



175^{YEAR}
ANNIVERSARY



THE Something For Everyone PLACE

SOUTHERN DISTRICT YMCA



Exeter Area YMCA



CAMP
LINCOLN
EST. 1926



SOUTHERN DISTRICT YMCA
HAMPTON CENTER
CHILDCARE SERVICES

PROGRAM GUIDE

OCT | NOV | DEC
2026



FOR MORE INFORMATION



MEMBERSHIP@SDYMCA.ORG



(603) 642-3361



FACILITY HOURS

MONDAY – FRIDAY: 5:00 AM – 8:00 PM
SATURDAY – SUNDAY: 7:00 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



HOW CAN WE HELP?

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

FOR FACILITY UPDATES

TO ENROLL IN TEXT NOTIFICATIONS, TEXT "SDYMCA" to 54539.

SAVE THE DATES



DATE	EVENT	TIME
Saturday, September 19th	WOMEN'S WELLNESS DAY	8:00 AM – 4:00 PM
Saturday, September 26th	PEDAL WITH A PURPOSE FUNDRAISER	8:00 AM – 12:00 PM
Starting Monday, October 5th	175TH YMCA MOVEMENT CELEBRATION	ALL DAY
Friday, October 16th	175TH YMCA MOVEMENT CELEBRATION	5:00 PM – 7:00 PM
Friday, October 22nd	NEW MEMBER MEET AND GREET	5:00 PM – 6:30 PM
Friday, October 30th	HALLOWEEN BASH	5:00 PM – 7:30 PM
Friday, October 30th	THRILLER PERFORMANCE	7:00 PM – 7:30 PM
Thursday, November 5th	MEET THE TRAINERS NIGHT	6:00 PM – 7:00 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 TIME

NO REGISTRATION REQUIRED - DROP-IN

Tuesdays, Wednesdays, Thursdays, & Saturdays

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

FAMILY MEMBERSHIPS: 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.

LEARN TO PLAY MAGIC: THE GATHERING

REGISTRATION REQUIRED - DAXKO

Fridays, October 9th - November 11th (4 weeks)

6:00 PM - 7:30 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Age: 10+

This class is designed for those who are new to or just beginning to learn the game of Magic. Participants will learn the basic rules of the card game, with the goal of being able to play independently by the end of the course. The class will cover deck-building fundamentals, game keywords, and winning strategies. It will also incorporate math concepts related to probability and percentages. Led by YMCA Staff, Mark. Participants are welcome to bring their own cards, but it is not necessary, as all materials needed to play will be provided. Snacks will be provided.

A minimum of 4 registrations is required.

LITTLE GYMNASTS

REGISTRATION REQUIRED - DAXKO

Fridays

Fall Session 1: October 9th - November 13th (6 weeks)

MEMBERS: \$60; COMMUNITY: \$100

Fall Session 2: November 20th - December 18th (5 weeks)

MEMBERS: \$50; COMMUNITY: \$85

11:00 AM - 11:45 AM, Court 1

Age: 3 - 6

Designed just for young children, this fun and energetic class introduces the basics of gymnastics through age-appropriate activities, equipment, obstacle courses, and games. Led by YMCA Instructor, Rhiannon, participants will learn about balance, coordination and flexibility, while building towards their very first gymnastics skills. Help your pre-schooler gain confidence while developing listening skills and having fun in a safe, supportive environment. Minimum 5 participants required.

YOUTH VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Thursdays, October 8th - December 17th (10 weeks)

4:45 PM - 5:45 PM, Court 2

MEMBERS: Free; COMMUNITY: \$65

Age: 11 - 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!

No class on Thursday, November 26th.

YOUTH CONDITIONING AND STRETCH

REGISTRATION REQUIRED - DAXKO

Sundays, October 11th - November 15th (6 weeks)

10:45 AM - 11:30 AM, Studio Beat

MEMBERS: \$30; COMMUNITY: \$60

Age: 6 - 11

Join us for an energizing and engaging youth fitness class designed to help kids build strength, flexibility, coordination, and confidence - all through fun movement and games! Led by YMCA Staff Allana. A Minimum of 6 participants required.

LITTLE TITANS

REGISTRATION REQUIRED - DAXKO

Saturdays

October 17th, 24th, 31st

November 7th, 14th, 21st, 28th

December 5th, 12th, 19th, 26th

11:00 AM - 11:45 AM, Court 1

MEMBERS: \$10; COMMUNITY: \$15 (price per class)

Age: 5 - 8

A fun, high-energy program taught by Bruce, YMCA Personal Trainer with years of Mixed Martial Arts experience. Kids will flip, climb, roll, and conquer obstacles while building strength, agility, coordination, confidence, and perseverance.

Through fun and engaging movement, Little Titans helps kids build healthy exercise habits early, developing strong bodies and a positive relationship with physical activity that can support lifelong health and well-being. A minimum of 5 registrations is required.



THE COMMONS @ THE Y

NO REGISTRATION REQUIRED - DROP-IN

Mondays, ongoing starting September 14th

3:00 PM - 5:00 PM, Community Room

MEMBERS: Free; COMMUNITY: \$5

Age: 12 - 16

The Commons is a relaxed after-school space for teens to get homework done, hang out with friends, enjoy activities, or simply take a break after the school day. Come for a little while or stay and make the space your own.

CREATIVE KIDS CORNER

REGISTRATION REQUIRED - DAXKO

Saturdays, October 10th - October 31st (4 weeks)

11:00 AM - 12:30 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Age: 3 - 10

Get ready to create, explore, and get a little messy! Led by YMCA Employee Ashley, Little Creators gives children a fun space to use their imagination through seasonal, hands-on crafts inspired by nature and the world around them.

Kids will paint, cut, glue, stamp, decorate, and experiment with different materials while building fine motor skills, hand-eye coordination, and creative confidence.

There are no perfect crafts here—just happy little artists creating something uniquely their own!

All supplies included. Note to Parents: Please send children in clothes that can get a little “artistic.” Drop them off for their creative hour while you enjoy a workout at the Y!

A minimum of 5 registrations is required.

TEEN LIFTING CLUB

REGISTRATION REQUIRED - DAXKO

Mondays & Wednesdays

Fall Session 1: October 12th – November 4th (8 Classes)

Fall Session 2: November 9th– December 2nd (8 Classes)

Fall Session 3: December 7th – December 30th (8 Classes)

3:00 PM - 3:45 PM, Studio Beat

MEMBERS: \$50; COMMUNITY: \$90

Age: 13 - 18

Ready to lift with confidence? Join Fox, a certified personal trainer and science-based lifting specialist, for strength training program.

Meeting twice a week, participants will learn:

- Proper lifting techniques and good form
- How to build strength and muscle safely
- How to choose exercises and create balanced workouts
- How to use wellness floor equipment confidently
- Safe and effective strength-training habits

A minimum of 5 registrations is required.

YOUTH STRENGTH FOUNDATIONS

REGISTRATION REQUIRED - DAXKO

Saturday, October 17th

Saturday, November 21st

Saturday, December 19th

1:00 PM - 3:00 PM, Mind Body Studio

MEMBERS: \$35; COMMUNITY: \$50

Age: 13-18

A hands-on class for teens who want to feel confident, capable, and comfortable in the gym. Led by Fox, YMCA Certified Personal Trainer and Science-Based Lifting Specialist,

Teens will build a strong foundation in:

- Squats and deadlifts
- Chest presses and rows
- Core bracing and stability
- Choosing appropriate weights
- Progressive overload
- Training safely and effectively
- Setting realistic goals and tracking progress

A minimum of 4 registrations is required.



OUTDOOR EXPLORERS

NO REGISTRATION REQUIRED - DROP-IN

Mondays, beginning October 5th

11:00 AM - 12:00 PM, Outside

MEMBERS: Free; COMMUNITY: \$5

Age: 0 - 6

Outdoor Explorers is a fun, family-friendly program, led by YMCA Staff member, Rhiannon where children and caregivers get to discover, create, and explore together in the fresh fall air. Activities may include nature scavenger hunts, outdoor art projects, and magnifying glass exploration, all designed to spark curiosity, creativity, and a love of nature. This is not a drop off program, caregivers must remain with their children for the duration. Meet outside the YMCA main entrance at the picnic tables after checking in at the Welcome Desk.

GINGERBREAD HOUSE DECORATING

REGISTRATION REQUIRED - DAXKO

Saturday, December 12th

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

MEMBERS: \$20; COMMUNITY: \$30

Age: 0 - 12

Pull out your ugliest, cutest or favorite holiday sweater and join us for a merry morning of gingerbread house decorating. We'll provide the gingerbread kit and the decorating supplies, you just bring your creativity and holiday spirit! Coffee and Hot Chocolate provided. All ages welcome! A minimum of 5 registrations is required.

BIRTHDAY PARTIES AT THE EXETER YMCA

The Exeter Area YMCA is pleased to be hosting your birthday party. Your event includes the following services:

- Two YMCA Staff members to facilitate activities.
- One hour in the appropriate activity space (gym, studio, etc.) and the one hour in the community room.
- Your choice of table cloth color for community room tables.
- We offer a variety of party themes to choose from, or you can create your own.

Happy Birthday



LEARN MORE





POP-UP NEEDLE FELTING

NO REGISTRATION REQUIRED - DROP-IN

Mondays, Ongoing

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

MEMBERS: Free

Join instructor Liz Conrad and create your own needle felting projects. Beginners encouraged. All supplies provided.

POP-UP KNITTING CLUB

NO REGISTRATION REQUIRED - DROP-IN

Wednesdays, Ongoing

3:00 PM - 5:00 PM, Community Room

MEMBERS: Free

Enjoy conversation with other Y members while working on your knitting project.

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.

ZENTANGLE

REGISTRATION REQUIRED - DAXKO

Tuesdays, September 29th & October 6th

MEMBERS: \$30; COMMUNITY: \$50

4:30 PM - 6:30 PM, Community Room

Age: 18+

Zentangle, led by Instructor Cynthia Pinard, is an easy and relaxing abstract form of art. It is "creating beautiful images using repetitive patterns." These patterns are repeating designs that anyone can make - deliberate "mindful" doodling to create art with "one stroke at a time". Participants will produce unique Zentangle tiles. It is an exciting way to let your creativity flow. No drawing ability is necessary. All materials are included. A minimum of 5 registrations is required. Maximum of 12.

WATERCOLOR PENCILS

REGISTRATION REQUIRED - DAXKO

Tuesdays, October 13th, 27th & November 3rd (3 Classes)

4:30 PM - 6:30 PM, Community Room

MEMBERS: \$45; COMMUNITY: \$70

Age: 18+

Discover the magic of watercolor pencils in this fun and beginner-friendly class led by Instructor Cynthia Pinard. Watercolor pencils combine the control of drawing with the beauty of watercolor painting. You'll learn the basics of blending color with water to create soft, vibrant effects and expressive paintings. Each class includes guided exercises to practice new techniques, followed by a finished painting project using the skills introduced that day. Watercolor pencils are an easy-to-use, versatile medium that's perfect for beginners and experienced artists alike. All materials are provided - just bring your creativity and curiosity! Minimum of 5 registrations is required. Maximum of 15.

WATERCOLOR PAINTING

REGISTRATION REQUIRED - DAXKO

Tuesdays, November 10th - December 1st (4 Classes)

4:30 PM - 6:30 PM, Community Room

MEMBERS: \$60; COMMUNITY: \$95

Age: 18+

Join watercolor instructor, Cynthia Pinard and explore the many possibilities for creative expression using one of the most versatile painting mediums. Discussions will include materials and supplies for successful watercolor painting, fun and expressive techniques, and a multitude of ideas for composition. Each participant will experiment with the fundamentals of watercolor to paint images. All materials. Minimum of 5 registrations is required. Maximum of 12.

MEET THE TRAINERS NIGHT

REGISTRATION REQUIRED - DAXKO

Thursday, November 5th

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

MEMBERS: Free

Curious about personal training at the Y? Come meet our personal trainers, learn about the services they offer, and discover how personal training can support your fitness goals. Ask questions, get to know our trainers, and learn from their experience and expertise in training and exercise.



ADULT PICK UP BASKETBALL

REGISTRATION REQUIRED - DAXKO

Wednesdays, September 30th - December 9th (10 Weeks)

MEMBERS: Free; COMMUNITY: \$75 (\$7.5/night)

5:00 PM - 7:45 PM, Court 2

Age: 18+

Looking for a fun way to stay active and get on the court? Join us for recreational drop-in basketball featuring open gym play, on-site team organization, and friendly competition in a casual, welcoming environment. Whether you're looking to get a workout, sharpen your skills, or simply enjoy a game of basketball, all skill levels are welcome. Participants must wear non-marking athletic shoes

ADULT INTERMEDIATE VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Tuesdays, October 6th - December 8th (10 Weeks)

Thursdays, October 8th - December 17th (10 Week)

MEMBERS: \$15; COMMUNITY: \$75

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

Age: 16+

Join us for a fun night of volleyball with an ideal mix of skilled competition and friendly games.
No class on Thursday, November 26th

ADULT BEGINNER PICKLEBALL

REGISTRATION REQUIRED - DAXKO

Thursdays, November 5th - December 3rd (4 Classes)

MEMBERS: \$75; COMMUNITY: \$125

12:00 PM - 2:00 PM, Court 2

Age: 18+

This beginner pickleball program introduces new players to the fundamentals of the game, including basic strokes, rules, court positioning, serving, scoring, and guided gameplay in a fun, supportive environment. Taught by Eric Nark, RPO Certified Pickleball Coach. A minimum of 4 registrations is required. Maximum of 12. No class on Thursday, November 26th

MEDICARE BASICS:

HOW TO CHOOSE THE RIGHT PLAN

REGISTRATION REQUIRED - DAXKO

Tuesday, October 20th

Thursday, October 29th

5:30 PM - 7:00 PM, Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

Are you turning 65 or thinking about retiring? Do you have questions about Medicare? This informative session led by Y Partner, Tim Harrigan, will help you understand the basics of Medicare, how to avoid penalties and how to select the plan best suited to your needs and budget. Each attendee will leave with a clear plan for taking their next steps into Medicare.

USING AI FOR LIFE AND WORK: A BEGINNERS INTRO TO CHATGPT AND AI TOOLS

REGISTRATION REQUIRED - DAXKO

Wednesday, November 11th

4:30 PM - 6:30 PM, Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

This fun, beginner-friendly class led by SCORE Seacoast volunteer, Scott Taylor, will introduce you to the world of AI with a focus on ChatGPT, one of the powerful tools that's changing the way we write, plan, research, and solve problems. We'll also touch on other popular AI tools. Whether you're looking to get organized at home, brainstorm creative ideas, or streamline everyday tasks in your business, you'll walk away with practical skills and real-world examples you can start using right away.

HOLIDAY BOXWOOD TREE

REGISTRATION REQUIRED - DAXKO

Wednesday, December 16th

6:00 PM - 7:30 PM, Community Room

Age: 18+

MEMBERS: \$65; COMMUNITY: \$75

Enjoy a fun night out by learning how to make a fresh boxwood tree. Led by Felicia Motherway, the boxwood tree is an elegant centerpiece made out of fresh boxwood, your choice of color bows, gold balls, berries and natural gypsophila. The boxwood tree lasts for months and makes a great gift! A minimum of 5 registrations is required. Maximum of 20.



ACL INJURY PREVENTION & TREATMENT

REGISTRATION REQUIRED - DAXKO

Monday, October 5th

6:00 PM – 7:00 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

ACL injuries are among the most common sports injuries, often requiring surgery, months of rehabilitation, and time away from the activities athletes love. Understanding how these injuries occur is key to keeping all athletes healthy and active.

Join Dr. David Davis as he discusses common causes of ACL injuries, proven injury prevention strategies, current treatment options, and what to expect during recovery. The presentation will also include a demonstration by an Access Sports Medicine & Orthopedics physical therapist, highlighting exercises and training techniques shown to reduce the risk of ACL injuries.

SLEEP WELL, BE WELL

REGISTRATION REQUIRED - DAXKO

Tuesday, December 8th

MEMBERS: \$5; COMMUNITY: \$15

5:00 PM – 6:00 PM, Community Room

Age: 18+

If falling or staying asleep has become a challenge, you're not alone. This workshop, led by Shannon Seiferth of Simply Well, offers practical tools to support healthier sleep routines, calm the busy mind, and improve rest in ways that feel realistic and sustainable. Participants will leave with simple strategies they can use right away.

MANAGING ARTHRITIS AND DUPUYTREN'S WITH LOW-DOSE RADIATION

REGISTRATION REQUIRED - DAXKO

Monday, October 12th

5:00 PM – 6:00 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

Living with osteoarthritis, Dupuytren's disease, or other painful inflammatory conditions can limit mobility and quality of life. When conventional treatments have not provided relief, low-dose radiation therapy may be an option.

Dr. Abbas Rattani, Medical Director of Radiation Oncology at Exeter Hospital and faculty at Harvard Medical School, will discuss treatment and management options, with a focus on low-dose radiation.

What Is Low-Dose Radiation?

A non-invasive, pain-free treatment that uses carefully targeted, very small doses of radiation to help reduce inflammation and relieve pain. It uses significantly lower doses than radiation used for cancer treatment and is typically delivered with precise radiation oncology technology. Insurance coverage is available.

Conditions That May Be Considered

Osteoarthritis, Dupuytren's contracture, Tendinitis and tendon inflammation, Bursitis, Plantar fasciitis & Degenerative joint conditions



WOMEN'S LIFTING - LEVEL 1

REGISTRATION REQUIRED - DAXKO

Tuesdays & Thursdays

Fall Session 1: October 6th - October 29th (8 Classes)

Fall Session 2: November 3rd - November 27th (8 Classes)

Fall Session 3: December 1st - December 29th (8 Classes)

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

Taught by YMCA Personal Trainer, Matt Fleury

Mondays & Wednesdays

Fall Session 1: October 5th - October 28th (8 Classes)

Fall Session 2: November 2nd - November 25th (8 Classes)

Fall Session 3: December 7th - December 30th (8 Classes)

1:00 PM - 2:00 PM, Odyssey Center

Taught by YMCA Personal Trainer

MEMBERS: \$60; COMMUNITY: \$100

Age 18+

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. A minimum of 5 registrations is required. No Class November 26th and December 24th

CLINICAL PILATES

REGISTRATION REQUIRED - DAXKO

Thursdays, October 1st - October 22nd (4 Classes)

Thursdays, October 29th - November 19th (4 Classes)

Thursdays, December 3rd - December 31st (4 Classes)

4:45 PM - 5:45 PM, Mind Body

MEMBERS: \$75; COMMUNITY: \$95

Age 18+

Join YMCA Group Fitness Instructor, 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. No Class December 24th

WOMEN'S LIFTING - LEVEL 2

REGISTRATION REQUIRED - DAXKO

Tuesdays

Fall Session 1: October 6th - October 27th (4 Classes)

Fall Session 2: November 3rd - November 24th (4 Classes)

Fall Session 3: December 1st - December 22nd (4 Classes)

4:00 PM - 5:00 PM, Odyssey Center

MEMBERS: \$75; COMMUNITY: \$95

Age 18+

Taught by YMCA Personal Trainer Matt Fleury, this program is designed for women who have completed at least two Women's Lifting Club sessions or have been consistently strength training for a year or more and are ready to take their strength to the next level. The program focuses on building greater strength through fundamental compound exercises that work multiple muscle groups at once. There are no specific strength requirements. A minimum of 4 registrations is required. Maximum of 6.

Participants receive expert coaching on the finer details of heavier compound lifts, guidance on safely pushing and testing strength limits, and support in developing a training approach that helps progress beyond the novice level. Whether you are working to break through a plateau, refine barbell technique, or explore more advanced lifting concepts, this class offers individualized coaching in a supportive small-group setting.

YOGA NIDRA

REGISTRATION REQUIRED - YMCA360

Tuesdays, October 20th, November 17th, December 15th

6:45 PM - 7:30 PM, Studio Beat

Thursdays, October 22nd, November 19th, December 17th
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.



TAI CHI FOR HEALTH AND BALANCE

REGISTRATION REQUIRED - DAXKO

Mondays

Session 1: October 5th – November 9th (6 Classes)

Session 2: November 16th – December 21st (6 Classes)

Thursdays

Session 1: October 1st – November 5th (6 Classes)

Session 2: November 12th – December 31st (6 Classes)

2:15 PM – 3:00 PM, Studio Beat

MEMBERS: \$45; COMMUNITY: \$90

A gentle, easy-to-follow six-week Tai Chi class taught by Amber, featuring movements designed to support mobility, balance, flexibility, and relaxation. This session is a great choice for beginners or anyone looking for a simpler, shorter Tai Chi routine.

LES MILLS LAUNCH

REGISTRATION REQUIRED - YMCA360

October 11th – October 12th

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

Sunday, BODYCOMBAT™ 8:15 AM – 9:15 AM, Studio Beat

Be part of the launch of the latest BODYCOMBAT™ and BODYPUMP™ 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

Fridays, October 2nd – December 18th

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, stepping, 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 register to save your spot!

BABY & ME POSTNATAL YOGA

REGISTRATION REQUIRED - DAXKO

Wednesdays

October 7th – December 30th

1:30 PM – 2:30 PM, MindBody

MEMBERS: Free; COMMUNITY: Free

Reconnect with your body and bond with your baby in this gentle, supportive yoga class designed for new mothers and infants up to 3–4 months old. This nurturing class focuses on gentle movement, breathwork, core and pelvic floor awareness, relaxation, and stress reduction while supporting the physical and emotional transition into motherhood.

Babies are welcome to stay close throughout class, and the environment is intentionally flexible and welcoming for nursing, feeding, diaper changes, soothing, and rest as needed. No yoga experience is necessary—just come as you are.

Partnering with Exeter Hospital

BACK CARE BASICS: LEARN SIMPLE STRETCHING & STRENGTHENING EXERCISES

REGISTRATION REQUIRED - DAXKO

Wednesday

October 7th, October 21st, November 4th, November 18th

1:00 PM – 2:00 PM, Studio Beat

MEMBERS: \$15 per class ; COMMUNITY: \$25 per class

Back pain is common as we age, but it doesn't have to be! This class, led by YMCA Person Trainer Matt, combines simple strengthening and stretching exercises to improve mobility, support the back and pelvis, reduce the risk of injury, and ease back pain.

The class is divided into two parts: strengthening and stretching. Exercises can be done at home with minimal equipment, with options to add resistance as you progress. All fitness levels are welcome, and modifications are provided for every exercise.



WALK WITH EASE

REGISTRATION REQUIRED - DAXKO

Monday, Wednesday & Friday

October 5th - November 13th (Six Weeks) (18 Sessions)

2:00 PM - 3:00 PM, Community Room

MEMBERS: \$45; COMMUNITY: \$75; ALUMNI: \$20

Walk With Ease is a six-week, evidence-based program developed by the Arthritis Foundation and led by a certified instructor, each 45–60-minute session combines walking, stretching, strengthening, and practical tips for managing pain and staying active.

Designed for people with arthritis and everyone looking to become more active, the program can help improve strength, balance, mobility, and confidence while reducing pain, stiffness, and fatigue. Participants also receive a Walk With Ease Guide Book and encouragement from a welcoming group. Contact Christy at christy@sdymca.org for details.

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 Corrine Fortin at corrine@sdymca.org for details.

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 Fortin at corrine@sdymca.org for details.

YMCA'S DIABETES PREVENTION PROGRAM

REGISTRATION REQUIRED

Tuesdays, November 3th, 2026 - October 5th, 2027

Information Session: Tuesday, October 27th

11:00 AM - 12:00 PM, Community Room

MEMBERS: Free; COMMUNITY: Free

Ages 40+

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 lifestyle 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 Lifestyle Coach. Contact Sue Janetos at sue@sdymca.org for details.

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YMCA'S DIABETES
PREVENTION PROGRAM
INQUIRY FORM

TAI JI QUAN™: MOVING FOR BETTER BALANCE

REGISTRATION REQUIRED - DAXKO

Tuesdays & Wednesdays

October 6th - March 23rd (24 Weeks) (48 Sessions)

1:00 PM - 2:00 PM, Cycle Studio

MEMBERS: \$220; COMMUNITY: \$220

Tai Ji Quan: Moving for Better Balance is a 24-week, evidence-based falls prevention program that meets twice a week for a total of 48 sessions. The program uses gentle, low-impact Tai Chi movements to help improve strength, balance, mobility, coordination, and confidence in everyday activities.

Led by a trained Moving for Better Balance instructor, each session focuses on improving cognitive and physical function—especially balance and stability—to help reduce the risk and frequency of falls. Exercises can be adapted to individual abilities, including seated options, making the program welcoming and accessible for all fitness levels.

Beyond the physical benefits, you'll build greater confidence in moving safely and independently while enjoying a supportive environment to stay active, connect with others, and develop skills that can support a healthier lifestyle.

No class on November 26th ; December 24th & 31st

Stay active, build strength, and feel your best in a supportive and welcoming community. Our Parkinson's Wellness classes are designed for individuals living with Parkinson's and focus on improving balance, mobility, strength, flexibility, and overall well-being.

PWR! Moves Strength & Balance for Parkinson's

Stay active, build strength, and improve balance in this supportive class designed for people living with Parkinson's. Led by YMCA Group Fitness Instructor Wilhelmina, the program combines PWR! (Parkinson's Wellness Recovery) movements with yoga, Pilates-inspired exercises, and balance training to support mobility, posture, and everyday function.

Using the four core PWR! moves—Up, Rock, Twist, and Step—participants practice moving with greater strength, confidence, and flexibility. Exercises can be adapted for different abilities and performed in standing or other positions.

This one-hour class provides a welcoming environment to enhance well-being and maintain an active lifestyle.

Parkinson's Fit Series

In partnership with the Exeter Hospital Outpatient Neuro Physical Therapy Team, we offer Parkinson's-specific exercise classes. These specialized classes are designed to improve strength, balance, coordination, mobility, and overall well-being.

Participants will enjoy a variety of rotating class formats, including:

- Stronger Steps Kickboxing with Briana Eagan, DPT
- Twist & Shout and Strength & Balance with Alison Stallings, MSPT
- Fierce Warrior Moves with Jen Roelofs, MPT

Classes combine moderate- to high-intensity cardiovascular exercise with strength, flexibility, and functional movement training. Seated options and chair support are available, and all exercises can be adapted to meet individual needs and abilities. Participants are encouraged to consult their healthcare provider if they have any questions about joining the program.

Parkinson's Pedalers

Join YMCA Group Fitness Instructor Pam for a one-hour indoor cycling class designed specifically for people living with Parkinson's. This supportive class features higher-cadence cycling, which research suggests may help improve mobility, reduce symptoms, and enhance overall function.

Suitable for a variety of fitness levels and stages of Parkinson's, the class includes modifications to help each participant ride comfortably and confidently. Sessions include 30–45 minutes of cycling followed by gentle stretching to improve flexibility and recovery.

Participants should be able to safely get on and off a stationary bike and maintain a comfortable riding position throughout class.

Tai Chi for Parkinson's: Beginner Six-Move Class

Tai Chi is a gentle, low-impact exercise that can help improve balance, flexibility, strength, and overall well-being. This beginner-friendly class introduces simple movements, breathing techniques, and gentle warm-ups that may support quality of life for people living with Parkinson's.

Participants may join standing or seated. Wear comfortable clothing, bring a water bottle, and experience what many call "medication in motion."

Exeter Parkinson's Support Group

Connect, learn, and share experiences with others in the Parkinson's community. This welcoming support group meets on the third Thursday of each month and is open to individuals living with Parkinson's, family members, and caregivers.

The group is facilitated by Jen Roelofs, MPT, a physical therapist specializing in Parkinson's disease and other neurological conditions.

Dance Flow for Parkinson's: Music, Movement & Mobility

This fun and welcoming class uses music and gentle, adaptable movement to support balance, coordination, flexibility, posture, and mobility. Designed specifically for people living with Parkinson's, participants are encouraged to move at their own pace in a supportive, inclusive environment. Led by YMCA Group Fitness Instructor Caroline. Please wear comfortable clothing, sneakers, and bring a water bottle.

PARKINSON'S

WELLNESS CLASSES AND SUPPORT GROUP SCHEDULE



OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	
5	6		8	9	10	
12	13		15	16	17	
19			22	23	24	
26	27		29	30	31	

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3		5	6	7	
9	10		12	13	14	
16	17		19	20	21	
23	24			27	28	
30						

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1		3	4	5	
7	8		10	11	12	
14	15		17	18	19	
21	22				26	
28	29		31			

	Class	Time	Location
	Dance Flow for Parkinson's: Music, Movement & Mobility	1:00 PM - 2:00 PM	Studio Beat
	Parkinson's Fit Series	1:00 PM - 2:00 PM	Studio Beat
	Tai Chi for Parkinson's: Beginner Six-Move Class	1:00 PM - 2:00 PM	Studio Beat
	Exeter Parkinson's Support Group	1:00 PM - 2:00 PM	Community Room
	Parkinson's Pedalers	1:00 PM - 2:00 PM	Cycle Studio
	PWR! Moves Strength & Balance for Parkinson's	10:50 AM - 11:50 AM	Studio Beat

REGISTRATION: Required for all classes except the Support Group

FEE: Members: Free; Community: \$5/ Class

Support group Members & Community: Free

LOCATION: Exeter Area YMCA 56 Linden St, Exeter, NH

HOW TO REGISTER: Scan the QR code to register or call 603-642-3361

QUESTIONS? Contact Sue Janetos at sue@sdymca.org





HIKING CLUB

2026 SEASON (APRIL – DECEMBER)

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.

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.

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!

HIKING INFO SESSION

TBD – this session held once a year

Join us for a brief and informative session on everything you need to know for a safe and enjoyable hiking experience! We'll cover essential gear, trail safety, what to bring, and tips for navigating different terrains. Whether you're a beginner or an experienced hiker, this session will help you feel confident and prepared for your next adventure. Come with your questions and get ready to hit the trails! Guest Speakers: Travel and Nature and John Bunker, National Parks Trip Advisors

WEDNESDAYS HIKE

SPRING SESSION – APRIL – JUNE

SUMMER SESSION – JULY – SEPTEMBER

FALL SESSION – OCTOBER – DECEMBER

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

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!

FIND WHAT MOVES YOU..
FIND YOUR PASSION..



FALL 2026 SCHEDULE

HIKING TRAIL EXPLORATION

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
SEPT 30	PEA Trail Exploration	Gardner Street Parking
OCT 7	Jolly Rand Trail	Parking Lot Opposite #6 Pickpocket Road
OCT 14	Tucker & French Family Forest-Kingston-NEW	Route 107 Trail head, #34 Marshall Road, Kingston
OCT 21	Oaklands Town Forest-Watson Road	Parking Lot -Watson Road
OCT 28	Oaklands Town Forest-Rte 85(Hamburger Hill)	Small Parking Lot on Route 108 and Rte 101
NOV 4	Henderson Swasey -Tunnel Route	Commerce Way parking
NOV 11	Henderson Swasey -Trestle Route	Commerce Way parking
NOV 18	Henderson Swasey - Gas Line Trail	Commerce Way parking
NOV 25	NO-HIKE THANKSGIVING WEEK	
DEC 2	Stratham Hill Park	Main parking lot
DEC 9	Gilman Park	Park at the Skateboard park on Route 108
DEC 16	PEA -Trail Exploration	Gardner Street Parking

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

DATE / TIME	TRAIL	MEET UP LOCATION
OCT 18	SweetTrail-Upper Portion-NEW	Crommet Creek Parking Lot-off Dame Road
NOV 8	Pawtuckaway State Park-Fire Tower Trail- Cost to park \$5	Meet outside Ranger Office

We look forward to seeing you on the Trail!

Michael, Rhi, and the Hiking Team!



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@sdymca.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 2 MEMBERS

No. Of Session	1 HOUR SESSIONS
5	\$200 (40/session)
10	\$375 (\$37.5/session)
15	\$525 (\$35/session)
20	\$650 (\$32.5/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)



REGISTRATION CONTINUES!

Before and After School Care for the 2026 - 2027 school year.

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. Before School Care begins at 7:00 AM, and After School Care ends at 6:00 PM.

Register at sdymca.org/SACC

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

SCHOOLS SERVED

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

Lincoln St School - AM and PM
Kensington Elementary - PM
Swasey Central School - AM & PM
Danville Elementary School - AM & PM
Marston School - AM & PM
Hampstead Central School - AM & 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.

HAMPTON CENTER PLAYGROUP

NO REGISTRATION REQUIRED - DROP-IN

Mondays, September 28th - December 14th

Information Session: Tuesday, October 27th

9:30 AM – 11:00 AM, Community Room

MEMBERS: Free; COMMUNITY: Free

Ages 5+

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

Questions: nicolef@sdymca.org 603-702-5607



FAMILY CAMP

REGISTRATION REQUIRED

Saturday, October 10th – Monday, October 12th

Saturday 10:00 AM – Monday 12:00 PM, Camp Lincoln

Adult: \$255; Youth: \$155

Spend a memorable weekend with your family on the shores of Kingston Lake! Enjoy classic camp activities including boating, archery, the ropes course, arts and crafts, and hiking. Reconnect, relax, and create lasting memories while taking part in beloved Family Camp traditions such as the pumpkin stroll, polar plunge, and family kickball game. All meals are included, so you can focus on having fun together.

CAMP CLEAN UP DAY

NO REGISTRATION REQUIRED – DROP-IN

Saturday, October 24th

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@ymcacamplincn.org

BIRTHDAY PARTIES

What could be better than celebrating your birthday at camp! Go swimming and boating, swing on the ropes course, and sing loud and proud in the pavilion with all your friends and family. Birthday cake tastes best at camp.

Current campers receive a 20% discount!

GROUP RENTALS FOR 2026

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

Contact Alex at alex@ymcacamplincn.org for details and to book your event.

YMCA Camp Lincoln

📍 67 Ball Rd, Kingston, NH

DECEMBER VACATION CAMP

REGISTRATION REQUIRED – CAMP BRAIN

December 21st, 22nd, 23th, 29th, 30th, 31st, 2026

\$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 AM – 8:00 AM

Post Camp – 5:00 PM – 6:00 PM

Pre or Post Camp – \$10/Day

Both Pre & Post – \$20 per Day

FALL FAMILY FUN

REGISTRATION REQUIRED – DAXKO

Thursdays

4:30 PM – 6:00 PM, Camp Lincoln

MEMBERS/ CAMP FAMILY : \$20; COMMUNITY: \$30

(Price per week, per participant)

MEMBERS/ CAMP FAMILY : \$50; COMMUNITY: \$70 (3 week price)

Age 5+

Spend quality time together as a family and enjoy outdoor fun at YMCA Camp Lincoln! Each session features a different activity designed to help families connect, explore the outdoors, and try something new together.

Weekly Adventures:

- October 8 – High Ropes Course: Challenge yourselves, build confidence, and enjoy an exciting adventure together.
- October 15 – Canoeing: Get out on the water and enjoy a peaceful paddle as a family.
- October 22 – Archery & S'mores: Test your aim with archery, then gather around the fire for a classic s'mores experience.

Families can register for one session or all three as a package. Join us for an individual adventure or the full series and create lasting family memories at Camp Lincoln! A minimum of 8 registrations is required. Maximum of 20.

YMCA CAMP LINCOLN

HOMESCHOOL

PROGRAM FALL 2026

Camp Lincoln's Homeschool Program gives children the opportunity to learn, explore, and connect in an engaging outdoor environment. Through hands-on activities, nature-based learning, creative projects, and group experiences, participants can build new skills while enjoying everything Camp Lincoln has to offer.

Our program complements at-home learning by giving homeschool students opportunities to discover, create, problem-solve, and build friendships through meaningful experiences outside the traditional classroom.

Why Choose YMCA Camp Lincoln

-  A welcoming and supportive space for homeschool families
-  A unique setting where learning and adventure come together
-  Encourages children to be curious, active, creative, and engaged
-  Opportunities for exploration and hands-on discovery
-  Encourages independence and confidence
-  Builds teamwork and social skills
-  Supports personal growth and new experiences

Questions?

Contact our Outdoor Education Coordinator, Alex Felisberto, at alex@ymcacamplincoln.org

LEARN. GROW. THRIVE.

Program Benefits



Hands-On Learning

Children learn by doing through interactive activities and real-world experiences.



Outdoor Exploration

Nature becomes an extension of the classroom through exploration, discovery, and outdoor education.



Social Connection

Participants have opportunities to meet other homeschool students, develop friendships, and practice teamwork.



Physical Activity

Outdoor recreation encourages movement, active play, and healthy habits.



Confidence & Independence

New experiences help children develop problem-solving skills, resilience, and confidence.

