

YMCA OF GREATER NASHUA DISCOVER SOMETHING NEW AT THE Y!

2026 Session E: May-June Spring Program Guide



**REGISTRATION OPEN
DATES AND TIMES!**
Registration will open for YMCA
Members at 6am on Monday,
April 20.
Registration will open for Greater
Nashua Community Members at
6am on Monday, April 27.



YMCA OF GREATER NASHUA | www.nmymca.org
Nashua YMCA • Merrimack YMCA • Westwood Park YMCA • YMCA Camp Sargent



Scan this QR Code 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.

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): [Jason LaChance](#)

Youth Wellness and Fitness: [Liz Kaas](#)

Group Exercise: [Meredith Wegener](#)

Scan this QR Code for More Information
on Program Registration.



ARTS & HUMANITIES SESSION E PROGRAMS: 5/4–6/21

ART AND HUMANITIES:

www.nmymca.org/artsenrichment

ART

PRESCHOOL ART

ArtNastics

(Ages 2–4) – Guardian/Child*

This class will start with an art lesson 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 Artful Antics

(Ages 3–5)

Let little imaginations shine! In Artful Antics, our youngest artists will explore a new theme or artist each week through fun, hands-on projects. Using a variety of kid-friendly materials and simple techniques, children will build creativity, fine motor skills, and confidence while creating their own masterpieces. This playful, supportive environment encourages exploration, self-expression, and lots of colorful fun.

Animal Art (Ages 4–6)

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 Splash Into Summer Family Art (Ages 4+)*

Kick off the season with a splash of creativity! Join us for a fun-filled family art night where kids and adults can create summer-inspired masterpieces together. From bright colors to beachy vibes, this hands-on event is all about celebrating sunshine, imagination, and quality time as a family. Children must be registered and paid participants. Adults may participate for free.

**Children must be registered and paid participants. Adults may participate for free.*

YOUTH ART

Art Adventure (Ages 6–10)

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 Art in Our Community (Ages 7–12)

Discover how art brings a community to life! In this creative class, students will explore the role art plays in our local community while drawing inspiration from area artists and their work. Each week, participants will recreate and interpret pieces using a variety of mediums and techniques, building both artistic skills and an appreciation for the world around them. As part of this experience, we hope to share students' artwork with the local artists who inspired them—celebrating creativity and making meaningful community connections.

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.

NEW Camp-A-Palooza (Ages 8–12)

Put on your creative hats and get ready to explore! Camp-a-palooza gives kids a sneak peek into all the exciting offerings of Camp Create. Each week, participants will experience a fun sample of different camp themes—ranging from art and creativity to hands-on activities and more. It's the perfect way to try a little bit of everything, discover new interests, and get excited for summer camp adventures ahead!

ADULT ART

NEW Art for Adults (Ages 18+)

Unwind, explore, and create in this welcoming, no-pressure art class designed for adults of all skill levels. Participants will experiment with a variety of mediums—including painting, mixed media, pastels, and sculpting—while building skills and discovering their own artistic style. Whether you're trying something new or returning to a favorite hobby, this class offers a relaxing, creative space to express yourself and connect with others.

ARTS & HUMANITIES SESSION E PROGRAMS: 5/4–6/21

ART AND HUMANITIES:

www.nmymca.org/artsenrichment

YOUTH MUSIC/THEATER

Youth Guitar (Ages 8–12)*

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.*

NEW Youth Ukelele (Ages 8–12)*

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!

**No prior experience needed. Students must bring their own ukulele.*

NEW Hamilton (Ages 10–14)

Step into the room where it happens! In this engaging class, students will explore how Lin-Manuel Miranda brought history to life in the award-winning musical Hamilton. They will dive into select songs, compare them to real historical events, and explore storytelling through music.

Then it's their turn—students will create and perform an original piece inspired by Hamilton.

YOUTH 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.

TEEN STEAM

NEW Inventor's Workshop (Ages 8–12)

Calling all curious minds and future creators! In this hands-on class, students will explore famous inventors and discover how their ideas helped shape our world. Then it's their turn—participants will dream up their own inventions, design them, and create a prototype using a variety of materials. The session wraps up with a fun opportunity for students to present their creations, building confidence, creativity, and problem-solving skills along the way. Let the inventing begin!

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.

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.

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.

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 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.

**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.*

ARTS AND HUMANITIES PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
ART: Preschool Programs								
ArtNastics	2-4			10:30-11:15am				
Artful Antics	3-5	5-5:30pm						
ART: Youth Programs								
Art Adventure	6-10			5:30-6pm				
MUSIC / THEATER: Youth Programs								
Youth Guitar (Participants must supply their own guitars.)	8-17				6-7pm			
Hamilton	10-14				4:30-5:30pm			
STEAM: Youth Programs								
Inventor's Workshop	8-12	5:30-6pm						
GYMNASTICS: Preschool Programs								
ArtNastics	2-4			10:30-11:15am				

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
ART: Preschool Programs								
Animal Art	4-6		4:30-5:00pm					
Spalsh into Summer	4+				6-6:30pm			
ART: Youth Programs								
Art in Our Community	7-12				5:15-5:45pm			
Mixed Media Art	7-12		5:15-5:45pm					
Camp-A-Palooza	8-12			4-4:30pm				
ART: Adult Programs								
Art for Adults	18+		6-6:30pm					
MUSIC / THEATER: Youth Programs								
Youth Ukelele (Participants must supply their own ukelele.)	8-12			4:30-5:15pm				
STEAM: Preschool Programs								
Budding Scientists	4-6				4:30-5pm			
GYMNASTICS: Preschool Programs								
Mini Movers	1-2				9:30-10am		9-9:30am	
Lil' Tumblers	2-4				10:05-10:35am	5:20-5:50pm	9:35-10:05am	
Preschool Pikes	3-5	4:35-5:05pm				4:45-5:15pm	10:10-10:40am	
Kinder Gym	4-6	4-4:30pm			4-4:30pm			
GYMNASTICS: Youth Programs								
Tumble Kids 1	6-9	5:15-6pm			4:30-5:15pm		10:45-11:30am	
Tumble Kids 2	8-12				5:15-6:15pm			

DANCE SESSION E PROGRAMS: 5/4-6/21

RECREATIONAL DANCE:

www.nmymca.org/dance

PRESCHOOL 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 for all Guardian/Child programs. Please no additional adults or family members, including siblings. Kids 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, spacial awareness, basic terminology, and more using both creative movement and pre-ballet curriculum.

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!

ADULT 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.

DANCE PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs								
Lil' Dancers	2-4			9:15-9:45am			8:30-9am	
Bitty Ballet	3-5		4:15-4:45pm	9:45-10:15am			9-9:30am	

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs								
Bitty Ballet	3-5			4-4:30pm				
Tumble and Twirl	4-6					4-4:40pm		
Adult Programs								
Adult Ballet	18+				11-11:45pm			

SWIM SESSION E PROGRAMS: 5/4-6/21

AQUATICS/GROUP SWIM LESSONS

www.nmymca.org/swim

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

At the Y, we see swimming as a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Research's shows that nearly 60% of youth drownings happen within 10 feet of safety. The Y found it is was critical to develop the new swim lesson program with this in mind. Using our 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 E PROGRAMS: 5/4-6/21

AQUATICS/GROUP SWIM LESSONS

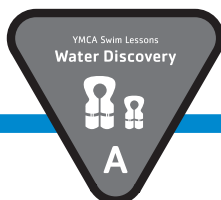
www.nmymca.org/swim

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

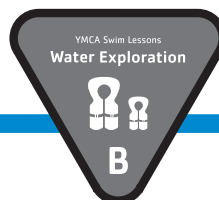
Below is an overview of the new swim lesson curriculum stages and their descriptions. There is further information about the new curriculum and available on our web site at www.nmymca.org/ymca-swim-lesson-program.

SWIM STARTERS

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



A / WATER DISCOVERY
Guardians accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



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

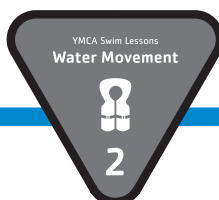
SWIM BASICS

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

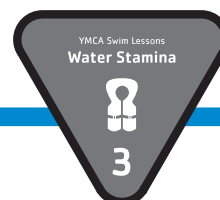
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



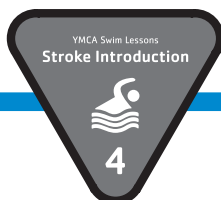
2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



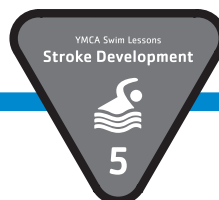
3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

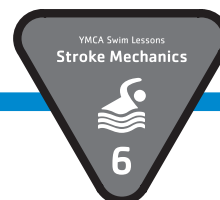
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM SESSION E PROGRAMS: 5/4-6/21

MERRIMACK AQUATICS/GROUP SWIM LESSONS

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Starters with Guardian								
Stage A	.6-1						8:45-9:15am	
Stage B	1-2						9:20-9:50am 9:55-10:25am	
Stage 1 with Guardian	2-5						10:30-11:00am 11:05-11:35am	
Preschool Swim Lessons								
Stage 1	3-5		3:30-4:00pm 4:00-4:30pm					
Stage 2	3-5		4:30-5:00pm 5:00-5:30pm		4:00-4:30pm 4:30-5:00pm			
Stage 3	3-5		5:30-6:00pm		5:00-5:30pm 5:30-6:00pm			
Stage 4	3-5		6:00-6:30pm					
School Age Swim Lessons								
Stage 1	6-12						8:45-9:15am	
Stage 2	6-12	4:00-4:40pm				4:00-4:40pm	9:30-10:10am	
Stage 3	6-12	4:45-5:25pm				4:45-5:25pm 5:30-6:10pm	10:15-10:55am	
Stage 4	6-12	4:00-4:40pm 4:45-5:25pm 5:30-6:10pm		3:30-4:10pm 4:15-4:55pm 5:00-5:40pm			11:00-11:40am	
Stage 5/6	6-12			5:00-5:40pm			11:45-12:25pm 12:30-1:10pm	
Teen & Adult Swim Lessons								
Adult Introduction	13+			5:45-6:25pm				
Adult Beginner	13+	6:15-6:55pm						
Adult Intermediate	13+			5:45-6:15pm				
Personal Swim Lessons								
Personal Swim Lessons	3+			2:30-3pm 3-3:30pm 3:35-4:05pm 6:30-7pm				
Adaptive Swim Lessons								
Adaptive Lessons	3-12	Email Nae at ntheberge@nymca.org to schedule						

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

SWIM SESSION E PROGRAMS: 5/4-6/21

NASHUA AQUATICS/GROUP SWIM LESSONS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Starters with Guardian								
Stage A	.6-1			10-10:30am			10-10:30am	
Stage B	.1-2			10:30-11am			10:30-11am	
Preschool Swim Lessons								
Stage 1	3-5	3:30-4pm	5:30-6pm	11:05-11:35am 3:30-4pm			11:05am-11:35am	
Stage 2	3-5	4-4:30pm	6:05-6:35pm	11:40-12:10pm 4-4:30pm	5:30-6pm		11:40am-12:10pm	
Stage 3	3-5	4-4:30pm	6:40-7:10pm	4-4:30pm	6:05-6:35pm		12:15-12:45pm	
School Age Swim Lessons								
Stage 1	6-12	4:35-5:15pm	5:30-6:10pm	4:35-5:15pm	5:30-6:10pm 6:40-7:20pm			
Stage 2	6-12		6:15-7pm		4:45-5:25pm 6:15-7pm			
Stage 3	6-12	4:35-5:15pm 5:20-6pm	4-4:40pm	4:35-5:15 5:20-6pm	4-4:40pm			
Stage 4	6-12	5:20-6pm 5:45-6:25pm	4:45-5:25pm	5:20-6pm 5:45-6:25pm		4-4:40pm		
Stage 5/6	6-12	5:45-6:25pm		5:45-6:25pm		4:45-5:25pm		
Competitive Strokes	10-16		4-4:40pm		4-4:40pm			
Developmental Swimming	10-17		4:45-5:25pm			5:30-6:10pm		
Personal Swim Lessons								
Personal Swim Lessons	3+	3-3:30pm 6:30-7:00pm		3-3:30pm 6:30-7pm		3-3:30pm 3:30-4pm 4-4:30pm 4:30-5pm		

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

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 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 E PROGRAMS: 5/4-6/21

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nymca.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.

NEW KICKBALL

Rookie Kickball (Ages 6-9)

Rookie Kickball is a fun and active introduction to diamond-based games! In this 45-minute class, participants will learn basic skills like running bases, fielding, and teamwork through the easy-to-learn game of kickball. Each session, kids will be split into teams and jump right into gameplay in a supportive, high-energy environment. Minimum of 8 players, maximum of 16.

Youth Kickball (Ages 10-12)

Youth Kickball builds on fundamental skills while emphasizing teamwork, strategy, and game play. This 45-minute class gives older participants the chance to develop their understanding of diamond-based games in a fun, relaxed setting. Players will be divided into teams each session and compete in organized games. Minimum of 8 players, maximum of 16.

FLAG FOOTBALL

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.

NEW MINI TAG GAMES (Ages 4-5)

Mini Tag Games is a high-energy, movement-based class designed just for our youngest participants! In this 30-minute session, kids will explore a variety of fun and creative tag games that keep them active, engaged, and smiling. Each week features new variations to build coordination, listening skills, and confidence through play.

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.

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.

SPORTS SESSION E PROGRAMS: 5/4-6/21

SPORTS PROGRAMS: Programs Available at All Three YMCA Branches!

www.nymca.org/sports

PICKLEBALL

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.

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.

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 (Ages 13+)

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

Adult Beginner Tennis (Ages 18+)

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

Adult Intermediate and Advanced Tennis (Ages 18+)

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 E PROGRAMS: 5/4-6/21

SPORTS PROGRAMS

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
All Ages Sports								
Open Ninja	3+		6:30-7:30pm		6:30-7:30pm	6-7pm		1:30-2:30pm
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 Sports Sampler	4-5			5:30-6pm				
Mini Tag Games	4-5	4-4:30pm						
Youth/Teen Sports								
Homeschool PE	5-14				1:30-2:15pm			
GAME ON! Rookie Basketball	6-9	5:15-6pm		4-4:45pm				
Rookie Basketball	6-9		5-5:45pm		5-5:45pm			
Rookie Flag Football	6-9			6-6:45pm				
Rookie Lacrosse	6-9		4-4:45pm					
Rookie Kickball	6-9	4:30-5:15pm						
Rookie Soccer	6-9			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 5:15-6pm		10:30-11:15am	12:30-1:15pm
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				
Y Ninja	10-12	5:15-6pm	5:15-6pm	4:45-5:30pm			11:15-12:00pm	
Youth Basketball	10-12		5:45-6:30pm	6-6:45pm	5:45-6:30pm			
Youth Lacrosse	10-12		4:45-5:30pm					
Youth Kickball	10-12	5:15-6pm						
Youth Soccer	10-12			4:45-5:30pm	4:45-5:30pm		10:15-11am	

SPORTS SESSION E PROGRAMS: 5/4-6/21

SPORTS PROGRAMS

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Sports								
Beginner Pickleball	18+		3-4pm		2:30-3:30pm			
Beginner Pickleball Skills and Drills	18+		5-6pm					
Pickleball Skills and Drills Intermediate +	18+		6-7pm					
Pickleball Game Coaching	18+		4-5pm					
Pickleball Stroke of the Week	18+				1:30-2:30pm			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Sports								
Mini Basketball	4-5		4-4:30pm		4-4:30pm			
Youth/Teen Sports								
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	
Adult Sports								
Adult Beginner Tennis	18+	6:45-7:45pm						
Adult Intermediate/Advanced Tennis	18+	7:45-8:45pm						

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Sports								
Mini Basketball	4-5	4-4:30pm			4-4:30pm			
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 E PROGRAMS: 5/4–6/21

WELLNESS PROGRAMS:

www.nmymca.org/wellness

PRESCHOOL WELLNESS

NEW* Little Movers Lab (Ages 3–5)

Designed for little ones and their grown-ups to move together! Little Movers Lab introduces foundational wellness concepts through fun, engaging activities. Participants will learn how to warm up their bodies, stretch, and build essential gross motor skills. We'll practice listening, balance, jumping, throwing, catching, and more—all through playful movement and guided exploration
Trainer: Kelsey (Merrimack Y)

YOUTH WELLNESS

Athletic Youth Fit Club (Ages 9–11)*

This program 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 move better, safer, and more effectively. Classes include warm-up, skill work, and 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: Vangie (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 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.
Trainer: Josh (Nashua 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.
Trainers: Kelsey (Nashua Y)
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: Vangie (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: Vangie (Westwood Park Y)

**If your child is 12 years of age or younger, a guardian must remain in the building during the session.*

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: Kelsey & Tyler (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: TBD (Westwood Park Y)

WELLNESS SESSION E PROGRAMS: 5/4–6/21

WELLNESS PROGRAMS:

www.nmymca.org/wellness

ADULT WELLNESS

(Ages 17+) cont'd

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)

Hiking: Strength & Conditioning

A hiking program to help get you fitter, stronger and more resilient. You'll be prepared and ready to conquer anything that the trail might throw at you including joint pain, elevation gain or uneven terrain.

The class focuses on Strength Training, Cardiovascular Conditioning, and Flexibility. You'll enjoy the support of others in the group while receiving individualized programming specifically for you.

Trainer: Jason (Nashua Y)

Kickboxing 101

This progressive class is for beginners 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. This intimate class size will provide a fantastic opportunity to get the proper one-on-one coaching and support needed to understand the baseline knowledge of kickboxing. Bringing personal gloves is strongly recommended.

Instructor: Lauren G.
(Westwood Park 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 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)

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: Kelsey (Merrimack Y)

Women Who Lift

Build strength, confidence, and a solid foundation in the gym with other women. In this supportive small group, you will 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: Kelsey (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.

Trainer: 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. 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 and adequate rest periods. Members can choose between a once-a-week or twice-a-week option.

Instructors: Liz M. (Nashua Y)
Jen (Westwood Park Y)

If you are a parent and need childcare, Kid Stop is available to help support parents in getting their workouts while their child is being taken care of.

WELLNESS SESSION E PROGRAMS: 5/4-6/21

WELLNESS PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Kids on the Move	9-11		6-6:45pm		6-6:45pm			
Adult Programs								
Golf Strength and Power	17+	9-10am		9-10am				
Hiking Strength and Conditioning	17+	11:30-12:30pm		11:30-12:30pm				
Women's Workout - Intermediate	17+		9-10am		9-10am			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs								
Little Movers Lab Fitness	3-5			11:45am-12:15pm				
Youth Programs								
FUN-ctional Fitness	9-12					4:45-5:45p		
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
Lift Off	17+					7:30-8:30am		
MomBod	17+			12-1pm				
Women Who Lift	17+	5:15-6:15pm		5:15-6:15pm				

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Athletic Youth Fit Club	9-11		4:15-5pm					
Girls Who Lift	12-16			4:45-5:30pm				
Teen Strength Foundations	12-16	4:15-5:15pm						
Teen Workout	12-16				4:15-5pm			
Adult Programs								
Functional Infusion	17+		5:15-6:15pm		5:15pm-6:15pm			
Kickboxing 101	17+				5-5:45pm			
Women's Workout - Foundations	17+		9:05-9:50am		9:05-9:50am			
Women's Workout - Intermediate	17+		8:05-8:50am		8:05-8:50am			

HEALTHY LIVING & WELLBEING SESSION E PROGRAMS:

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. For registration details please email healthyliving@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. For registration details please email healthyliving@nmymca.org.

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. For registration details please email healthyliving@nmymca.org.

Medical Clearance Required

Parkinson's Power Hour

Pedaling for Parkinson's is a group exercise program that focuses on Forced Exercise on an indoor stationary bicycle to help reduce symptoms of Parkinson's disease. This class format will include 30 minutes of pedaling, followed by 30 minutes of strength and mobility. For registration details please email healthyliving@nmymca.org.

Medical Clearance Required

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. For registration details please email healthyliving@nmymca.org. Next session begins May 6.

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. For registration details please email healthyliving@nmymca.org.
Medical Clearance Required

WELLBEING CENTER PROGRAMS:

www.nmymca.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.

HEALTHY LIVING & WELLBEING SESSION E PROGRAMS:

HEALTHY LIVING PROGRAMS

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Pedaling for Parkinson's	18+			11-12pm		11am-12pm		
NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Adaptive Yoga	18+	11:45-12:45pm				10:30-11:30am		
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						
Diabetes Prevention Program	18+			3-4:30pm (Starting May 6)				
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		
Parkinson's Power Hour	18+		12:30-1:30pm		12:30-1:30pm			
Train to Thrive	18+	12:30-1:30pm		12:30-1:30pm				
Vital Beats	18+		1:30-2:45pm		1:30-2:45pm			
WESTWOOD PARKYMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Programs								
Bones	18+	10:45-11:45am	10-11am 11:30-12:30pm 12:45-1:45pm	10:45-11:45am	10-11am 11:30-12:30pm 12:45-1:45pm			

WELLBEING & BELONGING PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Ongoing Programs								
Heartfulness: Ongoing Weekly Program	16+				6-7pm			