



**SOCIAL RESPONSIBILITY**  
**YOUTH DEVELOPMENT**  
**HEALTHY LIVING**

**Spring Guide 2022**  
**PROGRAM GUIDE**  
May 2-June 12 2022



# 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: 5:00AM-8:00PM

FRIDAY: 5:00AM-6:00PM

SATURDAY: 7:00AM-2:00PM

### CHILD WATCH HOURS

MONDAY - FRIDAY 8:30AM - 11:00AM

TUESDAY - THURSDAY 4:00PM - 7:00 PM

### HOLIDAY CLOSURES 2022

Monday May 30-Memorial Day

Monday July 4-Independence Day

Monday September 4-Labor Day

Monday October 10-Indigenous People's Day

Friday November 11- Veteran's Day

Thursday November 24-Thanksgiving

Saturday, December 24-Christmas Eve Closing at 1:00PM

Saturday December 31, New Years Eve Closing at 1:00 PM



### HOW CAN WE HELP?

Welcome Center  
[membership@sdyymca.org](mailto:membership@sdyymca.org)  
603-642-3361

### For Branch Updates

TO ENROLL IN TEXT NOTIFICATIONS, TEXT "EXETER YMCA"  
to 855-984-2400



### COVID 19 UPDATES

We are mask optional for indoor use and exercise at the Southern District YMCA facility as long as the infection rates continue to decline. We are implementing this program based on the guidance from Exeter Hospital and Exeter Health Resources below:

We continue to encourage everyone to get vaccinated and boosted and to practice good public health practices, including handwashing and especially staying at home and masked if sick or exposed. Mask use has been shown to significantly reduce the risk of spreading COVID to others (which can happen even if the wearer does not have symptoms), and will help reduce the risk of the wearer contracting the virus as well.





# MEMBERSHIP

## Healthy, Mind, Body, Spirit



### MONTHLY MEMBERSHIP RATES

TYPE	AGE	MONTHLY FEE
Youth/Teen	12-17	\$17
Young Adult	18-26	\$36
Adult	27-64	\$48
Adult Couple	18-64	\$58
Family (1 Adult)	1 adult in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$63
Family (2 Adults)	2 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$71
Family (3 Adults)	3 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$91
Senior	65+	\$36
Senior Couple	65+	\$58

#### IN PERSON 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 45 classes each week
- **Priority** registration and reduced rates for facility programs
- **Convenient** access six days a week with on-site parking
- **No** contracts
- **On-Site** Child Care (Kids Club)

### HOW CAN WE HELP?

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# EXETER AREA YMCA

## PICKLEBALL

[Click Here to Register for Programs](#) -Enter Program Name



### 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.



### Spring 2021/22 PICKLEBALL SCHEDULE

GYM	Monday	Tuesday	Wednesday	Thursday	Friday
WEST	Open Court 7a – 10a (2 courts)	Open Court 7a – 9a (2 courts)	Open Court 7a – 10a (2 courts)	Open Court 7a – 9a (2 courts)	Open Court 7a – 10a (2 courts)
EAST	Open Court 7a – 10a (2 courts)	Open Court 7a – 9a (2 courts) Advanced Play	Registered lessons 7a – 10a (2 courts)	Open Court 7a – 9a (2 courts) Advanced Play	Open Court 7a – 10a (2 courts)
WEST	1 court Advance 1 court Beg/Inter 6:30P – 7:45P	NONE	NONE	NONE	NONE

Please refer to the whiteboard in the gymnasium for court assignments. ALL PLAY IS OPEN except Monday night.

*Reminder: this court time 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*

### PARA-PICKLEBALL

**Tuesdays 10:00 AM-11:30 AM**

Northeast Passage has partnered with the Y to provide staff, instruction, and a selection of sport wheelchairs to play pickleball. This program is offered to individuals of all abilities, inviting standing and seated players alike. This program is open to members and community members.

### PICKLEBALL CONDITIONING

**Thursdays 11:00-11:45 AM**

Held in Odyssey Center.

**MEMBERS: \$80, COMMUNITY: \$160**

Performing cross-training and conditioning is an important part of succeeding in Pickleball. This session is dedicated to proper warm-ups, strengthening, footwork, balance, and more. Maximum 12 people.





# EXETER AREA YMCA

## YOUTH PROGRAMS

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

### PARENTS' NIGHT OUT

Fridays: 5/20, 6:30–8:45PM

MEMBERS: \$15/child; COMMUNITY: \$25/child (5 children min.)

Each month the Exeter Area YMCA provides an opportunity for youth to engage in community activities, stay active and enjoy pizza and healthy snacks. YMCA staff will direct activities and plan according to the number of children. Intended for ages 6 – 11 years old. Minimum of 5 participants. Held in the gymnasium.

### YOUTH COOKING CLASS

Tuesday : 4:00–5:30PM, starting Tues. 5/3

MEMBERS: \$125/Full Program; \$20/Drop-In

COMMUNITY: \$225/Full Program; \$35/Drop-In

In this class, Chef Alex will introduce a variety of different techniques with new foods. By incorporating hands-on experience, participants develop a new appreciation of the ability to cook for themselves and others. This session for ages 11–14 (grade 6–8) Minimum of 5 participants. Held in the Community Room.

### INTRO TO BASKETBALL

Thursdays: 5/5, 5/12, 5/19, 5/26; 3:00–4:00PM

MEMBERS, \$48 ; COMMUNITY \$100

Drop-in MEMBERS: \$15

Drop-in COMMUNITY: \$25

This is a beginner and intermediate program suitable for first-time players (ages 14–15) as well as players looking to practice and learn new skills. Players will learn the rules as well as how the game is played through scrimmages, drills, and mini-games implementing the foundation of basketball skills.



### INTRO TO THEATER

Thursday: 4:00–5:30 PM, starting 5/5

MEMBERS: \$80/Full Program; \$15/Drop-In

COMMUNITY: \$150/Full Program; \$30/Drop-In

Theater performance is a great way to explore one's personality. In this class for ages 11–14 (grades 6–8), we will cover several types of performance, as well as delve into concepts such as character development, stage presence, and choosing material. A friends and family showcase will be held for participants to perform on April 21st. Minimum 4 participants. Held in the Community Room.

### YOUTH VOLLEYBALL

Tuesdays: 3:00–4:00 PM, May 3–31

MEMBERS, \$48 ; COMMUNITY \$100

Drop-in MEMBERS: \$15

Drop-in COMMUNITY: \$25

Kids ages 11–17 learn the basics of passing, setting, hitting, serving, and blocking in a fun and supportive environment. A true team sport, volleyball helps everyone learn important lessons about collaboration and communication on and off the court. Basic conditioning will be included to improve each player's skill base.

### BASKETBALL SKILLS AND DRILLS

Saturdays: 9:30–10:30 AM, May 7–28

MEMBERS: \$90; COMMUNITY: \$190

Age 10–12, Min of 10 kids.

This is a beginner and intermediate program suitable for first-time players (ages 10–12) as well as players looking to practice and learn new skills. Players will learn the rules as well as how the game is played through scrimmages, drills, and mini-games implementing the foundation of basketball skills. Taught by a College level Coach/Instructor/Player.

## TEEN ORIENTATIONS IN THE WELLNESS CENTER!

Parents, please help us by registering your child for this 30 minute group orientation to review facility protocol, wellness floor etiquette, and expectations.



# EXETER AREA YMCA

## ACTIVE OLDER ADULT PROGRAM

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

### SENIOR BOARD GAMES

Thursdays 11:00 AM - 1:00 PM

MEMBERS: No Cost; COMMUNITY: \$15

Come meet friends and play Mah jongg or another board game of your choice! Mahjong is a game of skill and strategy and calculation with a degree of chance. Beginners are welcome. Held in the Community Room.

### SENIOR STRENGTH AND BALANCE

Monday, Wednesday, Friday 11:15 AM - 12:15 PM

MEMBERS: No Cost;

This low-impact class is designed for seniors looking to incorporate basic exercise strategies into their daily lives. This class is for beginners focusing on strength, balance and stability exercises to prevent injury. Register on MindBody.



# EXETER AREA YMCA

## ADULT PROGRAMS

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

### WALK WITH EASE

Monday, Wednesday, Friday 1:30-2:30 PM, starts 5/2

Members: No Cost; COMMUNITY:\$50

This is a six-week program 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.

### WALKING GROUP

Monday, Wednesday, Friday; 11:00AM - 12:00PM

MEMBERS: No Cost; COMMUNITY: \$15

Keep active with friends! This walking social hour allows you to get your steps in while catching up with walking buddies. This will be outside or on the indoor track, weather pending. This is an 18+ program.

### CUBS CLUB WORKOUT

MEMBERS: No Cost; COMMUNITY: \$15

Thursdays and Saturdays, 9:30AM- 10:30AM

Starting May 7th.

Designed for parents or caregivers with children ages birth - 5, this "support" workout is a stroller-friendly programs allowing moms to get their sweat on with their child at arm's length. This will incorporate strength, conditioning and cardio. This will be outside or on the track, weather pending.

### FUNCTIONAL MOVEMENT

Tuesdays on 5/10, 5/17, 5/24; 5:15 - 6:00PM

MEMBERS: \$55; COMMUNITY: \$105 (5 person minimum)

This three-session, 45-minute interactive seminar for adults aims to help you move safely, efficiently, and pain-free in and out of the gym. This program focuses on muscle and joint mobility specific to the participant. Led by Dr. Kirk Lufkin, DC you will learn stretches and movements to help you in your daily activities.





# EXETER AREA YMCA

## ADULT PROGRAMS

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

### HIKING CONDITIONING

Wednesdays, 6:30–7:45 PM, starts 5/4

MEMBERS: \$80; COMMUNITY: \$160

Get ready to tackle the NH 4000' footers. This conditioning program is for all levels to prepare you for the hiking season. Focusing on strength, balance and endurance.

Option to hear guest speakers on Tuesdays with Couch to 5K



### COUCH TO 5K

Tuesday and Thursday, 6:00 PM–7:30 PM

MEMBERS: \$150; COMMUNITY: \$300

Outdoor conditioning training for adults 18+ who want to get in shape to run a 5K. We will follow a walk /run training program that provides a group long and short run. You will be required to do training run/walks on alternate days. A training guide will be provided. Guest speakers periodically add inspiration and instruction. Group meets in the lobby of the Exeter building, this walk/run program is run outdoors rain or shine.



### DIABETES PREVENTION PROGRAM

Thursdays starting May 12,

6:15 pm–7:15 pm, Free

The YMCA's Diabetes Prevention Program focuses on small measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavioral changes over 25 sessions. Program developed in partnership with Granite YMCA. For more information click below or email [barb@sdymca.org](mailto:barb@sdymca.org).



<https://www.graniteymca.org/diabetes>



# EXETER AREA YMCA

## GROUP EXERCISE

### ONSITE GROUP EXERCISE SCHEDULE

Spring 2022

NEW classes are highlighted

LOCATION MBS = Mind/Body Studio SB = Studio Beat OC = Odyssey Center CS = Cycle Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Cycle+ (plus) CS - Nora	BODYPUMP™ SB - Giovanna		BODYPUMP™ SB - Giovanna		
6:00a	Barre SB - Susan				Barre SB - Susan	
6:30a			RPM™ Cycle CS - Giovanna		RPM + Core CS - Giovanna	
7:15a						Cycle+(plus) CS - Nora BODYPUMP™ SB - Mariah
7:30a		BODYPUMP™ SB - Jillian		BODYPUMP™ SB - Jillian		
8:00a	All Level Yoga MBS - Linda				Strength & Core SB - Giovanna	Power Yoga MBS - Joanne
						SHIFT OC - Grace
8:30a	All Level Cycle CS - Gary					POUND® SB - Amy
9:00a	Pilates MBS - Sarah BODYCOMBAT™ SB - Corrine	SHIIFT OC - Corrine Zumba® SB - Caroline	Barre SB - Susan	SHIIFT OC - Corrine Zumba® SB - Caroline	Barre SB - Susan All Level Yoga MBS - Lenny	
9:15a		Vinyassa Flow MBS - Joli/Carrie				9:35a - Zumba® SB - Stephani
10:00a	Cardio Sculpt SB - Linda Pilates MBS - Sarah		Cardio Sculpt SB - Linda		Zumba® Gold SB - Caroline	
11:15a	Senior Strength & SB - Linda	Gentle Yoga MBS - Linda	Senior Strength & SB - Katie	Gentle Stretch & MBS - Linda	Senior Strength & SB - Rotation	
12:30p	Barre SB - Susan				Zumba® Stars SB - Caroline	
4:30p	TRX Fusion SB - Mariah	BODYCOMBAT™ SB - Denise	GRIT™ Cardio OC - Corrine	RPM CS - Mariah		
5:00p			Strength Training+		WEEKLY WILDCARD	
5:30p	POUND® SB - Cheryl RPM CS - Mariah	BODYPUMP™ SB - Denise	Power Cycle CS - Gary Barre SB - Kayoko	POUND® SB - Jill		
6:00p		Power Yoga MBS - Joanne		Power Yoga MBS - Joanne		
6:35p	Zumba® SB - Stephani R.K.			Zumba® SB - Gemma		

ses please see the reverse side





# EXETER AREA YMCA

## VIRTUAL GROUP EXERCISE SCHEDULE

### VIRTUAL GROUP EXERCISE SCHEDULE

Spring 2022

Classes highlighted in YELLOW are available virtually on Zoom Meetings <https://us02web.zoom.us/j/81443794741> Click Join Meeting and enter Meeting ID 814 4379 4741 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

Classes highlighted in GREEN are available virtually on Zoom Meetings <https://us02web.zoom.us/j/87056973806> Click Join Meeting and enter Meeting ID 870 5697 3806 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00a	Strength Training Stephanie P.		Strength Training Stephanie P.		Strength Training Stephanie P.	Power Yoga Joanne <i>LIVE class offered Virtually</i>	
8:15a							BODYFLOW™ Jodi
9:00a							
9:15a		Vinyassa Flow Carrie/Jolie					
9:30a	Zumba Gold Caroline						
10:30a			Strong & Steady Molly		Strong & Steady Molly		
11:15a		Gentle Yoga Linda <i>LIVE class offered Virtually</i>					
5:30p			Barre Kayoko <i>LIVE class offered Virtually</i>				
6:00p		Power Yoga Joanne <i>LIVE class offered Virtually</i>		Power Yoga Joanne <i>LIVE class offered Virtually</i>			
6:30p							

For a complete list of Live Classes please see the reverse side





**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **PERSONAL TRAINING AT THE YMCA**



**YMCA Personal Training will help you reach your personal wellness goals in a way that optimizes your time and investment. Our Personal Trainers have nationally recognized certifications and represent a variety of specialties, experience and interests.**

## **MEET YOUR WELLNESS GOALS**

**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.**

### **AFFORDABLE OPTIONS FOR EVERYONE**

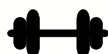
**FIRST TIME CLIENT INTRODUCTORY PACKAGE: \$136**



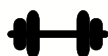
**ONE HOUR SESSIONS: \$60**



**5 ONE HOUR SESSIONS: \$275**



**10 ONE HOUR SESSIONS: \$550**



**FITNESS ASSESSMENT: \$35**

**Please contact our Wellness & Personal Training Coordinator, Brandy Lufkin, at  
[brandy@sdymca.org](mailto:brandy@sdymca.org) or (603) 319-5930 to book today!**





# EXETER AREA YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### **ALL LEVELS YOGA**

All Levels Yoga is just as it sounds. During this class, classic yoga poses are practiced with an emphasis on alignment in a slow paced controlled environment. Modifications will be provided for all ability levels. This class is appropriate for beginners and participants who have been practicing yoga for some time.

### **BODYCOMBAT™**

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

### **CARDIO SCULPT**

Cardio Sculpt is a 55 minute mix of resistance based sculpting and toning exercises alongside cardio bursts to improve your endurance, flexibility, muscle tone and definition.

### **BARRE**

This ballet inspired exercise class is designed to sculpt and tone your arms, legs and core. Work your entire body with exercises to stretch & lengthen each muscle group. Classes will incorporate exercises at the barre and on the mat.

### **PILATES**

The Essential Mat class incorporates the Five Basic Principles of the STOTT PILATES method. Each class is designed to help you develop leaner, longer-looking muscles, establish core strength and stability and heighten mind-body awareness. This class is great for beginners, seniors, injury rehabilitation and anyone looking to focus on improve overall Pilates technique. Pilates and overall core strength is central to a healthy body.

### **RPM™ Cycle**

RPM is a group indoor cycling workout where you control the resistance. Find your rhythm as your instructor takes you through hill climbs, sprints and flat riding. Accelerate your personal performance and boost your cardio fitness.

### **BODYFLOW™**

BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

### **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 and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### **GENTLE STRETCH & STRENGTH**

Traditional exercise classes can be challenging when you have to get up and down off of the floor. With the help of a chair anyone can achieve the benefits of increased circulation, balance, flexibility, mobility and strength. Gentle Stretch & Strength is recommended for those with chronic conditions that may be causing them joint pain and stiffness as well as limited mobility. Be sure to discuss your fitness goals with your doctor before starting a program.

### **LES MILLS GRIT CARDIO**

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast.

### **POUND®**

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Through continual upper body motion using our lightly weighted drumsticks, called Ripstix®, you'll turn into a calorie-torcing drummer, POUNDing off pounds as each song flies by.



# EXETER AREA YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### **CYCLE**

This is YOUR ride! Your instructor will take you through hill climbs, valleys, peaks, flat roads and timed sprints to continuously challenge you. Your instructor will customize your bike and your experience to fit your riding style and ability level. You will also have a display monitor to provide immediate feedback and track ongoing improvement.

### **GENTLE YOGA**

Gentle Yoga is built for the beginner or anyone seeking a softer, nurturing, slow-paced yoga class. Ease yourself into carefully structured movements and stretches to improve flexibility and serenity. Develop an awareness of the breath and leave class feeling relaxed and ready for a balanced life.

### **POWER CYCLE**

Power Cycle is a unique class designed for all levels of fitness and to help individuals keep their training goals. Learn how to interpret the rate of energy you expend and the overall work you have done and how it translates into results on and off the bike.

### **POWER YOGA**

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

### **SENIOR STRENGTH & BALANCE**

This low-impact class is designed for seniors looking to incorporate basic exercise strategies into their activities of daily living. This class is for beginners focusing on basic strength, balance & stability exercises to prevent injury and increase their quality of life. Using a variety of equipment like stability balls, hand weights, resistance bands, and body weight your instructor will teach you how to move well and increase your skills.

### **SHIFT**

Specialized High-Intensity Functional Training is what you need to take your fitness to the next level. SHIFT incorporates a variety of complex movement patterns to get your heart rate soaring and your skill level climbing. Build strength and power while you learn how to push yourself to new levels and achieve incredible things.

### **VINYASA FLOW**

Breath and dynamic movement are the foundations of this challenging and fun practice, emphasizing strength, core work, and flexibility while encouraging the whole body to become more balanced. Previous yoga experience is recommended, but not required. This class is not heated. Vinyasa Flow is a great class to help you build variety and balance in your yoga practice.

### **POWER YOGA**

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

### **ZUMBA®**

Zumba is an aerobic workout based around Latin dance moves and music. Each class incorporates a variety of dance moves from merengue, salsa to reggaeton. It is a great way to burn calories, build relationships and have fun! Zumba is a great way to shake out the stress of your day.

### **CYCLE +**

Ride to the beat of the music during this 45-minute high-energy class that will take you from a flat road to the top of the mountain. Challenge yourself with a series of intervals – plus one set of arm weights – and creatively choreographed movements to keep you motivated.

### **STRETCHING AND PRESSURE POINTS**

Every movement and activity makes muscles short and tight. Stretching is important to keep the muscles flexible, strong and healthy. In eastern medicine, we believe there are channels in our body and in a healthy body our energy flows without blockage. Acupuncture points are located throughout the body and by applying pressure the energy flows better. This class teaches you stretches with acupuncture points to maximize the benefit of stretching.







# EXETER AREA YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### STRONG AND STEADY

Incorporate basic exercise strategies into your daily activities. This class is for beginners focusing on basic strength, balance & stability exercises to prevent injury and increase their quality of life. Grab a chair, resistance band, and a set of light weights! Your instructor will teach you how to move well and increase your skills.

### STRENGTH TRAINING

Strength training is an important part of every exercise routine. In this class you will get a total body workout while the instructor coaches you through the moves and techniques pumping out encouragement, motivation and great music. You'll leave the class feeling challenged and motivated, ready to come back for more.

### STRENGTH TRAINING & CORE

This is a strength-based workout using bodyweight and resistance training. Each workout will have blocks of lower strength, upper strength, and core. Designed for all fitness levels. Modifications and progressions will be provided.

### STRENGTH & CORE

Strength and Core is a fusion of strength training and core work! This class combines strength-building exercises using bodyweight, free weights, resistance bands, yoga balls, and gliding discs. Suitable for all fitness levels, ages, and abilities.

### ALL LEVELS CYCLE

"All Levels Cycle" is an indoor cycle class designed for first-time, intermediate, advanced, and senior riders. Each class begins with an emphasis on class goals, proper bike setup, leg speed, riding technique, and comfort level of exercise. Profiles help participants interpret their rate of energy, work done, and how to translate those results into meeting personal fitness goals. Class provides the opportunity to improve physical well-being and have fun to the beat of music everyone loves.

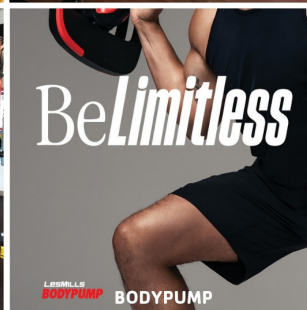
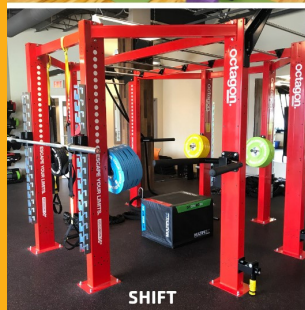
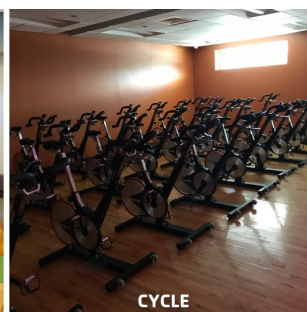
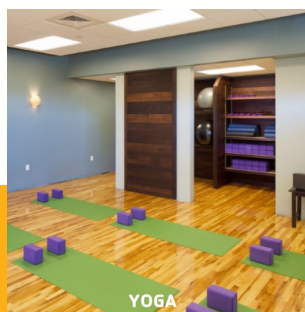
### ZUMBA GOLD®

Beginners and active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity and lower-impact environment should try Zumba Gold®. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

### TRX FUSION

This class will develop strength and endurance while simultaneously improving balance, flexibility, and core strength. Exercise will use a mixture of TrX suspension straps, light to moderate weights, kettlebells, resistance bands, and body weight. This class is appropriate for all levels.

Easily modified for beginners to athletes who are looking to improve overall performance!



GROUP  
EXERCISE



# 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.

### SITE LOCATIONS

Newton Memorial School-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&PM  
East Kingston Elementary -PM Only  
Kensington Elementary -PM Only

### 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.

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 director, Anthony Panciocco, at [anthony@sdymca.org](mailto:anthony@sdymca.org).

21-22 School Age Child Care Rates

Traditional Before- and After-School Care	2 Day Rate (1-2 days)	3 Day Rate	Full Time (4-5 days)	2 <sup>nd</sup> / 3 <sup>rd</sup> Child (Full Time Discount)
AM only	\$35/week	\$50/week	\$75/week	\$67.50/week
PM only	\$45/week	\$65/week	\$95/week	\$85.50/week
AM & PM	N/A	N/A	\$120/week	\$108/week

Register at [sdymca.org/school-age-child-care](https://sdymca.org/school-age-child-care)





# YMCA CAMP LINCOLN

## MAKING MEMORIES

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

### FULL MOON MANIFESTING CEREMONY

Sunday, May 15th; 6:00 PM-7:45 PM

MEMBERS: \$20; COMMUNITY: \$35. Suitable for ages 12+

Celebrate the Full Moon in the beautiful scenery of SDYMCA's Camp Lincoln. The evening will open with a standing yoga session followed by an evening hike, and end with meditation and a "burning" ceremony. There will be warm drinks and an intention setting for the next full moon. Meet in the parking lot at Camp Lincoln.



# WE ARE HIRING!



## Be part of the team!

Ready for the best summer job you will ever have?

- 1 week of paid training
- CPR/ First Aid training supplied
- Competitive pay
- 10 weeks of summer camp

**AGES 16+**  
**SCAN TO APPLY**



**START DATE June 12th, 2022**

## GROUP RENTALS

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

Contact Geof at [geof@ymcacamplincoln.org](mailto:geof@ymcacamplincoln.org) for details and to book your event.