



YMCA of Greater Nashua

Session D 2020

March 2–April 26

PROGRAM DESCRIPTIONS

YMCA Member Registration Starts:

February 17

Community Member Registration Starts

February 24



Art and Music Programs – Session D (3/2-4/26)

Toddler Art (Ages 1-3)- In this art class designed for the littlest artist we will explore a variety of art materials, experience new textures, improve fine motor skills, and enjoy being creative in a group setting. Each lesson is planned to expose the children to an element of art, new art material, and basic art skills.

Pre- K Art (Ages 3-5)- Art class designed for students to study, explore, and create original works of art. Students will be engaged in a variety of artistic activities that will encourage team building skills, communication skills, and self awareness skills while learning the basics of art. Students will be immersed in painting, drawing, sculpture and a multitude of other art forms.

Skips and Scribbles (Ages 3-5)- This class is designed for boys and girls to explore the world of dance, music, and art. In each class they will do an art project, sing, dance, and play!

Pre-K Art (Ages 3-5)- Art class designed for students to study, explore, and create original works of art. Students will be engaged in a variety of artistic activities that will encourage team building skills, communication skills, and self awareness skills while learning the basics of art. Students will be immersed in painting, drawing, sculpture and a multitude of other art forms.

Comic Book Art (Ages 6-12)- Students will learn how to draw their favorite comic book characters during this class will even start making their very own comic book strips during this term just like Stanley does with marvel!

Kids Paint Night (Ages 6-12)- Come create a new masterpiece every week we will make step-by step paintings for you to take home by the end of the term you'll have a mural of paintings.

Pokémon Card Making (Ages 6-12)- Students will make their very own set of Pokémon cards. We will go through Pokémon learning how to draw them step-by-step. At the end of the term you will have your very own deck of Pokémon.

Slime Time (Ages 6-12)- What time is it? Slime time! That's right; this course is all about the gooey green glob of fun, better known as slime. This course teaches children about the ingredients needed to make a good old batch of slime. With the help of instructors, students will get to whip up several different slime recipes. At the end of the class, students will get to use their slime creations in a series of fun games and activities known as the Slime Olympics!

Youth Intro to Art (Ages 6-12)- This class introduces your child to basic art skills and gives them an opportunity to grow as a young artist. Intro to art has been designed to strengthen their knowledge in art and further develop art vocabulary skills. Students will have the opportunity to work in all areas of art and finding the one that best fits them.

Baking Art (Ages 6-12)- Come make cupcakes, cookies, and pastries! We will learn new recipes and get into different techniques on making them works of art when decorating!

Homeschool Art (Ages 7-15)- In this hands on class you will explore the world of art. Each week students will work with a different art medium from painting to sculpture and develop masterpieces of their own like all of the other famous artist before us!

Broadway Stars (Ages 6-12)- Kids will learn aspects of musical theater including acting, singing, and dancing. They will do a presentation at the end of the session.

Sing it Out (Ages 8-12)- Students will sing songs and learn proper posture, diction, and musical technique. They will sing as a group or as soloists. They will also perform a short recital the last class for family and friends.

Youth Guitar (Ages 8-12)- Have you ever wanted to learn to play the guitar? Now you can in this beginner class! Participants supply their own guitars.

Family, Youth, Teen & Adults DIY Workshops (Ages 6+)- Come try one of our DIY project classes! We will be doing classes on scrapbooking, sign making, knitting, and MORE! Sign up for one class or the whole session!

Teen Art (Ages 13-16)- Our art classes give teens extensive, in depth lessons. Perfect for teens who are beginning to explore an interest in the arts or are highly skilled and looking to build their portfolio. Each teen class gives the opportunity to strengthen skills and learn new techniques during the term.

Adult Art (Ages 16+)- Our visual arts and crafts classes offer an opportunity for people of all backgrounds and skill levels to flex their creative muscles and have fun working with paint, charcoal, ink, printmaking, and Calligraphy.



Art and Music Programs – Session D (3/2-4/26)

Adult Guitar (Ages 18+)- Have you ever wanted to learn to play the guitar? Now you can in this beginner/intermediate adult class. The instructor will work with the class as a group and on an individual basis when needed. Participants must supply their own guitars.

Learn to Play the Irish Tin Whistle (Ages 18+)- The tin whistle (or pennywhistle) is a small, inexpensive flute type instrument used widely in the traditional music of Ireland, Scotland, and Wales. If you're fascinated by folk music, culture, and history, and always wanted to learn an instrument, this could be for you! Participants will need to bring their own tin whistle in the key of D.

Sewing for Kids (Ages 6-8) - Pre-beginner sewing lessons are projects and activities that will help students learn some basic skills, such as hand sewing. These kids sewing projects will start by using a needle and thread and learning how to tie a knot in the thread. Learning to sew by hand requires a lot of practice. This will also help them prepare for doing sewing projects on the sewing machine.

Clay Sculpting (Ages 8-13)- Learn how to become a sculptor. Sculpting is loosely defined by the building up of clay, rather than subtraction. This is a highly expressive way of working and at its most basic relies solely on the hands as tools. The term is used to define a huge working range, from intricate processes to a whole body moving experience.

3D art (Ages 6-12)- 3D Art Design is a studio project orientated class exploring different media areas of 3-Dimensional and Graphic design. The emphasis of this course is to expose students to 3D art mediums and to build their creative skills through the elements and principles of design.

Plies and Paintings (Ages 3-5)- Start your hour long class with a 30 minute ballet class where you will learn all a variety of steps and positions. Then head over to our art room for 30 minutes of messy fun creating a beautiful piece of art!

Kick and Create (Ages 3-5)- Come create art and be active! You will start this class with a 30 minute sports class. Then you will head over to our art space and create a piece of art based on the sport you played just before!

Knitting (Ages 6-12)- Have you always wanted to learn how to knit? Did you learn at one time and then forget? Even if you have never picked up a ball of yarn and two needles, we are here for you! Come learn the basics: knit and purl stitch.



Dance Classes – Session D (3/2–4/26)

Tutu's for Twos (Ages 2-3)- This wonderful introduction to the world of dance includes ballet skills, and creative expression in a loving fun environment. The class is designed to acclimate children to dance class with parent participation until separation can be accomplished.

Creative Movement (Ages 2-5)- Move, Dance, and Shake! Join us for a fun filled movement based classes through fun songs, and the use of props!

Bitty Ballet (Ages 3-4)- Just the right class for your future ballerina! Dancers will learn basic ballet steps and positions.

Youth Dance Sampler (Ages 6-12)- Have you always wanted to try a dance class, but not sure what style? This class is perfect for you! Come take our dance sampler class and learn steps in Ballet, Jazz, Lyrical, and Hip Hop!

Adult Ballet (Ages 16+)- Have you always wanted to be a ballerina? Now is your chance? Come take a ballet class with us, whether it is your first or 100th class have no fears! All levels are welcome! You will get in shape in a FUN new way! We will focus on barre and center work.

Adult Tap (Ages 16+)- Have you always wanted to try a tap class? Now is your chance! Come take a beginner tap class with us, whether it is your first or 100th class have no fears! All levels are welcome! You will get in shape in a FUN new way!

Gymnastics Classes – Session D (3/2–4/26)

Leaping Lions (Ages 1-2)- A parent/child tumbling class designed to develop locomotor skills with the help of a caregiver! Learn the skills and names together, in a fun, safe atmosphere. Come have some fun through music, songs, creative movement, tumbling time, and free play!

Hopping Hyenas (Ages 2-3)- A parent/child tumbling class designed to develop locomotor skills with the help of a caregiver! Learn the skills and names together, in a fun, safe atmosphere. Some creative movement songs will be introduced in this level as well to get them up and moving!

Jumping Jaguars (Ages 3-5)- This wonderful introductions to the world of gymnastics. The class is designed to acclimate children to gymnastics class with some caregiver participation until separation can be accomplished. Locomotor skills will be a primary focus to this class.

Tumble and Twirl (Ages 3-5)- Perfect combo class for your little gymnast or future ballerina. You will begin with a bitty ballet class, and end with tumbling fun using the equipment.

Pouncing Panthers (Ages 4-6)- Beginning tumbling class. Gymnasts will learn to jump, roll, tuck, and split all on their own! It's a skill building gymnastics class for the older preschooler. No experience necessary to have fun!

Youth and Homeschool Tumbling (Ages 6-12)- An introduction to the world of tumbling/gymnastics. Students will learn basic floor and tumbling skills. Some beam work will be introduced as well. This class will primarily focus on flexibility and floor skills.



Adult Wellness Classes – Session D (3/2–4/26)

Nashua & Westwood Park

Body Blast –A full body workout class which infuses body weight, hand weights, balance, athletic and plyometric training exercises. This class was designed to increase core stability, muscular strength, and cardiovascular endurance. Come to this fun, energetic, lively class and let your body have a blast!

Fit Moms – Designed for expecting and new mothers as well as anyone who has given birth. Moms are considered postpartum for a life time. We offer a supportive community where women can safely exercise to support their pregnancy and growing babies, safely return to exercise after giving birth and heal and strengthen the body with core to extremity movements. We focus on safely exercising, modifying movements while pregnant, postpartum rehabilitation, restorative exercises, strength training and conditioning and open to mothers of all fitness levels. Moms are the heart of the family and we are excited to be able to offer moms the opportunity to take time out of their busy days to nurture themselves, build strength and self-confidence and surround themselves with a community of supportive moms.

Group Strength Training –Beginners and more advanced participants welcome. Led by a certified personal trainer. Speed your metabolism and burn fat using free weights, stability balls, medicine balls, and the Octagon. Enjoy the group atmosphere while still receiving personal attention from your trainer.

Healthy Bones –Strength training is integral to building and maintaining healthy bones. This is an exercise program written with consideration for improving bone density. It's never too late to get started. All levels.

Kettlebell Conquer & Flow – Level 2 –Optimize your own workouts by incorporating kettle bells. Each 55 minute class you will learn and burn. Learn proper form and progressions to confidently perform the most effective functional movements. Burn as we combine your favorite moves into patterns that 'flow' for a high energy, low impact sweat. Class is best for those comfortable with swinging, lifting weight overhead, and without current knee, hip, lower back, or shoulder limitations. For those that have completed Level 1.

Men's Powerlifting –In this strength class, you will learn how to perform the 3 staple powerlifting lifts; the Bench Press, the Deadlift, and the Squat. This class emphasizes form and will help you build strength through proper weight progressions. In the process of getting stronger, you will also work on core strength and mobility to help perform each exercise.

Men's Strength Training –Led by a certified personal trainer, workouts include free weights, stability ball, medicine ball and more. Enjoy the group atmosphere while still receiving personal attention from your trainer.

MX4 Active –Based on scientifically validated research, our 26 turnkey training sessions include low-impact, lower-back friendly exercises and natural progressions, focusing on familiarity and repetition. Participants are never asked to kneel or go to the floor and many exercises include third-point stabilization for a more secure group training experience. Our programming even includes an assessment to ensure participants are ready and able to face the challenge, plus a choreographed warm-up and cool-down.

Strength and Survivorship –A strength training group for cancer survivors. Be ready to work! It's an intermediate level class which includes weight lifting, Cybex machines, strength training, and mobility work. Accommodations can be made for medical restrictions.

Warrior Interval Workout –Take your workout to the next level and be done in half the time. Each workout will include sprints and a strength component: all at high-intensity interval levels. Come prepared to sweat and to build your endurance, aerobic capacity, and strength!. (Workout is timed and speed and intensity can be modified for each participant).

Women's Workout –This fun workout is led by a certified personal trainer. Learn to use the weight machines, free weights, balls and body weight as part of a well-rounded workout. All levels welcome!



Youth Wellness Classes – Session D (3/2-4/26)

Superhero Workout—(ages 6-9) Superhero workout is structured using games and fun activities to encourage kids to be active.

Kids Circuit Training—(ages 8-11) Join us for a fun and fast-paced workout with a certified personal trainer using a variety of equipment.

Kids on the Move—(ages 9-12) Through this progressive program, your child will learn the principles of strength training, including proper form and technique, techniques needed for the weight room, rules for usage of the Wellness Center, goal based training approaches and why what you eat matters. After successful completion of the program, you and your child will be able to work out together in the Wellness Center. Due to the programs progressive nature and for safety reasons participants are allowed to miss a MAXIMUM of 2 classes during the term.

Turf Time—(ages 9-11) Anything goes on the turf! Agility ladders, slam balls, and fun! Join a certified personal trainer for this fun workout on the turf using a variety of equipment.

Cardio Kidz—(ages 9-12) A 4-week class designed for kids interested in using cardio equipment. This class shows kids how to utilize all aspects of cardio equipment on the wellness floor in a fun and engaging atmosphere.

Boys Rock—(ages 10-13) This class will make us stronger and empower us to be the best we can be! Using our own body weight (Additional light weights may be used) we will become stronger, faster, and more confident.

Next Level—(ages 13-16) An athlete class designed to help take you from JV to Varsity, and from Varsity to the next level! This class is designed to help with strength and conditioning and focuses on building a foundation that will help you on game day!

Homeschool Fitness and Weightlifting –In a class led by a certified Personal Trainer students will learn the importance of Physical activity through a variety of fitness activities. Class will utilize Strive Youth fitness equipment.



Adult Wellness Classes – Session D (3/2–4/26)

Merrimack

Beginner Mixed Martial Arts Striking- 1 (16+)- Martial Arts Striking technique and drill based kickboxing class using a blend of boxing, karate, tae kwon do and muay thai to build conditioning in a fun and exciting way. Easily modified for any fitness level.

Beginner Strength Training (16+)- Are you intimidated by the weight room? Always wanted to start, but didn't know where to begin? Join us for the introductory, progressive class. Learn the basics of strength training in a supportive and fun environment.

CHANGE: Choose Healthy Activity and Nutrition Goals Everyday (16+)- Small steps to lasting change. Set your weight loss and healthy habit goals with the guidance of a certified trainer. Twice a week sessions include workouts and goal setting/accountability. Finish the session on the way to a new you, and with some tools in your belt to continue your journey. Our pilot program participants showed weight/body fat/and inch loss in a 30 day program.

Group Strength Training (16+)- Beginners and participants that are more advanced welcome. Led by a certified personal trainer. Speed your metabolism and burn fat using free weights, stability balls, medicine balls, and the Synrgy 360. Enjoy the group atmosphere while still receiving personal attention from your trainer.

Kettlebell Basics (16+)- Have you seen them in the gym, but not sure what to do with them? In a small group setting, learn the basic kettlebell exercises: swings, cleans, presses, squats, and get-ups. A full body workout each week.

Pure Synrgy (16+)- On the Synrgy 360 functional training system, using high intensity and dynamic exercises, you will increase your strength and cardio endurance. Workouts include use of TRX suspension trainers, TRX rip trainers, kettlebells, ropes, medicine balls and more.

Silver Sneakers Muscle Classic (16+)- Designed for ages 55+, but all are welcome. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance and a chair for seated and standing support.



Sports Classes – Session D (3/2-4/26)

Lil' Strikers Soccer Parent/Child w/ In The Net Sports (Ages 1.5-3)– This parent participation class uses a variety of games to engage your child. The development of motor skills, such as kicking, running and jumping are stressed.

My Lil' Rookie & Me Sports (Ages 2-4) – We will be introducing a variety of sports, playing games and having fun! A focus of the class is also to introduce listening, taking turns and sharing skills. This class is designed for children ages 2 to 4 who may have never taken a structured class before. This is a parent/child class.

Dads and Kids Turf Hockey (Ages 3-5) – It's floor hockey...with a twist. Dads and kids will learn together the basics of hockey (passing, shooting, game strategy) on the softer surface of our indoor turf field. With slower ball movements on this surface, this will allow the younger kids to solidify these skills.

Golf/Mini Golf (Ages 3-5 and 6-8) – Come join us for our fun golf/mini golf combo class! Kids will learn how to drive a ball off the tee and also putt around in our homemade mini golf course. All equipment is supplied.

Rookie Sports (Ages 3-5) – First time taking a class and don't know what sport your child is interested in? This is the class for them. Participants will learn the basics of football, basketball, soccer and more.

Lil' Kids LAX (Ages 3-4 and 5-6) – In this introduction class, we will focus on basic Lacrosse skills; cradling, scooping, shooting all done with a variety of fun games & drills.

Strikers Soccer w/ In The Net Sports (Ages 3-4) – Players are taught kicking, running, control and dribbling, as well as listening and following directions. We use a variety of fun games with lots of physical activities. We do not play competitive games in this class. This class runs as an independent and parent/child class.

Itty Bitty T-Ball League (Ages 3-4 and 5-6) – This league will help your little swinger learn the basics of t-ball. Throwing, catching, batting and running the bases will be taught, with an emphasis on sportsmanship and fun. Skills and game play will be introduced. Participants will be placed on a team with a volunteer parent coach and receive their very own team t-shirt. Participants will need their own glove, the Y will provide all other equipment.

Lil' Ninja Warrior (Ages 3-5) – We will be jumping, climbing, rolling and more in the fun, ninja-style obstacle course class!

Recess Games (Ages 3-5 and 6-8) – Your child will play classic recess games like Capture the Flag, Dodgeball, Spy Ball, Four Square and more!

Itty Bitty Soccer League (Ages 3-5) – This league is an introduction to the game of soccer where kids will learn the basics through fun interactive games. Skills and game play will be introduced. All participants will be placed on a team with a volunteer parent coach and receive their very own team t-shirt. Cleats and shin guards are not required though recommended.

Volleyball (Ages 3-5 and 6-8) – We use a variety of fun games to teach basic volleyball techniques including passing, setting, hitting, serving and blocking. Various fun learning aids are used.

Mini Bootcamp (Ages 4-5) – Get strong and fit with our mini version of a bootcamp class. Push ups, sit ups, drills and sprints are some of the things we'll do in this class.



Sports Classes – Session D (3/2–4/26)

Pre-K Basketball (Ages 4-6) - Come learn the basics of the game while developing skills in teamwork, taking turns and good sportsmanship. Skills include dribbling, passing, shooting and more!

Shooters Soccer w/ In The Net Sports (Ages 5-6) - Players are taught kicking, running, control and dribbling, as well as listening and following directions. We use a variety of fun games with lots of physical activities. We do not play competitive games in this class.

Soccer Game On! w/ In The Net Sports (Ages 5-7) - This soccer class is focused more around game play! Catering to players who have the basic skills and would like practice applying them to the game.

Basketball Beginner Skills (Ages 6-9) - Participants will learn skills and build character while staying active, having fun and making friends! This class is an introduction to the core skills of basketball - dribbling, shooting and passing - are taught, reviewed and refined in this beginner's basketball skills class.

Basketball Game On! (Ages 6-9 and 9-12) - The focus of this class will be on game strategy and working as a cohesive team. MUST be able to demonstrate a solid foundation of basketball core skills (dribbling, shooting and passing) and basic game knowledge of game play.

NFL Flag Football League (Ages 6-9 and 10+) - DOWN SET HIKE! Our flag football league provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. All players will receive an official NFL jerseys, belt and flags. Practice and games are within the one hour time block. Game schedule will be provided at the beginning of the season.

Flag Football Skills (Ages 6-9 and 9-12) - Whether you're in between flag football seasons or want to pick up some new skills, come play on our indoor turf field at our new facility. Passing, catching and game play strategies will be taught.

Floor Hockey (Ages 6-9 and 9-12) - Ducks Fly Together! In this class, students will be introduced to the basic skills of floor hockey and learn how to work together as a team.

Homeschool Gym (Ages 7-10 and 11-15) - Join us for a fun gym style class, play and get to know other Homeschool students. This is a great opportunity to meet new friends, get some exercise and most of all.... Have fun!

Ninja Warrior (Ages 6-8) - We will be jumping, climbing, rolling and more in the fun, ninja-style obstacle course class!

Soccer Academy w/ In The Net Sports (Ages 7-9 and 10-14) - Players are trained individually and in small groups to develop the essential skills of soccer such as dribbling, passing, receiving and shooting. A scrimmage will take place for the last 15-20 minutes of each class. Classes taught by a professional coach.

Futsal Game On! w/ In The Net Sports (Ages 8-11 and 12-14) - The focus of this class will be on game strategy and working as a cohesive team. MUST be able to demonstrate a solid foundation of futsal/soccer core skills (dribbling, shooting and passing) and basic game knowledge of game play.

Basketball Intermediate Skills (Ages 9-12) - Participants will learn skills and build character while staying active, having fun and making friends! During the intermediate level class core skills of basketball are brought to the next level and game positioning and strategy are introduced.



Sports Classes – Session D (3/2–4/26)

Soccer Game On! w/ In The Net Sports (Ages 9-12 and 13-16) – This soccer class is focused more around game play! Catering to players who have the basic skills and would like practice applying them to the game.

Volleyball (Ages 10-14) – This 8 week session is taught by local school volleyball coaches. There will be a mix of both skills training and game play. All levels are welcome.

Beginner, Intermediate, Advanced and Adult Archery (Ages 6-17 and 18+) – Taught by a level II USA Archery Certified Instructor, participants of all abilities and skill levels will learn about archery range safety and necessary techniques required to become a master archer. All equipment is provided.

Beginner, Intermediate/Advanced, Teen and Adult Tennis (Ages 6-9, 9-12, 13-17 and 18+) – Tennis fundamental drills and games with some strategy and play. Higher levels will build on these skills.

Teen Basketball Skills (Ages 13+) – Come play and further develop your fundamental skills of basketball. We will dribble, pass, shoot, defend, rebound and everything in between as well as work on team concepts and basic functions of the game.

Teen Ultimate Frisbee (Ages 13-17) – Mix two teams, one Frisbee and a turf field and you have Ultimate Frisbee! It's a fun, challenging, inclusive team sport for all!

Men's Basketball League (Ages 18+) – 8 week regular season with 2 weeks of playoffs. Game play is on Monday nights. Divisional play may apply depending on registered teams. All games are officiated by two patched referees. Must register as a team or inquire about joining one as a free agent.

Co-Ed Volleyball League (Ages 18+) – 6-12 week regular season with 2 weeks of playoffs. Must register as a team or inquire about joining one as a free agent. Game play is on Wednesday nights.

Women's Soccer League (Ages 30+) – 10 week regular season with patched referee. Must register as a team or inquire about joining one as a free agent. Game play is on Thursday nights

Co-Ed Soccer League (Ages 18+) – 10 week regular season with patched referee. Must register as a team or inquire about joining one as a free agent. Game play is on Friday nights.



Swim Classes – Session D (3/2-4/26)

Swim Starters — Infants, Toddlers and Preschool

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Parent/Child Stage A Water Discovery- Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water

Parent/Child Stage B- In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics — Preschool and School Age

Stage 1 With Parent Water Acclimation- Students at least two years of age along with their parents develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage follows the same progression as Stage 1 but at a slower pace.

Stage 1 Water Acclimation- Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Stage 2 Water Movement- In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Stage 3 Water Stamina- In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Swim Strokes — School Age Stages 4-6, Preschool Stage 4 Only

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Stage 4 Stroke Introduction:- Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Stage 5: Stroke Development- Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Stage 6 Stroke Mechanics- In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Competitive Strokes- This class is for students who have successfully completed Stage 6 Stroke Mechanics. Having mastered the four competitive strokes, this class aims to focus on the technical skills needed to swim on a competitive swim team. These includes flip turns, breast stroke pull-outs, pacing, relays, I.M. order and more. Expect endurance work and a more coach-style of teaching.



Swim Classes – Session D (3/2-4/26)

Adult Swim Lessons and Private Classes

Adult Swim Basics- This level is intended for participants who have little to no swim experience. The goal is to increase confidence and develop basic water skills including breath control, balance, floating and basic swimming.

Adult Swim Strokes- This intermediate level is intended for participants who can swim the length of the pool (25 yards) without assistance. The focus is on technique and stroke development to build endurance in the water. Class sessions will focus on improving kicking efficiency, rhythmic breathing and stroke refinement. Multiple strokes will be taught.

SETS- This advanced swim program focuses on stroke, endurance, technique and strength. Participants should be able to swim 25 yards of freestyle using proper technique.

Tri Club- Whether you need help with your technique or you just need direction with your swim training, the USA swimming certified coaches will get you fully prepared for the swim portion of your race. Each class will typically focus on technique, speed, endurance and breathing. The class contains a wide range of ability levels including people preparing for their first triathlon all the way to a full Ironman distance race. Class is appropriate for all ability levels.

Private Swim Lessons- A private swim lesson is available for 1-3 participants of at least 4 years of age. Private classes allow for more personalized lesson plans and can be catered to your specific goals. These classes are 30 minutes long.



Swim Classes – Session D (3/2–4/26)

Lesson Selector

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

Schedules and fees for the above described classes can be found on our [registration web site](#) or by clicking the “My Account” link at the top of any web page on www.nmymca.org



Healthy Living Classes – Session D (3/2–4/26)

Prescribe the Y– A free wellness program for children ages 6 to 13 and their parents. Each week, participants learn fun new ways to exercise and how to make healthier choices at mealtimes. Participants must be referred to this program by their healthcare provider. This class meets once per week for 90 minutes.

LiveStrong– Supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. Small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. This class meets twice per week for 75 minutes. Participants must schedule a health intake appointment before they can register.

EnhanceFitness– An evidence-based, group exercise program that uses simple, easy-to-learn movements that motivate older adults to stay active throughout their lives. The program uses exercises focused on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms. This class meets three times per week for 1 hour.

Diabetes Prevention Program– This year long group program teaches participants how to eat better, reduce stress and exercise more to lower their risk of developing Type-2 diabetes. The class meets for 16 weeks for 1 hour followed by monthly 1 hour classes.

Blood Pressure Program– This program teaches participants how to take and record their blood pressure as well as heart healthy nutrition and fitness habits. This class meets once per week for 90 minutes.