

YMCA OF GREATER NASHUA WARM UP YOUR WINTER AT THE Y!

2026 Session C: Jan. – Feb.
Winter Program Guide



**REGISTRATION OPEN
DATES AND TIMES!**

Registration will open for YMCA
Members at 6am on Monday,
December 15.

Registration will open for Greater
Nashua Community Members at
6am on Monday, December 22.



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.

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 time frames.

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: [Kristen Capriotti](#)

Dance Programs: [Kristen Capriotti](#)

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

Sports and Recreation Programs: [Matt Haight](#)

Swimming and Swim Lessons: [Julia Ward](#) - Nashua YMCA
[Nae Theberge](#) - Merrimack YMCA

Wellbeing Center Programs: [Eirikur Holt](#)

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: [Liz Kaas](#)

Group Exercise: [Meredith Wegener](#)

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



ARTS & HUMANITIES SESSION C PROGRAMS: 1/5–2/22

ART AND HUMANITIES:

www.nmymca.org/artsenrichment

ART

Preschool Art:

ArtNastics

(Ages 2–4) – Guardian/Child*

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. Caregiver participation is required.

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid Stop babysitting is available by reservation if needed.*

NEW Plies and Paintings

(Ages 2–4) – Guardian/Child

A sweet mix of hands-on art and joyful movement! Each class begins with an engaging art project where children explore colors, textures, and creativity. After creating, class will transition into a playful movement session featuring simple ballet-inspired steps, music, and imaginative activities. Perfect class for young artists who love to make and move together.

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid Stop babysitting is available by reservation if needed.*

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.

NEW Story Building

Family Art (Ages 4+)

Families will work together to create their very own storybook world! In this creative, hands-on class, each child will design a storybook complete with character figurines, backdrops, and imaginative details. Grown-ups join their children in the fun as they build, craft, and bring their ideas to life. This is a collaborative family experience. Each child must be registered, and adults create for free.

NEW Winter Wonderland

Family Art (Ages 4+)

Step into a snowy world of creativity! In this festive family art class, children and their grown-ups will work together to create winter-themed projects—think sparkling landscapes, cozy cottages, snowy creatures, and other magical seasonal designs. This class is all about imagination, connection, and holiday fun. This is a collaborative family experience. Each child must be registered, and adults create for free.

Youth Art:

NEW Me in the World

(Ages 6–10)

Students will explore the world through art and music—starting with outer space and gradually zooming in to continents, countries, states, communities, and finally themselves. Each week features either a hands-on art project or a fun music activity that helps children connect with their place in the world while expressing their creativity.

Art Adventure (Ages 6–12)

Jump into a world of creativity! In this hands-on class, students will explore a variety of materials and techniques—painting, drawing, sculpture, and more—while discovering new ways to express themselves. Each session is full of imagination, experimentation, and artistic fun.

NEW Cards & Creativity

(Ages 6–12)

Students will learn to play a variety of classic and modern card games while building strategy, memory, and problem-solving skills. In the final classes, they'll use what they've learned to design and create their own original card games to share and play with their classmates.

Mixed Media Art (Ages 7–12)

Young artists will explore a wide variety of materials and techniques in this creative mixed media class! Students will experiment with paint, collage, drawing, textures, and unique art supplies as they learn how to layer and combine elements to create expressive, one-of-a-kind pieces. This class encourages imagination, problem-solving, and artistic confidence while letting students discover their own personal style.

Art History (Ages 9+)

Each week, students will dive into the life and work of a different famous artist. Through hands-on projects that recreate iconic pieces, they'll explore art movements, techniques, and the stories behind the masterpieces, all while developing their own artistic style.

ARTS & HUMANITIES SESSION C PROGRAMS: 1/5-2/22

ART AND HUMANITIES:

www.nmymca.org/artsenrichment

MUSIC

Youth and Teen Music:

Youth Guitar (Ages 8-17)*

Join our youth guitar class and learn to play in a fun and supportive environment! Designed for beginners and young musicians, this class covers basic chords, strumming, and songs. No experience needed—just bring your guitar and enthusiasm!

**Participants must supply their own guitars.*

STEAM

Youth and Teen STEAM:

Budding Scientists (Ages 4-6)

Curious kids become mini scientists in this hands-on class full of fun experiments, simple discoveries, and big “wow!” moments! We’ll explore science through play, observation, and creativity—mixing, measuring, building, and bubbling our way through exciting weekly themes.

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. Children will also 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.

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid Stop babysitting is available by reservation if needed.*

ArtNastics

(Ages 2-4) – Guardian/Child*

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. Caregiver participation is required.

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid Stop babysitting is available by reservation if needed.*

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.

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid stop babysitting is available by reservation if needed.*

Pre-School Pikes (Ages 3-5)

Our Preschool Gymnastics program is designed to introduce young children to basic gymnastic skills in a fun, engaging, and supportive environment. Using safe equipment such as mats, balance beams, and mini-trampolines, children will explore various gymnastics movements, including rolling, jumping, tumbling, and balancing. Students must be able to enter the class independently, without assistance from parents or guardians. This encourages the development of self-confidence and independence.

Youth Gymnastics:

Kinder Gym (ages 4-6)

Kinder gym is designed for the older preschooler and kindergarten students 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 and Twirl (Ages 4-6)

A high-energy class that blends creative movement and gymnastics for preschoolers! Through playful activities, basic tumbling, and imaginative dance, kids will build coordination, strength, and confidence while having tons of fun. Perfect for little ones who love to move, jump, and groove!

Tumble Kids 1 (Ages 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 (Ages 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
Preschool Programs / Length: 30-45 Minutes								
ArtNastics	2-4			10:30-11:15am (N)				
NEW Plies & Paintings	2-4		9:30-10:15am (M)					
Animal Art	4-6		4:30-5:00pm (M)					
*NEW Story Building	4+				6-6:30pm (M)			
NEW Winter Wonderland	4+		5:15-5:45pm (M)					
Youth Programs / Length: 30 Minutes								
*NEW Me in the World	6-10	5-5:30pm (N)						
Art Adventure	6-12			5:30-6:00pm (N)				
*NEW Cards & Creativity	6-12			5-5:30pm (M)				
Mixed Media	7-12				5:15-5:45pm (M)			
Art History	9+		6-6:45pm (M)					
MUSIC	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs / Length: 60 Minutes								
Youth Guitar (Participants must supply their own guitars.)	8-17				6-7pm (N)			
STEAM	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30 Minutes								
Budding Scientists	4-6				4:30-5pm (M)			
GYMNASTICS	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30-45 Minutes								
Mini Movers	1-2				9:30-10am (M)		9-9:30am (M)	
ArtNastics	2-4			10:30-11:15am (N)				
Lil' Tumblers	2-4			9:15-9:45am (N)	10:05-10:35am (M)	5:20-5:50pm (M)	9:35-10:05am (M)	
Preschool Pikes	3-5	4:35-5:05pm (M)		9:50-10:20am (N)		4:45-5:15pm (M)	10:10-10:40am (M)	
Kinder Gym	4-6	4-4:30pm (M)			4-4:30pm (M)			
Tumble and Twirl	4-6					4-4:40pm (M)		
Youth Programs / Length: 45-60 Minutes								
Tumble Kids 1	6-9	5:15-6pm (M)			4:30-5:15pm (M)		10:45-11:30am (M)	
Tumble Kids 2	8-12				5:15-6:15pm (M)			

DANCE SESSION C PROGRAMS: 1/6-2/23

MID-YEAR DANCE:

www.nmymca.org/dance

It's time to register for our Mid-Year Dance Session! Whether you're returning or new to the program, this session is designed to help students learn new skills and build confidence. This is the perfect time to dive into dance and prepare for our unforgettable recital. Don't miss out on the chance to perform on stage and be a part of our dance family's special end-of-year celebration!

Pre-Dance 1 (Ages 3-5)

PreDance 1 (Tap & Ballet) is a fun and playful introduction to dance for ages 3-5! Young dancers will explore the rhythms of tap and the graceful movements of ballet through songs, games, and imaginative activities—building coordination, listening skills, and a love for dance along the way.

Pre-Dance 2 (Ages 4-6)

This class is a continuation of PreDance 1 for dancers who are ready for a bit more challenge! We'll build on foundational ballet and tap skills with added technique, combinations, and musicality—while still keeping the fun, creativity, and confidence-building that young dancers love.

Kinder Hip-hop (Ages 4-6)

Get ready to bounce, groove, and giggle in our Kinder Hip-Hop class! Designed for little movers (ages 4-6), we'll learn simple hip-hop steps, musicality, and freestyle fun—all while building coordination, confidence, and big smiles.

Hip-Hop (Ages 6-9)

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.

Lyrical (Ages 6-9)

This class blends technique with expressive dance to help dancers tell stories through graceful and emotional movement. Students will focus on fluidity, musicality, and connecting deeply with the music while building strength, flexibility, and control. Lyrical dance encourages creativity and expression, making it perfect for dancers who love to move with feeling and intention.

Ballet (Ages 6-12)

Ballet is the foundation of dance and 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.

Jazz/Tap (Ages 9-12)

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.

RECREATIONAL DANCE:

www.nmymca.org/dance

Preschool Recreational 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..

**For spacing and safety reasons, only 1 adult is allowed in the room per child. Please no additional adults or family members, including siblings. Kid Stop babysitting is available by reservation if needed.*

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.

Youth Recreational Dance: Tumble and Twirl (Ages 4-6)

A high-energy class that blends creative movement and gymnastics for preschoolers! Through playful activities, basic tumbling, and imaginative dance, kids will build coordination, strength, and confidence while having tons of fun. Perfect for little ones who love to move, jump, and groove.

NEW Folk Dancing from Around the World (Ages 6-10)

Students will learn traditional dances from cultures across the globe while discovering the meaning and traditions behind each one. Through movement, music, and storytelling, dancers will explore how folk dances celebrate community, history, and cultural identity.

DANCE SESSION C PROGRAMS: 1/6-2/23

RECREATIONAL DANCE:

www.nmymca.org/dance

Adult Recreational Dance: 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 Dance Sampler (Ages 18+)

Try a little bit of everything in this fun, no-pressure dance class designed just for adults! Each week features a different style like, jazz, hip hop, to lyrical, musical theatre, and more—so you can move, groove, and discover what you love. Perfect for beginners or anyone looking to get moving, have fun, and enjoy a supportive, judgment-free space.

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

MID-YEAR DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Pre-Dance 1	3-5			4:00-4:45pm (N)				
Pre-Dance 2	4-6			4:00-4:45pm (M)			10:00-10:45am (N)	
Kinder Hip-hop	4-6						9:30-10:00am (N)	
Ballet 1	6-9						10:45-11:30am (N)	
Hip-Hop	6-9						11:30am-12:15pm (N)	
Lyrical	6-9		4:45-5:30pm (N)					
Ballet 2	9-12			6-6:45pm (M)				
Jazz/Tap 2	9-12			6:45-7:45pm (M)				
RECREATIONAL DANCE	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs / Length: 30-40 Minutes								
Lil' Dancers	2-4						8:30-9am (N)	
Bitty Ballet	3-5		4:15-4:45pm (N)	4-4:30pm (M)			9-9:30am (N)	
Tumble and Twirl	4-6					4-4:40pm (M)		
Youth Programs / Length: 45-60 Minutes								
*New Folk Dancing	6-10	5:30-6pm (N)						
Adult Programs / Length: 45 Minutes								
Adult Ballet	18+				11-11:45am (M)			
Adult Dance Sampler	18+			11-11:45am (N)				

SWIM SESSION C PROGRAMS: 1/5-2/22

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 unique 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 unique 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: 1/5-2/22

AQUATICS/GROUP SWIM LESSONS

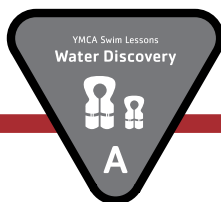
www.nmymca.org/swim

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

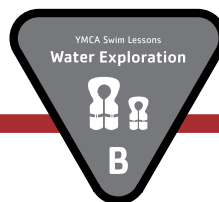
Below is an overview of the new swim lesson curriculum stages and their descriptions. There is further information about the new curriculum and available on our web site at www.nmymca.org/ymca-swim-lesson-program.

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.

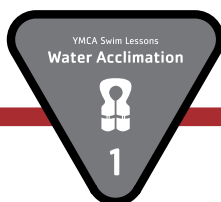


B / WATER EXPLORATION
In stage B, guardians work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

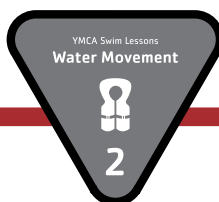
SWIM BASICS

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

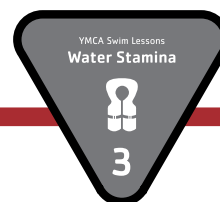
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



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

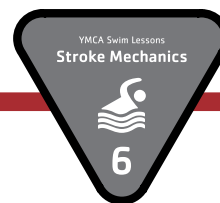
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



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 C PROGRAMS: 1/5-2/22

MERRIMACK AQUATICS/GROUP SWIM LESSONS

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Starters with Guardian / Length: 30 Minutes								
Stage A	6-1					9:30-10am	9-9:30am 9:35-10:05am	
Stage B	1-2					10:05-10:35	10:10-10:40am 10:45-11:15am	
Stage 1 with Guardian	2-5						11:20-11:50am	
Preschool Swim Lessons / Length: 30 Minutes								
Stage 1	3-5		3:35-4:05pm					
Stage 2	3-5		4:10-4:40pm					
Stage 3	3-5		4:45-5:15pm					
Stage 4	3-5		5:20-5:50pm					
School Age Swim Lessons / Length: 40 Minutes								
Stage 1	6-12	4-4:40pm		4-4:40pm				
Stage 2	6-12	4-4:40pm 4:45-5:25pm		4:45-5:25pm				
Stage 3	6-12	5:30-6:10pm 6:15-6:55pm		5:30-6:10pm				
Stage 4	6-12	5:30-6:10pm 6:15-6:55pm			4:50-5:30pm			
Stage 5/6	6-12				5:35-6:15pm			
Competitive Strokes	10-16						10:30-11:10am	
Developmental Swimming	10-17						9:45-10:25	
Teen & Adult Swim Lessons / Length: 40 Minutes								
Adult Beginner	13+				6:20-7pm			
Adult Intermediate	13+				7:05-7:45pm			
Personal Swim Lessons / Length: 30 Minutes								
Personal Swim Lessons	3+	4:45-5:15pm		6:15-6:45pm	2:30-3pm 3:05-3:35pm 3:40-4:10pm 4:15-4:45pm	10:40-11:10am	11:15-11:45am 11:50-12:20pm	

***Additional lessons may become available throughout January and February.
Make sure to check [Daxko](#) for the most up-to-date offerings.**

***Please note, the Merrimack pool area will be closed from December 22 with an estimated reopening on January 10. During this time, we're making exciting upgrades to enhance safety, comfort, and enjoyment for every swimmer. Thank you for your patience as we work to create an even better experience for you!**

SWIM SESSION C PROGRAMS: 1/5-2/22

NASHUA AQUATICS/GROUP SWIM LESSONS

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

***Additional lessons may become available throughout January and February.
Make sure to check [Daxko](#) for the most up-to-date offerings.**

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 10-17)

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 10-17 the ability to join a swim group to improve their skills and swim with peers.

Competitive Strokes (Ages 10-16)

This class is for those who have completed all other stages and aged 10-16 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: 1/5-2/22

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nmymca.org/sports

Basketball

Mini Basketball (Ages 4-5)

This program introduces our youngest players to the game of basketball. Participants will learn to dribble and shoot through fun games!

Rookie Basketball (Ages 6-9)

Rookie Basketball combines game play with learning the fundamentals like shooting, ball handling, cutting and defense.

Youth Basketball (Ages 9-14)

Participants will learn the game in a comfortable setting and improve at their own pace! Kids will play games and learn/improve many skills including dribbling, passing, shooting, defense and more!

GAME ON! Basketball

Rookie (Ages 6-9) /

Youth (Ages 10-12)

GAME ON! Basketball is all about learning through play - less drills, more games - with a coach on hand to guide play, encourage teamwork, and keep the action fun and fair.

Youth Basketball League

(Ages 5-6, 7-9 & 10-14)

(YBL) is the perfect place for young athletes to learn the game, build confidence, and grow their skills in a fun, supportive environment. Whether your child is picking up a basketball for the first time or looking to take their game to the next level, our league offers an encouraging space where every player can thrive. With a focus on fundamental skill development, teamwork, and core values, participants receive practice time in addition to real game play each week.

***NEW* Cal Ripken Tee Ball (Ages 4-6)**

Introduce your young athlete to the fundamentals of baseball with our Tee Ball program, offered in partnership with Cal Ripken Baseball. Designed for beginners, this class focuses on building confidence, coordination, and a love for the game through fun, age-appropriate drills and activities. With high-quality coaching rooted in the Cal Ripken philosophy. It's the perfect first step for kids to develop their skills while having a blast on the field.

Field Hockey w/ Nashua North

Mini (Ages 4-5)

Rookie (Ages 6-9)

An introduction to field hockey in a fun environment supported by current Nashua North players and staff.

Youth Field Hockey (Ages 10-12)

Learn the game and build skills in a fun environment supported by current Nashua North players and staff.

Teen Field Hockey (Ages 13-15)

Build skills and learn team concepts to prepare you for the next level supported by current Nashua North players and staff.

Flag Football

NFL Flag Football League (Ages 6-9 & 10-12)

Non-contact, fast-paced league play that builds teamwork and sportsmanship. Includes official jersey, belt, and flags. Weekly program time combine practice and game play.

Flag Football Skills (Ages 6-9 & 10-12)

Learn the fundamentals of flag pulling, route running, catching, and footwork in a supportive flag football environment.

Homeschool

Youth Homeschool PE (Ages 5-14)

This program will act as a physical education class with participants switching between different sports such as basketball, dodgeball, track, and more!

Lacrosse

Rookie Lacrosse (Ages 6-9)

Participants will be introduced to the game of lacrosse through practicing basic stick skills, movement and teamwork in a fun environment.

Youth Lacrosse (Ages 10-12)

Participants will sharpen their technique and grow their game. With focused instruction on shooting, ball handling, and game situations, teens improve individually while gaining confidence to compete at a higher level.

Ninja Programs

(Powered by NinjaZone®)

All Y Ninja classes (except Parent & Me) require a \$25 NinjaZone shirt to participate. Shirts are worn during class and can be "leveled up" as skills progress through NinjaZone's 5-level curriculum.

Lil Ninjas Parent & Me (Ages 3-4)

An introduction to Lil Ninja skills in a fun, joint learning experience with a parent. Shirt not required, no automatic re-enrollment.

SPORTS SESSION C PROGRAMS: 1/5-2/22

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nmymca.org/sports

Lil Ninjas (Ages 4-5)

Kids build strength, coordination, and balance while having fun navigating obstacles on the Turf and Ninja course.

Y Ninja (Ages 6-14)

Structured skill development through NinjaZone's 5 levels that focus on agility, balance, and strength across various obstacles.

Pickleball

Youth Pickleball (Ages 10-12)

Introduce your child to the exciting world of pickleball with our Youth Pickleball class designed specifically for ages 10-12! This program blends fun, skill development, and game play in an encouraging environment where players of all experience levels can grow. Under the guidance of a former Women's Doubles National Medalist, participants receive high-quality coaching that focuses on fundamentals, footwork, strategy, and confidence on the court.

Beginner Pickleball (Ages 18+)

Learn the basics of pickleball in a supportive environment. Perfect for those new to the game.

Beginner Pickleball Skills and Drills (Ages 18+)

Players will focus on fundamental skills such as serve, return, dink, and volley. Each class works on one or two skills and introduces basic gameplay.

Doubles Strategy (Ages 18+)

Focuses entirely on teamwork, communication, positioning, stacking, and effective partner rotations. Under the guidance of a former Women's Doubles National Medalist.

Pickleball Skills and Drills (Intermediate+) (Ages 18+)

For players with prior experience looking to refine mechanics and build muscle memory. Classes focus on one or two advanced skills (serve, drop, lob, overhead, block, etc.) and game strategy.

Pickleball Game Coaching (Ages 18+)

Small group coaching (up to four players) focusing on game strategy through drills and multiple formats like singles, skinny singles, and doubles. Best for players at similar skill levels.

Pickleball Stroke of the Week (Intermediate) (Ages 18+)

Each week focus on learning a different style of stroke (ex. Dink, Drop Shot ect.) Sign up for one or multiple weeks according to your skill needs.

Soccer

Mini Soccer Parent & Me (Ages 3-5)

This class introduces the game of soccer to young players alongside their parents. Kids play games, get used to kicking and passing the ball and continue their growth in the game. Parents are asked to start off assisting their child but may take a step back depending on the coaches/ participants comfort level.

Rookie Soccer (Ages 6-9)

Youth Soccer (Ages 9-14)

This class helps introduce our players to the game of soccer or improve on their skills if they are already familiar. Participants will develop their skills

through drills and small-sided games!

Sports Sampler

Mini (Ages 4-5) /

Rookie (Ages 6-9)

Try a new sport each week with this program, including basketball, soccer, flag football, and more.

Tennis

Rookie (Ages 6-9) /

Youth (Ages 10-12)

Learn the game of tennis through engaging drills and games.

Teen/Adult Stroke Production

Focus on one or two strokes each class, practicing with targeted games. Covers forehand, backhand, slice, topspin, drop shots, and serves.

Adult Beginner Tennis

Introduction to tennis basics. Players will learn to hit, serve and keep score.

Adult Intermediate and Advanced Tennis

Build on existing tennis skills and advance through gameplay, drills and use of different strokes.

Volleyball

(with Dig Deep Volleyball)

Beginner & Intermediate (Ages 10-14)

Game play combined with skill instruction in sets, bumps, and spikes. Experienced coaches guide each session. Contact Bonny (director@digdeepvolleyball.com) for placement.

SPORTS SESSION C PROGRAMS: 1/5-2/22

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 All Ages Sports								
Open Ninja	3+		6:30-7:30pm		6:30-7:30pm	6-7pm		1:30-2:30pm
Westwood Park YMCA Preschool Sports								
Lil Ninja Parent & Me	3-4						9:30-10am	
Mini Soccer Parent & Me	3-4						9-9:30am	
Lil Ninja	4-5	4-4:30pm	4-4:30pm		4-4:30pm		10-10:30am	12-12:30pm
Mini Basketball	4-5		4:30-5pm		4:30-5pm			
Mini Field Hockey w/ Nashua North	4-5						4:30-5pm	
Mini Sports Sampler	4-5			5:30-6pm				
Westwood Park YMCA Youth/Teen Sports								
Cal Ripken Tee Bal	4-6							12-1pm
Youth Basketball League	5-6						8-10am	
Homeschool PE	5-14				1:30-2:15pm			
GAME ON! Rookie Basketball	6-9	5:15-6pm		4-4:45pm				
NFL Flag Football League	6-9							9-10:15am
Rookie Basketball	6-9		5-5:45pm		5-5:45pm			
Rookie Field Hockey w/ Nashua North	6-9						5-6pm	
Rookie Flag Football Skills	6-9			6-6:45pm				
Rookie Lacrosse	6-9		4-4:45pm					
Rookie Soccer	6-9	5-5:45 pm		4-4:45pm	4-4:45pm		11-11:45am	
Rookie Sports Sampler	6-9	4-4:45pm						
Y Ninja	6-9	4:30-5:15pm	4:30-5:15pm	4-4:45pm	4:30-5:15pm		10:30-11:15am	12:30-1:15pm
Youth Basketball League	7-9						10-12pm	
Youth Dig Deep Volleyball - Beginner	8-14		5-6:15pm					
Youth Dig Deep Volleyball - Intermediate	8-17				5-6:15pm			
GAME ON! Youth Basketball	10-12	6-6:45pm		5-5:45pm			1-1:45pm	
NFL Flag Football League	10-12							10:30-11:45am
Y Ninja	10-12	5:15-6pm	5:15-6pm	4:45-5:30pm	5:15-6pm		11:15-12:00pm	
Youth Lacrosse	10-12		4:45-5:30pm					
Youth Basketball	10-12		5:45-6:30pm	6-6:45pm	5:45-6:30pm			
Youth Field Hockey w/ Nashua North	10-12						6-7pm	
Youth Pickleball	10-12	4:30-5:30pm						

SPORTS SESSION C PROGRAMS: 1/5-2/22

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 Youth/Teen Sports cont'd.								
Youth Soccer	10-12			4:45-5:30pm	4:45-5:30pm		10:15-11am	
Youth Basketball League	10-14						12-39m	
Y Ninja	13-14						12:00-12:45pm	
Teen Basketball Skills	13-15	5-6pm						
Teen Field Hockey w/ Nashua North	13-15						7-8pm	
Westwood Park YMCA Adult Sports								
Beginner Pickleball	18+		3-4pm					
Beginner Pickleball Skills and Drills	18+		5-6pm					
Pickleball Doubles Strategy	18+	5:30-6:30pm						
Pickleball Skills and Drills Intermediate +	18+		4-5pm					
Pickleball Game Coaching	18+		6-7pm					
Pickleball Stroke of the Week	18+				1:30-2:30pm			
MERRIMACK Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Merrimack YMCA Youth/Teen Sports								
Mini Basketball	4-5		4-4:30pm		4-4:30pm			
Rookie Basketball	6-9		4:30-5:15pm		4:30-5:15pm			
Rookie Tennis	6-9			5-5:45pm			9:30-10:15am	
Youth Tennis	10-12			5:45-6:30pm			10:15-11am	
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						
NASHUA Y	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Nashua YMCA Preschool Sports								
Mini Basketball	4-5	4-4:30pm			4-4:30pm			
Nashua YMCA Youth/Teen Sports								
GAME ON! Rookie Basketball	6-9				6-6:45pm			
Rookie Basketball	6-9	4:30-5:15pm			5:15-6pm			
GAME ON! Youth Basketball	10-12	6-6:45pm						
Youth Basketball	10-12	5:15pm-6pm			4:30-5:15pm			

WELLNESS SESSION C PROGRAMS: 1/5-2/22

WELLNESS PROGRAMS:

www.nmymca.org/wellness

YOUTH WELLNESS

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. Trainer: Skyla (Westwood Park Y)

FUN-ctional Fitness (Ages 9-12)

Join us for this class designed to help kids ages 9-12 build strength, coordination, and endurance through fun and dynamic exercises! This class focuses on movements that mimic everyday activities, like squatting, jumping, pushing, and pulling, all tailored to fit growing bodies. It's the perfect way to get active, build confidence, and make new friends while learning the basics of staying strong and healthy! Trainer: TJ (Merrimack Y)

Kids on the Move (Ages 9-11)

In this high-energy, skill-building program, kids will learn the fundamentals of strength training in a hands-on, confidence-boosting way! They'll master proper form, learn how to move safely and independently in the weight room, understand Wellness Floor guidelines, and explore how nutrition fuels strong bodies and big goals. And the best part? When they complete the program, you and your kids can workout together in the Wellness Center—an awesome way to stay active as a team. Trainer: Josh (Merrimack Y)

Girls Who Lift (Ages 12-16)

Build strength, confidence, and a solid foundation in the gym—alongside other girls. In this supportive small group, you'll learn proper form, practice safe strength training, and start to feel more comfortable in the gym. You'll create a consistent habit while learning how to lift the right way. Whether your brand new to working out or just want to feel more confident around weights, this class gives you the tools to feel strong. Trainer: Vangie (Westwood Park Y)

Teen Strength Foundations (Ages 12-16)

This program teaches teens how to use 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. Trainer: Skyla (Westwood Park Y)

Teen Workout (Ages 12-16)

Each session within this program will include a circuit and/or strength-based workout. This program will keep your teen moving, exercising safely and make some friends along the way! This program was intentionally created for the teens who completed the "Teen Strength Foundations" program to continue personal growth and health 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. Trainer: Skyla (Westwood Park Y)

Please keep in mind, if your child is 12 years of age or younger, a guardian must remain in the building during the session.

WELLNESS SESSION C PROGRAMS: 1/5-2/22

WELLNESS PROGRAMS:

www.nmymca.org/wellness

ADULT WELLNESS (Ages 17+)

Month-to-Month 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. Trainer: Savanna & Tyler (Merrimack Y)

NEW EFT: Merrimack

Join us in Merrimack for EFT (Emotional Freedom Techniques). It's often called "tapping" because it involves gently tapping on specific acupressure points while focusing on a feeling, thought, or stressor. The goal is to help reduce stress, calm the nervous system, and shift emotional patterns. Each event will focus on a different stressor within certain populations. We will be hosting 1-2 events per month with evening and morning options. Upcoming dates/times: January 5th: 10:00-11:15a, 14th 6:30-7:45p: Introduction to EFT/Tapping for Beginners.

January 7th 6:30-7:45p, 26th 10:00-11:45a: Letting Go of the Shoulds: Releasing Pressure & Reclaiming Choice. Women 40+

Practitioner: Tina DeMember (Merrimack Y)

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.

Trainer: Skyla (Westwood Park Y)

Golf Strength and Power

A class designed to increase your drive, improve motor control and reduce the chance of injury. Golf fitness training involves exercises that focus on the core stability, strength, and explosiveness necessary to improve your golf game. The program promotes muscle strength, balance, and flexibility, while targeting muscles in the golf swing. Trainer: TJ (Nashua Y)

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 Pete, 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! Trainer: Pete (Merrimack Y)

Mindful Movement and Meditation

Participants will move through gentle mobility and stretching with calming breathwork, then transition into a guided meditation on themes like the wandering mind, stress, body sensations, or gratitude. Class ends with a quiet rest in shavasana.

The goal is to help participants notice where they hold tension and release it throughout the session. They'll also learn simple stretches and mobility movements to use at home. Please bring a yoga mat and water; a light blanket or sweatshirt is recommended if the studio feels cool. Health Coach and Trainer: Tina (Nashua Y)

MomBod

Being a mom is an incredible journey, but self-care often slips to the bottom of the list. Our bodies change—expected or not—and Mom-bod Muscle is here to meet you where you are. This program is about getting stronger, boosting confidence, and feeling at home in the gym. With a Certified Personal Trainer guiding you, your goals and well-being come first. Bring your mom friends and let's get strong together! Instructor: Richie (Merrimack Y)

Women's Workout Foundations

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 available to help support parents in getting their workouts in while their child is being taken care of. Trainers: Jen (Westwood Park Y)

Women's Workout Intermediate

This program was designed for those who graduated from the Women's Workout Foundation 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. Trainers: Liz S. (N) & Jen (W).

WELLNESS SESSION C PROGRAMS: 1/5-2/22

WELLNESS PROGRAMS:

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Golf Strength and Power	17+			9-10am		9-10am		
Mindful Movement and Meditation	17+		6:45-7:45pm					
Women's Workout - Intermediate	17+		9-10am		9-10am			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN	
Youth Programs									
FUN-ctional Fitness	9-12					4:45-5:45p			
Kids On The Move!	9-11		6-7pm						
Adult Programs									
Circuit Revolve	17+		6-7pm		6-7pm				
EFT	17+	For full program dates and times, check page 17 or visit Adult Wellness in Daxko.							
Lift Off	17+					7:30-8:30am			
MomBod				12-1pm					

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Athletic Youth Fit Club	9-11		4:15pm-5pm					
Teen Strength Foundations	12-16	4:15pm-5:15pm						
Girls Who Lift	12-16			4:45pm-5:30pm				
Teen Workout	12-16				4:15pm-5pm			
Adult Programs								
Functional Infusion	17+		5:15pm-6:15pm		5:15pm-6:15pm			
Women's Workout - Foundations	17+		9:05am-9:50am		9:05am-9:50am			
Women's Workout - Intermediate	17+		8:05am-8:50am		8:05am-8:50am			

HEALTHY LIVING SESSION C PROGRAMS: 1/5-2/22

HEALTHY LIVING PROGRAMS:

www.nmymca.org/healthyliving

ADULT PROGRAMS (18+)

Adaptive Yoga

Participants are guided through gentle yoga postures, breathing, and mindfulness exercises tailored for those with neurological conditions such as Parkinson's Disease or Multiple Sclerosis.

Bones

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

Brain and Body Connection

Age and certain diseases can diminish cognition and weaken the connection between the brain and body. This class reinforces that connection, promoting safety and supporting the performance of daily activities. Strengthening the brain-body link can help maintain independence and enhance quality of life. Each 8-week session will work on cognition, grip strength, strength and balance, stretching, and socialization.

Medical Clearance Required

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.

Functional Balance Training

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.

LiveSTRONG at the YMCA

A program helping adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Registration can be completed by Eirikur Holt at eholt@nmymca.org.

Moving for Better Balance

This 24-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. Registration can be completed by Eirikur Holt at eholt@nmymca.org.

Next session begins November 11.

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.

PreventT2: Diabetes Prevention Program

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. Registration can be completed by Eirikur Holt at eholt@nmymca.org.

Train to Thrive

A small-group training experience led by certified personal trainers in a safe and supportive environment. Each session focuses on improving cardiovascular endurance, building strength, and mastering proper form.

Through low-impact cardio, guided resistance training, and expert instruction, participants will boost stamina, enhance mobility, and gain confidence in everyday movement. With added accountability and personalized support, you'll move better, feel stronger, and stay active for life.

Vital Beats

A 10- week program will help patients who have graduated or completed cardiac or pulmonary rehab to see all that the Y has to offer, in a safe and supportive environment. Each class is fully supervised by 2 personal trainers, so participants are getting the 1:1 attention they need. Registration can be completed by Eirikur Holt at eholt@nmymca.org.

Medical Clearance Required

"Y" Quit? - Tobacco Cessation Program

In partnership with Southern NH Health, offers Y Quit, an 8-week program that helps individuals quit tobacco and embrace healthier habits. Sessions focus on preparing to quit, understanding triggers, building coping strategies, exploring nicotine replacement therapy, and incorporating exercise and weight management. Participants also receive a complimentary Y membership plus helpful tools and product samples for continued success.

HEALTHY LIVING SESSION C PROGRAMS: 1/5-2/22

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

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Pedaling for Parkinson's	18+			11am-12pm		11am-12pm		
NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Adaptive Yoga	18+	11:30-12:30pm						
Bones	18+			10:30-11:30am		10:30-11:30am 11:45-12:45p		
Brain and Body Connection	18+	2:30-3:30pm Zoom Option Available						
Enhance Fitness	18+	1-2pm		1-2pm		1-2pm		
Functional Balance Training	18+			9:15-10am 12-12:45pm		9:15-10am 12-12:45pm		
Pedaling for Parkinson's	18+		1-2pm		1-2pm			
Train to Thrive	18+	12:30-1:30pm		12:30-1:30pm				
Vital Beats	18+	11:30-12:45pm		11:30-12:45pm				
"Y" Quit?	18+	6-7pm						
WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Bones	18+	10:45-11:45am	10-11am 11:30am-12:30pm	10:45-11:45am	10-11am 11:30am-12:30pm			
Functional Balance Training	18+	12-12:45pm		12-12:45pm				

WELLBEING CENTER C PROGRAMS: 1/5-2/22

WELLBEING CENTER PROGRAMS:

www.nymca.org/wellbeing-center

ONGOING PROGRAMS

Heartfulness (Ages 16+)

Learn to meditate or deepen your practice with a simple, transformative meditation practice. Heartfulness is a practice based on the inspiration of the heart. It includes simple core practices that progressively transform us from within. These practices lead us from the complexity of the mind to the simplicity of the heart.

WORKSHOPS AND EVENTS

Multitude of Events and Workshops for All Ages

The Wellbeing Center at the Nashua YMCA is your destination for a diverse array of events and workshops designed to support your physical, mental, and emotional wellness. Whether you're looking to deepen your mindfulness practice, explore holistic health techniques, or connect with others in a supportive environment, there's something for everyone. Our expert-led offerings are thoughtfully crafted to help you thrive in every aspect of your wellbeing journey. Discover what's coming up and reserve your spot today by visiting our [registration portal](#).

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

WELLBEING CENTER	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Ongoing Programs								
Heartfulness: Ongoing Weekly Program	16+				6-7pm (N)			
Sound Healing Meditation: Tibetan & Crystal Bowls and Gongs: Experience the profound healing vibrations of Tibetan bowls and gongs. This is a time for you to relax and reset your energy while receiving the benefits of vibrational sound.	16+					5:30-6:30pm (W)		
Mindful Movement and Meditation: This class blends gentle mobility and stretching with calming breathwork before transitioning into a guided meditation on themes such as the wandering mind, stress, gratitude, and body awareness. Each session concludes with quiet rest in shavasana. Participants will learn to recognize and release tension while gaining simple stretches and movements they can continue at home. Please bring a yoga mat and water; a light blanket or sweatshirt is recommended if the studio feels cool.	17+		6:45-7:45pm (N)					