



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FALL II 2018 PROGRAM BROCHURE

EXETER AREA YMCA  
A BRANCH OF THE SOUTHERN DISTRICT ASSOCIATION

Fall II Session Dates: November 5, 2018 – January 6, 2019



# TIME TO EXPLORE



**Y-UNLIMITED  
REGISTER FOR THE  
2018-2019  
SCHOOL YEAR!**

After School, you can trust the Y to provide an engaging experience for our youth. Our programs offer parents a safe environment for their middle schooler outside of regular school hours. Our thoughtful curriculum includes homework time, fun enrichment classes, and so much more led by program staff.

### **Community Room | Ages 11-13**

After School Care | 2:15 pm - 6:00 pm

Costs: \$10 per month

Register per month online or at the Welcome Center Desk

Financial Assistance Available.

### **WEEKLY, WE OFFER :**

Homework Support

Fitness Classes

Healthy Snack

STEM

Arts

Sports

Cooking and more!

**Register at [www.sdymca.org/exeter-area-ymca/ymca-unlimited](http://www.sdymca.org/exeter-area-ymca/ymca-unlimited)**

**For more information, contact Tom White, Program Director**

**at 603.319.5928 or email [tom@sdymca.org](mailto:tom@sdymca.org)**

# STAFF AND HOURS

## BRANCH

**Alex Turek** | CEO  
alex@sdyymca.org

**Tanisha Johnson** | Associate Branch Director  
tanisha@sdyymca.org

## MEMBERSHIP

**Wendi Friend** | Membership Manager  
wendi@sdyymca.org

## HEALTH & WELLNESS

**Deanna Graham** | Director of Health & Wellness  
deanna@sdyymca.org

**Carl Hampe** | Wellness Coordinator  
carl@sdyymca.org

## Sports and Programs

**Tom White** | Program Director  
tom@sdyymca.org

**Joseph D'Andreti** | Program Coordinator  
Programs@sdyymca.org

## TABLE OF CONTENTS

Explore.....	2
Staff Listing/Hours of Operation.....	3
Membership Information.....	4
YMCA Mission & Cause.....	5
Sports & Play.....	6
Youth Programs.....	7
Tweens/Teens.....	8
Health & Wellness.....	9
Personal Training.....	10
Specialty Programs.....	11
Birthday Parties.....	12

## Southern District Association

### Camp Lincoln

Mark Cadman, Director of Camping  
mark@ymcacampincoln.org  
603.319.5946

### School Aged Childcare

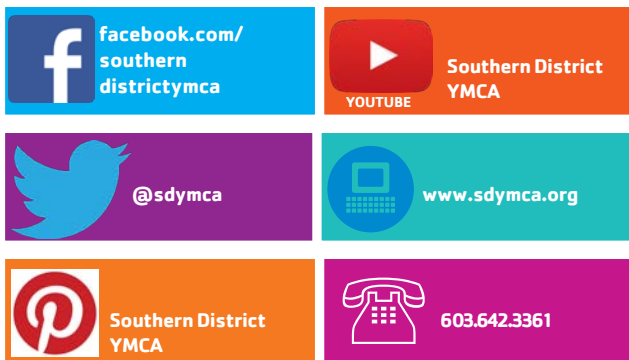
Stephanie Sturgis, Director of School Age Childcare  
stephanie@sdyymca.org  
603.319.5942

## HOURS OF OPERATION

Monday - Friday	5:00AM - 9:30PM
Saturday	7:00AM - 5:00PM
Sunday	7:00AM - 4:00PM

## Holiday Schedule

<b>New Year's Day</b>	January 1 (Open Noon - 9:30PM)
<b>Easter</b>	April 20 (closed)
<b>Memorial Day</b>	May 26 (closed)
<b>Independence Day</b>	July 4 (closed)
<b>Labor Day</b>	September 1 (closed)
<b>Thanksgiving Eve</b>	November 26 (open til noon)
<b>Thanksgiving</b>	November 27 (closed)
<b>Christmas Eve</b>	December 24 (open til noon)
<b>Christmas Day</b>	December 25 (closed)
<b>New Year's Eve</b>	December 31 (open til noon)



Stay connected! There's lots of ways to interact with your YMCA.

# MEMBERSHIP INFORMATION

## Discover Your Y

At the YMCA, membership and programs are open to all. We seek to reflect the diversity of our members, volunteers and staff, and to create an environment where all people feel welcome and valued.

Our Y offers a variety of health and wellness programming for youth, teens, adults and families from youth sports to pick-up basketball, personal training and free group exercise classes.

Specialty programs and classes are offered throughout the year on both a drop in and 6 or 8 week session basis.

The facility is open seven days a week with targeted schedules for Kids Club (drop-in child care for ages 10-weeks to five-years) and Active Kids (5- 10 years old).

### Kids Club

Monday – Friday	8:15-11:30 AM
Monday	4:15PM – 7:40PM
Tuesday – Thursday	4:00PM – 7:00PM
Saturday	8:15 – 11:00 AM
Sunday	Closed

### Active Kids

Monday – Thursday	4:15-6:45 PM
Saturday	8:15AM— 11:00AM
Sunday	Closed

## MEMBER BENEFITS

- Month-to-month memberships
- Full-size gymnasium with basketball court
- Indoor track
- State-of-the-art wellness center (cardio and weights)
- Three group fitness studios
- Five Free Fitness Orientations
- Personalized exercise program and equipment orientation
- Reduced member rates for facility programs
- Member priority registration for facility programs
- Youth Programs
- Kids Club drop-in child care included in family memberships! Request a Kids Club packet for details.
- Guest Passes: 3 per Adult & Youth Membership; 5 per Family Membership per year
- Convenient access seven days a week with on-site parking
- Reimbursement may be available from health insurance providers
- Membership access to more than 2,700 YMCAs **nationwide**.

## My Y is Every Y

Whether you travel for work or play, staying healthy and active on the go is easier with the Y. Members may access YMCAs throughout New England and across the country for free or reduced daily rates! Members will need to show a current YMCA membership card and photo identification. Contact the Y you wish to visit before your arrival as some conditions may apply. See [ymca.net](http://ymca.net) for a complete listing of all YMCAs.

## Membership For All | Financial Aid Available

At the Y, we want to make it easy and affordable for you and your family to stay healthy and fit together, so we offer income-based rates for membership and programs. Please check with our Welcome Center for details.

## Membership Card

For the security of others, please scan your membership card at the Welcome Center in order to access the facility. Expect a wait time if you do not have your membership card.

## Membership Suspension

The Y wants you to keep your membership in all facets of life. The Y will suspend membership payments for up to three months for those in need. Contact the Welcome Center for details.

## Registering for Programs

To register in person or find out about our membership types, please visit our Welcome Center. To register online, you must create a YMCA log-in and you must be ready to pay with a debit or credit card. Registration for Members begins seven days before registration for non-members. Program must be paid in full at time of registration unless noted otherwise. For the fastest, most convenient registration, please visit us online [www.sdymca.org/programs](http://www.sdymca.org/programs) and select view program availability.

## Refunds, Transfers, or Cancellations

We are always happy to accommodate program changes and transfers as long as space is available and your request is made **before** the session begins.

If you need to cancel participation in a program, please cancel before the session begins as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel at least 7 days before the first class. After that point, refunds are given if you have a medical reason that is supported with a doctor's note. Refunds cannot be given for scheduling conflicts or other reasons.

## TEXT NOTIFICATIONS

Did your class change at the last minute? Are we closed due to inclement weather? How do you find out? Instead of checking MindBody or Facebook, receive notifications right to your cell phone.

Sign up for SlickText here: [www.sdymca.org/exeter-area-ymca/slicktext](http://www.sdymca.org/exeter-area-ymca/slicktext) or at the Welcome Center. This allows us to send you brief text alerts noting Exeter Area YMCA's facility closures, class changes and cancellations!

## Member Newsletter

Exeter Area YMCA's newsletter is a free publication emailed to all members on a weekly basis. Be on the lookout to stay updated with upcoming events, wellness initiatives, and branch improvements.

# YMCA MISSION AND CAUSE

## OUR MISSION

Exeter Area YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.

## Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit. That is why well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

## Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected, and secure children, adults, families, and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

## Annual Campaign

When you give to the Y, you continue to strengthen our community and move us forward as the nation's leading nonprofit for youth development, healthy living and social responsibility. The Y utilizes your gift to make a meaningful, enduring impact right in your own neighborhood.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Whether it is childcare for a single parent, youth sports for a foster child or after-school recreation for a teen, your donation to the Annual Campaign makes a significant difference in the lives of your neighbors. Your support strengthens the community by not only giving children the chance to shine today, but by helping them learn important values that will impact their lives and your community tomorrow.

The Southern District Association scholarships more than \$120,000 each year. We are always looking for volunteers and donors to help us reach that goal. These scholarships will be used to help kids and families in our community.

To learn how you can help make an impact today in your community, please call Tanisha Johnson, Associate Branch Director at 603.319-5929 or go online at [www.sdymca.org/exeter-area-ymca/donate-to-exeter-area-ymca](http://www.sdymca.org/exeter-area-ymca/donate-to-exeter-area-ymca)

## Volunteer

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. There is no other volunteer organization quite like the Y. That's because in 10,000 communities across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change. If you would like to volunteer, please e-mail Jan Merrow at [Jan@sdymca.org](mailto:Jan@sdymca.org).

## Financial Assistance

As a 501(c)3 non-profit, charitable organization, Exeter Area YMCA strives for our services to be affordable to the community. Our financial assistance program helps provide access for those in need in the form of financial aid for Y memberships and programs. Our join fees and monthly membership dues are income-based to ensure that everyone can enjoy the Y and its programs, regardless of income.

Please visit the Welcome Center for more information about our financial assistance program. Please bring a copy of your household tax return for the current year with you upon enrollment. If a recent tax return is not available, the Welcome Center will happily discuss further options with you.





# SPORTS AND PLAY

## Youth Sports

### Itty Bitty Sports 3 – 5 years

This program will feature games and activities that will allow your child to work on their Agility, Balance, and Coordination skills, while simply having fun. It is required that a care-giver (18+ years old) be present during class.

Saturday 8:30AM - 9:15AM 11/3 - 12/29  
\$25M/\$40CM (No Classes 11/24)

### Basketball Skills Clinic 6-10 years

This program will focus mainly on skills development for new and/or slightly inexperienced students. While a majority of the session time will focus on skills development, there will be some scrimmage time to help acclimate the student to game action. This class is Co-Ed.

Saturday 9:30AM - 10:30AM 11/3 - 12/29  
\$25M/\$40 CM (No Classes 11/24)

### Indoor Soccer (Futsal) 5 years +

This program will incorporate skills training along with game play. Futsal is an indoor version of soccer that allows participants the opportunity to greatly improve their footwork and defensive abilities, by getting many more touches and opportunities than outdoor soccer. This class is Co-ED.

Saturday 10:30AM - 11:30AM 11/3 - 12/29  
\$25M/\$40CM (No Classes 11/24)

### Midnight Madness Basketball League

14-17 years

Get your friends and/or teammates together and play some recreational basketball. Nothing better than walking the halls of school with a League Championship. Season consists of 7-game regular season and single elimination tournament. All teams receive a Jersey (cost included with registration)

Friday 8:00PM - 12:00AM 12/7 - 2/15/19  
\$595 per team

For all youth programs register at the Welcome Center Desk or Online at:  
<http://www.sdymca.org/exeter-area-ymca/youth-programs>

## Adult Sports

### Volleyball Night

Spike it at the Y! Ages 16+, decompress after school or work and drop in for some pick-up volleyball games.

Half Court  
Thursday 7:30PM - 9:15PM

### Indoor Soccer (Futsal) Night

Get a kick out of this! Ages 16+, come drop in for pick-up soccer games.

Half Court  
Tuesday 7:30PM-9:15PM

### Pickleball

Let's play Pickleball! If you're a seasoned player, or even if you want to learn, this is the perfect opportunity for you. No matter your ability, this is a great chance to meet new people!

Day	Time	Level
Monday	9:30AM	Beginner/Instructional
Tuesday	7:00AM	Leveled Play/Open Gym
Wednesday	7:00AM	Advanced
Thursday	7:00AM	Leveled Play/Open Gym
Friday	7:00AM	Advanced/Instructional



# YOUTH DEVELOPMENT

## Y-Home Adventures

Homeschoolers: spend the day at the Y! Meet new friends, get active, learn to cook, and go on a field trip!

8:00AM - 12:00PM - Physical Education and Cooking Class  
12:30PM - 4:00PM - Field Trip

November 16: Relay Racing & Mini Pepper Pizzas  
Community Service Field Trip

November 30: Soccer & Quesadillas  
Indoor Swimming

December 14: Dodgeball & Banana Splits  
Ice Skating & Hot Chocolate

Full Day: \$30M/\$45CM  
Half-Day Morning: \$15M/\$25CM  
Half-Day Afternoon: \$20M/\$30CM  
\*Sibling discount offered

Register Online at: <http://www.sdymca.org/exeter-area-ymca/y-home-adventures>

## Family Open Gym

Family Open Gym is a program designed for parents of children from birth through Kindergarten. This drop-in program offers developmentally appropriate toys and activities. This is a great place for parents and caregivers to meet and enjoy some adult time while playing with their children! The purpose is to encourage free-play opportunities for youth and adult interaction. Parents and children must have a liability waiver on file.

PLEASE NOTE: The parent/caregiver assumes all responsibility for the child(ren) in their care; this is not a fully-staffed program.

Daily 10:00AM-12:00PM Free Members/\$5CM

## Parent's Night Out

Enjoy an evening out while your children have fun. Our trained childcare professionals keep you children healthy and active with art projects, active play, and more. A pizza dinner will be served. Open to everyone! Ages 4-10.

Friday 6:00PM - 9:00PM \$18M/\$22CM  
November 16  
December 14

Register online at: <http://www.sdymca.org/exeter-area-ymca/parents-night-out> or at the Welcome Center Desk!

## Active Kids

Active Kids is the perfect opportunity for your children to meet others their age and have structured play while you work out! This is a drop-in program in the gymnasium, all supervised by our trained staff. Class is located in the gymnasium. Ages 5-10

Daily 4:15PM-6:45PM Free Members/\$5 CM

# Holiday Events

## Drop and Shop

On Black Friday, could you use a few hours to shop for the kids without having them in tow? Our professional staff will gladly watch your kids while you go get those bargains! We will play games, make crafts, and provide lunch.

Friday, November 23 \$40M/ 8:00AM - 3:00PM  
\$50CM

\*Sibling discount available

## Holiday Breakfast

Bring the family to have breakfast for this holiday season. We will make crafts, create cards, decorate cookies and eat pancakes! We may even have a special appearance from a holiday favorite!

Free Family Event  
December 8 9:00AM-11:00AM

**Be sure to check our  
Holiday Hours and Class  
Schedule!**



**GIVE THE GIFT**  
Of Good Health with YMCA Gift Certificates  
Visit the front desk to buy your loved one the perfect gift today!  
**LEARN MORE »**

# YOUTH DEVELOPMENT

## TWEENS/TEENS

### CAREER PLANNING SERIES 14 years +

Career awareness, exploration and preparedness for students. Our goal is to provide students with resources relating to the area of career exploration and development. This is an 8 week program series.  
\$30M/\$45CM

Tuesday 8:15PM  
October 23, 30; November 6,13,27; December 4, 11, 18

### MEDIA MATTERS 12 years +

An interactive discussion that helps students explore the science behind how media messages affect them. Educators will discuss with students and parents how the media uses gender stereotypes, sexual, and violent images to sell products. Students will explore the effect of media on their interpersonal relationships and self-esteem.

Two Part Series (60 minutes each) to include a parent only workshop and student only workshop

Dates to be announced...Stay Tuned for more information.

Free Educational Program

### SCHOOL'S OUT, Y'S IN! 11 years +

Even though school is out, you can still enjoy time with your friends! These days include local trips to get out and enjoy the beach, ice skating, bowling, hiking, or the movies along with some time at the YMCA. Transportation is included to and from the trips; students must pack a lunch.  
All Dates: \$30M/\$45CM

November 6, 2018: Laser Tag  
November 12: Hanging Downtown  
November 21: Movie with a Mission  
December 26-28: TBD

Review our website for specific details and to register here:  
<http://www.sdymca.org/exeter-area-ymca/no-school-its-cool>

### MIDDLE SCHOOL MADNESS

Tween Nights 11 – 14 years

Here is your opportunity to hang out with friends and make some new friends. Each month has a different activity or trip.

Free Program!!!

Friday 6:00PM – 9:00PM  
November 30: Ice Skating  
December schedule canceled for Holidays

Register Online here: <http://www.sdymca.org/exeter-area-ymca/middle-school-madness>

### JR AND SR Leaders Club Grades 6-12

Find your leader within! Leaders Club, a nationally recognized Y teen program, runs September to June and provides participants with the opportunity for leadership training, personal growth, service to others, and social development. This program emphasizes educational success, community service, and leader development as well as planning and organizing projects. For more information to participate in Leaders Club please contact Tanisha Johnson at [Tanisha@sdymca.org](mailto:Tanisha@sdymca.org)

Junior Leaders Club: Ages 11-13  
Biweekly Thursday: 4:30-6:00PM

Senior Leaders Club: Ages 14+  
Biweekly Thursday: 6:45PM – 8:00PM

### Teen Strength and Conditioning

Ages 11-17

Whether you want to get fit or keep up the pace, we've got your back! Join us at the Y for agility, strength, drills, and more to either get in shape or stay in shape. Our certified trainers will help you work hard and have fun in a non-competitive atmosphere!

November 6-December 20

Tuesday: 3:30PM-4:30PM  
Thursday: 3:30PM – 4:30PM

Free for Members/\$50 CM





# FOR HEALTHY LIVING

## HEALTH AND WELLNESS

### GROUPEX

Exeter Area YMCA offers a variety of exercise classes for all fitness levels. From Zumba to Yoga, Pilates to Cycle; you can find the perfect class for you.

To review the monthly schedule, check out the website here: <http://www.sdymca.org/exeter-area-ymca/schedules/group-exercise-schedule>

Download the MindBody App to have the schedule at your fingertips and to reserve your spot for the Barre and Cycle!

For more information on how to find the perfect class for you, please contact Deanna Graham, Health and Wellness Director at [Deanna@sdymca.org](mailto:Deanna@sdymca.org).

Youth ages 12+ can participate in all classes.



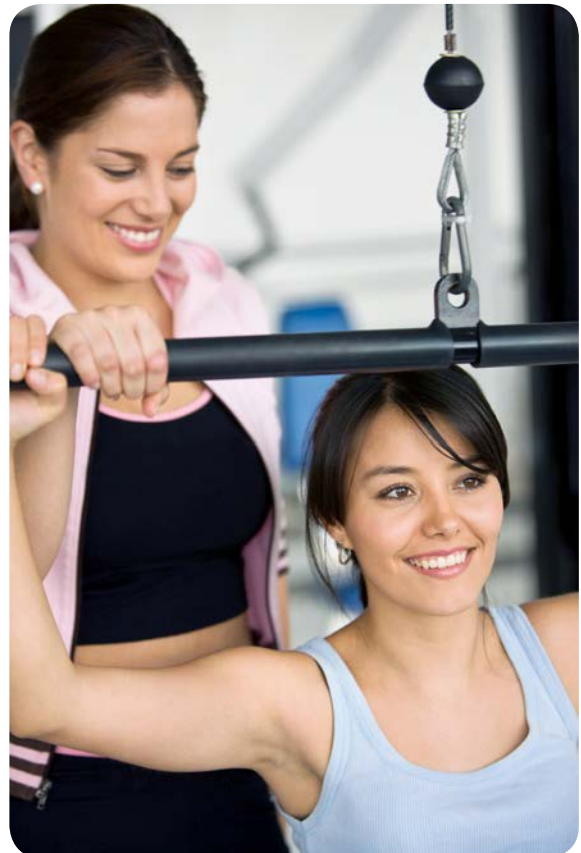
### Wellness Center Orientations

Our wellness coaches are here for you; whether you need help getting started, a refreshed program as boredom is setting in or you have decided to train for your first marathon, we can and will help.

During your orientation you will be walked through all aspects of living a healthy life and leave with a clear program for success. The goals are yours and the program is yours. Typical orientations include the following components:

- General introduction to the facility
- Discussion around possible health concerns
- Goal setting; short and long term
- Warming up
- Flexibility work
- Cardiovascular training
- Resistance training
- Cooling down
- Reducing stress
- Program review

Our wellness coaches are always available to change, amend or refresh your program whenever you need them to. To make an appointment please call **Carl Hampe**, Wellness Coordinator at 603.642.3361 or [carl@sdymca.org](mailto:carl@sdymca.org).



# FOR HEALTHY LIVING



## PERSONAL TRAINING AT THE Y

Discover new pathways to healthy living with our individual and small group personal training. At the Y, personal training provides all individuals, from health seekers to athletes, with the ability to achieve their healthy living goals regardless of the degree of difficulty. Sign up for individual personal training sessions or small group personal training sessions.

### Individual Personal Training

Certified, professional, and motivated staff work with clients on health education in addition to developing personalized routines based on individual goals. Clients start with a customized wellness evaluation measuring current abilities, reviewing history, and making goals. These goals are monitored to celebrate success. Through traditional and innovative techniques, clients will build relationships, gain confidence, and maintain a focus on long-term health and sustainability.

Package Options	Rates
Intro to Personal Training (3) 1 hour sessions	\$99
(1) 1 hour session	\$60
(3) 1 hour sessions	\$165
(6) 1 hour sessions	\$312
(12) 1 hour sessions	\$600
(3) 30 minute session	\$96
(6) 30 minute sessions	\$180
(12) 30 minute sessions	\$336

For more information about Personal Training contact:  
**Carl Hampe**, Wellness Coordinator at  
603.642.3361 or [carl@sdympca.org](mailto:carl@sdympca.org).

### S.H.I.F.T. SPECIALIZED HIGH INTENSITY FUNCTIONAL TRAINING

GET FIT. STAY STRONG!

Take your fitness to another level with Specialized High Intensity Functional Training. These full body workouts are designed using cutting edge equipment and by incorporating the most innovative techniques functional fitness has to offer. Using a combination of Kettlebells, TRX Suspension Trainers, Bosu Balls, Medicine Balls, Slam Balls, and Battle Ropes, you will be sure to hit all your major muscle groups in just 45 minutes for a bigger burn!

Sign Up on MindBody or at the Welcome Center to reserve your spot.

# FOR HEALTHY LIVING

## SPECIALTY PROGRAMS

### Intro to Weight Training

Through this 7-week series, learn about the benefits of free-weight training! Studies show that weight training has an amazing effect on metabolism and delivers faster, better results than all those minutes of cardiovascular exercise. Learn the basics in the free weight area utilizing dumbbells, cables, and plate loaded equipment with our certified personal trainers.

Intermediate, Advanced, and SuperAdvanced Training also available! Contact Deanna Graham for more details.

Begins week of November 6

Monday: 5:30-6:30PM

\$50M/\$75CM

### Women on Weights

Ladies, interested in learning more about what the wellness floor has to offer? Join us for this multi-week course to learn the basics of lifting and strength training - all geared toward to the female exerciser!

Begins week of November 6

Mondays: 8:30AM

Tuesdays: 6:30PM

\$50M/\$75CM

### Walk to Run

Whether you're looking to run a 5k for the first time or increase your speed, this program is for you! The "Walk to Run" series gets you ready to run! Through various training drills, we'll take baby steps to increase the intensity and help you run a full 5k (3.1 miles.) This environment is supportive and sets you up for success!

Begins week of November 6

Tuesdays: 6:00AM

Thursday: 5:30PM

\$50M/\$75CM

### Lunch Bunch

Enjoy lunch and a seminar from an expert on health, nutrition, or social impact for active older adults.

Wednesday 12:00PM-1:30PM

November 14

December 19

Free Program

Register: Tom@sdyymca.org or 603.319.5328

### Posture Screenings

How can your posture and alignment affect your ability to move, as well as the level of pain you experience day to day basis?

Many times the source of our pain and movement restriction can be traced back to our misalignments due to muscle imbalances and deviation in our musculoskeletal structure.

Information will be provided on the posture and an complimentary postural screening .

Postural screenings are 10 minute blocks and must be registered in advance for specific times. Registration can be completed at the Welcome Center Desk.

November 5: 7:00PM

Free Community Event

### Mahjong Club

Whether you're a skilled veteran, or ready to try it for the first time, all are welcome! Mahjong games develop cognitive skills in all ages and require a person to be calculating, intelligent and able to move with strategy. You'll have fun and enjoy being lucky as well!

We have the games here, we just need you!!!

Weekly Tuesday 11AM-1PM

Free for Members/\$5 CM (Daily Pass)

### Coast to Coast Challenge

**November 6 - December 30, 2018**

Go the distance! You will virtually travel from NH to CA. Log each of your workouts by time or distance. Be the first to reach the Golden Gate Bridge and win a \$25 gift certificate. Everyone who completes the challenge will be entered to win the grand prize of a night out in Boston. Ages 11+ can enter!

\$25M/\$50CM

You can Register at the Welcome Center or online for wellness programs at <http://www.sdyymca.org/exeter-area-ymca/programs/exercise-fitness-health/specialty-fitness-classes>.

# CELEBRATE WITH US BIRTHDAY PARTY AND ROOM RENTALS



## PARTIES

**Dance Party** 3 years + Music keeps the kids moving! Bring your own music and our staff will teach you some fun dance moves.

### **Arts & Crafts Party**

6 years +

Host a painting, jewelry making or another fun craft party at the Y! Each guest will make their own piece to take home.

**Nerf Party** 5 years + Prepare for the ultimate Nerf Battle! Eye gear provided!

**Sports Party** 3 years + Pass! Kick! Score! Choose from a variety of activities including floor hockey, basketball, soccer, and more!

More Information:

[www.sdymca.org/exeter-area-ymca/birthday-parties](http://www.sdymca.org/exeter-area-ymca/birthday-parties)



**BOOK NOW!**  
CALL  
**603-642-3361**

