2022 WINTER PROGRAMS

January 3 – February 26

Southern District YMCA

JUMP INTO THE NEW YEAR WITH THE Y

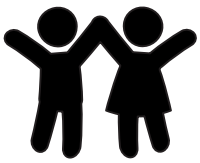
HEALTHY LIVING

YOUTH DEVELOPMENT

VIRTUAL WELLNESS

the YOUTH PROGRAMS

PARENTS' NIGHT OUT



1/21, 2/18

6:30-8:45PM in the gym

Members: $15/child

Community Members: $30/child

Each month, the Exeter Area YMCA provides childcare for children ages 5-11 with active games and a craft. Dinner is provided, so youth also enjoy pizza with healthy snacks. Enjoy your night out—the kids will, too!

Click here to register for 1/21.

Click here to register for 2/18.

STRENGTH TRAINING FOR TEENS

Tuesdays/Thursdays, 1/18 - 2/21

Beginner: 5:30PM - 6:30PM

Intermediate: 6:30PM - 7:30PM

Members Only: $155/Participant

This 6-week program is for teens ages 11-17. Two levels are offered, and this training will help the lifter use proper technique, form, breathing and spotting.

Register Beginner here.

Register Intermediate here.

ACTIVE KIDS

Tuesdays/Thursdays

4:30 - 7:00PM

Members: No cost

This is a drop-in program for kids ages 6-11. Participants play games with a Y staff member in the gymnasium, having fun while being active.

Click here to register for Tuesdays; Click here to register for Thursdays

the SENIOR PROGRAMS

WALK WITH EASE

Monday, Wednesday, Friday starting 1/3

11:00 - Noon at the upstairs track

Members: No cost

Community Members: $50/Participant

This is a six-week program designed by the Arthritis Association, specifically written for those suffering with Arthritis pain. It is also a practical and useful resource for anyone looking to increase physical activity. Most people who can be on their feet for 10 minutes without increased pain will be able to participate successfully.

Click here to register.

CHECK THIS OUT!

Be sure to try Senior Strength and Balance with our Group Exercise instructors:

Monday, Wednesday, Friday

11:15AM

MAHJONG

Thursdays starting 1/6

11:00 -1:00PM in the community room

Members: No cost

Community Members: Drop-in, 3 guest visits max

Come meet friends and play Mahjong! This is a game of skill, strategy, and calculation with a degree of chance. Beginners are welcome.

Click here to register.

SENIOR COFFEE TIME

1/13 and 2/10, 1:00 - 2:00PM

Members: No cost

Socialize with peers while listening to guest speakers on various topics. On 1/13 learn how to safely get up from the floor and down. 2/10 will feature the topic of healthy eating.

Click here to register for 1/13.

Click here to register for 2/10.

the YMCA ADULT PROGRAMS

BODY ARMOUR WORKSHOP

Tuesdays, 1/11 - 1/25
6:30PM - 7:30PM
Members: $55
Community Members: $100

This interactive workshop for adults will help you move safely, efficiently, and pain-free in and out of the gym. Focusing on muscle and joint mobility, this workshop is tailored toward participants needs. Led by Dr. Kirk Lufkin, learn stretches and movements to add to your daily routine.
Click here to register.

INTRO TO FOAM ROLLING

2/26 at 10:00AM
6:30 - 8:45PM in the gym
Members: No Cost

Bring your foam roller and learn proper techniques and effective ways to improve your performance. If you don't have your own roller, the Y will provide one.
Click here to register.

PARA PICKLEBALL

Tuesdays starting 1/4
10:00AM - 11:30AM

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 programs is open to members and community members.
Click here to register.

PICKLEBALL LESSONS

Wednesdays starting January 4
Intermediate: 7:00 - 8:30AM, $25
Beginner: 8:30AM - 10:00AM, $30
Community Members: $50

Learn to play pickleball with our instructor, Scott Ranks. These are four-week sessions, 8 people max.
Register Beginner here. Register Intermediate here.

the YMCA GROUP EXERCISE

LES MILLS RELEASE EVENT

February 26
Members: No Cost; Register on MINDBODY

Body Pump: 7:15AM
Combat: 8:30AM
RPM: 8:30AM
Body Flow: 9:30AM

YOUTH STRENGTH & CONDITIONING

Mondays/Wednesdays starting 1/3
4:00PM - 4:45PM in The OC
Members: No Cost; Register on MINDBODY

NEW Group Exercise class! Participants ages 12 – 16 can join Courtney in the OC for this group exercise program that provides a full body workout out and cueing on proper technique.

WEEKLY WILD CARD WORKOUT

Members: No Cost; Register on MINDBODY

January 7 - Barre with Kay at 5PM
January 14 - BodyCombat with Denise at 5PM
January 21 - Core with Mariah at 5PM
January 28 - Zumba with Carrie at 5PM

Facility Hours:

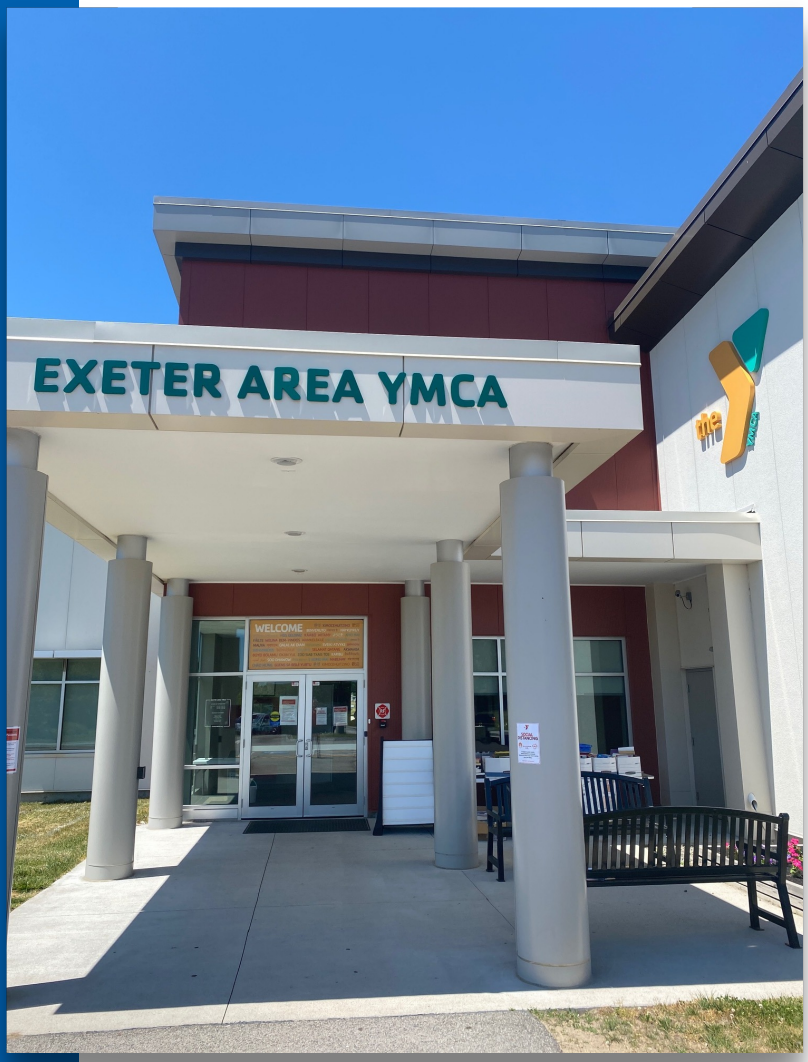
Monday – Thursday
5:00 am – 8:00 pm

Friday
5:00 am – 6:00 pm

Saturday
7:00 am – 2:00 pm

Sunday
closed

More Membership information can be found here.



COME SEE THE Y FOR YOURSELF!

January 22, 10AM – 1PM

OPEN HOUSE