



SOUTHERN DISTRICT YMCA PROGRAM GUIDE

OCT | NOV | DEC



2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR MORE INFORMATION



MEMBERSHIP@SDYMCA.ORG



(603) 642-3361



56 LINDEN ST, EXETER, NH



FACILITY HOURS

MONDAY - THURSDAY: 5:00 AM - 8:00 PM

FRIDAY: 5:00 AM - 7:00 PM

SATURDAY: 7:00 AM - 5:00 PM

SUNDAY: 8:00 AM - 4:00 PM

KIDS CLUB HOURS

MONDAY - THURSDAY: 8:30 AM - 11:30 AM, 4:15 PM - 7:00 PM

FRIDAY: 8:30 AM - 11:30 AM

SATURDAY: 8:00 AM - 11:00 AM

ACTIVE KIDS HOURS

MONDAY - THURSDAY: 4:15 PM - 7:00 PM

SATURDAY: 8:00 AM - 11:00 AM

HOLIDAY CLOSURE:

THURSDAY, NOVEMBER 27TH - THANKSGIVING DAY CLOSED

WEDNESDAY, DECEMBER 24TH - CHRISTMAS EVE OPEN 8:00 AM - 12:00PM

THURSDAY, DECEMBER 25TH - CHRISTMAS DAY CLOSED

WEDNESDAY, DECEMBER 31ST - NEW YEAR'S EVE OPEN 8:00 AM - 12:00 PM

THURSDAY, JANUARY 1ST - NEW YEAR'S DAY OPEN 9:00 AM - 12:00 PM



HOW CAN WE HELP?

Welcome Center
membership@sdymca.org
603-642-3361

FOR FACILITY UPDATES

TO ENROLL IN TEXT NOTIFICATIONS, TEXT "SDYMCA" to 545-39.

SAVE THE DATES



DATE	EVENT	TIME
October 1st - October 31st	MEMBERSHIP IMPACT	ONGOING
November 1st - November 30th	GRATITUDE TREE	ONGOING
December 1st - December 19th	GIVING TREE	ONGOING
Friday, December 5th	BLOOD DRIVE	8:30 AM - 4:30 PM



REGISTER FOR PROGRAMS



Discover a world of opportunities for growth, fun, and connection by signing up for our programs today! Whether you're looking for fitness classes, youth programs, or family-friendly activities, we have something for everyone. Follow the steps below to secure your spot and start your journey with us:

How to Register

REGISTER FOR PROGRAMS USING DAXKO

Use Daxko to register for programs including Kids Club and Active Kids

Instructions (Web Browser)

- 1. Visit the SDYMCA Website:**
 - Open your web browser and go to www.sdymca.org
- 2. Locate Manage Membership:**
 - On the SDYMCA home page, Find and click the "Manage Membership" button, usually located at the top of the page.
 - You'll be directed to manage your account online page
 - Scroll down to step 1 and click on "Click here to access your account"
- 3. Enter Your Email or Phone No. Associated with your Exeter Area YMCA Account:**
 - If you don't know your email or need to verify your email, please visit the front desk or call us at (603) 642-3361
- 4. Enter Your Password**
 - If you have logged in before, enter your password
 - If this is your first time, set up a password
- 5. Locate Activities**
 - On Your profile home page, Find and click the Activities button, usually located at the top right of the page.
- 6. Register for a program or Schedule a visit**
 - "Register for a program" is for programs
 - "Schedule a visit" is for Kids Club and Active Kids
- 7. Search for the program you would like to sign up for**
 - Type the name of the program, or use a keyword. Ex: 'Pickleball'
- 8. Select Your Program**
 - Click on the program that you would like to register for
 - Be sure to review the details, including start and end dates, age requirements, and fees.
- 9. Complete Registration**
 - Follow the prompts to complete your registration.
- 10. Payment**
 - Secure your spot by completing the payment process. Payment options include credit card, online payment platforms, or in-person payments at our location.
- 11. Confirmation**
 - Once registered, you'll receive a confirmation email with all the details. Keep this for your records and as a reminder of your start date.

REGISTER FOR GROUP CLASSES USING YMCA360

Use YMCA360 to register for Group Fitness Classes

Instructions to sign up for classes using the YMCA360

- 1. Download "YMCA360 App" on a mobile device**
 - Apple: App Store
 - Android: Google Play
- 2. Locate the log In button.**
 - Click on it.
- 3. Enter your email address associated with your Exeter YMCA Account**
 - If you don't know, please visit the front desk or call us at (603) 642-3361
 - Click Continue
- 4. Enter Exeter Area YMCA ZIP Code 03833.**
 - Click Continue.
- 5. Choose Exeter Area YMCA Branch**
 - You will be redirected to enter confirmation code.
 - Check your email for the the 6-digit code.
 - Enter the code and click continue.

You're in!

GROUP Exercise Class Reservations

Step 1: Open the YMCA360 app

- locate YMCA 360 App Icon and click on it

Step 2: Click on My Y

- Click on "My Y," located in the bottom menu bar.

Step 3: Click on Schedules

- If the button doesn't appear on your phone screen, scroll down to locate it.

Step 4: View the schedule

- Select the date and the class you would like to attend.

Step 5: 3-day advance sign up

- If reservations for the class are not open yet, you will see the date and time when they will become available.

Step 6: Choose what you would like to do

Reserve a Spot

- If the class is ready to be reserved, click the blue button at the bottom.
- Click OK.
- You will receive an email notification confirming your reservation.

Cancel Reservation

- If you would like to cancel your reservation, click the gray "Cancel Reservation" button at the bottom.
- Click "Yes, Remove."
- You will receive an email confirming your cancellation.

TODDLER PROGRAMS

TODDLER GYM TIME

NO REGISTRATION REQUIRED - DROP-IN

Tuesdays, Wednesdays, Thursdays, & Saturdays

10:00 AM - 12:00 PM, Court 1

FAMILY MEMBERS: Free; COMMUNITY: \$5 per child

Age: 2 - 6

Parents and toddlers come to enjoy open play time.

We'll have age-appropriate equipment and the

bounce house out for the kiddos to enjoy.

YOUTH & TEEN PROGRAMS

YOUTH VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Thursdays, October 2nd - December 18th (11 weeks)

4:15 PM - 5:15 PM, Court 2

MEMBERS: Free; COMMUNITY: \$55

Age: 10-17

Get Ready to Serve, Set, and Spike! Take the first

step towards becoming a confident, skilled volleyball

player while having fun and making new friends!

FAMILY PROGRAMS

PUMPKIN CARVING AND DECORATING

REGISTRATION REQUIRED - DAXKO

Monday, October 21st

4:00 PM - 6:00 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

Come decorate a pumpkin with us! We will have pumpkins, paint, and carving supplies. Outside crafting supplies are welcome. We can't wait to see your creativity shine!

GINGERBREAD HOUSE DECORATING

REGISTRATION REQUIRED - DAXKO

Saturday, December 13th

9:00 AM - 11:00 AM, Community Room

MEMBERS: \$15; COMMUNITY: \$25

Grab your ugly sweater and join us for a sweet time at our gingerbread house decorating party! We will have the supplies, coffee, and hot chocolate for the kids.

FRIDAY NIGHT, GAME NIGHT

NO REGISTRATION REQUIRED - DROP-IN

Fridays, Ongoing

4:30 PM - 6:30 PM, 1st Floor/ Gym

MEMBERS: Free

Get your weekend started with Friday Night Game Night at the YMCA! Come enjoy a variety of games such as Jenga, basketball, ping pong, corn hole, or puzzles in a fun, family-friendly atmosphere.

Whether you're up for some friendly competition or just want to relax and play, there's something for everyone to enjoy.

HALLOWEEN BASH

NO REGISTRATION REQUIRED - DROP-IN

Saturday, October 25th

6:00 PM - 8:00 PM, First floor

MEMBERS: Free; COMMUNITY: Free

Join us for an evening of family-friendly Halloween fun. Bring the kids, dress in costume, and enjoy: Spooky (but not too scary!) games & activities, Festive crafts, Music & dancing to get everyone in the Halloween spirit.

The highlight of the evening is a show-stopping performance of Michael Jackson's Thriller with Group Ex Instructor Caroline Ruhm and her ghouls.

ORNAMENT MAKING PARTY

NO REGISTRATION REQUIRED - DROP-IN

Wednesday, December 10th

8:00 AM - 12:00 PM, Lobby

MEMBERS: Free

We will have an assortment of ornaments for both kids and adults! We will also provide a variety of crafting supplies to decorate!

CHRISTMAS CAROL ZUMBA

REGISTRATION REQUIRED - DAXKO

Wednesday, December 10th

4:30 PM - 5:30 PM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Age: 5 - 11 Years

Zumba for kids! Get in the holiday spirit with Christmas Carol Zumba.





INJURY SCREENINGS

REGISTRATION REQUIRED - CALL FRONT DESK

Wednesday, October 29th

Wednesday, December 17th

10:00 AM - 12:00PM, Mind Body Studio

MEMBERS: Free; **COMMUNITY:** Free

Free injury screenings provided by Exeter Hospital and Core Orthopedics for Exeter YMCA members that will include a musculoskeletal assessment, recommendations and exercises. Call the welcome Desk at 603-642-3361 to reserve your spot

POP-UP NEEDLE FELTING

NO REGISTRATION REQUIRED - DROP-IN

Mondays, October 6th - December 22nd

10:00 AM - 12:00 PM, Community Room

MEMBERS: Free

Join needle felt instructor Liz Conrad for a pop-up needle felting program. This pop-up group will meet in the lobby. Each week we will learn to create a needle felt project. Needle felt is a type of art that uses a finite sewing needle to create various shapes and creations.

COMMUNITY ART SHOW

NO REGISTRATION REQUIRED - DROP-IN

Friday, October 17th

5:00 PM - 6:45 PM, Lobby Area & Community Room

\$5-\$10 Suggested Donation

An evening celebration of the Art Wall program, featuring members of the Y and community. Light refreshments provided.

VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Tuesdays, September 30th - December 16th (12 Weeks)

MEMBERS: Free; **COMMUNITY:** \$72

Thursdays, October 2nd - December 18th (11 Weeks)

MEMBERS: Free; **COMMUNITY:** \$66

5:45 PM - 7:45 PM, Court 2

Age: 16+

Join us for a fun night of volleyball. Volleyball levels: from advanced beginner (all levels welcome, as long as you know the basics of bump, set, spike) through intermediate/high intermediate.

MONTHLY POT LUCK

REGISTRATION REQUIRED - SCAN THE QR CODE

Friday, October 10th

Friday, November 14th

11:30 AM - 1:30 PM, Community Room

MEMBERS: Free

Bring your favorite dish to share, connect with your YMCA community, and make lasting memories over a shared meal. Let's celebrate friendship and good food together! Here is the link to sign up to bring food to share.

Scan me



OCTOBER POT LUCK

Scan me



NOVEMBER POT LUCK



COFFEE AND CONVERSATION

NO REGISTRATION REQUIRED - DROP-IN

Mondays, Ongoing

9:00 AM - 10:00 AM, Community Room

MEMBERS: FREE; COMMUNITY: FREE

Looking to connect—whether you're new to the Y or have been part of our community for years? Coffee & Conversation offers a warm and welcoming space to gather. Over a cup of coffee or tea, we'll share stories, talk about life, and enjoy meaningful conversation. It's a great way to build friendships, find support, and feel at home in the Y community. Open to all.

PARTNERING WITH YOURSELF FOR STRESS RELIEF

REGISTRATION REQUIRED - DAXKO

Thursday, November 13th, 11:00 AM - 12:00 PM

Tuesday, November 18th, 5:00 PM - 6:00 PM

Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

Partnering with Yourself for Stress Relief is an empowering workshop that helps participants better understand their relationship with stress and discover tools for lasting relief. Attendees will explore how stress impacts the body and mind, learn to shift their stress mindset, and practice simple, evidence-based relaxation techniques to feel calmer anytime, anywhere.

MOOD MASTERY: HOLIDAY EDITION

REGISTRATION REQUIRED - DAXKO

Tuesday, December 2nd, 5:00 PM - 6:00 PM

Tuesday, December 9th, 11:00 AM - 12:00 PM

Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

The holidays can be joyful and stressful. In this workshop, you'll learn a simple two-step process with the Mood Meter to notice, name, and shift your moods. Walk away with quick, practical strategies to reduce stress, savor meaningful moments, and feel more centered this season.

YOUTH MENTAL HEALTH FIRST AID TRAINING

REGISTRATION REQUIRED - DAXKO

Saturday, November 8th

8:00 AM - 3:00 PM, Community Room

Age: 18+

MEMBERS: \$20; COMMUNITY: \$40

Learn to recognize and respond to signs of mental health challenges in youth. This course equips you with skills to offer support during crises and promote well-being in everyday situations. Those that register will complete a 2-hour self-paced online course, followed by 5 hours of instructor-led training. Completion of this course results in certification

CARING FOR YOUR WHOLE SELF

REGISTRATION REQUIRED - DAXKO

Wednesday, October 15th, 5:00 PM - 6:00 PM

Thursday, October 23rd, 11:00 AM - 12:00 PM

Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

Caring for Your Whole Self: Wellness Check-In
Take a pause to focus on you. This interactive workshop invites you to step back, reflect, and reconnect with your overall well-being. Through a guided wellness assessment, you'll discover your personal strengths, notice areas that may need attention, and gain fresh insight into your self-care habits. You'll leave with practical tools and inspiration to refresh your daily routines and support a more balanced, intentional approach to caring for yourself.

MEET THE TRAINERS NIGHT

REGISTRATION REQUIRED - DAXKO

Thursday, October 9th

6:00 PM - 7:00 PM, Community Room

MEMBERS: Free

Come meet the personal trainers! Come learn about Personal Training at the Y. Get an introduction to the personal trainers we have here. Ask questions, and learn the knowledge they have about training and exercise.



YOGA NIDRA

REGISTRATION REQUIRED - YMCA360

Tuesdays, October 21st, November 18th, December 23rd
6:45 PM - 7:30 PM, Studio Beat

Wednesdays, October 22nd, November 19th, December 17th
12:00 PM - 1:00 PM, Mind Body Studio

Thursdays, October 23rd, November 20th, December 18th
9:15 AM - 10:00 AM, Mind Body Studio

Age: 18+

MEMBERS: Free; COMMUNITY: \$15

Join us for Yoga Nidra, a deeply restorative guided meditation often called "yogic sleep." This calming practice is designed to reduce stress, quiet the mind, and reconnect with yourself—all while lying down in complete comfort. No movement, poses, or experience required—just rest, listen, and let go. Benefits include: reduced stress and anxiety, improved sleep, emotional balance, enhanced self-awareness, and the release of mental and physical tension. Perfect for anyone looking to recharge and reset the nervous system.

NECK AND BACK PAIN: CAUSES, CARE, AND RELIEF

REGISTRATION REQUIRED - DAXKO

Thursday, October 30th
6:00 PM - 7:00PM, Community Room
MEMBERS: \$5; COMMUNITY: \$15

Dr. Richard Feeney is a board certified Physiatrist with Core Physicians at the Center for Orthopedics and Movement and Exeter Hospital. He specializes in comprehensive and conservative non-surgical treatment of the back and neck. Dr. Feeney's presentation will be a discussion of common neck and back problems as well as current methods of treatment for these conditions.

TORQUE-NEW COMBO SPIN CLASS!

REGISTRATION REQUIRED - YMCA360

Mondays, Wednesdays, and Fridays
October 1st - December 31st
12:00 PM - 12:45PM Cycle Studio

Age: 18+

MEMBERS: Free; COMMUNITY: \$15

New for the fall schedule: Join us for a 45-minute midday energizer lunch break! Torque is a high-intensity circuit class that combines cardio intervals on the bike with functional strength training off the bike. This dynamic, total-body workout builds endurance, tones muscles, and boosts overall fitness through a mix of cycling sprints and resistance-based exercises. Classes are led by Corrine, Jillian, or Christy to keep you motivated and moving.

NAVIGATING MENOPAUSE: TIPS FOR A HEALTHY TRANSITION

REGISTRATION REQUIRED - DAXKO

Thursday, October 2nd
12:00 PM - 1:00PM, Community Room
MEMBERS: \$5; COMMUNITY: \$15

Dr. Evelyn Caron, a board-certified Obstetrician and Gynecologist in Exeter with more than 15 years of experience, will be joined by Dr. Jacqueline Baseline, a board-certified Obstetrician and Gynecologist with a special interest in medical weight loss management, along with midwife and Menopause Society Certified Practitioner Linnea Malm.

Together, they will share insights on the menopausal transition—what's happening in the body, common symptoms, and ways to manage the changes with confidence. This conversation will highlight practical approaches for maintaining health, balance, and quality of life, while offering support and guidance to help women feel their best during this stage of life.



WOMEN'S LIFTING CLUB

REGISTRATION REQUIRED - DAXKO

Tuesdays & Fridays

Session 1: October 7th - October 31st (8 Classes)

Session 2: November 4th - November 28th (8 Classes)

Session 3: December 2nd - December 26th (8 Classes)

5:00 PM - 6:00 PM, Odyssey Center

MEMBERS: \$45; COMMUNITY: \$90

Age 18+

Taught by Matt Fleury, a Personal Trainer, you will learn the fundamentals and safe techniques of lifting. This 4-week program not only provides education for safe lifting techniques but also teaches exercises for muscle strength and building bone density. A great class to learn how to lift heavier for healthy bones and joints as you age.

CLINICAL PILATES

REGISTRATION REQUIRED - DAXKO

Thursdays, October 9th - October 30th (4 Classes)

4:45 PM - 5:45 PM, Stretching Area

Saturday, November 8th - November 29th (4 Classes)

10:15 AM - 11:15 AM, Mind Body Studio

Saturday, December 6th - December 27th (4 Classes)

10:15 AM - 11:15 AM, Mind Body Studio

MEMBERS: \$75; COMMUNITY: \$95

Age 18+

Join Wilhelmina for a specialized Clinical Pilates experience, blending therapeutic principles with a deep understanding of anatomy and biomechanics. This class is designed to enhance strength, flexibility, and balance while focusing on core stability to improve functional movement. Ideal for injury rehabilitation and managing chronic conditions, Clinical Pilates offers a safe, effective approach to movement and recovery.

YOGA FOR STRENGTH, FLEXIBILITY, AND HEART: A FOUR-WEEK JOURNEY

REGISTRATION REQUIRED - DAXKO

Saturdays, October 4th - October 25th (4 Classes)

10:15 AM - 11:15 AM, Mind Body Studio

Age: 16+

MEMBERS: Free; COMMUNITY: \$40

Explore the power of yoga through thoughtful alignment, breath, and weekly themes that open both body and heart. Rooted in the principles of Hatha yoga, this four-week session meets on Saturdays in October and blends strength, flexibility, balance, and alignment focus. Each session will include a heart-centered intention to deepen practice—on and off the mat. All levels welcome.

LES MILLS LAUNCH

REGISTRATION REQUIRED - YMCA360

October 11th - October 13th

Saturday, BODYPUMP™ 7:15 AM - 8:15 AM, Studio Beat

Sunday, BODYCOMBAT™ 7:15 AM - 8:15 AM, Studio Beat

Monday, RPM™ Cycle 5:30 PM - 9:15 AM, Studio Beat

Be part of the launch of the latest BODYCOMBAT™, BODYPUMP™ and RPM™ releases—featuring all-new choreography and music! Whether you're trying it for the first time or you're a regular, this is your chance to experience fresh moves, new beats, and renewed energy.

WEEKLY WILDCARD WORKOUTS

REGISTRATION REQUIRED - YMCA360

October - December

Fridays, 5:30 PM - 6:30 PM, Studio Beat, Cycle or Mind Body

End your work week with an energizing workout! Our Wild Card Workout changes every Friday to keep things fresh, fun, and exciting. One week you might be cycling, lifting, stretching, or powering through a cardio circuit—the next, something completely different. The variety keeps your body challenged, and your workouts are never routine.

Check YMCA360 each week to see the class and reserve to save your spot!

GROUP EXERCISE CLASSES DESCRIPTION



BARRE

A combination of ballet, Pilates, strength training & functional fitness. Incorporates small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper & lower body to make every minute count.

BODYCOMBAT™

High-energy martial arts inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu as you punch & kick to great music. No experience needed.

BODYPUMP™

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves & techniques pumping out encouragement, motivation & great music.

CYCLE

Your instructor will take you through hill climbs, valleys, peaks, flat roads & timed sprints to continuously challenge you. Improve physical well-being & have fun!

CYCLE SPRINT AND INTERVALS

Cycle Sprint & Intervals focuses on short sprints and longer interval training on the bike – it's a class packed with a punch as you listen to great music and power yourself up and down hills, earning that burn in your legs and lungs.

GENTLE STRENGTH & STRETCH

The first half of class is dedicated to strength work using light weights & body weight. The second half of class is dedicated to gentle stretching. Improve your endurance, flexibility & strength. Chair modifications can be provided.

HIIT CIRCUIT

Move through a series of alternating high intensity cardio and strength exercises, which will improve your functional fitness and endurance.

OCTAGON CIRCUIT

Enjoy a functional, multi-station training experience. You'll be amazed at all the ways you get a total body workout on the Octagon!

PILATES

Designed to help you develop leaner, longer muscles, establish core strength & stability, and heighten mind-body awareness. This class is great for anyone looking to get stronger & looking to focus on improving overall Pilates technique.

POUND®

Exhilarating full-body workout that combines music and drumming with cardio, conditioning, strength training, yoga & Pilates movements. Perfect atmosphere for letting loose, toning up & rocking out! Designed for all fitness levels

POWERHOUSE

A fusion of strength & core training that is challenging & rewarding, using a variety of equipment & body weight. Improve your endurance, strength & muscle. Modifications are provided to increase or decrease the intensity of the exercises.

POWER CYCLE

Each class begins with an emphasis on class goals, riding technique & comfort level of exercise. Bike profiles help participants interpret & translate results into meeting personal fitness goals. Designed for all levels of riders.

RPM™ CYCLE

Your instructor will take you on an invigorating & challenging journey of hill climbs, sprints & flat riding. You control your own resistance levels & speed so you can build up your fitness level over time.

RPM™ CYCLE & CORE

RPM™ on the bike, then onto the mat where your core will be challenged through a variety of strength & toning exercises.

SENIOR STRENGTH & BALANCE

Low-impact class designed for those looking to incorporate basic exercise strategies into their activities of daily living. Using a variety of equipment & body weight, focus on strength, balance & stability exercises to prevent injury & increase quality of life.

SHIFT

Specialized High-Intensity Functional Training (SHIFT) is a fast-paced workout that incorporates complex movement patterns using a variety of equipment & body weight. This HIIT workout is fast-paced & builds strength, improves cardiovascular fitness & maximizes energy output.

GROUP EXERCISE CLASSES DESCRIPTION



STRENGTH CIRCUIT

Move through a series of timed stations that combine strength exercises, functional fitness and endurance training. If after 30 minutes of a higher intensity workout you want more, members are invited to stay for 15 minutes of weights and core work.

TOTAL BODY BLAST

A fusion of strength, cardio & core training that is challenging & rewarding. A medium to high intensity total body workout using a variety of equipment & body weight. Improve your endurance, strength & muscle. Modifications are provided for all levels.

TRX® FUSION

Develop strength & endurance while simultaneously improving balance, flexibility & core strength. A variety of equipment is used including TRX® Suspension Straps™ & body weight. This class is appropriate for all levels, from beginners to athletes.

TORQUE

Torque is a high-intensity circuit class that combines cardio intervals on the bike with functional strength training off the bike.

YOGA

Classic yoga poses are practiced with an emphasis on alignment in a slow-paced controlled environment. This class is appropriate for beginners & participants who have been practicing yoga for some time. Modifications will be provided for all ability levels.

YOGA – CHAIR

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration & increased strength.

YOGA – FLOW

Breath & dynamic movement are the foundations of this challenging & fun practice, emphasizing strength, core work & flexibility while encouraging the whole body to become more balanced. Flow is a great class to help you build variety & balance in your yoga practice.

YOGA – NIDRA

Yoga Nidra, a deeply restorative guided meditation often called "yogic sleep." This calming practice is designed to reduce stress, quiet the mind, and reconnect with yourself—all while lying down in complete comfort.

YOGA – POWER

Power Yoga is a high energy vinyasa based yoga class that will build strength, improve flexibility & increase stamina. The emphasis is on the flow from one pose to the next rather than approaching each pose separately.

YOGA – POWER

Power Yoga is a high energy vinyasa based yoga class that will build strength, improve flexibility & increase stamina. The emphasis is on the flow from one pose to the next rather than approaching each pose separately.

YOGA – GENTLE

Built for beginners & those seeking a softer, nurturing, slow-paced yoga class. Ease yourself into carefully structured movements & stretches to improve flexibility & serenity. Develop an awareness of the breath & leave class feeling relaxed & ready for a balanced life.

YOGA TO MEDITATION

Traditional yoga flow with the addition of a guided meditation at the end of class. Emphasizes the importance of breath, alignment & meditation. Meditation is the key to mindfulness through engaging in reflection, introspection & contemplation.

YOGA – VINYASA

Breath & dynamic movement are the foundations of this practice, bringing a harmonious blend of physical challenge & inner peace. Classes emphasize strength & flexibility while encouraging the whole body to become more balanced. Vinyasa Yoga is a great way to help build variety in your yoga practice in a supportive community setting.

ZUMBA®

Perfect for everybody & every body! Mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance & flexibility.

ZUMBA GOLD®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Introduces easy-to-follow Zumba® choreography that focuses on all areas of fitness, balance, range of motion & coordination.

ZUMBA STARS®

A Zumba® class for all levels & all abilities. Anyone is welcome to attend & it is specifically geared to be an adaptive class.



CARDIAC WELLNESS WELCOME

The Cardiac Rehabilitation Welcome program, in partnership with Exeter Hospital, welcomes individuals who have graduated from a cardiac rehabilitation program, have been cleared by their health care provider, and are looking to continue their wellness journey. Individuals are welcomed to the YMCA through a cardiac rehabilitation-based orientation and support from our staff, in order to make their transition more seamless.

Contact Susan Janetos at sue@sdymca.org for details



WALK WITH EASE

REGISTRATION REQUIRED - DAXKO

Mondays, Wednesdays & Fridays

October 1st – November 14th (Six Weeks) (18 Sessions)

2:00 PM – 3:00 PM, Community Room And Wellness Center

MEMBERS: \$45; COMMUNITY: \$75

The Arthritis Foundation's proven six-week program is designed to reduce arthritis pain, improve strength, and boost overall health. Whether you want relief from arthritis symptoms or simply want to be more active, Walk With Ease will teach you how to safely make physical activity part of your daily routine. Join our certified instructors Jillian and Corrine for guided lessons and group walks. Attending regularly is encouraged so you can build on what you learn each week, stay motivated with the group, and get the most out of the program. Contact Susan Janetos at sue@sdymca.org for details.



YMCA'S DIABETES PREVENTION PROGRAM

REGISTRATION REQUIRED - DAXKO

Wednesdays, October 1st, 2025 – September 2026

12:30 PM – 1:30 PM, Community Room

MEMBERS: Free; COMMUNITY: Free

The YMCA's Diabetes Prevention Program is a yearlong, evidence-based program geared towards individuals with prediabetes who are at high risk for developing type 2 diabetes. This CDC-based program teaches participants how to make life style changes through healthy eating and increasing physical activity, in order to lower their risk of developing type 2 diabetes. This program is facilitated by a certified YMCA's Diabetes Prevention Program Life Style Coach.

Contact Susan Janetos at sue@sdymca.org for details

Scan me



**YMCA'S DIABETES
PREVENTION PROGRAM
INQUIRY FORM**

LIVESTRONG

Reclaim your health after surviving cancer in this research-based 12-week physical activity and well-being program. You'll meet with your small group twice a week to regain your physical, emotional, and spiritual strength. The group will meet in the Odyssey Center but will use facilities throughout the building.

Contact Susan Janetos at sue@sdymca.org for details





MEET YOUR WELLNESS GOALS

PERSONAL TRAINING

PERSONAL TRAINING SESSIONS CAN HELP YOU

- Work with personal trainer to establish goals
- Overcome obstacles
- Stay motivated
- Sample different exercises
- Improve your favorite exercises
- Learn healthy eating habits

Please scan the QR code to complete the inquiry form for personal training.

SCAN ME!



Please contact Corrine Fortin at
Corrine@sdyymca.org
for more information

It can be hard to maintain a wellness regimen on your own! Having regularly scheduled appointments with a wellness professional will hold you accountable for achieving your goals and will deliver your desired results. Working out is better with friends. Form a workout group, motivate each other and save!

AFFORDABLE OPTIONS FOR EVERYONE

FIRST TIME INDIVIDUAL INTRODUCTORY PACKAGE

3 Sessions	1 hour	\$140
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INDIVIDUAL PERSONAL TRAINING

No. Of Session	1 HOUR SESSION/S	30 MINUTE SESSION/S
1	\$65	\$45
5	\$300 (\$60/session)	\$225 (\$45/session)
10	\$550 (\$55/session)	\$400 (\$40/session)
15	\$750 (\$50/session)	\$525 (\$35/session)
20	\$900 (\$45/session)	\$600 (\$30/session)

SMALL GROUP 3 MEMBERS

No. Of Session	1 HOUR SESSIONS
5	\$425 (85/session)
10	\$800 (\$80/session)
15	\$1125 (\$75/session)
20	\$1400 (\$70/session)

OTHER PACKAGES AND OPTIONS AVAILABLE



BEFORE AND AFTER SCHOOL CARE

The YMCA Afterschool program is a “values” driven program that puts a strong emphasis on our core values of Caring, Honesty, Respect, and Responsibility. We strive to provide every child with activities that encourage a healthy spirit, mind and body.

IN-SERVICE DAY PROGRAMS

When school is out for holidays or scheduled in-service and teacher workshop days, YMCA School Age Child Care May offers full-day programming for youth in grades K-5 enrolled in School-Age Child Care. Y programs allow children to explore and learn beyond school in a safe and fun environment. Children must come prepared with lunch, snacks, water bottles, and weather-appropriate attire.

SCHOOLS SERVED

Newton Memorial School (held at DJ Bakie)- PM
 DJ Bakie Elementary - PM
 Main St Elementary (held at Lincoln St Elementary)-AM & PM
 Centre School (held at Marston)-PM only
 Stratham Memorial School-AM and PM

Lincoln St Elementary -AM and PM
 Kensington Elementary -PM Only
 Swasey Elementary-AM and PM
 Danville Elementary School - PM Only
 Hampton Elementary School-PM Only
 Hampstead Central School-AM and PM

We are committed to providing accessible, affordable, reliable childcare to any family that needs it, regardless of their ability to pay. For more information about financial assistance, you can reach our registrar, Cody Goldman, at cody@sdymca.org.

School Age Child Care Rates 2025 – 2026

Traditional Before and After School Care	2 Days Rate (1-2 Days)	3 Day Rate	Full Time (4-5 Days)	2nd/3rd Child (Full Time Discount)
AM Only	\$51/Week	\$68/Week	\$92/Week	\$79/Week
PM Only	\$63/Week	\$85/Week	\$112/Week	\$99/Week
AM & PM	N/A	N/A	\$142/Week	\$129/Week

Register at sdymca.org/SACC



FAMILY CAMP

REGISTRATION REQUIRED – CAMP BRAIN

Saturday, October 11th – Monday, October 13th

ALL DAY

Adult: \$255; Youth: \$155

Join us on the shores of Kingston Lake for a long-weekend of Family Fun. Experience all the fun of summer camp with your whole family. Families can be active with boating or the ropes course, or relax with unique crafts and s'mores by the campfire. Enjoy quality time outside with your family this holiday weekend and create a new family tradition for years to come. All meals and accommodation included.

CAMP CLEAN UP DAY

NO REGISTRATION REQUIRED – DROP-IN

Saturday, October 25th

8:00 AM – 5:00 PM, Camp Lincoln

We are looking for volunteers to help with Camp clean up prior to the winter season. Perfect for families, community members, scout troops, or students seeking volunteer hours. Reach out to Dave Lovely-Taillon for more information. Contact Dave at: dave@ymcacamplincoln.org

ALUMNI DAY

NO REGISTRATION REQUIRED – DROP-IN

Saturday, September 27th

1:30 PM – 4:00 PM

Calling all past campers and staff!

Alumni Day is your chance to reconnect with camp. Join us for a day of memories and classic camp fun as we celebrate the generations impacted by Camp Lincoln. Reconnect with old friends, share stories by the fire with a s'more, and experience the camp traditions you know and love. Whether you spent one summer or ten, Camp Lincoln is always a part of your story. Come be apart of Alumni Day to make new camp memories together.

GROUP RENTALS FOR 2025

Rent Camp Lincoln for Birthday Parties, School Groups, Reunions, or Corporate Events!

Contact Mira, mira@ymcacamplincoln.org for details and to book your event.

FALL OPEN HOUSE

NO REGISTRATION REQUIRED – DROP-IN

Sunday, September 28th

10:00 AM – 3:00 PM

Lifelong memories start this summer at Camp Lincoln! This free Open House is perfect for new families to explore the fun, friendship, and adventure that summer camp has to offer. Tour our beautiful lakeside property, meet our passionate staff, and get a taste of unforgettable experiences that await your camper this summer.

Whether you are curious about swim lessons, learning about our 30-plus daily activities available, or making lifelong friends, Camp Lincoln is the place to be!

Come see why families return year after year.

Group tours leaving every 30-minutes.

All attending families will get access to registration with returning families for summer 2026!

DECEMBER VACATION CAMP

REGISTRATION REQUIRED – CAMP BRAIN

December 22nd, 23rd, 29th, 30th, 31st, 2025

\$60/Day

8:00 AM – 5:00 PM

Ages 5 – 13

Make this winter break one to remember at Camp Lincoln! December Vacation Camp is the perfect mix of outdoor adventure, cozy indoor activities, and classic camp fun! From winter themed projects to snowshoes and sledding to campfires, campers will be active and having a blast. Camp Lincoln is the place to be this holiday season!

Pre-Camp – 7:00-8:00am

Post Camp – 5:00-6:00pm

Pre or Post Camp – \$10/Day

Both Pre & Post – \$20 per Day





HIKING CLUB

WELCOME TO NH TRAIL EXPLORATION HIKING CLUB

We're excited to have you join us for a fun and scenic hike! We will explore a beautiful local trail, offering a mix of terrain that will keep you engaged while taking in the fresh air and natural surroundings.

MEET UP LOCATION

Please meet at the designated trailhead parking lot. Specific details, including directions and a meeting point, will be provided upon registration. Carpooling is encouraged as parking may be limited.

WHAT TO BRING

- Water – Staying hydrated is essential, so bring enough water for the entire trip.
- Snacks – A light snack for the trail is always a good idea (remember to carry out any trash).
- Sunglasses – Protect your eyes from the sun.
- Hat – A hat helps protect from the sun or adds warmth on cooler mornings.
- Dress in Layers – The weather can change quickly, so wear layers.
- Hiking Shoes – The trail may be muddy, and the terrain could be rocky in places, so sturdy shoes are recommended.
- Hiking Poles – Helpful for navigating uneven terrain.
- Backpack – To carry your water, snacks, and other essentials hands-free.
- First Aid Kit – While we will have one on hand, feel free to bring any personal items you may need (like inhalers or EpiPens).
- And don't forget to bring your smile and a sense of adventure!

WEDNESDAY HIKES

SPRING SESSION – APRIL – JUNE

SUMMER SESSION – JULY – SEPTEMBER

FALL SESSION – OCTOBER – DECEMBER

Wednesday's hike are rated easy to moderate, covering several miles. We plan to hike for about 90 minutes.

HIKING ADVENTURE – WEEKEND HIKE

SPRING SESSION – APRIL – JUNE

FALL SESSION – OCTOBER – NOVEMBER

Weekend's hike are rated moderate to difficult, covering several miles. We plan to hike for about 2-3 hours.

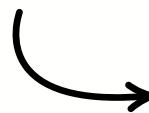
REGISTRATION AND FEE

The hike is free, but please register to help us plan for staffing. Visit the front desk, or call us at (603) 642 - 3361 to sign up.

SIGN UP FOR OUR EMAIL BLAST

For specific hike details, including trail location, directions, meeting points, and any last-minute updates, sign up for our email blast. This ensures you receive all the necessary information to prepare for a great hiking experience. Stay informed and ready for the adventure!

Scan me



FIND WHAT MOVES YOU..
FIND YOUR PASSION..



FALL 2025 SCHEDULE

HIKING TRAIL EXPLORATION

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
OCT 1	PEA Trail Exploration	Gardner Street Parking
OCT 8	Jolly Rand Trail	Parking Lot Opposite #6 Pickpocket Road
OCT 15	Oaklands Town Forest-Watson Road	Parking Lot -Watson Road
OCT 22	Stratham Hill Park	Main parking lot
OCT 29	Henderson Swasey -Tunnel Route	Commerce Way parking
NOV 5	Henderson Swasey -Trestle Route	Commerce Way parking
NOV 12	Henderson Swasey - Gas Line Trail	Commerce Way parking
NOV 19	Oaklands Town Forest Trail-Rte 85	Trail parking Route 85, north of Rte 101
NOV 26	NO-HIKE THANKSGIVING WEEK	
DEC 3	Gilman Park	Park at the Skateboard park on Route 108
DEC 10	Jolly-Rand Trail	Parking Lot Opposite #6 Pickpocket Road
DEC 17	PEA -Trail Exploration	Gardner Street Parking

HIKING ADVENTURES 4-5 MILES | SUNDAY | START 9 AM

DATE / TIME	TRAIL	MEET UP LOCATION
OCT 19	Pawtuckaway State Park-Fire Tower Trail- Cost to park \$5	Meet outside Ranger Office

We look forward to seeing you on the Trail!
Michael, Beth, Salma and the Hiking Team!