



PROGRAM GUIDE SESSION B



NEW! Y Program Offerings November–December

Y Member Registration Opens: October 19
Community Registration Opens: October 26

YMCA OF GREATER NASHUA | www.nymca.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](#).

Finding the Right Program

Browse available activities, review program details, and register for the programs that best fit your interests and schedule in [Program Registration Portal](#). Use the search filters to find programs by category, location, age, day, time, or keyword. You can also search by activity, such as swimming, soccer, or camp.

More Information

Visit our [Program Registration webpage](#) for additional information about the registration process, helpful guidelines, and upcoming program sessions. You can also review session dates and time frames to plan ahead and find out when new programs become available.

Have Questions? Our team is here to help you explore your options and find the right program for you. Stop by the Welcome Center at any of our branches for answers to your questions or assistance with the registration process. please contact the staff member listed below for assistance.

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:

[Liz Melle](#) - Nashua Y

[Liz Kaas](#) - Merrimack Y

[Timothy K. Olmstead](#) - Westwood Park Y

Group Exercise: [Meredith Wegener](#)

Wellbeing & Belonging: [Erika Redmond](#)



Scan this QR Code for More Information on Program Registration.

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* 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:

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.

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.*

Gymnastics cont'd

PRESCHOOL GYMNASTICS:

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 B 11/2-12/20 : ARTS AND HUMANITIES PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
ART: Preschool Programs								
ArtNastics	2-4			10:30-11:15am				
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								
All About Colors	4-6		4:00-4:30pm					
ART: Youth Programs								
Art History	7+						10:45-11:30am	
Mixed Media	7+						10-10:30am	
STEAM: Preschool Programs								
Budding Scientists	4-6				4-4:30pm			
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 B 11/2-12/20 : RECREATIONAL DANCE PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Programs								
Lil' Dancers	2-4						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+				11-11:45am			

PROGRESSIVE DANCE

REMINDER:
PROGRESSIVE DANCE
REGISTRATION
CLOSES ON
NOV. 1
SIGN UP TODAY!

www.nmymca.org/dance

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 offer a discount program for additional classes per participant; first class is full cost, second class is 25% off, third is 50% off, fourth or more class is 75% off. A \$30 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 footwear to all classes. Please contact Tiffany Joslin at tjoslin@nmymca.org 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 who 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 compliment 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						

SWIM LESSONS

NEW!

www.nmymca.org/swim

KEEP SWIMMING. KEEP GROWING.

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 non-refundable 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.

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.

SWIM LESSONS:

Group Swim Lessons (Ages 3+)

Our group lessons use a competency based, swim stage progression, to help ensure participants of any age develop skills at their own pace from basic water skills to stroke development. Using both instruction and play, kids build their skills at their pace, ensuring that they succeed often, build confidence and have fun. The classes help children develop strokes, water safety skills, life skills and provide a positive learning experience. Instead of registering for one specific stage, you'll register for the Stage Group that best matches your swimmer's current skill.

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.

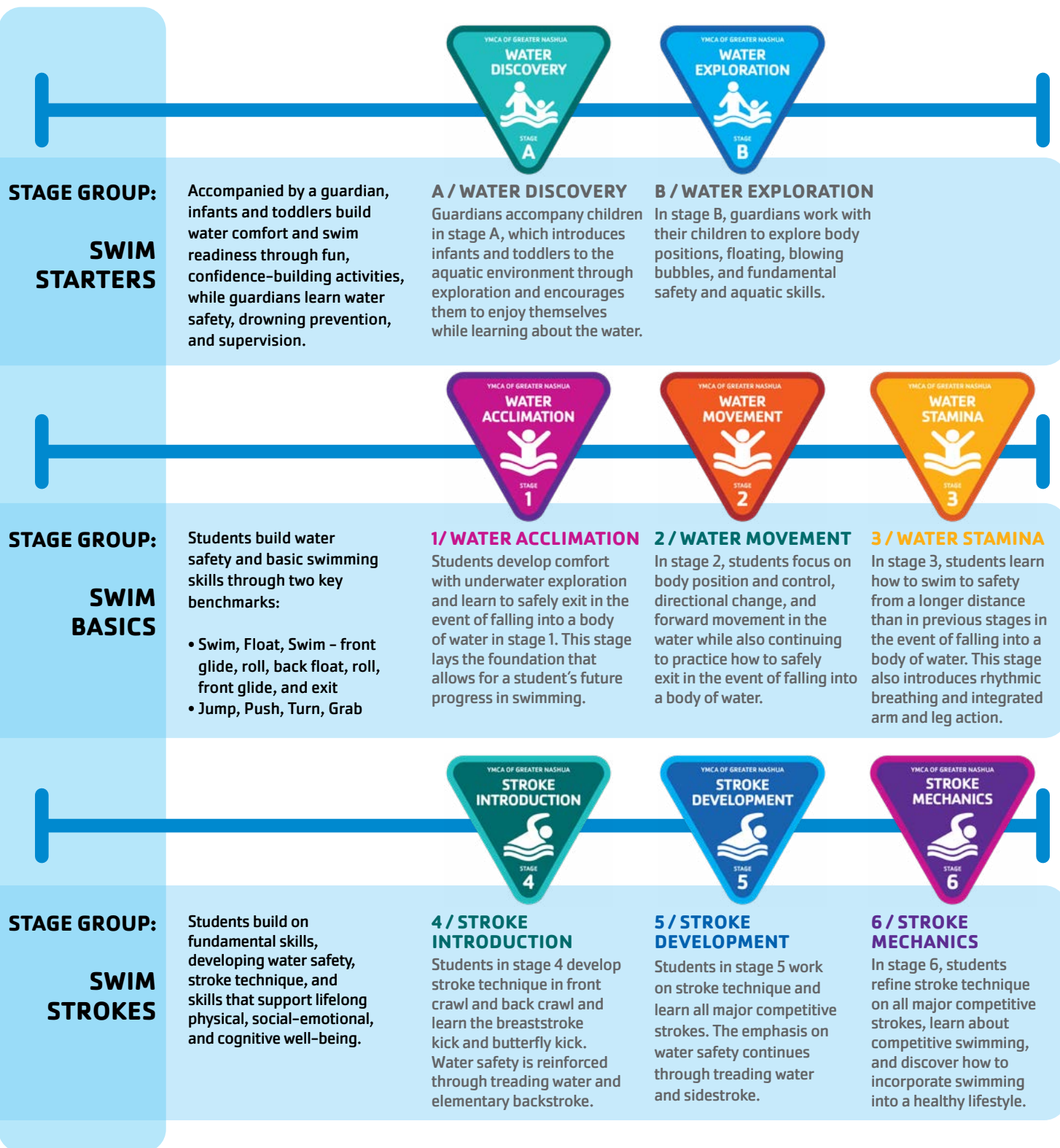
SWIM LESSONS cont'd

www.nmymca.org/swim

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 B 11/2-12/20 : SWIM LESSONS 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 5:40-6:10pm	6:15-6:45pm			
Ages 6-12	6-12	4:30-5pm 5:05-5:35pm	5:45-6:15pm 6:20-6:50pm	4:30-5pm 5:05-5:35pm	5:40-6:10pm 6:15-6:45pm			
Ages 13-17	13-17	5:40-6:10pm						
Ages 18+	18+	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 13-17	13-17			6:15-6:45pm				
Ages 18+	18+	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

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 9-12)

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 10-14)

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

Flag Football Skills

Rookie (Ages 6-9)

Youth (Ages 10-12)

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!

LACROSSE

Rookie (Ages 6-9)

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

Youth Lacrosse (Ages 10-12)

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

NINJA PROGRAMS

Lil Ninjas Parent & Me

(Ages 3-4)

An introduction to Lil Ninja skills in a fun, joint learning experience with a parent.

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 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.

Pickleball Skills and Drills:

Beginners (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 Plus (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 dhot ect.) Sign up for one or multiple weeks according to your skill needs.

www.nmymca.org/sports

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.

Adaptive Tennis

Our Adaptive Tennis program is designed to make tennis accessible, enjoyable, and meaningful for individuals with a wide range of abilities and needs. Whether a participant uses a wheelchair, has a physical or developmental disability, or has other support needs, our goal is to create a welcoming environment where everyone can participate, build skills, gain confidence, and enjoy the game at their own pace.

Participants and families will complete a brief assessment before the first class to help us better understand individual needs and create the best experience possible. Class size is limited to six participants.

[Click here](#) to Learn more about Adaptive Tennis and what to expect.

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.

SPORTS LEAGUES

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.

Women's Soccer League (Ages 18+)

Whether you're a seasoned player or looking to get back into the game, this league offers a fun and welcoming environment to compete, connect, and build your skills. Gather your team, meet new players, and enjoy the game!

NEW!

YOUTH SPORTS CLINICS

Basketball Skills and Drills Clinics (Ages 10-15)

Ready to take your game to the next level? Join Coach Matt Haight and Coach Tyrin every Sunday for an intensive basketball clinic designed for athletes ages who are ready to work hard, compete, and improve their overall game. This skills clinic is meant for the intermediate to advanced player who is looking for more than just open gym. Come ready to train with purpose, compete, be coached, and get better each week!

Youth Floor Hockey Clinics (Ages 7-9)

Build confidence, develop skills, and have fun! Designed for all experience levels, this clinic focuses on stickhandling, passing, shooting, teamwork, and game awareness while encouraging sportsmanship and personal growth. Whether new to hockey or ready to take their skills further, players will learn, challenge themselves, and enjoy the game!

YBL Pre-Season Clinics (Ages 5-14)

Get ready for our January Youth Basketball League with three weeks of preseason clinics in December! Players will build basketball skills, confidence, and game experience through focused instruction and guided scrimmages. Participants will also receive priority registration for the January YBL league before registration opens to the public.

SESSION B 11/2-12/20 : 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 Lacrosse	6-9			4-4:45pm				
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	10-14	6-6:45pm		5-5:45pm				
Y Ninja	10-14	5:15-6pm	5:15-6pm	4:45-5:30pm			11:15-12:00pm	
Youth Basketball	9-12		5:45-6:30pm					
Youth Basketball - Intermediate	10-14				5:45-6:30pm			
Youth Lacrosse	10-14			4-4:45pm				
Youth Pickleball	10-14	5-6pm						
Youth Soccer	10-14				4:45-5:30pm		10:15-11am	
Adult Sports								
Beginner Pickleball	18+		3-4pm		2:30-3:30pm			
Beginner Pickleball Skills and Drills	18+		5-6pm					
Pickleball Skills & Drills: Intermediate +	18+		6-7pm					
Pickleball Game Coaching	18+		4-5pm					
Pickleball Stroke of the Week	18+				1:30-2:30pm			

SESSION B 11/2-12/20 : SPORTS PROGRAMS cont'd

WESTWOOD PARK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Sports Clinics								
Basketball Clinic (November)	10-15							1-3pm
YBL Pre-Season: Mini (December)	5-6						9-10am	
YBL Pre-Season: Rookie (December)	7-9						10:15-11:15am	
YBL Pre-Season: Youth (December)	10-14						11:30-12:30pm	
Sports Leagues								
Coed Volleyball League (Dec 2 - Mar 10)	18+			7:45-9:45pm				
Men's Basketball League (Nov 30 - Feb 1)	18+	7-10pm						
Women's Soccer League (Nov 12 - Feb 18)	18+				6:30-9:30pm			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Preschool Sports								
Mini Basketball	4-5				4-4:30pm			
Mini Sports Sampler	4-5		4-4:30pm					
Youth/Teen Sports								
Rookie Basketball	6-9				4:30-5:15pm			
Rookie Sports Sampler	6-9		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	
Adaptive Tennis	-		2-3pm				10:15-11am	
Adult Sports								
Adult Beginner Tennis	18+	6:45-7:45pm						
Adult Intermediate/Advanced Tennis	18+	7:45-8:45pm						
Youth Sports Clinics								
Youth Floor Hockey Clinic	7-9						12-1pm	

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	10-14	6-6:45pm						
Youth Basketball	9-12	5:15pm-6pm			4:30-5:15pm			

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.

Trainers: Kelsey (Merrimack Y)

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: TKO & Kelsey (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

Cardio Conditioning

Of everything you can do for your health, few things matter more than your cardio fitness. It is one of the strongest predictors of how long you'll live and, just as important, how well you'll live in the years ahead. Over six weeks, this program helps you build that fitness from the ground up, using a variety of cardio equipment so no two workouts feel the same. Wherever you're starting, there's a place for you here. You'll begin with a simple fitness check, follow a clear plan built for your level, and finish with a retest that shows exactly how far you've come. No guesswork, just steady progress you can feel and see.

Trainer: Jason (Nashua Y)

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: 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)

Pickleball Performance

Training and Injury Prevention

Pickleball is the fastest-growing sport in the country – and injury rates have grown right along with it. This 2-month program is built around the specific movements, joints, and age groups most affected, so you can play more, play better, and stay off the sidelines. The program objectives include improved joint resilience; wrist, hand & core stability; fall prevention; and balance, with attention to lateral quickness, controlled deceleration, and reactive footwork. Most pickleball injuries come from falls and sudden direction changes, which means they are largely preventable with the right training. A couple sessions per week is cheap insurance against months on the sidelines. Train to play better AND play longer.

Once or twice per week option.

Instructor: TKO (Westwood Park 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

This small-group circuit program is welcoming to women of all fitness levels, from beginners to those experienced with strength training. Sessions utilize an array of equipment, including kettlebells, barbells, dumbbells, and select strength machines, to build muscle and increase endurance. The circuit structure combines targeted strength development with cardiovascular elements, ensuring a well-rounded, functional workout that builds both fitness and self-confidence. All exercises can be modified to match your current experience level. Members can choose between a once-a-week or a twice-a-week option.

Trainers: Liz M. (Nashua Y)

Jen (Westwood Park Y)

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

[Click here to sign up your child for a Kids Stop Reservation](#)

SESSION B 11/2-12/20 : 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								
Cardio Conditioning	17+			11-11:45am		11-11:45am		
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: 2 Day	17+		9-10am		9-10am			
Women's Workout : 1 Day	17+		9-10am		9-10am			

MERRIMACK YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Youth Programs								
Girls Who Lift	12-16		4-4:45pm					
Adult Programs								
Circuit Revolve	17+		6-7pm		6-7pm			
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	11-17		4-5pm		4-5pm			
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: 2 Day	17+		8:10-8:55am		8:10-8:55am			
Women's Workout : 1 Day	17+		8:10-8:55am		8:10-8:55am			
Pickleball Performance Training: 2 Day	17+		2-3pm			2-3pm		
Pickleball Performance Training: 1 Day	17+		2-3pm			2-3pm		

ADULT PROGRAMS (18+)

Adaptive Yoga for Movement Disorders

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

Enhance Fitness 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 see the email below.

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.

Next session begins 11/17.

For registration details please see the email below.

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 see the email below.

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 see the email below.

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 11/4.

For registration details please see the email below.

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.

For registration details please email healthyliving@nmymca.org

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 see the email below.

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 B 11/2-12/20 : 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+	10:15-11am		9:15-10am 10:15-11am 12-12:45pm		9:15-10am 12-12:45pm		
Moving For Better Balance	18+		3:30-4:30pm		3:30-4:30pm			
Pedaling for Parkinson's–Power Hour	18+		12:30-1:30		12:30-1:30pm			
Thrive – Bones Foundations	18+	12:30-1:30pm		12:30-1:30pm				
"Y" Quit?	18+		6-7pm					
Enhance Fitness	18+	1-2pm		1-2pm		1-2pm		
Diabetes Prevention Program	18+			2:30-4pm				

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		
Thrive – Bones Foundations	18+			12-12:45pm		12-12:45pm		

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			

For registration details please email healthyliving@nmymca.org

WELLBEING & BELONGING

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.

Teen Creative Wellness (Ages 12-17)

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 10/30-11/20.

Adult 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 10/28-11/18.

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.

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 B 11/2-12/20 : WELLBEING & BELONGING PROGRAMS

NASHUA YMCA	AGES	MON	TUES	WED	THUR	FRI	SAT	SUN
Ongoing Programs								
Heartfulness: Ongoing Weekly Program	16+				6-7pm			
Teen Creative Wellness	18+			5:30-6:30pm				
Adult Creative Wellness	18+			11:30-12:30pm				
Y Compass: Navigating Mental Wellness and Resilience	18+					11:30-12:30pm		