



SOCIAL RESPONSIBILITY
YOUTH DEVELOPMENT
HEALTHY LIVING

SOUTHERN DISTRICT YMCA

WINTER II 2024

PROGRAM GUIDE

MARCH 1 TO APRIL 30

Photo Credit: SALMA ABDALLA



FIND YOUR Y

Something for Everyone.



MONTHLY MEMBERSHIP RATES

EFFECTIVE APRIL 1st, 2024

MEMBERSHIP LEVELS

TYPE	AGE	MONTHLY FEE	JOINING FEE
Youth/Teen	12 - 17	\$23	\$25
Young Adult	18 - 26	\$23	\$25
Adult	27 - 64	\$52	\$49
Adult Couple	18 - 64	\$68	\$49
Family (1 Adult)	1 adult in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$68	\$49
Family (2 Adults)	2 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$78	\$49
Family (3 Adults)	3 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$93	\$49
Senior	65+	\$42	\$49
Senior Couple	65+	\$60	\$49

Financial assistance is available for programs and membership. All are welcome. Send inquiries at Aimee@sdymca.org or download a financial assistance application [here](#)

We offer a 10% membership discount and 50% off the joining fee to military personnel.

HOW CAN WE HELP?

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

BENEFITS

- FREE access to full-size basketball gymnasium and indoor track
- FREE access to the 4,000 ft state-of-the-art wellness center (cardio and weights)
- FREE access to The OC, a functional training space
- FREE group exercise with more than 60 classes each week
- FREE YMCA360 On-line video content
- Priority registration and reduced rates for facility programs
- Convenient access seven days a week with on-site parking
- No contracts
- On-Site Child Care (Kids Club)
- Access to YMCA360





FIND YOUR Y

Something for Everyone.

Our Mission:

To put our principles into practice through programs that build a healthy spirit, mind, and body for all.

Our Community Impact Statement:

We are a community resource for connecting and partnering with businesses, schools, towns, and individuals to encourage everyone to learn, grow and thrive.

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

MONDAYS - THURSDAYS: 8:30 AM - 11:15 AM, 4:15 PM - 7:00 PM

FRIDAYS: 8:30 AM - 11:15 AM

SATURDAYS: 8:00 AM - 11:00 AM

ACTIVE KIDS HOURS

MONDAYS - THURSDAYS: 4:15 PM - 7:00 PM

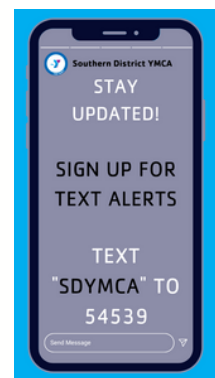


HOW CAN WE HELP?

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

For Branch Updates

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





MEMBERSHIP

Something for Everyone.

JOIN THE Y

UPCOMING EVENTS



MONDAY, MARCH 4 TH

COGNITIVE CHANGES AND AGING-SCREENING

Provided by Exeter Hospital's Speech Therapists, this is an opportunity to learn more about normal cognitive changes with aging. Participants will work 1 on 1 with a therapist to complete a screening to see how they perform in areas such as short term memory, attention, language, and executive function. Sign up at the Front Desk.

12:30 PM - 2:30 PM



WEDNESDAY, MARCH 20 TH

MEMBER SOCIAL

Members will gather in the Community Room to connect with other members or to ask questions of the Membership team.

11:45 AM - 1:00 PM



THURSDAY, MARCH 21 ST

TODDLER TIME

GLOW IN THE DARK DANCE PARTY

Parents and grandparents, bring your toddlers for a glow in the dark dance party! Glow sticks and music provided! Bring your energy and dance away. Held in Studio Beat.

Sign up in Daxko.

MEMBERS: \$5; COMMUNITY: \$15

10:15 AM - 11:15 AM



JOIN THE FUN



MEMBERSHIP

Something for Everyone.

JOIN THE Y

UPCOMING EVENTS



THURSDAY, MARCH 14 TH

PI DAY

Join us for a fun and interactive Pi Day Pop-Up Activity! Dive into the world of mathematics as we explore the wonders of the mathematical constant π (pi) through engaging activities.

2:30 PM – 4:00 PM



MONDAY, APRIL 8 TH

MEET THE COORDINATORS

Youth members are invited to come meet the new program coordinators at the YMCA. Ask a question and get a freeze pop in return. This is a drop in event

2:30 PM – 3:30 PM



MONDAY, APRIL 22 ND

EARTH DAY

Join us for our "Plant Your Own Flower" event, where families can come together to experience the joy of gardening! Bring your loved ones and get your hands dirty as you plant beautiful flowers in small pots. With guidance from our friendly staff, you'll learn how to care for your plant and watch it grow.

ALL DAY



JOIN THE FUN



EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired

KIDS CLUB (BABYSITTING)

Monday, Tuesday, Wednesday, and Thursday

8:30 AM – 11:15 AM, 4:15 PM – 7:00 PM

Friday 8:30 AM – 11:15 AM

Saturday 8:00 AM – 11:00 AM

At Kids Club, children aged 6 months to 6 years play under the supervision of caring, trained Y staff. This service affords the parents the opportunity to relax, connect with other Y members, and enjoy healthy activities at the Y. This service is included as a benefit for Family Memberships only. Parents must remain in the building at all times and have their cell phone available in case of emergency while their child is at Kids Club.



ACTIVE KIDS (BABYSITTING)

Monday, Tuesday, Wednesday, and Thursday

4:15 PM – 7:00 PM

FAMILY MEMBERSHIP: Free

Intended for ages 7 to 11, Active Kids is designed to incorporate a variety of activities to keep kids engaged and having fun while you are at the Y. Held on Court 1 in the gym.



TODDLER GYM TIME

Tuesdays, Thursdays, Saturdays, 10:00 AM – 12:00 PM

East gym

MEMBERS: Free; **COMMUNITY:** \$ 15 per visit

Age: 2 – 5

Parents and Toddlers come to enjoy open play time. We'll have age-appropriate equipment out for the kiddos to enjoy.

TEEN ORIENTATIONS IN THE WELLNESS CENTER!

Ongoing sign up at front desk

Ages 10 – 15.

Parents, please help us by registering your child for this 30 minute group orientation to review facility protocol, wellness floor etiquette, and expectations. Teen orientation is required to use the wellness floor equipment without an adult. No youth will be allowed on the floor alone without completing an orientation.



EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired



KIDS IN THE KITCHEN

Tuesday March 26th, Friday April 12th

4:00 PM – 5:15 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Age: 10-15

Come learn how to cook basic dishes at the YMCA. This class will be teaching kids how to make select dishes. Led by Y Staff.

TEEN TABLE TOP GAMES

Tuesdays, April 4th – April 25th

2:45 PM – 4:15 PM, Community Room

Free

Age: 10-15

Kids can come in after school and join us as we play tabletop games. Things from Monopoly to Dungeons and Dragons and more. This will be an area designated for the kids. Led by Y Staff.



DAY OF PLAY AT THE YMCA

Tuesday, March 12th

8:00 AM – 5:00 PM

MEMBERS; \$50 COMMUNITY: \$70

Age: 5-11

Kids can spend their day off from school at the Day of Play at the YMCA. This is a full day program. The day will consist of a set schedule of recreational games, sports, activities such as arts and crafts, and team-building games – all led by YMCA staff. Please send your child with a bagged lunch and snacks, as well as water and a backpack to keep their items in. The program will run from 8 am to 5pm with the option for before and after care.

Pre-program: 7:00 AM – 8:00 AM

Post program: 5:00 PM to 6:00 PM

Additional Charges: Pre-program \$10;

Post-program \$10; Both pre-and post \$15

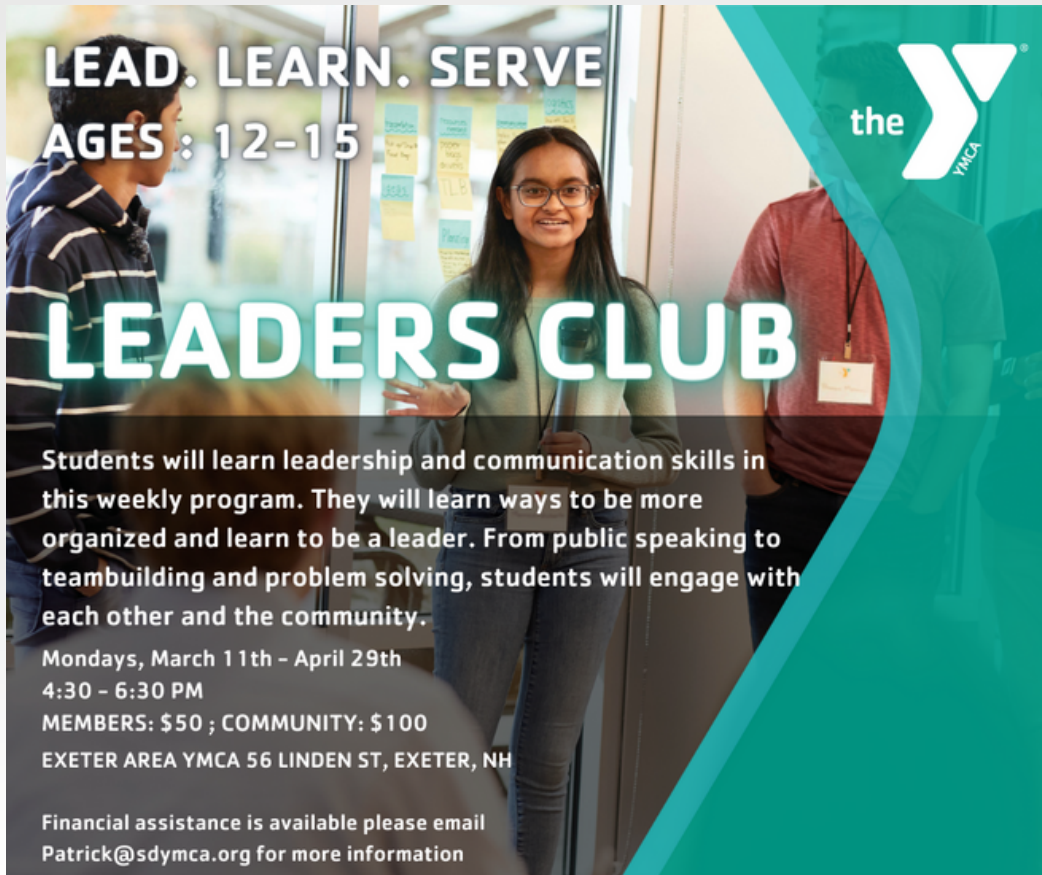




EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



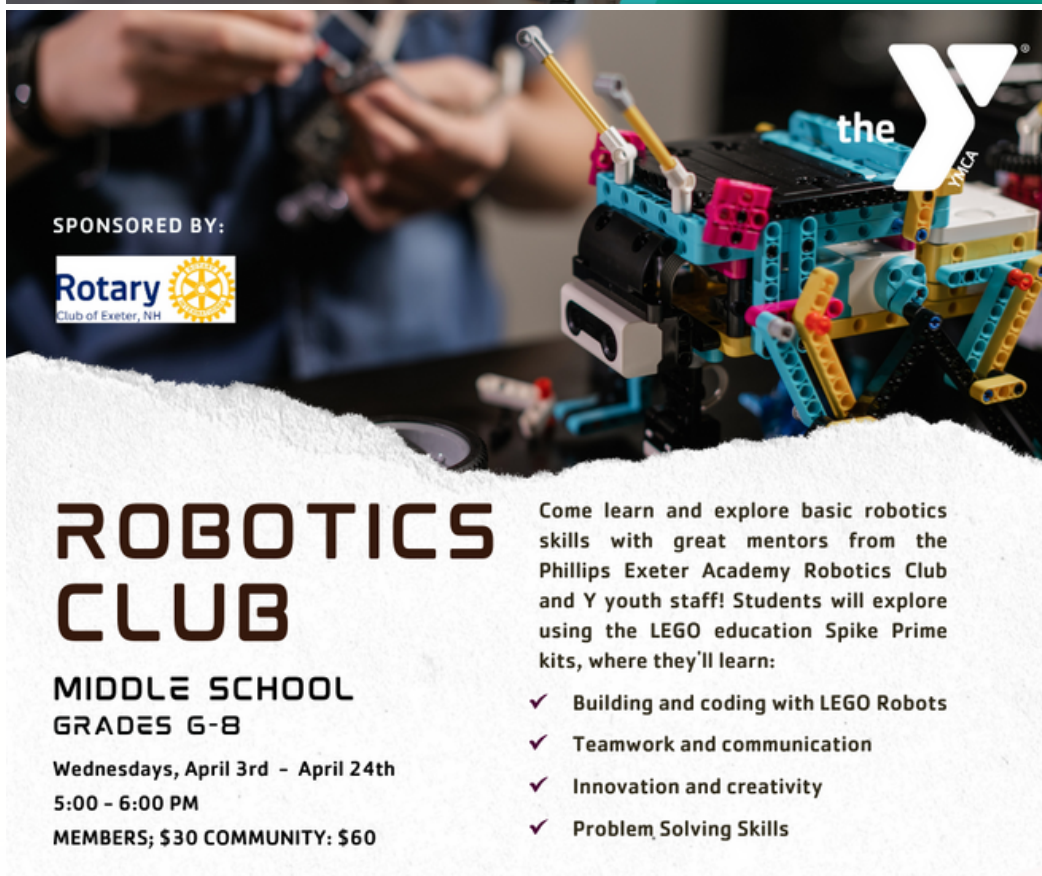
LEAD. LEARN. SERVE
AGES: 12-15

LEADERS CLUB


Students will learn leadership and communication skills in this weekly program. They will learn ways to be more organized and learn to be a leader. From public speaking to teambuilding and problem solving, students will engage with each other and the community.

Mondays, March 11th - April 29th
4:30 - 6:30 PM
MEMBERS: \$50 ; COMMUNITY: \$100
EXETER AREA YMCA 56 LINDEN ST, EXETER, NH

Financial assistance is available please email
Patrick@sdymca.org for more information



SPONSORED BY:



ROBOTICS CLUB

MIDDLE SCHOOL GRADES 6-8

Wednesdays, April 3rd - April 24th
5:00 - 6:00 PM
MEMBERS; \$30 COMMUNITY: \$60

Come learn and explore basic robotics skills with great mentors from the Phillips Exeter Academy Robotics Club and Y youth staff! Students will explore using the LEGO education Spike Prime kits, where they'll learn:

- ✓ Building and coding with LEGO Robots
- ✓ Teamwork and communication
- ✓ Innovation and creativity
- ✓ Problem Solving Skills



EXETER AREA YMCA

FAMILY PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired



ACTIVE FAMILIES

Wednesdays

6:30 PM – 8:00 PM, Gymnasium

MEMBERS: FREE

Active Families is a special time slot dedicated to active fun for families! From the end of our Active Kids program until closing time, we invite families to bring their kids and enjoy playing sports together in a designated area.



FAMILY BINGO

Tuesday, March 19th & Friday, April 26th

6:00 PM – 7:00 PM, Community Room

MEMBERS: FREE; Community: \$15

This Spring themed bingo in March will celebrate the first day of spring. Join us for another round of Bingo in April



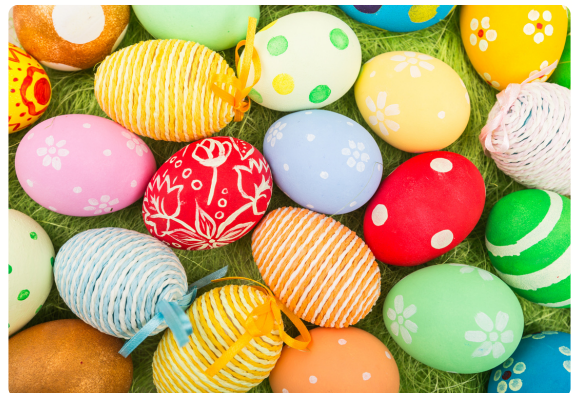
WEEKEND FAMILY SPORTS

Saturday, April 6th

11:00 AM – 1:00 PM, Gymnasium

MEMBERS: \$20; COMMUNITY: \$40

Family indoor soccer event where there are two teams of parents and kids who will play in a half court soccer game.



FAMILY EASTER EGG DECORATING

Saturday, March 30th

11:00 AM – 12:00 PM, Community Room

MEMBERS: \$15; Community: \$30

Join us for a delightful Family Egg Decorating Event! Bring your kids to unleash their creativity and decorate eggs together. Supplies provided.



EXETER AREA YMCA

FAMILY PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired



FAMILY NEEDLE FELTING

Tuesday, April 9th and 23rd (2 part series)

5:30 PM – 6:30 PM, Community Room

MEMBERS: \$15 per person; COMMUNITY: \$30

Age: 8+

Families can gather to create a needle felt project, led by member Liz Conrad. Needle felt is a type of art that uses a fine needle sewing needle to create various shapes and creations. Each session we will create something new. All materials are included in the cost.

TODDLER TIME STORY

11:30 PM – 12:00 PM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Age: 2-6 years old with parents

READ ACROSS AMERICA DAY

Tuesday, March 5th

Does your child enjoy toddler time at the YMCA? Join us in the community room this month for the Toddler Time Get Together. We will be reading a story book. This month's get together is in honor of Read Across America Day. A healthy snack will be included.

NATIONAL LIBRARY WEEK

Tuesday, April 23rd

Does your child enjoy toddler time at the YMCA? Join us in the community room this month for the Toddler Time Get Together. We will be reading of a story book. This month's get together is in honor of National Library Week. A healthy snack will be included.





EXETER AREA YMCA

FAMILY PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

HOST YOUR CHILD'S BIRTHDAY PARTY AT THE Y

Several different themed parties are available or you can design your own.

Included in the fee charged for your event are the following services:

- A YMCA Staff member to facilitate activities in the gym and community room.
- Use of half of YMCA gym for one hour and YMCA community room for one hour
- Non-themed paper tablecloth for community room tables
- Choose from a bounce house, nerf blaster, flag football, or sports
- Pricing for Family memberships are \$225, Members \$250, and \$350 for Non-Members

For more information check out our website for details or email aimee@sdymca.org

Happy Birthday





EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



SPELL

YOUR WORKOUT CHALLENGE

MARCH 1ST - MARCH 31ST

(SELF PACED)

Each letter holds the key to a workout routine waiting to be unlocked

A	10 Jump Squats	N	30 Crunches
B	25 Crunches	O	15 Plank Jacks
C	10 Burpees	P	10 Star Jumps
D	1-Minute Plank	Q	15 Burpees
E	20 Push- Ups	R	30 - Second Side Planks
F	15 Jumping Jacks	S	15 High Knees
G	20 Lunges (10 Each Leg)	T	30 Lunges (15 Each Leg)
H	10 Full Sit-Ups	U	20 Jump Squats
I	1-Minute Wall Sit	V	30 Bicycles
J	20 Oblique Crunches	W	30 - Second Wall Sit
K	12 Star Jumps	X	20 Squats
L	15 Sumo Squats	Y	15 Push - Ups
M	15 Tricep Dips	Z	20 Tricep Dips

Each Week, three new words are revealed, and the challenge begins: spell out the word using exercises corresponding to each letter. Sign up in Daxko. The words will be sent via email.

Finish all 12 words to qualify for a chance to win fantastic Y swag in our raffle!

For more information contact Jillian at Jillian@sdymca.org



EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



WOMEN'S HISTORY MONTH SPOTLIGHT CHEF KATH GALLANT

A WOMAN'S INFLUENCE ON LOCAL FOOD CULTURE

FRIDAY | 1:00 - 1:45 PM

MARCH 8TH

MEMBERS: \$5; COMMUNITY: \$15

In honor of International Women's Day, join us as we highlight local chef, restaurateur, educator and fellow YMCA member, Kath Gallant as she shares her story to inspire the community on the importance of giving back. This presentation will weave the tale of Kath's culinary history and the women in food and business that inspired her story. Learn about the importance and effect that food can have on the community and ways to give back in our own Exeter community. Participants are encouraged to bring a donation for the community fridge



HELD IN COMMUNITY ROOM EXETER AREA YMCA 56 LINDEN ST, EXETER, NH



EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



GUIDED MEDITATION

Fridays

12:30 - 1:00 PM

MEMBERS: FREE

Join mindfulness coach, Jill Spring for a 30-minute guided meditation every Friday. Reduce stress, decrease anxiety and reconnect with yourself. Held in the Mindbody studio.

Register in Mindbody app



NEEDLE FELTING

Wednesdays, April 3rd - April 24th

10:00 - 11:00 AM

MEMBERS: \$15; COMMUNITY: \$30

Join needle felt instructor, Liz Conrad for a needle felting program. This 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.



FREE ADULT COACHING SESSIONS

Make the most of your new membership; our wellness team will help get you oriented to our equipment, classes, and options so you feel ready to meet your wellness goals on your own. Come to a quick 30-minute orientation session to learn about all the Y has to offer to maximize your membership. Orientations are free and can be booked at the Welcome Center desk at any time.



OCTAGON CIRCUIT

Mondays & Wednesdays, 9:00 AM

MEMBERS: FREE

Come learn the Octagon and all it can be used for in a circuit-style class. You'd be surprised with the full-body workout you can do on just the Octagon! Held in the Octagon area on the Wellness floor.

Register in Mindbody app



EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired

NH TRAIL EXPLORATION (HIKING GROUP)

Wednesdays, March 13th & 20th , April 10th and 24th

9:00 AM Start, approximately 90 mins

MEMBERS & COMMUNITY: FREE

Join us for hikes at local trails such as Stratham Hill Park, PEA, and other locations. This is a great way to keep active and enjoy the seasonal weather at the same time.



SOUTHERN NH UKULELE GROUP

Fridays, March 8th & April 5th

6:00 - 8:00 PM

Join the members of the Southern NH Ukulele Group at their monthly jam. All abilities are welcome. Come strum and have fun. Held in the Community Room.

VOLLEYBALL

Thursdays, March 7th - April 25th

5:45 PM - 7:45 PM

Age: 16+

MEMBERS: Free; COMMUNITY: \$40.

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.





EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



WOMEN'S HISTORY MONTH CLASSES

YOGA TO SUPPORT WOMEN EMPOWERMENT

Friday 3/15/24 5:30p in Mind/Body Studio

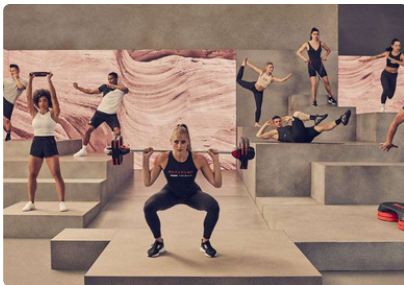
Yoga to Support Women Empowerment

This yoga-to-meditation class is an all-levels female empowerment journey for those who identify as female and their allies. In honor of Women's History Month, join Sara & Lauren as they lead you through a practice focused on self-love, our deep connection to those around us, and reflection on the wisdom of those who have come before us. (this class will incorporate hands-on assists for those who are interested, and singing bowls during relaxation.)

YOGALATES TO SUPPORT FEMALE EMPOWERMENT

Friday 3/22 5:30p in Mind/Body Studio

Yogalates to Support Female Empowerment is open to all members, and will be a focused on empowerment for all that identity as female and those that support female empowerment. Join Lauren and Sara in this mash up of Pilates and yoga, with a female-driven playlist.



LES MILLS WINTER LAUNCH

The week of April 14th all Les Mills classes will be launching the newest program releases. Join us for new, motivating music and moves from our awesome team of Les Mills instructors!

WILDCARD

WORKOUT

MARCH & APRIL

FRIDAY | 5:30PM

3/1: POUND w/ Kim in Studio Beat

3/8: Stretch & Release w/ Lauren in Mind/Body

3/15: Yoga to Support Female Empowerment w/ Sara & Lauren in Mind/Body

3/22: Yogalates to Support Female Empowerment w/ Lauren & Sara in Mind/Body

3/29: Zumba w/ Carrie in Studio Beat

4/5: Zumba w/ Caroline

4/12: Yoga for Spring Cleaning w/ Sara in Mind/Body

4/19: Yummy Yoga w/ Diane in Mind/Body

4/26: Zumba w/ Carrie in Studio Beat



Join our Facebook Group to share info and get key updates

PICKLEBALL

Paddles are available to borrow at the Welcome Center, balls are supplied by the YMCA. (Limited paddles are available).

Open play for all levels unless denoted on the schedule below. Play will be organized using a whiteboard in the gymnasium. New players are welcome; please ask staff if you would like assistance on your first day.



EXETER AREA YMCA

ACTIVE OLDER ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



BOWEN THERAPY PRESENTATION

Wednesday, March 27th

10:00 AM - 11:00 AM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Provided by Exeter Hospital, join their physical therapists for a presentation and demonstration on Bowenwork Therapy. Bowenwork is a system of touch using gentle rolling pressure on precise points of the body that initiates a series of responses throughout the nervous, musculoskeletal and fascial systems, stimulating a healing response.



LUNCHEON SOCIAL WITH BOBBY KELLY BRAIN HEALTH

Friday, March 29th

12:45 - 2:00 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

Join our conversation with medical professional Dr. Bobby Kelly. This session will cover the topics of brain health. Held in the community room. Light refreshments will be served.



AMERICAN MAHJONG

Thursdays, March & April

2:00 PM - 4:00 PM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Come meet friends and play American Mahjong! American Mahjong is a game of skill and strategy and calculation with a degree of chance.



CRIBBAGE

Thursdays, March & April

2:00 PM - 4:00 PM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Come meet friends and play Cribbage! Cribbage is a card game that involves grouping cards to gain points. Beginners are welcome.



LATE WINTER/EARLY SPRING GYM SCHEDULE

EFFECTIVE 3/1/24

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 AM						Adult Pickleball Open Play				Adult Pickleball Open Play				
6:00 AM						Adult Pickleball Open Play				Adult Pickleball Open Play				
7:00 AM			Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play
8:00 AM	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play
9:00 AM	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Beginner Pickleball Open Play	Adult Pickleball Open Play	Northeast Passage at 9:30	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play	Adult Pickleball Open Play
10:00 AM	Birthday Party			Beginner Pickleball Open Play	TODDLER TIME	Northeast Passage	Special Olympics Pickleball	TODDLER TIME			Beginner Pickleball Open Play	TODDLER TIME		
11:00 AM				Learn to Play Pickleball	TODDLER TIME	Northeast Passage		TODDLER TIME			Beginner Pickleball Open Play	TODDLER TIME		
12:00 PM			Adult Pickup Basketball				Adult Pickup Basketball			Adult Pickup Basketball			Birthday Party	
1:00 PM		Ages 12+ Pickleball Open Play	Adult Pickup Basketball				Adult Pickup Basketball			Adult Pickup Basketball				Ages 12+ Pickleball Open Play
2:00 PM		Ages 12+ Pickleball Open Play												Ages 12+ Pickleball Open Play
3:00 PM		Ages 12+ Pickleball Open Play												Ages 12+ Pickleball Open Play
4:00 PM			Active Kids & Open Gym			Active Kids & Open Gym				Active Kids & Open Gym				Ages 12+ Pickleball Open Play
5:00 PM			Active Kids & Open Gym			Active Kids & Open Gym				5:45 Adult Volleyball				
6:00 PM			Active Kids & Open Gym	Adult Pickleball Open Play			Active Kids & Open Gym			Adult Volleyball				
7:00 PM				Adult Pickleball Open Play					Adult Volleyball					

GYM Schedule is subject to Change. Gym Schedule will change on non-school days and school vacation weeks.

Reminder: This court is intended to be operated using standard sportsman-like behavior. Be considerate of the community you exist in and use the YMCA core values to guide you: Respect, Honesty, Caring and Responsibility.



EXETER AREA YMCA

EVIDENCE BASED HEALTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired

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 Caroline Robitaille at 603-319-5937 for details.



WALK WITH EASE

6 week program: Monday, Tuesdays and Thursdays April 29th – June 6th
This 6 week program is designed by the Arthritis Association specifically to help members educate themselves on safe stretches and create tools to set them up for a healthy lifestyle. We will meet in person or on zoom Mondays for an education session with instructed walking time following for those in person. There will be 2 unsupervised walking times throughout the week. This program will run with a virtual option, but members are encouraged to meet in person, if they are able to.

YMCA'S DIABETES PREVENTION PROGRAM

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 Caroline Robitaille at 603-319-5937 for details.



LIVESTRONG

AT THE YMCA



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 Corrine at corrine@sdymca.org for details.



SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: March 1 - April 30, 2024*

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Thad
6:00-7:00a	Barre	Studio Beat	Susan
7:30-8:30a	Total Body Blast	Studio Beat	Allison
8:30-9:30a	Power Cycle	Cycle	Gary
9:00-10:00a	BODYCOMBAT™	Studio Beat	Corrine
9:00-10:00a	Octogan Circuit	Wellness Floor	Allison
10:15-11:15a	Total Body Blast	Studio Beat	Linda
10:15-11:30a	Yoga - Vinyasa	Mind/Body	Carrie
11:30a-12:30p	Senior Strength & Balance	Studio Beat	Linda
12:45-1:45p	Barre	Studio Beat	Susan
4:30-5:15p	TRX® Fusion	Studio Beat	Mariah
5:30-6:30p	POUND®	Studio Beat	Laura
5:30-6:30p	RPM™ Cycle	Cycle	Mariah
6:00-7:15p	Yoga to Meditation	Mind/Body	Lauren
6:35-7:35p	Zumba®	Studio Beat	Stephani R

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Kelly/Lisa
6:00-6:30a	Powerhouse	Studio Beat	Susan
6:30-7:30a	RPM™ Cycle	Cycle	Giovanna
7:30-8:30a	Total Body Blast & Yoga	Studio Beat	Allison
8:15-9:30a	Yoga	Mind/Body	Christina
9:00-10:00a	Barre	Studio Beat	Susan
9:00-10:00a	Octogan Circuit	Wellness Floor	Linda
9:00-10:00a	SHIFT	Odyssey Center	Allison
10:15-11:15a	Total Body Blast	Studio Beat	Linda
11:30a-12:30p	Senior Strength & Balance	Studio Beat	Linda
4:30-5:00p	SHIFT Cardio	Odyssey Center	Jillian
5:00-5:45p	SHIFT Strength	Odyssey Center	Jillian
5:30-6:30p	Barre	Studio Beat	Kayoko
6:00-7:00p	Cycle	Cycle	Lauren
6:00-7:00p	Yoga	Mind/Body	Sara
6:35-7:35p	POUND®	Studio Beat	Jill L

FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00-7:00a	Barre	Studio Beat	Susan
6:30-7:30a	RPM™ Cycle & Core	Cycle	Giovanna
8:00-8:45a	Powerhouse	Studio Beat	Giovanna
8:30-9:30a	Power Cycle	Cycle	Gary
8:45-10:00a	Yoga	Mind/Body	Christina
9:00-10:00a	Barre	Studio Beat	Susan
10:15-11:15a	Zumba® Gold	Studio Beat	Caroline
11:30a-12:30p	Yoga - Chair	Studio Beat	Pam
12:30-1:00p	Guided Meditation	Mind/Body	Jill S
12:45-1:45p	Zumba® Stars	Studio Beat	Caroline
5:30-6:30p	WILDCARD WORKOUT	Studio Beat	Staff

TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	BODYPUMP™	Studio Beat	Stephanie P
6:00-7:00a	Yoga - Flow	Mind/Body	Jodi
7:30-8:30a	BODYPUMP™	Studio Beat	Jillian
8:00-9:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	Zumba®	Studio Beat	Caroline
9:15-10:30a	Yoga - Vinyasa	Mind/Body	Carrie/Jolie
11:30a-12:30p	Yoga - Gentle	Mind/Body	Linda
4:30-5:30p	BODYCOMBAT™	Studio Beat	Denise
5:30-6:30p	BODYPUMP™	Studio Beat	Denise
5:30-6:30p	Cycle	Cycle	Lauren
6:00-7:00p	Yoga - Power	Mind/Body	Joanne
6:45-7:30p	POUND® Unplugged	Studio Beat	Laura

THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	BODYPUMP™	Studio Beat	Stephanie P
6:00-7:00a	Pilates	Mind/Body	Wilhelmina
7:30-8:30a	BODYPUMP™	Studio Beat	Jillian
8:00-9:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	Zumba®	Studio Beat	Caroline
11:30a-12:30p	Gentle Strength & Stretch	Studio Beat	Linda
4:30-5:30p	RPM™ Cycle	Cycle	Mariah
5:30-6:30p	BODYPUMP™	Studio Beat	Denise
6:00-7:00p	Yoga - Power	Mind/Body	Christina
6:35-7:35p	Zumba®	Studio Beat	Gemma

SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:15-8:15a	BODYPUMP™	Studio Beat	Denise
7:30-8:30a	Cycle	Cycle	Kelly/Lisa
8:00-9:00a	Yoga - Power	Mind/Body	Laura/Christina
8:30-9:30a	POUND®	Studio Beat	Amy
9:15-10:15a	Pilates	Mind/Body	Wilhelmina
9:35-10:35a	Zumba®	Studio Beat	Stephani/Gemma

SUNDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:15-9:15a	BODYCOMBAT™	Studio Beat	Denise
8:30-9:30a	Power Cycle	Cycle	Gary
9:15-10:15a	Yoga - Flow	Studio Beat	Jodi
9:45-10:45a	Power Cycle	Cycle	Gary

KIDS CLUB HOURS

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

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

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

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

FRIDAYS: 8:30 AM - 11:15 AM

SATURDAYS: 8:00 AM - 11:00 AM

*Classes are subject to change; please check Mind Body for current class schedule and instructor availability.

Members must sign up in advance for all classes at the Exeter Area YMCA.

There is a 3-day advanced sign up for all classes. You can do this through the Mind Body website or app.



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

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!

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.

GUIDED MEDITATION

Join a mindfulness coach to reduce stress, decrease anxiety & reconnect with yourself. You'll leave this class with tools to practice meditation in your daily life.

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

POUND® UNPLUGGED

Balances the focused, high-intensity movements of POUND® with restorative stretches, rhythmic breathing & meditation.

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.



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

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.

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.

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 – 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 – POWER

Power Yoga is a vinyasa based yoga, practiced in a controlled heated environment. This high energy class will build strength, improve flexibility & increase stamina. Class will be taught in a heated environment of approximately 80-85 degrees.

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® – FAMILY

Incorporates key childhood development elements like leadership, respect, teamwork, self-esteem, memory, creativity, coordination & cultural awareness. For ages 4-12; attend with adult member. Wear comfortable clothes, sneakers & bring water!

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.



PERSONAL TRAINING

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!

PERSONAL TRAINING SESSIONS CAN HELP YOU

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

AFFORDABLE OPTIONS FOR EVERYONE

FIRST TIME INDIVIDUAL INTRODUCTORY PACKAGE		
3 Sessions	1 hour	\$136

INDIVIDUAL PERSONAL TRAINING		
No. Of Session	1 HOUR SESSION/S	30 MINUTE SESSION/S
1	\$60	\$40
5	\$275 (\$55/session)	\$200 (\$40/session)
10	\$500 (\$50/session)	\$350 (\$35/session)
15	\$675 (\$45/session)	\$450 (\$30/session)
20	\$800 (\$40/session)	\$500 (\$25/session)

SMALL GROUP 3 MEMBERS	
No. Of Session	1 HOUR SESSIONS
5	\$400 (80/session)
10	\$750 (\$75/session)
15	\$1050 (\$70/session)
20	\$1300 (\$65/session)

OTHER PACKAGES AND OPTIONS AVAILABLE

FOR MORE INFORMATION

Please contact Nick Zavorotny at nick@sdyymca.org or call (603) 642-3361 to book today!



SCHOOL AGE CHILD CARE

CONNECTIONS IN LEARNING



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 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 masks, lunch, snacks, water bottles, and weather-appropriate attire.

SITE LOCATIONS

Newton Memorial School (held at DJ Bakie)-AM and PM
 DJ Bakie Elementary-AM and PM
 Stratham Memorial School-AM and PM
 Hampstead Central School-AM and PM
 Main St Elementary (held at the Tuck)-AM & PM

Lincoln St Elementary (held at the Tuck)-AM and PM
 East Kingston Elementary -PM Only
 Kensington Elementary -PM Only
 Swasey Elementary-AM and PM
 Danville Elementary School - AM and PM
 Hampton Elementary School-PM Only
 Ellis Fremont 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, Nicole Fogarty, at nicolef@sdymca.org.

School Age Child Care Rates 2023 - 2024

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	\$47/Week	\$64/Week	\$85/Week	\$76/Week
PM Only	\$55/Week	\$78/Week	\$107/Week	\$96/Week
AM & PM	N/A	N/A	\$138/Week	\$126/Week

Register at sdymca.org/school-age-child-care



WE ARE HIRING

SACC is hiring for the school year 2023 - 2024! , we have many positions available.

[Apply Today!](#)



SCHOOL AGE CHILD CARE

CONNECTIONS IN LEARNING

LITTLE RIVER

A YMCA SCHOOL AGE CHILD CARE (SACC) PROGRAM

This summer, the YMCA is offering Little River Camp to elementary-aged children. It's an 8-week program in which kids explore and learn in a safe and fun environment. Daily activities include team building, leadership skills, arts and crafts, STEM, 21st-century skills, and more! Little River will include multiple weekly field trips. Ages K - 5th



MEET THE SACC TEAM

Camp Little River will be run by our School-Age Child Care team! The members from our SACC admin team that will be helping oversee Little River are:

Nicole Fogarty-Registrar. Nicole will be handling our registration and billing which will take place through DAXKO and can be found at sdymca.org/school-age-child-care

Anthony Panciocco-Director of Child Care Services. Anthony will be helping put together our team of coordinators and counselors and helping manage the program

Melissa Hilfer, who works as a Program Coordinator for our School-Age Child Care program, will serve as the Little River Camp Director. Melissa will be the main point of contact for program information such as field trips, daily schedules, and behavior expectations.



REGISTRATION

OPENS JANUARY 16TH

CAMP DATES



RATES:

\$305 PER WEEK



HOURS

CAMP REGULAR HOURS:
8:00AM TO 4:00 PM

PRE-CAMP:

7:00 AM - 8:00 AM

POST CAMP:

4:00 PM TO 6:00 PM

ADDITIONAL CHARGES:

PRE-CAMP \$50

POST-CAMP \$50

BOTH PRE-AND POST CAMP \$80

SCAN ME





YMCA CAMP LINCOLN

MAKING MEMORIES

[Click Here to Register for Programs -in Daxko program registration, type name of program desired](#)



APRIL VACATION CAMP

Registration will open March 11th

8:00 AM - 5:00pm, 4/24 - 4/28

You don't need to wait for summer to experience camp, join us for April Vacation Camp! Campers aged 5-12, get outside this spring and try the climbing wall, high ropes course, archery, arts & crafts, nature, fort building, and more. Every day brings new friends and adventure this spring. Single and multi-day registration is available.



SUMMER CAMP

Summer camp registration is open and space is limited! Send your summer on the shore of Kingston Lake outdoors and away from screens. Campers build lasting friendships while participating in a wide range of activities including swim lessons, boating, arts and crafts, sports, nature, high ropes, farm, pottery, mountain biking, theater, cooking, fishing, and more! Opportunities for campers entering grades K-9th available.



JUNIOR COUNSELORS IN TRAINING (CITs)

Take part in teambuilding activities to learn the importance of effective communication skills and develop the ability to work with peers and children. CITs are integrated into the camp program and get hands-on experience working in cabins, leading activities, and learning from experienced staff and fellow Senior CITs.

WE ARE HIRING

[Apply Today!](#)

Camp Lincoln is hiring for summer 2024! Make a difference this summer at Camp Lincoln. Whether it is your first time working with campers or you are an experienced teacher, we have many positions available. Make memories, have fun, while having nights and weekends off.

SCAN ME



GROUP RENTALS FOR 2023

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

Contact Dave, dave@ymcacamplincoln.org for details and to book your event.



YMCA CAMP LINCOLN'S ANNUAL PADDLE PLUNGE



SUPPORT OUR PADDLE PLUNGE CAMPAIGN

You are invited to be a part of the Paddle Plunge event to benefit the Southern District YMCA Annual Campaign, which provides financial assistance for campers, school-age child care, and wellness so no one is ever turned away for an inability to pay.

HOW YOU CAN PARTICIPATE?

1) Go to givebutter.com/2024PaddlePlunge, create your team, choose a costume, and jump in the lake.

Prizes are awarded for the best costume and to the team that raises the most money. The minimum suggested donation per team is \$500.

2) Donate to an existing team.

If you don't want to jump in the lake but still want to contribute, pick a team to support and donate easily online.

3) Spread the word.

Tell your friends and family and don't forget to post about this event on your social media channels. Remember to include the hashtag #2024PaddlePlunge

SCAN ME



DONATE



THE MAIN EVENT

The 2024 Event will take place at YMCA Camp Lincoln
Saturday, April 13 at 10:00AM

FOR MORE INFORMATION CONTACT

Michael Boland, michaelb@sdymca.org
Susan Graham, susan@sdymca.org
Or Salma Abdalla, salma@sdymca.org

<https://givebutter.com/2024PaddlePlunge>



HEALTHY KIDS DAY®

May 4 | Free to the Public



» FIND YOUR JOY.
FIND YOUR Y.
ymca.org/hkd



National Sponsor

PEANUTS

© 1975

Join us at the Y for a day of fun for kids!

Free and Open to Public

- Yoga
- Dance Party
- Arts & Crafts
- Bounce House
- Games in the Gymnasium

SATURDAY, MAY 4th
10:00AM–1:00 PM

Last Years Participants Included: tables from YMCA
Partners: Lamprey Healthcare, Seacoast Mental Health,
Exeter Fire and Police, Hannaford, Di Bona Dental, Exeter
Public Library, Exeter Kiwanis, Exeter Area Garden Club, The
KEY Collective, our School Age Child Care Program, Camp
Lincoln, and more!

Southern District YMCA | 56 Linden St. Exeter, NH 03833 | www.sdyymca.org