balance Level 2 (M)			11am-12pm		11am-12pm			
Steady B.A.S.E. (N)	18+	9:30-10am		9:30-10am				

WELLBEING CENTER PROGRAMS:

www.nmymca.org/wellbeing-center

Mindful Movement & Meditation (Ages 17+)

This class helps participants notice where they feel stress and tension in their body and find release through gentle mobility and stretching movements, calming breath work and guided meditation.

WELLBEING PROGRAMS: (M) = Merrimack YMCA, (N) = Nashua YMCA, (W) = Westwood Park YMCA

WELLBEING CENTER	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Mindful Movement & Meditation (N)	17+		6:45-7:45pm					