



PROGRAM GUIDE SESSION A



NEW! Y Program Offerings September – November

Y Member Registration Opens: August 24
Community Registration Opens: August 31

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



Scan me
REGISTER FOR PROGRAMS!

Discover What's Happening at the YMCA!

Every program is an opportunity to try something new, challenge yourself, discover a passion, or share an experience with others. From kids making new friends and learning new skills to adults reaching personal goals and families creating meaningful connections, there's a place for everyone at the Y. Explore our upcoming programs and find what inspires you!

Visit the Program Registration Portal to preview what's coming next. Click "Programs" and select the "Coming Soon" tab to view upcoming offerings and get ready for registration.

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](#)

Swimming & Swim Lessons: [Nae Theberge](#)

Merrimack YMCA & Nashua YMCA

Healthy Living Programs: [Eirikur Holt](#)

(LiveStrong, Prescribe the Y, BOOST, Prevent T2, etc.)

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

Wellness and Fitness:

[Jason LaChance](#) – Nashua Y

[Liz Kaas](#) – Merrimack Y

[Tim Olmstead](#) – Westwood Park Y

Group Exercise: [Meredith Wegener](#)

Wellbeing Center Programs: [Erika Redmond](#)

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.

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* All About Colors (Ages 4-6)**

A fun and engaging art class where young artists explore the world of colors! Children will experiment with mixing, painting, and creating using a variety of materials while learning about primary and secondary colors. Through hands-on projects, they'll build creativity, confidence, and a love for art in a playful, supportive environment.

Youth Art:

***NEW* Out of This World (Ages 6-10)**

Participants will explore outer space through art, sensory activities, music, and games.

***NEW* Arts Around the World (Ages 8-12)**

Participants will explore art and music from around the world and create their own art in the style of the art of the countries.

Art History (Ages 7+)

An exciting introduction to art history for curious young artists! Students will explore famous artists, styles, and time periods while creating their own inspired artwork. Through hands-on projects and engaging discussions, they'll learn how art has evolved and discover new ways to express their creativity.

Mixed Media (Ages 7+)

A creative mixed media art class where young artists explore a variety of materials and techniques! Students will combine paint, drawing, collage, and more to create unique, one-of-a-kind artwork. This class encourages creativity, experimentation, and self-expression in a fun and supportive environment.

Lego Art and Create (Ages 7+)

A fun and imaginative LEGO art and create class where kids build, design, and explore their creativity! Using LEGO bricks and a variety of art materials, students will create structures, scenes, and unique works of art. This class encourages problem-solving, creativity, and hands-on fun in a playful, supportive environment.

Family Art:

Fall into Art (Ages 3+)

A fun and creative family art experience celebrating the colors and creativity of fall! In this class, families will enjoy working together on seasonal, hands-on art projects using a variety of materials. Perfect for all ages, this class encourages creativity, connection, and making lasting memories in a warm and welcoming environment. Children must be registered to attend, and participating adults may join for free.

ADULT ART:

Art for Adults (Ages 18+)

A relaxing and inspiring art class designed for adults of all skill levels. Participants will explore a variety of mediums and techniques while building confidence and creativity. Whether you're looking to learn something new or reconnect with your artistic side, this class offers a welcoming and supportive space to create and unwind.

Music & Theater

YOUTH & 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

PRESCHOOL 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

PRESCHOOL GYMNASTICS:

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

An engaging parent–child class focused on early movement and motor skill development through gymnastics, music, and play. Perfect for helping toddlers grow, explore, and gain confidence.

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.

**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.

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.

YOUTH GYMNASTICS:

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.

SESSION A 9/8-11/1 : ARTS AND HUMANITIES PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
ART: Preschool Programs								
ArtNastics	2-4			10:30-11:15am				
ART: Youth Programs								
Out of This World	6-10	5-5:30pm						
Arts Around the World	8-12	5:30-6pm						
MUSIC / THEATER: Youth Programs								
Youth Guitar (Participants must supply their own guitars.)	8-17				6-7pm			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
ART: Preschool Programs								
Animal Art	4-6		4-4:30pm					
All About Colors	4-6		4:45-5:15pm					
ART: Youth Programs								
Art History	7+		5:30-6:15pm					
Mixed Media	7+				5:15-5:45pm			
Lego Art and Create	7+				6-6:30pm			
ART: Family Programs								
Fall into Art	3+				6:30-7pm			
ART: Adult Programs								
Art for Adults	18+		6:30-7pm					
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			5:20-5:50pm	10:05-10:35am		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			

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.

NEW Ballet and Beyond (Ages 3-5)

A creative movement experience that goes beyond ballet! Dancers will explore ballet basics, music, rhythm, gymnastics-inspired movement, and imaginative play while developing coordination, confidence, and creativity.

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.

Adult Tap (Ages 18+)

A fun and energetic tap class designed for adults of all experience levels! Whether you're new to tap or looking to refresh your skills, this class focuses on rhythm, musicality, and learning fun combinations in a welcoming environment. Come tap, move, and enjoy the joy of dance

SESSION A 9/8-11/1: RECREATIONAL 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						9-9:30am	
Ballet and Beyond	3-5			9:45-10:15am				
Adult Programs								
Adult Tap	18+		12:30-1:15pm					

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

Our popular and award winning Y Dance in Motion Progressive Dance Program registration covers September through May and the prices reflect the monthly cost of the program. Registrants are required to make a \$30 non-refundable deposit at the time of registration. This \$30 deposit is per dancer.

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

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

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

PRESCHOOL DANCE:

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.

Pre-Dance 1 (Ages 3-5)

Pre-Dance 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 Pre-Dance 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.

Pre-Acro Dance (Ages 4-6)

This class focuses on building foundational acro skills like tumbling, balance, and flexibility designed especially for young dancers. Kids will learn age-appropriate moves such as forward rolls, bridges, and beginner handstands in a fun and safe environment. To help develop overall dance technique and rhythm, we recommend taking a dance class alongside Pre-Acro for the best all-around experience.

YOUTH / TEEN DANCE:

Acro Dance (Ages 6-17)

This class centers on developing acro skills, strength, and flexibility through progressive tumbling and balancing techniques. Students will work on controlled acro moves and flexibility exercises designed to complement their dance training. Because the class does not focus on dance technique, it is highly recommended that students take a dance class alongside Acro Dance to build their overall dance skills. Class placement is based on ballet or progressive dance level, not age, to ensure the best fit for each student's abilities.

Ballet (Ages 6-18)

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.

Hip Hop (Ages 6-18)

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

Jazz/Tap (Ages 6-18)

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

Lyrical (Ages 6-18)

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.

Musical Theater (Ages 9-18)

This lively class combines dance, acting, and storytelling through movement inspired by popular musical theater styles. Students will learn jazz, tap, and Broadway-style choreography while developing performance skills like expression, timing, and stage presence. Along with dancing, students will explore the history of Broadway and famous shows that have shaped musical theater over the years.

Teen Dance Classes (Ages 12-18)

A welcoming dance experience created for teens of all backgrounds and experience levels! Whether you are brand new to dance, returning after time away, or simply looking for a fun way to dance without the pressure of a traditional leveled class, this program is for you. Dancers will work on technique, confidence, musicality, and choreography in a supportive environment designed to help each student grow at their own pace.

2026-2027 PROGRESSIVE DANCE PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Progressive Dance Programs								
Pre-Dance 1	3-5						10-10:45am	
Kinder Hip-hop	4-6						9:30-10am	
Pre-Dance 2	4-6				4:15-5pm			
Youth/Teen Progressive Dance Programs								
Acro 1	6-9				5-5:45pm			
Ballet 1	6-9		5:45-6:30pm				10:45-11:30am	
Hip-hop 1	6-9						11:30am-12:15pm	
Jazz/Tap 1	6-9		4:45-5:45pm					
Lyrical 1	6-9		4-4:45pm					
Hip-hop 2	9-13							
Jazz/Tap 2	9-13							
Lyrical 2	9-13							
Musical Theater 2/3	10-14			4-4:45pm				
Acro 3	11-18				4-5pm			
Ballet 3	11-18				6-7pm			
Hip-hop 3	11-18			4:45-5:30pm				
Jazz/Tap 3	11-18				5-6pm			
Lyrical 3	11-18			5:30-6:30pm				
Acro 4/5	12-18			5:30-6:30pm				
Ballet 4	12-18	4:15-5:30pm						
Hip-hop 4	12-18			4-4:45pm				
Jazz/Tap 4	12-18	5:30-6:30pm						
Lyrical 4	12-18	6:45-7:45pm						
Musical Theater 4/5	12-18			4:45-5:30pm				
Ballet 5	14-18			6:30-7:45pm				
Jazz/Tap 5	14-18	5:30-6:45pm						
Lyrical 5	14-18	4:30-5:30pm						
Teen Hip-Hop	12-18					6:30-7:15pm		
Teen Jazz/Tap	12-18					5:30-6:30pm		
Teen Lyrical/Ballet	12-18					4:30-5:30pm		

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Progressive Dance Programs								
Pre-Dance 1	3-5			4:45-5:30	4:30-5:15pm			
Kinder Hip-hop	4-6				4-4:30pm			
Pre-Acro	4-6		4-4:30pm					
Pre-Dance 2	4-6	4-4:45pm	4:30-5:15pm					
Youth/Teen Progressive Dance Programs								
Acro 1	6-9		4:30-5:15pm					
Ballet 1	6-9				5:15-6pm			
Hip-hop 1	6-9		5:15-6pm					
Jazz/Tap 1	6-9			6:15-7:15				
Lyrical 1	6-9			5:30-6:15pm				
Acro 2	9-13		5:15-6pm					
Ballet 2	9-13				6-6:45pm			
Hip-hop 2	9-13	4:45-5:30pm						
Jazz/Tap 2	9-13	5:30-6:30pm						
Lyrical 2	9-13	6:30-7:15pm						

KEEP SWIMMING. KEEP GROWING.

NEW!

INTRODUCING ROLLING REGISTRATION!

Swim lessons just got easier! With rolling registration, swimmers can stay enrolled in their class and continue building skills without re-registering every session.

REGISTER FOR A STAGE GROUP

Instead of registering for one specific stage, you'll register for the Stage Group that best matches your swimmer's current skills. On the first day of lessons, instructors will complete a brief assessment and place each swimmer in the stage that best fits their skill level.

WHY FAMILIES WILL LOVE IT:

- **Keep Your Spot:** Stay enrolled in your class as long as it works for your family.
- **Keep making progress:** Swimmers can move through stages at their own pace with fewer interruptions.
- **Keep it simple:** Convenient monthly billing makes registration one less thing to remember! Your first payment covers the upcoming program month, then you'll be billed on the 1st of each month. Your swimmer stays enrolled through the full program year, or until you cancel. No monthly re-registration is needed, and you can cancel anytime; payments are nonrefundable after the monthly billing date.

Ready to dive in? Choose your swimmer's Stage Group and get started!

Questions about rolling registration? Visit a Welcome Center at any branch or email Nae at ntheberge@nmymca.org for more info.

More swimming. More progress. Less hassle.

SWIM LESSONS:

Group Swim Lessons

Build confidence, learn water safety, and have fun in the pool! Our progressive swim lessons help swimmers of all ages and abilities develop skills at their own pace, from basic water skills to stroke development and more advanced techniques.

Adaptive Swim Lessons (Ages 3+)

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. Interested in Adaptive Swim Lessons? Fill out this [Intake Form](#) so we can best match you with one of our swim instructors.

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. Interested in Personal Lessons? Fill out this [Intake Form](#) so we can best match you with one of our swim instructors.

Pre-Competitive Strokes (Ages 6-17)

This program introduces swimmers to competitive swimming and helps prepare them for future swim team participation. Focus includes body position, streamlines, racing starts and turns, and instruction in all four strokes (freestyle, backstroke, breaststroke, and butterfly). Lessons are taught by current STORM Swim Team members.

AQUATICS : SWIM

www.nmymca.org/swim

GET THE MOST OUT OF YOUR YMCA GROUP SWIM LESSONS!

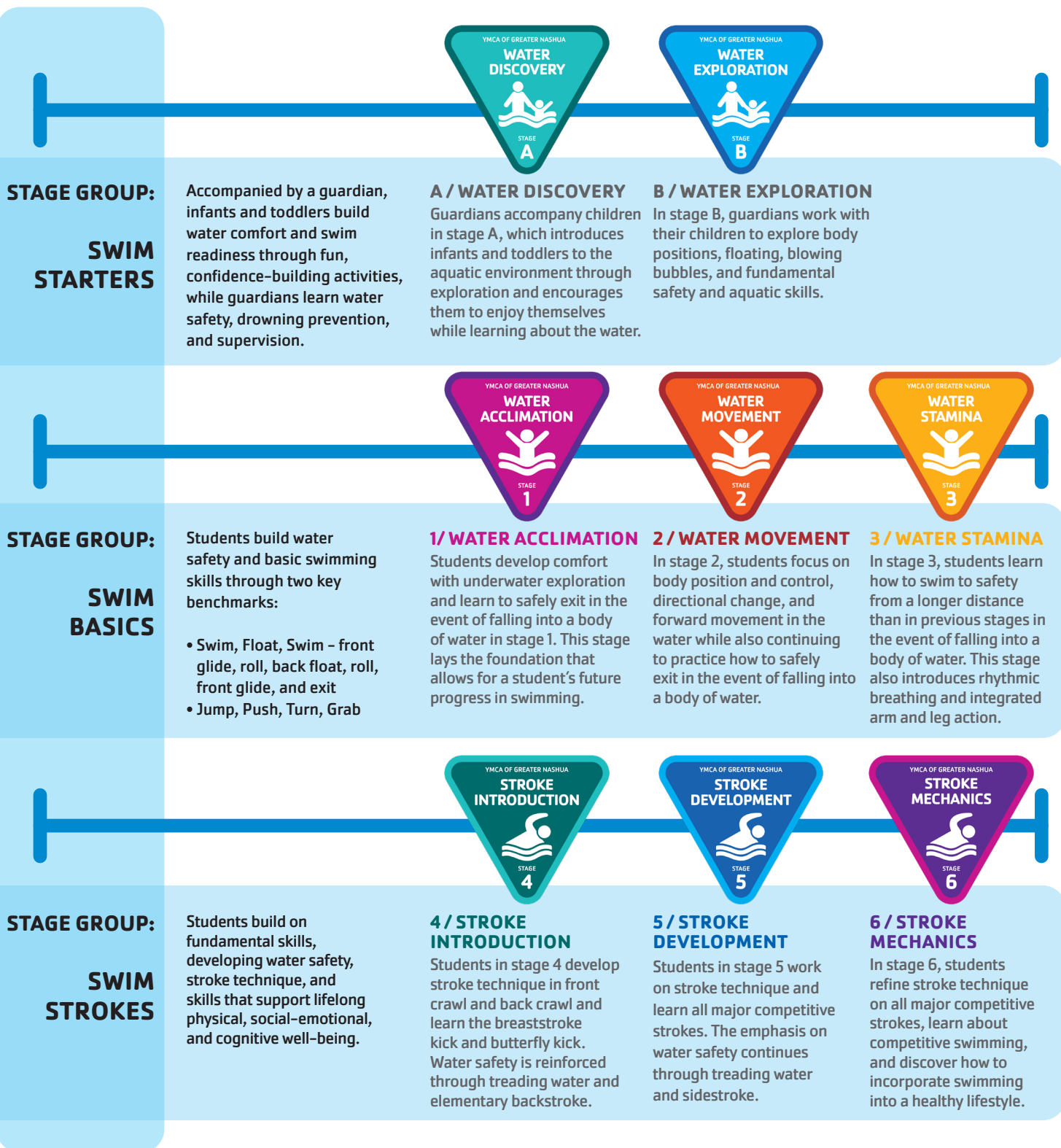
GUARDIAN TIPS

- **Come Prepared:** Wear a swimsuit and bring a towel. Shoulder-length hair or longer must be tied back. Goggles and swim caps are encouraged for Swim Strokes.
- **Meet Your Instructor:** Check in on the pool deck. Your instructor may be finishing another class. Please wait to enter the water until class begins.
- **Give Swimmers Space:** Guardians are welcome to observe from designated seating areas. Please allow swimmers space to focus.
- **Stay In The Building:** If you leave the pool deck, remain in the building and return 5 minutes before class ends for pick-up.
- **After Class:** Swimmers must exit the pool when lessons end. They may continue swimming if space is available and they have passed the appropriate swim test.

AQUATICS/GROUP SWIM LESSONS

SWIM LESSON SELECTOR AND CURRICULUM DESCRIPTIONS

Below is an overview of the new swim lesson curriculum stages and their descriptions.



SESSION A 9/8-11/1 : AQUATICS PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
STAGE GROUP: Swim Starters with Guardian								
Stage A	.6-1			9-9:30am			9-9:30am 10:10-10:40am	
Stage B	1-2			9:35-10:05am			9:35-10:05am 10:45-11:15am	
STAGE GROUP: Swim Basics								
Ages 3-5	3-5	4:30-5pm 5:05-5:35pm	4-4:30pm 4:35-5:05pm 5:10-5:40pm	10:10-10:40am 10:45-11:15am 11:20-11:50am 4:30-5pm 5:05-5:35pm				
Ages 6-12	6-12	4:30-5pm 5:05-5:35	5:45-6:15pm 6:20-6:50pm	4:30-5pm 5:05-5:35pm	5:40-6:10pm 6:15-6:45pm			
Ages 13+	13+	5:40-6:10pm		6:15-6:45pm				
STAGE GROUP: Swim Strokes								
Ages 6-12	6-12	5:40-6:10pm 6:15-6:45pm		5:40-6:10pm 6:15-6:45pm	4:30-5pm 5:05-5:35pm			
Ages 13+	13+	6:15-6:45pm		6:15-6:45pm				
Pre-Competitive Swimming Meets Monday + Wednesday	6-17	4-4:45pm 4:45-5:30pm		4-4:45pm 4:45-5:30pm				
Personal Swim Lessons								
Personal Swim Lessons	3+	Interested in Personal Lessons? Please fill out this Personal Swim Lesson Intake Form*						
Adaptive Swim Lessons								
Adaptive Lessons	3+	Interested in Adaptive Lessons? Please fill out this Adaptive Swim Lesson Intake Form*						

*Completing the online intake form is used to inquire about placement and does not guarantee enrollment

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
STAGE GROUP: Swim Starters with Guardian								
Stage A	.6-1						9-9:30am	
Stage B	1-2						9:35-10:05am	
STAGE GROUP: Swim Basics								
Ages 3-5	3-5		4:30-5pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm					
Ages 6-12	6-12				4-4:30pm 4:35-5:05pm	4:30-5pm 5:05-5:35pm		
Ages 13+	13+					5:40-6:10pm		
STAGE GROUP: Swim Strokes								
Ages 6-12	6-12				5:10-5:40pm 5:45-6:15pm	5:40-6:10pm 6:15-6:45pm		
Ages 13+	13+					6:15-6:45pm		
Personal Swim Lessons								
Personal Swim Lessons	3+	Interested in Personal Lessons? Please fill out this Personal Swim Lesson Intake Form*						
Adaptive Swim Lessons								
Adaptive Lessons	3+	Interested in Adaptive Lessons? Please fill out this Adaptive Swim Lesson Intake Form*						

*Completing the online intake form is used to inquire about placement and does not guarantee enrollment

SPORT LEAGUES

NFL Flag Football League (Ages 6-14)

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.

YBL – Youth Basketball League (Ages 6-14)

YBL kicks off with a special Opening Day basketball clinic led by the **Rivier University Raiders!** Young athletes will have the chance to learn from collegiate players and coaches before diving into a season focused on skill development, teamwork, confidence, and fun. Whether they're new to the game or ready to take their skills to the next level, YBL gives every player the opportunity to learn, grow, and compete. With a focus on fundamental skill development, teamwork, and core values, participants receive practice time in addition to real game play each week.

CoEd Volleyball League (Ages 18+)

Get on the court, stay active, and enjoy some friendly competition! Our Co-Ed Volleyball League is a great way to sharpen your skills, meet new people, and enjoy the game in a fun, competitive environment.

Men's Basketball League (Ages 18+)

Stay active and take your game to the next level! Whether you're a seasoned player or getting back on the court, our Men's Basketball League offers competitive play, and plenty of opportunities to show off your skills. All games are officiated by certified officials.

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 through drills and mini games. This class is for those still getting used to the fundamentals or learning the early parts of the game.

Rookie Basketball – Intermediate (Ages 6-9)

Intermediate level is for the players who may have been through our first level of rookie basketball, or those who are in the 6 to 9 years old age range that have a little more experience with the game. Through drills and mini games we will work on skills and have fun doing it.

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!

Youth Basketball – Intermediate (Ages 10-14)

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.

FLAG FOOTBALL

Rookie Flag Football Skills (Ages 6-9)

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

HOME SCHOOL

Youth Home school 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!

NINJA PROGRAMS

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 6-12)

Structured skill development through five levels that focus on agility, balance, and strength across various obstacles.

PICKLEBALL**Youth Pickleball (Ages 10-12)**

Get active and have fun while learning the basics of pickleball! Players will develop skills, coordination, and confidence while learning game rules, strategy, and good sportsmanship in a fun, supportive environment.

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.

Intermediate Pickleball (Ages 18+)

Small group coaching (up to four players) focusing on intermediate level skills for players looking to expand their game.

Intermediate Pickleball Skills and Drills (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.

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 10-14)**

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**Dig Deep Volleyball****Beginner & Intermediate (Ages 8-17)**

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

SESSION A 9/8-11/1 : 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			1:30-2:30pm
Preschool Sports								
Lil Ninja Parent & Me	3-4						9:30-10am	
Mini Soccer Parent & Me	3-5						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				
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					
Rookie Basketball - Intermediate	6-9				5-5:45pm			
Rookie Flag Football Skills	6-9			6-6:45pm				
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	15-17				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					
Youth Basketball - Intermediate	10-14				5:45-6:30pm			
Youth Pickelball	10-12	5-6pm						
Youth Soccer	10-14			4:45-5:30pm	4:45-5:30pm		10:15-11am	
Youth Sports Leagues								
Youth Basketball League (Sept 12- Nov 14)	6-14						9 AM - 2 PM	
NFL Flag Football League (Oct 4 - Dec 3)	6-14							9 AM - 12 PM

SESSION A 9/8-11/1 : SPORTS PROGRAMS

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adult Sports								
Beginner Pickleball	18+	1-2pm						
Beginner Pickleball Skills and Drills	18+	2-3pm						
Intermediate Pickleball	18+	3-4pm						
Intermediate Pickleball Skills and Drills	18+	4-5pm						
Adult Sports Leagues								
Coed Volleyball League (Sept 2- Nov 18)	18+			7:45-9:45pm				
Men's Basketball League (Sept 14 - Nov 16)	18+	7-10pm						

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			

PRESCHOOL WELLNESS: ***NEW* Mommy & Me Return** **to Strength Series**

(This is Baby-Wearing Age)

Ease back into exercise while keeping your little one close! This baby-wearing class is designed for postpartum moms who have been cleared for exercise by their healthcare provider and have a safe, supportive carrier for their baby. Each class features a total-body workout combining gentle stretching, light strength training, and carrier-safe cardiovascular movement, all designed to help you safely rebuild strength, mobility, and confidence after pregnancy. Workouts are approachable and supportive, allowing you to return to movement without having to leave your baby behind. Come for the postpartum-friendly workout and stay for the connection, encouragement, and community of other moms navigating this season right alongside you. Trainer: Emily (Merrimack Y)

YOUTH WELLNESS:

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. Vangie (Westwood Park Y)

Sports Performance Training **(Ages 11-17)***

Sports Performance Training is a new program at the Y built for athletes who want to move better, feel stronger, and stay healthy all season long. Whatever sport you play and wherever you're starting from, we'll meet you there and help you grow. What we work on:

Athleticism doesn't happen by accident. It's built, one session at a time. Our coaches use a proven curriculum focused on the traits that show up on the field:

- **Speed & Acceleration:** Get off the line faster and cover more ground.
- **Strength:** Build the foundation everything else stands on.
- **Power & Explosiveness:** Jump higher, drive harder.
- **Agility & Change of Direction:** Move confidently at full speed.
- **Injury Resilience:** Train smart so you're still playing at the end of the season

Trainers: Timothy & Kelsey
(Westwood Park)

**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)

EFT

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.

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: Vangie (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)

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)

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)

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 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.

Trainers: 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.

SESSION A 9/8-11/1 : 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			
Women's Workout - Intermediate : 2 Days	17+		9-10am		9-10am			
Women's Workout - Intermediate: 1 Day	17+		9-10am		9-10am			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs								
Mommy & Me Return to Strength Series	0-3			11:45am-12:15pm		11:45am-12:15pm		
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
EFT	17+	For full program dates and times, visit Adult Wellness in Daxko.						
Lift Off	17+					7:30-8:30am		
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								
Sports Performance Training Agility	11-17	3:30-4:30pm			3:30-4:30pm			
Girls Who Lift	12-16			4:45-5:30pm				
Adult Programs								
Functional Infusion: 2 Day	17+		5:15-6:15pm		5:15pm-6:15pm			
Functional Infusion: 1 Day	17+				5:15pm-6:15pm			
Women's Workout - Intermediate: 2 Day	17+		8:10-8:55am		8:10-8:55am			
Women's Workout - Intermediate: 1 Day	17+		8:10-8:55am		8:10-8:55am			

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

This 8-week strength training program is designed to build stronger bones and muscles through progressive, functional exercise. Participants will use a variety of equipment, including weights, kettlebells, TRX, battleropes and more, in a fun, faster paced circuit format. Bones is best suited for participants who are comfortable with strength-training movements and transitioning between exercises. Exercises can be modified to meet individual needs while providing a fun and challenging full body workout that supports bone health, strength and overall function.

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

EnhanceFitness is a 16-week, evidence-based small-group exercise program designed to help adults with arthritis stay active and support individuals returning to exercise after an illness or injury. Through simple, easy-to-learn movements, participants work to improve cardiovascular endurance, strength, flexibility, balance, and overall mobility in a supportive small group setting.

Functional Balance Training

This 8-week program offers progressive balance and flexibility exercises to help improve your stability and help reduce fall risk. Designed to improve multiple factors that affect balance, including joint mobility, muscle flexibility, and strength in the legs and core. Participants should be able to walk independently without an assistive device and be comfortable navigating changes in surface and positions. You do not need to have perfect balance to participate; this class is designed to help you improve it! Individuals who currently need support with standing or walking may be better suited for our Tai Chi Quan Moving For Better Balance Program.

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. *Next session begins October 2026.* For registration details please email healthyliving@nmymca.org.

www.nmymca.org/healthyliving

THRIVE: Bones Foundations (FKA Train to Thrive)

Build strength, confidence, and improve your bone health while becoming more comfortable with functional strength training. This 8-week program combines strength and functional training with a 20-minute cardio component for a well-rounded workout. Participants will be introduced to many of the exercises and equipment used in our Bones classes, with more time to learn movements, practice proper technique, and build a strong foundation. THRIVE: Bones Foundations is a great option for those who are new to strength or circuit training, or simply prefer a more instructional pace.

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

"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.

SESSION A 9/8-11/1: HEALTHY LIVING PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Adaptive Yoga	18+	11:45-12:45 pm				10:30-11:30am		
Bones	18+			10:30-11:30am		10:30-11:30am 11:45-12:45pm		
Brain and Body Connection	18+	2:30-3:30pm Zoom Option Available						
Functional Balance Training	18+			9:15-10am 12-12:45pm		9:15-10am 12-12:45pm		
Moving For Better Balance	18+		2:15-3:15pm		2:15-3:15pm			
Pedaling for Parkinson's-Power Hour	18+		12:30-1:30		12:30-1:30pm			
Build Bones & Thrive (FKA Train to Thrive)	18+	12:30-1:30pm		12:30-1:30pm				
"Y" Quit?	18+		6-7pm					
Enhance Fitness	18+	1-2pm		1-2pm		1-2pm		

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Pedaling for Parkinson's	18+			11-12pm		11-12pm		
Enhance Fitness	18+	1-2pm		1-2pm		1-2pm		

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
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			
Vital Beats	18+		12:00-1:15pm		12:00-1:15pm			

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.

Y Compass (Ages 18+)

Navigate mental wellness and build resilience during this 7-week program. Y Compass offers an accessible, inclusive, and welcoming space for adults to explore mental wellbeing, learn practical skills, strengthen healthy coping strategies, and connect with others. Participants will gain tools and strategies they can use to support their mental wellbeing in everyday life.

Program runs from October 9th to November 20th.

Creative Wellness (Ages 18+)

Join us in a 4 week creative journey to explore our feelings and discover healthy coping strategies through painting, collage, and other forms of artistic expression.

Program runs from September 16th to October 7th.

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](#).

SESSION A 9/8-11/1: PROGRESSIVE DANCE PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Ongoing Programs								
Heartfulness: Ongoing Weekly Program	16+				6-7pm			
Creative Wellness	18+			11:30-12:30pm				
Y Compass: Navigating Mental Wellness and Resilience	18+					11:30-12:30pm		