

YMCA OF GREATER NASHUA ACHIEVE A HEALTHIER HAPPIER YOU

2024 Summer Session: Jun. – Aug.
Summer Program Guide



**REGISTRATION OPEN
DATES AND TIMES!**

Registration will open for YMCA
Members at 6am on Monday,
June 10.

Registration will open for Greater
Nashua Community Members at
6am on Monday, June 17.



YMCA OF GREATER NASHUA | www.nymca.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

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).

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)

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.

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.

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 SUMMER SESSION PROGRAMS: JUN – AUG

ART:

www.nmymca.org/artsenrichment

Youth Art:

NEW Digital Art (Ages 12-17)

Participants will learn to use industry-standard software to bring their artistic visions to life. Our instructors provide step-by-step guidance on sketching, coloring, shading, and blending. Through hands-on projects, students will discover their unique style and develop a portfolio of digital artwork.

* Students must provide a their own tablet

Adult Art:

Adult Art Sampler (Ages 18+)

The Art Sampler Class offers hands-on exploration of drawing, painting, collage, printmaking, and more. Each session focuses on a different medium, helping participants discover new techniques and develop diverse skills. Embrace mistakes, take risks, and push creative boundaries to find what resonates with you as an artist.

Gymnastics

www.nmymca.org/gymnastics

Preschool Gymnastics: 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.

Preschool Pikes 2 (Ages 4-6)

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

Youth Gymnastics: 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.

Pep Prep 1 (6-12)

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 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

ART	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs / Length: 60 Minutes								
Digital Art	12-17			5-6pm (N)				
Adult Programs / Length: 60 Minutes								
Adult Art Sampler	18+	6-7pm (N)						
GYMNASTICS	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30-45 Minutes								
Preschool Pikes	3-5			4:00-4:30pm (M)				
Preschool Pikes 2	4-6			4:35-5:05pm (M)				
Youth Programs / Length: 30-45 Minutes								
Kinder Gym	5-7			5:10-5:40pm (M)				
Pep Prep	6-12				5:30-6:15pm (M)			
Tumble Kids 1	6-9				4:00-4:45pm (M)			
Tumble Kids 2	8-12				4:45-5:30pm (M)			

DANCE SUMMER SESSION PROGRAMS: JUL – AUG

RECREATIONAL DANCE:

Dance Programs are 7 Weeks Long and Will Begin the Week of July 15

www.nymca.org/dance

Bitty Ballet (Ages 3–5)

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

PreDance (Ages 3–5)

During PreDance classes, dancers will be introduced to the elements of ballet and tap. Classes are centered around structure, education, coordination, and fun!

Kinder Hip-Hop (Ages 4–6)

Dancers will learn basic hip hop as well as show some of their own best dance moves while grooving to their favorite music.

Broadway Kids (Ages 6–12)

Young performers will unleash their creativity in this dynamic and engaging class. Children will explore the magical world of Broadway through the art of dance. Each class will feature a different theme or Broadway musical, allowing students to dive into different characters and stories while expressing themselves through movement. From classic show tunes to contemporary hits, our curriculum celebrates the rich diversity of Broadway, providing an immersive and exciting experience for young dancers.

Dance Crew (Ages 6–12)

The hip-hop style gains influence from street-style, urban, and trendy dance moves. Dancers will explore popping, locking, and break dancing. This style is where dancers can let loose and have fun.

Intro to Ballet and Lyrical (Ages 6–12)

Students explore the fundamental steps of ballet and lyrical, and learn terminology along with basic steps and combinations.

Intro to Tap and Jazz (Ages 6–12)

Students explore the fundamental steps of jazz, and learn terminology along with basic steps and combinations.

Intermediate/Advanced Jazz Heels (Ages 12+)

Students will combine different styles of jazz dance such as Broadway jazz, classical jazz, and commercial jazz, and combine these styles with proper character shoe technique.

** Students must be in a level 3 or higher jazz class and must provide their own character shoes. Street heels are not allowed.*

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

RECREATIONAL DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30 Minutes								
Bitty Ballet	3-5		4:00-4:30pm (M)					
PreDance	3-5	4:30-5:15pm (M)						
Kinder Hip-hop	3-5	5:15-5:45pm (M)						
Youth Programs / Length: 45 Minutes								
Broadway Kids	6-12	5:45-6:30pm (M)						
Dance Crew	6-12			6:00-6:45pm (M)				
Intro to Ballet and Lyrical	6-12			4:30-5:15pm (M)				
Intro to Tap and Jazz	6-12			5:15-6:00pm (M)				
Intermediate/Advanced Jazz Heels	12+			6:15-7:00pm (N)				

DANCE SUMMER SESSION PROGRAMS: JUL – AUG

SUMMER MINI DANCE CAMPS:

Enjoy Mini Summer Dance Day Camps with a Different Theme Each Week

Preschool Mini Camps

July 22–26: Dance the Magic (Ages 3–5)

Designed specifically for our youngest dancers, this enchanting camp offers a delightful blend of dance, music, and imagination inspired by beloved Disney characters and stories. Each day of camp is filled with themed activities, from dancing with princesses to marching with toy soldiers, allowing children to immerse themselves in the enchanting worlds of Disney. Whether they're twirling like Cinderella, hopping like Tigger, or soaring like Peter Pan, our campers will delight in bringing their favorite characters to life through dance.

July 29–August 1: Tea Party (Ages 3–5)

Little ones can indulge in a week of enchanting tea parties, delightful activities, and charming adventures! This camp is designed to spark imagination, foster social skills, and create lasting memories for preschool-aged children. In addition to tea party activities, our camp includes outdoor playtime, music and movement activities, and arts and crafts projects tailored to preschoolers' interests and abilities. Whether they're dancing like butterflies, painting like artists, or building like architects, our campers will have a blast exploring their creativity and making new friends.

August 12–16: Storybook Ballet (Ages 3–5)

This delightful program combines the magic of storytelling with the grace and joy of ballet, offering young dancers a magical journey through beloved tales and timeless classics. Through imaginative play, expressive movement, and age-appropriate choreography, children will bring these stories to life through dance. They'll twirl like princesses, leap like superheroes, and flutter like fairies as they dance their way through the pages of their favorite books.

August 19–23: Luau Littles (Ages 3–5)

This tropical-themed camp is designed to transport little dancers to the sunny shores of Hawaii for a week of fun, laughter, and dance. Each day of camp is filled with exciting activities, including themed dance classes, Hawaiian crafts, and tropical games. Children will have the opportunity to create their own leis, design Hawaiian-inspired costumes.

Youth Mini Camps

July 15–19: In Our Dance Era Dance Camp (Ages 6–10)

This camp is designed to celebrate the music, energy, and iconic style of one of today's most beloved artists. Each day of camp is filled with themed dance classes, where participants will learn a variety of dance styles, from contemporary and hip hop to jazz and lyrical, all set to Taylor Swift's chart-topping hits. Campers will have the opportunity to master iconic dance moves, practice stage presence, and express themselves through movement in a supportive and encouraging environment.

August 5–9: Barbie and Ken's Dance Camp (Ages 6–10)

This camp is designed to bring the iconic characters of Barbie and Ken to life through dance, creativity, and adventure. Each day of camp is filled with themed dance classes and activities inspired by Barbie and Ken's vibrant world. From glamorous Barbie-inspired jazz routines to cool Ken-inspired hip hop choreography, campers will learn a variety of dance styles while embracing their inner Barbie or Ken. In addition to dance instruction, our camp includes fun games, crafts, and dress-up activities that celebrate the Barbie and Ken theme. Join us for a week of sparkle, smiles, and dancing dreams as we celebrate the magic of Barbie and Ken in our one-of-a-kind dance camp!

SWIM SUMMER SESSION PROGRAMS: JUN – AUG

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 SUMMER SESSION PROGRAMS: JUN – AUG

AQUATICS/GROUP SWIM LESSONS

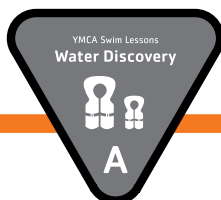
www.nmymca.org/swim

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

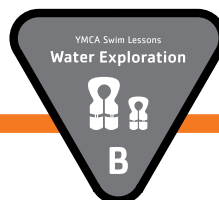
Below is an overview of the new swim lesson curriculum stages and their descriptions. There is further information about the new curriculum and available on our web site at www.nmymca.org/ymca-swim-lesson-program.

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.

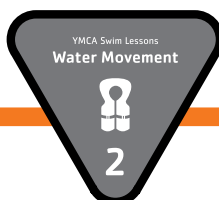
SWIM BASICS

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

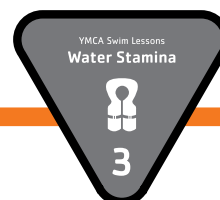
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



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

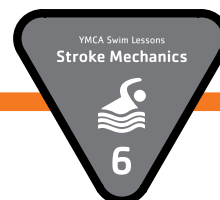
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



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 SUMMER SESSION PROGRAMS: JUN – AUG

MERRIMACK AQUATICS/GROUP SWIM LESSONS

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

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.

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.

SWIM SUMMER SESSION PROGRAMS: JUN – AUG

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	9-9:30am		9-9:30am			9-9:30am	9-9:30am
Stage B	5-2	9:30-10am		9:30-10am			9:30-10am	9:30-10am
Stage 1 w/ Guardian	1-5	1-1:30pm		1-1:30pm				
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5	10-10:30am 1:30-2pm 2:45-3:15pm		10-10:30am 1:30-2pm 2:45-3:15pm			10:10-10:40am	10:10-10:40am
Stage 2	3-5	10:30-11am 2:10-2:40pm 3:15-3:45pm		10:30-11am 2:10-2:40pm 3:15-3:45pm			10:45-11:15am	10:45-11:15am
Stage 3	3-5	11:10-11:40m 3:50-4:20pm		11:10-11:40m 3:50-4:20pm			11:20-11:50am	11:20-11:50am
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12		1-1:40pm 5:30-6:15pm		1-1:40pm 5:30-6:15pm		1-1:40pm	1-1:40pm
Stage 2	6-12		10:45-11:25am 1:40-2:20pm		10:45-11:25am 1:40-2:20pm		1:40-2:20pm	1:40-2:20pm
Stage 3	6-12		11:20am-12pm 2:30-3:10pm		11:20am-12pm 2:30-3:10pm		2:30-3:10pm	2:30-3:10pm
Stage 4	6-12		3:15-3:55pm		3:15-3:55pm			
Stage 5/6	6-12		4-4:40pm		4-4:40pm			
Competitive Strokes	6-15		4:45-5:25pm		4:45-5:25pm			
Teen & Adult Swim Lessons / Length: 45 Minutes								
Adult Beginner	13+		8:30-9:10am					
Adult Intermediate	13+		9:15-9:55am					
Personal Swim Lessons / Length: 30 Minutes								
Personal Swim Lessons	3+		4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm	4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm	4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm	2-2:30pm 2:30-3pm 3-3:30pm 3:30-4pm 4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm	8-8:30am 8:30-9am	
Adaptive Swim Lessons / Length: 30 Minutes								
Adaptive Lessons	3-12			3-3:30pm 3:30-4pm 4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm		6-6:30pm 6:30-7pm	10-10:30am 10:30-11am 11-11:30am 11:30am-12pm	

SPORTS SUMMER SESSION PROGRAMS: JUN – AUG

SPORTS PROGRAMS

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)

Get ready for outdoor play with our Skills and Drills Pickleball classes on Tuesday and Thursday evenings!

WESTWOOD PARK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Westwood Park YMCA Preschool Sports								
Mini Ninjas	4-5	4-4:30pm						9-9:45am
Westwood Park YMCA Youth Sports								
Y Ninjas	6-9	4:30-5:15pm						10-10:45am
Y Ninjas	10-14	5:30-6:15pm						
Westwood Park YMCA Adult Sports								
Men's Basketball League	18+	7-10pm						
Pickleball Skills and Drills	18+		4-5pm 5-6pm					
Women's 30+ Soccer League	30+				6-10pm			

MERRIMACK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Merrimack YMCA Youth Sports								
Rookie Tennis	6-9			5-5:45pm			9:30-10:15am	
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	
Merrimack YMCA Adult Sports								
Adult Beginner Tennis	18+	6:45- 7:45pm						
Adult Intermediate/Advanced Tennis	18+	7:45-8:45pm						

WELLNESS SUMMER SESSION PROGRAMS: JUN – AUG

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

NEW Fall Sport Preseason Conditioning (Ages 13+)

The NEW program was designed for teen athletes who take their fall sport seriously. The program has limited spots to create a safe & effective small group training feel with multiple certified trainers. Athletes who sign up will commit to training 1.5 hour-long sessions twice a week. Per session, teen athletes will complete trainer-led: warm-up/mobility work, strength/power-focused exercises, agility & plyometric drills, and end every class with a cool-down to promote safety & recovery. If your teen wants to feel conditioned and prepared for their upcoming fall sport, this program was meant for YOU. Instructor: Skyla and Team

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

WELLNESS SUMMER SESSION PROGRAMS: JUN – AUG

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

Mindful Movement and Meditation

Participants are guided through gentle mobility and stretching movements with calming breath-work, 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

Rookie Riders

Always wanted to try one of our cycling classes but want to learn the basics first? This class is designed to help beginners feel comfortable and confident on the bike. We'll cover the basics of indoor cycling, focusing on proper form, bike setup, and techniques to get the most out of your ride! You'll be ready in no time to ride like the wind! Instructor: Amy

WELLNESS SUMMER SESSION PROGRAMS: JUN – AUG

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			
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
MomBod	17+			12-12:45pm				
Rookie Riders	17+		12:15-1p					

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				
NEW Fall Sport Pre-Season Conditioning	13+		10:30am-12pm		10:30am-12pm			
Adult Programs								
Functional Infusion	17+		5:15-6:15pm		5:15-6:15pm			

HEALTHY LIVING SUMMER SESSION PROGRAMS: JUN – AUG

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.

Pedaling for Parkinson's

A group cycling class that is designed to help participants be proactive in improving their motor functions, or at the least, allow them to not regress.

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.

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

PROGRAM NAME	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Bones (W)	18+		12-1pm		12-1pm			
BOOST (W)	18+		1:30-2:30pm		1:30-2:30pm			
Pedaling For Parkinson's (M)	18+			11am-12pm		11am-12pm		
Prevent T2 (N)	18+	4:30-6pm						

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					