

YMCA OF GREATER NASHUA HEALTHY FUTURES BEGIN HERE

2024 Session B: Nov. – Dec.
Fall Program Guide



**REGISTRATION OPEN
DATES AND TIMES!**

Registration will open for YMCA
Members at 6am on Monday,
October 21.

Registration will open for Greater
Nashua Community Members at
6am on Monday, October 28.



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 SESSION B PROGRAMS: 11/4–12/22

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

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 ABC Art (Ages 3–5)

Welcome to our ABC Art Class, where little learners will explore the alphabet through creative expression! Designed for preschoolers, this engaging program combines art and early literacy, helping children develop their fine motor skills while discovering the magic of letters.

NEW Animal Art (Ages 4–6)

In a preschool animal art class, young children are invited to explore their creativity while learning about different animals. The class combines fun art projects with engaging activities that spark curiosity about the animal kingdom.

Children will use various materials—like paints, crayons, clay, and collage items—to create their own animal masterpieces. Each session might start with a story or a short discussion about a specific animal, followed by hands-on activities where kids can express their interpretations through art.

NEW Festive Creations (Ages 4–6)

Each week, children will engage in fun, age-appropriate art projects inspired by various holidays and celebrations. In this fun-filled program, little artists will explore the magic of the winter season through creative crafts and festive projects.

Youth Art:

NEW Space Adventure Art (Ages 5–8)

Blast off into creativity with our Space Adventure Art Class, where young explorers will embark on an imaginative journey through the cosmos! Each week, children will create out-of-this-world art inspired by space themes, including planets, rockets, aliens, and stars. This class is perfect for children who are curious about space and eager to explore their creativity in a fun, engaging environment.

NEW Festive Creations (Ages 6–12)

Each week, children will engage in fun, age-appropriate art projects inspired by various holidays and celebrations. In this fun-filled program, little artists will explore the magic of the winter season through creative crafts and festive projects.

NEW Edible Art (Ages 6–12)

Get ready for a deliciously creative experience in our Edible Art Class! This fun and interactive program invites students to explore the world of art using edible materials, combining creativity with tasty treats.

NEW Youth Painting (Ages 6–12)

Unleash your creativity in our Youth Painting Class, designed for aspiring young artists! This engaging program invites participants to explore various painting techniques while developing their artistic skills in a fun and supportive environment.

NEW Arts and Crafts (Ages 6–12)

Join us for a vibrant and inspiring Youth Arts and Crafts Class, where creativity knows no bounds! This engaging program is designed for young creators who want to explore a variety of crafts while developing their artistic skills. The class encourages personal expression, allowing students to bring their ideas to life.

Music

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 B PROGRAMS: 11/4-12/22

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 (Guardian/Child)	1-3					9:30-10am (N)		
ArtNastics 1 (Guardian/Child)	2-4	10:15-11am (N)	9:15-10am (M)					
ArtNastics 2	3-5		10:15-11am (M)					
NEW ABC Art	3-5					10-10:30am (N)		
NEW Animal Art	4-6		4-4:30pm (M)					
NEW Festive Creations	4-6				4-4:30pm (M)			
Youth Programs / Length: 30 Minutes								
NEW Space Adventure Art	5-8	5-5:30pm (N)			4:30-5pm (M)			
NEW Festive Creations	6-12		5:15-5:45pm (M)					
NEW Edible Art	6-12		4:45-5:15pm (M)					
NEW Youth Painting	6-12				5-5:30pm (M)			
NEW Arts and Crafts	6-12			6-6:30pm (N)				
MUSIC	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth and Teen Programs / Length: 45 minutes / 7 Week Session								
Youth Guitar	8-17				6-7pm (N)			

ARTS & HUMANITIES SESSION B PROGRAMS: 11/4-12/22

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

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 1 (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.

NEW Tumble and Teamwork (Ages 3-5)

Get ready for an exciting adventure in our Gymnastics and Sports Combo class! Class will start with gymnastics in the studio, then move to the gym for fun activities from various sports. Children will develop strength, flexibility, and teamwork while having a blast.

Tumble and Twirl (Ages 3-5)

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.

Preschool Pikes 2 (Ages 4-6)

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

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.

Youth Gymnastics: 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 (Guardian/Child)	1-2			9-9:30am (N)	9:30-10am (M)		9-9:30am (M)	
ArtNastics 1 (Guardian/Child)	2-4	10:15-11am (N)	9:15-10am (M)					
Lil' Tumblers (Guardian/Child)	2-4			9:35-10:05am (N)	10:05-10:35am (M)		9:35-10:05am (M)	
ArtNastics 2	3-5		10:15-11am (M)					
Preschool Pikes 1	3-5	5:15-5:45 (M)		10:10-10:40am (N)	10:40-11:10am (M) 4-4:30pm (M)	4:45-5:15pm (M)		
Tumble and Twirl	3-5					4-4:40pm (M)	10:05-10:45am (M)	
NEW Tumble and Teamwork	3-5	9:45-10:30am (N)						
Preschool Pikes 2	4-6	4:45-5:15pm (M)			4:30-5 (M)	5:15-5:45 (M)		
Kinder Gym	5-7	4-4:45pm (M)				5:45-6:30 (M)		
Youth Programs / Length: 45-60 Minutes								
Tumble Kids 1	6-9	5:45-6:30pm (M)			5-5:45pm (M)		10:45-11:30am (M)	
Tumble Kids 2	8-12				5:45-6:45pm (M)			

DANCE SESSION B PROGRAMS: 11/4-12/22

PROGRESSIVE DANCE: JOIN A NATIONAL AWARD WINNING DANCE TEAM!

www.nmymca.org/dance

Our popular and distinct Progressive Dance program is in its 22nd year. Registration covers September through May and the prices reflect the yearly cost of the program. Registrants are required to make a \$25 non-refundable deposit towards the cost of their recital costumes/recital fees at the time of registration. This \$25 deposit is per class.

Classes will be charged on a month to month basis. Each month's payment will come out on the first of each month, and will be automatically scheduled to a credit card or bank account on file. You may choose to pay for the year in full if you would like as well!

We also offer a discount program for additional classes per participant; first class is full cost, second class is 25% off, third is 50% off, fourth or more class is 75% off. A \$25 deposit is required per class at the time of registration.

Students will participate in our annual year-end Spring Recital, although it is not mandatory. All students are required to wear appropriate dance attire and foot wear to all classes. Please contact Tiffany Joslin in Nashua if you have any questions regarding attire, curriculum, or class placement.

Pre-Dance

Dancers will be introduced to the elements of ballet and tap in this fun beginner class. This class is perfect for dancers who love to be both graceful and energetic!

Kinder Hip Hop

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

Acro Dance

In acro, dancers will work on their strength, flexibility, and stamina while

studying the elements of dance and gymnastics. Dancers will learn moves from forward rolls to chest stands and many more! Dance is a key element in acro, so it is necessary that dancers take acro along with another dance technique class. Acro levels should be the same as the students ballet level.

Ballet

Ballet is the foundation of dance and it emphasizes the importance of technique by working on posture, body placement, and extensions. We incorporate elements of both contemporary and classical ballet. Ballet is strongly encouraged for all levels.

Hip Hop

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.

Jazz/Tap

Jazz teaches a combination of both classical styles along with new dance trends and styles. Students will focus on improving their flexibility, leaps, turns and isolated body movements. Dancers will also learn the essentials of tap while exploring syncopated rhythms and musicality.

Lyrical

While learning lyrical, dancers will explore themselves as dancers and will be given opportunities to fully express themselves. This style of dance incorporates elements of ballet and jazz.

Musical Theater

Dancers will learn traditional Broadway styles and will learn about prominent figures in musical theatre. While improving their technique and overall dance ability, dancers will also work on their acting capabilities.

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 3-4)

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.

Tumble and Twirl (Ages 3-5)

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.

NEW Adult Ballet (Ages 18+)

Adult beginner ballet classes are designed for those new to ballet, regardless of age or fitness level. These classes typically focus on the foundational elements of ballet technique, including basic positions, movements, and terminology. Classes usually incorporate a mix of barre work, center exercises, and simple choreography, helping students build confidence and coordination.

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 SESSION B PROGRAMS: 11/4-12/22

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

PROGRESSIVE DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
In Motion Performance Team	6+	4-4:30pm (N)						
Pre-Dance 1	3-5		4-4:45pm (N)	4:00-4:45pm (M)				
Pre-Dance 2	3-4	4:00-4:45pm (M)	4:30-5:15pm (M)				10:00-10:45am (N)	10-10:45am (N)
Kinder Hip Hop	4-6				4:45-5:15pm (M)		9:30-10am (N)	9:30-10am (N)
Ballet 1	6-8		5:30-6:15pm (N)	5:45-6:30pm (M)			10:45-11:30am (N)	10:45-11:30am (N)
Ballet 2	9-12	6:00-6:45pm (M)						
Ballet 3	11-16	4:30-5:30pm (N)						
Ballet 4 and Pre-Pointe	11-18	5:30-6:45pm (N)						
Ballet 5	14-20			6:30-7:45pm (N)				
Hip Hop 1	6-8		5:15-6:00pm (M)				11:30am-12:15pm (N)	
Hip Hop 2	9-12		7:00-7:45pm (M)			4:45-5:30pm (N)		
Hip Hop 3	11-17			5:15-6:00pm (N)				
Hip Hop 4	13-18	6:30-7:15pm (N)						
Jazz & Tap 1	6-8		6:15-7:15pm (N)	4:45-5:45pm (M)				
Jazz & Tap 2	9-12		6:00-7:00pm (M)			5:30-6:30pm (N)		
Jazz & Tap 3	11-17				4:00-5:00pm (N)			
Jazz & Tap 4	12-18				5:00-6:00pm (N)			
Jazz & Tap 5	14-18			4-5:15pm (N)				
Lyrical 1	6-8		4:45-5:30pm (N)	6:30-7:15pm (M)				
Lyrical 2	9-12	5:15-6:00pm (M)				4:00-4:45pm (N)		
Lyrical 3	11-17				5:00-6:00pm (N)			
Lyrical 4	11-18				6:00-7:00pm (N)			
Lyrical 5	13-18			5:15-6:30pm (N)				
Musical Theater	8-12	5:30-6:30pm (N)						
Musical Theater 2/3	13-18				5:15-6:00pm (M)			
Pre-Acro Dance	4-6		4:00-4:30pm (M)					
Acro Dance 1	6-8		4:30-5:15pm (M)					
Acro Dance 2	7-12		5:15-6:00pm (M)					
Acro Dance 3	8-14			4:15-5:15pm (N)				
Acro Dance 4/5	11-18	4:30-5:30pm (N)						
RECREATIONAL DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Lil' Dancers (Guardian/Child)	2-4						8:30-9am (N)	
Bitty Ballet	3-5	9:15-9:45am (N)					9-9:30am (N)	
Tumble and Twirl	3-5					4:00-4:40pm (M)	10:05-10:45am (M)	
NEW Adult Ballet	18+				11:15am-12pm (M)			
Adult Tap	18+	7:15-8am (M)						

SWIM SESSION B PROGRAMS: 11/4-12/22

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 B PROGRAMS: 11/4-12/22

AQUATICS/GROUP SWIM LESSONS

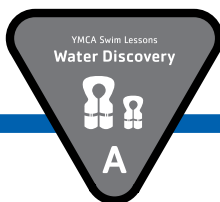
www.nmymca.org/swim

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

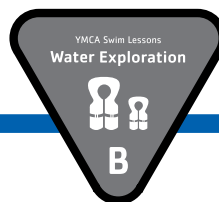
Below is an overview of the new swim lesson curriculum stages and their descriptions. There is further information about the new curriculum and available on our web site at www.nmymca.org/ymca-swim-lesson-program.

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.

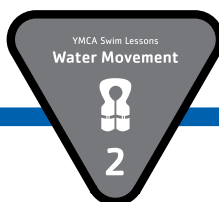
SWIM BASICS

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

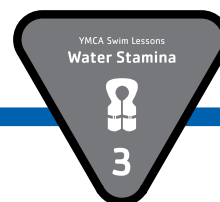
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



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.



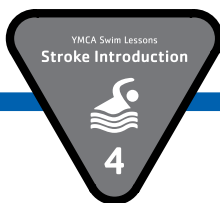
2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



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

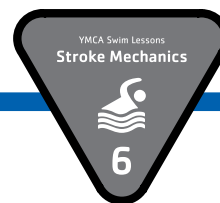
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



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 B PROGRAMS: 11/4-12/22

MERRIMACK AQUATICS/GROUP SWIM LESSONS

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5		4-4:30pm 4:35-5:05pm	4-4:30pm	4-4:30pm			
Stage 2	3-5		5:10-5:40pm 5:45-6:15pm	4:35-5:05pm 5:10-5:40pm	4:35-5:10pm 5:10-5:40pm			
Stage 3	3-5		6:20-6:50pm	5:45-6:15pm 6:20-6:50pm	5:45-6:15pm 6:20-6:50pm			
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12			4-4:40pm				9-9:40am
Stage 2	6-12			4:45-5:25pm				9:45-10:15am
Stage 3	6-12	4-4:40pm		5:30-6:10pm				10:30-11:10am
Stage 4	6-12	4:45-5:25pm	4-4:40pm	6:15-6:55pm	4-4:40pm			
Stage 5/6	6-12	5:30-6:10pm	"4:45-5:25pm 5:30-6:10pm"		4:45-5:25			
Competitive Strokes	10-16	6:15-6:55pm						11:15-11:55am
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+	3:25-3:55pm	2:50-3:20pm 3:25-3:55pm (x2)	3:25-3:55pm	3:25-3:55pm (x2)	2-2:30pm 2:35-3:05pm 3:10-3:40pm 3:45-4:15pm		8:30-9:00am 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

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.

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.

Developmental Swimming (Ages 6-13)

This class focuses on the improvement of the four racing strokes through technique correction, while introducing

participants to the proper form for flip turns, dives and various drills in a noncompetitive way. Our goal is to provide participants between the ages of 6-13 the ability to join a swim group to improve their skills and swim with peers.

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.

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.

SWIM SESSION B PROGRAMS: 11/4-12/22

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	9:30-10am	9-9:30am	9:30-10am	9:30am-10am	9-9:30am	9-9:30am
Stage B	.5-2	9:30-10am	10:30-11am	9:30-10am	10:30-11am		9:30-10am	9:30-10am
Stage 1 w/ Guardian	1-5	11:30am-12pm	11:30-12pm	11:30am-12pm	11:30-12pm	9-9:30am		
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5	10-10:30am 2:45pm-3:15pm 4:30-5pm	10-10:30am	10-10:30am	10-10:30am 3:30-4pm 4:30-5pm*	10-10:30am	10:10am-10:40am	
Stage 2	3-5	10:30-11am 3:15-3:45pm 5-5:30pm	11-11:30am	10:30-11am	11-11:30am 4-4:30pm 5-5:30pm	10:30-11am	10:45-11:15am	
Stage 3	3-5	11-11:30am 3:45-4:15pm	12-1pm	11-11:30am	12-1pm	11-11:30am	11:20-11:50am	10:10-10:40am
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12	4-4:40pm	4:45-5:25pm	4-4:40pm	4:45-5:25pm		12-12:40pm	
Stage 2	6-12	4:45-5:25pm	4pm-4:40pm	4:45-5:25pm	4pm-4:40pm		12:45-1:25pm	
Stage 3	6-12	5:30-6:10pm	4:45-5:25pm	5:30-6:10pm	4:45-5:25pm		1:30-2:10pm	
Stage 4	6-12	5:30-6:10pm	4-4:40pm	5:30-6:10pm	4-4:40pm			
Stage 5/6	6-12		5:30-6:10pm	3:15-3:55pm	5:30-6:10pm			
Competitive Strokes	10-16		3:15-3:55pm		3:15-3:55pm			
Accelerated School Age Swim Lessons / Length: 60 Minutes / 2 Times a Week / 4 Weeks Long								
Developmental Swimming	6-13		3:15-3:55pm 5:30-6:10pm		3:15-3:55pm 5:30-6:10pm			
Teen & Adult Swim Lessons / Length: 45 Minutes								
Teen Beginner	13-18						9:15-9:45am	
Adult Beginner	13+		8:30-9:10am				8:30-9:10am	
Intermediate	13+		9:15-9:55am					
Personal Swim Lessons / Length: 30 Minutes								
Personal Swim Lessons	3+					9-9:30am 9:30-10am 10-10:30am 10:30am-11am 1-1:30pm 1:30-2pm 2-2:30pm 2:30-3pm 3-3:30pm 3:30-4pm 4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm	8-8:30am 8:30-9am	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		3-3:30pm 3:30-4pm 4-4:30pm 4:30-5pm 5-5:30pm 5:30-6pm 6-6:30pm 6:30-7pm	10-10:30am 10:30am-11am 11-11:30am 11:30am-12pm 12-12:30pm 12:30-1pm	

SPORTS SESSION B PROGRAMS: 11/4-12/22

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nmymca.org/sports

Feature Sports

NinjaZone

Come try our new ninja curriculum as we partner with Ninja Zone to offer more learning opportunities for all participants!

Through our partnership with NinjaZone we have added 5 levels of skills to our classes!

Ninjas will be automatically enrolled month to month until cancellation, which must be completed at least 3 days prior to the beginning of the month. Charge will occur on the 1st of each month except for November, which will occur immediately upon registration.

The purchase of a ninja shirt for \$25 will be required to participate in our Ninja classes for ages 4+. Ninjas will wear their shirt during class, and will have the opportunity to level up their shirt by progressing through our Ninja Zone levels! Our Lil Ninja Parent and Me class is exempt from shirt requirement and will not have automatic re-enrollment.

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.

Adult Leagues

Are you looking for a recreational league? Westwood Park offers Men's and women's basketball, women's soccer and coed volleyball. We are always seeking opportunities to add more for YOU. If there is a sport you would like to see at Westwood, please contact us! See details for more!

Adult Pickleball

We have classes for those just starting and those already at a higher level looking to improve their game! Westwood Park also offers open-play times from Sunday-Friday!

Preschool Sports (Ages 3-5)

Lil' Ninjas

Lil Ninja is the entry level to the all-new sport discipline inspired by gymnastics, martial arts, obstacle training, and freestyle movement. Lil Ninja teaches invaluable skills like body awareness and coachability, giving your child the tools they need to excel!

Mini Basketball

This class introduced basketball to our youngest players aged 3-5! Kids will play fun dribbling games and shoot on short hoops for lots of fun!

Mini Soccer Parent & Me

This class introduces the game of soccer to our youngest players alongside their parents. Kids play games, get used to kicking the ball and have lots of great fun in!

Homeschool Classes at the Westwood Park YMCA: Homeschool PE

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

Youth/Teen Sports (Ages 6-16)

Rookie/Youth Basketball

Rookie Basketball for ages 6-9 and Youth Basketball for ages 10-14 combine game play with learning the fundamentals like shooting, ball handling, cutting and defense.

Archery

Learn the basics of archery in our Beginner archery class or improve your skills in Archery- Level 2!

Ninjas

Children learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace

Volleyball with Dig Deep

Our volleyball classes combine game play with learning the fundamentals of sets, bumps and spikes. Each session an experienced coach from Dig Deep will guide players while they play.

Flag Football

Learn the basics or improve upon your skills in our Flag football class! This a great way to get extra practice in for our youth Flag League or to see if you're interested in joining our next season in January!.

SPORTS SESSION B PROGRAMS: 11/4-12/22

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								
Lil' Ninjas Parent & Me Playtime	3-5						9:30-10am	
Mini Soccer Parent & Me (E)	3-5		10-10:30am		4-4:30pm		8:30-9am	
Lil' Ninjas	4-5	4-4:30pm	9:30-10am 4-4:30pm	4:45-5:15pm	5:15-5:45pm		10-10:45am	9-9:45am
Mini Basketball (E)	4-5		4:45-5:15pm	4-4:30pm	4:30-5pm		8:30-9am	
Westwood Park YMCA Youth Sports								
Basketball Clinic	5-6						9-9:45am	
NFL Flag League (6-9)	6-9							8:30am
Ninjas	6-9	5:30-6:15pm	4:30-5:15pm	4-4:45pm	4:30-5:15pm		11-11:45am	10-10:45am
Rookie Basketball	6-9	4:30-5:15pm		5:30-6:15pm			10-10:45am	
Rookie Soccer	6-9				4:30-5:15pm		9-9:45am	
Rookie/Youth Flag Football	7-12		5:30-6:15pm					
Volleyball with Dig Deep- Beginner	7-14		5-6:15pm					
Volleyball with Dig Deep- Intermediate	7-14				5-6:15pm			
Archery Level 2	8-14				4:30-5:15pm			
Homeschool PE	8-14				1:30-2:15pm			
Rookie/Youth Archery	8-14		4:30-5:15pm					
NFL Flag League (10-14)	10-14							10:30am
Ninjas	10-14	4:30-5:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm		12-12:45pm	11-11:45am
Youth Basketball	10-14	5:30-6:15pm		4:30-5:15pm	6-6:45pm		11-11:45am	
Youth Soccer	10-14				5:15-6pm		10-10:45am	
Westwood Park YMCA Teen Sports								
Teen Basketball Clinic	13-16						12-12:45pm	
Ninjas	13-16	6:30-7:15pm	6:30-7:15pm					
Westwood Park YMCA Adult Sports								
Beginner Pickleball Skills and Drills	18+	5-6pm	4-5pm					
Coed Volleyball League	18+			7:45-9:45pm				
Men's Basketball League	18+	7-10pm						
Pickleball 101	18+			"1-2pm 2-3pm"	"1-2pm 3-4pm"			
Pickleball Game Coaching	18+	3-4pm 6-7pm	3-4pm 6-7pm					
Pickleball Skills and Drills	18+	4-5pm	5-6pm					
Women's Soccer League	30+				6-10pm			

SPORTS SESSION B PROGRAMS: 11/4-12/22

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

MERRIMACK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Merrimack YMCA Preschool Sports								
Mini Basketball (E)	4-5			4-4:30pm				
Merrimack YMCA Youth Sports								
Rookie Basketball	6-9			4:45-5:30pm				
Rookie Tennis	6-9			5-5:45pm			9:30-10:15am	
Intermediate Youth Tennis	8-12	5-5:45pm						
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 Training	13-16	4-4:45pm						
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			

WELLNESS SESSION B PROGRAMS: 11/4-12/22

WELLNESS PROGRAMS:

www.nmymca.org/wellness

YOUTH WELLNESS

8 Week Classes

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.
Instructors: Tyler (M), Josh (N) and Ruben (W)

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 13-15)

Learning to protect yourself is crucial, but so easy to put off. You deserve the peace of mind this 6-week self-defense class will provide. Learn tools to identify, prepare for, and avoid potentially bad situations in this self defense class. 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.
Instructor: Black Belt 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

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.

WELLNESS SESSION B PROGRAMS: 11/4-12/22

WELLNESS PROGRAMS:

www.nmymca.org/wellness

ADULT WELLNESS (Ages 17+)

Month-to-Month with Open Enrollment

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

Kettlebell Foundations

Kettlebell Foundations is a program where participants will discover the foundational kettlebell movements including swings, cleans, get-ups, windmills, and more. This is a hands-on class with demonstrations and practice incorporated into each session. Handouts (digital or printed) are also provided with instructions, cues, visuals, safety tips, progressions, modifications, and video links. Some strength training experience is recommended. No prior kettlebell experience is necessary – just a desire to learn! 2 sessions a week.

Instructor: Mark Officer

Kickboxing 101

This class is for people interested in learning how to properly strike & kick, all while getting a total body workout in! Limited spots are available to ensure enough space with the kickboxing bags and participating members. This intimate class size will provide a fantastic opportunity to get the proper coaching and any support needed to understand the baseline knowledge of kickboxing. Bringing personal gloves is strongly recommended.

Instructor: Lauren G

NEW Lift Off: Foundational Strength

Lift Off is a beginner-friendly small group class designed to kickstart your strength-training journey. In this class, you'll learn essential exercises while focusing on proper form, technique, and controlled movements. With personalized guidance from Emily, Certified Personal Trainer, and the support of a small group, Lift Off is perfect for setting you up for success in your strength training goals.

NEW 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.

Trainer: Richie

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.

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

Self Defense

Learning to protect yourself is crucial, but so easy to put off. You deserve the peace of mind this 6-week self-defense class will provide. Learn tools to identify, prepare for, and avoid potentially bad situations in this self defense class. 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.

Instructor: Black Belt Bill

The Big 3

The Big 3, Squat, Bench Press and Deadlift, are compound movements that target multiple muscle groups at once. These movements improve overall strength, bone health, and muscle composition. Demonstrations and practice are incorporated into each session. We'll go over proper form, cues, safety tips, and how to progress the movement.

Some strength training experience is recommended. Beginner level. 2 sessions a week.

Instructor: Liz S

NEW Women's Intermediate Strength

This program was designed for those who graduated from the Women's Strength 101 program and/or are experienced with strength training & compound lifts. Sessions will utilize an array of strength equipment including: kettlebells, barbells, dumbbells & incorporate some strength machine work. The small circuit structure will focus on a targeted rep-count range to support muscular strength development & adequate rest periods. Members can choose between a once-a-week or twice-a-week option. Those who aren't well-versed in strength training are strongly encouraged to start with the Women's Strength 101 program to ensure member safety.

Instructor: Emily

Women's Strength Training 101

This class is designed intentionally for women to learn how to properly and safely strength train & lift in an environment with other like-minded women. Each week the group sessions will progress as the trainer ensures participating members are safe, effective and most importantly having fun! Members can choose either a twice-a-week option or a once-a-week-option. Please note, if you are a mom and need childcare, Kid Stop is open from 9am-12pm Monday-Thursdays; this is a service to help support parents in getting their workouts in while their child is being taken care of.

Instructor: Emily

NEW Women's Workout Foundations

This is a beginner level, women's, class designed to build the foundations of strength, endurance, and confidence. In this dynamic class, we'll build the foundations for fitness, incorporating challenging exercises to sculpt and tone your body! 2 sessions a week.

Instructor: Betsy

NEW Women's Workout Intermediate

This is an intermediate level, women's, 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! 2 Sessions a Week.

Instructor: Betsy

Yoga Foundations

Learn the Foundational Yoga Poses Safely and Effectively. This class is designed to accommodate participants of all levels. You'll be part of a small group with an instructor who will provide individual attention to help you start or progress your yoga practice.

Instructor: Meredith M

WELLNESS SESSION B PROGRAMS: 11/4-12/22

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								
Kettlebell Foundations	17+	8-9am		8-9am				
Mindful Movement & Meditation	17+		6:45-7:45pm					
The Big 3	17+		1-2pm		1-2pm			
NEW Women's Workout - Foundations	17+		11am-12pm		11am-12pm			
NEW Women's Workout - Intermediate	17+		9-10a		9-10a			
Yoga Foundations	17+		6:30-7:30pm					

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Kids on the Move	9-11			4-4:45pm				
Self Defense	13-15		4-5pm					
Teen LiftLab	13-17		5-5:45pm		5-5:45pm			
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
NEW Men's Strength	17+			5:30-6:30pm				
MomBod	17+			12:00-12:45pm				
Self Defense	17+		5-6pm					
Lift Off: Foundational Strength	17+					9-10am		

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Athletic Youth Fit Club	9-11		4:15-5:00p					
Kids on the Move	9-11			5:00-5:45p				
Teen Strength Training for Beginners	12-16	4:45 - 5:45p						
Teen Workout	12-16			4:45-5:30p				
Adult Programs								
Functional Infusion	17+		5:15-6:15p		5:15-6:15p			
Kickboxing 101	17+					5:00-5:45p		
NEW Women's Intermediate Strength	17+	8:30-9:15am		8:30-9:15am				
Women's Strength Training 101	17+		9:00-9:45am		9:00-9:45am			

HEALTHY LIVING SESSION B PROGRAMS: 11/4-12/22

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.

Enhance Fitness

This is an evidenced -based small group exercise program designed to help adults w/ arthritis stay active. This class uses simple, easy -to-learn movements to increase cardiovascular endurance, strength, flexibility, and balance.

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. Next 12-week session will begin 12/02.

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.

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	18+	11:30am-12:30pm (N) 10:45-11:45am (W)	10-11am (W) 11:30am-12:30pm (W)	10:45-11:45am (W)	10-11am (W) 11:30am-12:30pm (W)	11:30am-12:30pm (N)		
BOOST (N)	18+	1-2pm		1-2pm				
Enhance Fitness (N)	18+	1-2pm		1-2pm		1-2pm		
Pedaling for Parkinson's	18+		1-2pm (N)	11am-12pm (M)	1-2pm (N)	11am-12pm (M)		
Steady B.A.S.E.	18+	12:15-12:45pm (W)		9:30-10am (N) 12:15-12:45pm (W)		9:30-10am (N)		

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					