



PROGRAM GUIDE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE FLIGHT IN THE NEW SEASON

REGISTRATION BEGINS
February 21!

Spring I 2012 Programs
February 27 - April 29
HAVERHILL YMCA



The YMCA of the North Shore works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. We are the nation's leading nonprofit and we are committed to strengthening our communities through youth development, healthy living and social responsibility.

When you join the Y or take part in our programs, you're not just a member of a facility or a participant in a class; you are part of a cause.

The YMCA of the North Shore is committed to education and the values of caring, honesty, respect and responsibility. Our Y provides all children, adults and families, regardless of income, with opportunities to develop a healthy spirit, mind and body.



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**Join us on Tuesday,
February 28th for our
first book club! We will be
meeting at the Haverhill
YMCA at 6:30pm to discuss
the book "The Help" by
Kathrin Stockett.**

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PROGRAM INFORMATION

HAVERHILL YMCA WEATHER GUIDELINES

WEEKDAYS

Facility Hours:

The facility will remain open for regularly scheduled hours whenever possible. When a State of Emergency is declared or conditions become extremely hazardous (at the determination of the Executive Director) the YMCA will close for the safety of our members and staff. Call the YMCA to confirm schedules during severe weather at (978) 374-0506 or the YMCA of the North Shore website: www.northshoreymca.org

WEEKENDS

Facility Hours:

The facility will remain open for regularly scheduled hours whenever possible. When a State of Emergency is declared or conditions become extremely hazardous (at the determination of the Executive Director) the YMCA will close for the safety of our members and staff. Call the YMCA to confirm schedules during severe weather at (978) 374-0506 or the YMCA of the North Shore website: www.northshoreymca.org

Youth/Adult Programs:

The YMCA does its best to operate programs, however, please call the YMCA in inclement weather to determine schedule. The YMCA will make a decision by 7:00am if weekend morning programs will be cancelled and by 11:00am if afternoon programs will be cancelled.

Babysitting:

If the YMCA is operating programs during inclement weather our baby-sitting service will continue to operate as well. Please contact the YMCA in inclement weather to determine if YMCA programs are running.

SAVE TIME! REGISTER AND RENEW YOUR MEMBERSHIP ONLINE

Getting started online is easy and it offers you a convenient alternative for managing your Y account!

1. Give us your e-mail address and an online account will automatically be set up for you.
2. Log on to www.northshoreymca.org and click "registration." Enter your e-mail address in the "retrieve login" and an automatic email will be sent with your temporary login and password.
3. Sign in with your temporary login/password and from there, you control your account.

Take advantage of this easy and convenient way to register and renew.

SPRING I FEBRUARY 27 - APRIL 29 REGISTRATION DATES

- All Members
Tuesday, February 21st - 7:30am
- Open to Community
Friday, February 24th - 7:30am

PROGRAM LOCATIONS

HAV Y - Haverhill YMCA 81 Winter Street, Haverhill 978.374.0506	HHS - Haverhill High School 137 Monument Street, Haverhill
PLE - Pentucket Lake School 252 Concord Street, Haverhill	RSP - Riverside Park 163 Lincoln Avenue, Haverhill
WKP - Winnekenni Park 347 Kenoza Avenue, Haverhill	WHI - Whittier Building 87 Winter Street, Haverhill

MEMBERSHIP INFORMATION

YMCA Family memberships provide a myriad of value added benefits. In addition to our clean, convenient and centrally-located facility, family members also receive:

- FREE child watch
- Family open swim and open gymnastics times
- Reduced member pricing on programs
- FREE towel service
- Over 35 group exercise classes
- Over 15 water aerobic classes
- FREE virtual personal training with ActivTrax
- FREE 'Right Start' fitness orientation
- FREE fitness programs to help you get started right
- And so much more...

2012 YMCA OF THE NORTH SHORE MEMBERSHIP RATES

	*Membership	**Joiner Fee
Young Adult (18-23)	\$30/mo	\$77
Adult (24+)	\$51/mo	
1-Adult Family	\$65/mo	\$77
2-Adult Family with children	\$95/mo	\$99
2-Adult Family without children	\$87/mo	\$99
Teen	\$23/mo	
Youth	\$14/mo	

* Monthly amount is automatically drafted via the YMCA's bank or credit card draft

** Joiner fee is a one-time fee and amount can be split into monthly payments with our convenient draft option

2012 LOCAL HAVERHILL YMCA MEMBERSHIP RATES

	*Membership	**Joiner Fee
Young Adult (18-23)	\$27/mo	\$77
Adult (24+)	\$45/mo	
1-Adult Family	\$56/mo	\$77
2-Adult Family with children	\$84/mo	\$99
2-Adult Family without children	\$80/mo	\$99
Teen	\$23/mo	
Youth	\$12/mo	

* Monthly amount is automatically drafted via the YMCA's bank or credit card draft

** Joiner fee is a one-time fee and amount can be split into monthly payments with our convenient draft option

YMCA GUEST FEES

Family:	\$20
Adult (19 & up):	\$10
Teen (14-18):	\$10
Youth (0-13):	\$5

USAGE GUIDELINES

- Non-swimmers and children 6 years and under must have a parent or guardian in the water with them during open swim.
- Youth 9 years old and under must be accompanied by an adult 18 years or older to be in the building.
- Youth 8 to 13 are allowed in our fitness center with an adult doing cardio only. Youth 10 to 13 with an adult are allowed to do weights. Youth 12 to 16 are allowed in group exercise classes with an adult. The adult must be a family member over the age of 18.
- Youth ages 14 and up can use the entire fitness center without an adult.

HOURS OF OPERATION

Monday- Friday 5:00am-9:30pm
 Saturday 6:00am-8:00pm
 Sunday 8:00am-4:00pm

CHILD WATCH HOURS

Monday-Friday 8:45am-2:00pm
 Monday-Friday 3:30pm-7:30pm
 Saturday 9:00am-12:00pm
 Sunday 9:00am-12:00pm

YOUTH & TEEN CENTER

The Haverhill YMCA's Youth and Teen Center promotes and creates a positive mentoring environment for youth and teens. Staff, adult volunteers and teen leaders foster youth development, healthy living and social responsibility. For additional activity, club and event information stop into the center and/or online at www.northshoreymca.org
 Search: Haverhill YMCA

Monday-Friday: 2:30pm-9:00pm
 Saturday: 3:00pm-10:00pm
 Ages 8+: 2:30pm-5:00pm
 Ages 10+: 2:30pm-7:00pm
 MS and HS: 3:00pm-Close

Youth & Teen Center Hours subject to change.



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www.facebook.com/haverhillymcateens

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

ADAPTIVE

Adaptive Swim Lessons

Ages: Children-Adults **02805**

Fee: Y Member \$68 Community \$102

We offer an adaptive swim program for children and adults with special needs. The program includes an introduction to the water and water adjustment activities, and it will be catered to each participants needs. Participants in this program may have a parent or an aide in the water to assist with activities if necessary. This class will have a small instructor to student ratio so that everyone receives the attention needed. Class length is 30 minutes.

HAV Y Saturday 12:10pm

Children with Autism-Parent/Child Playgroup

Ages: 6 and up **04108**

Fee: Y Member \$65 Community \$103

This is a class for the parent & child to interact together in our state of the art Gymnastics Center with children of similar ages! Open swim is available at 1:00pm

HAV Y Sunday 11:30am-12:30pm

ARTS & HUMANITIES

Messy Monets

Ages: 2-3 **05213**

4 Week Fee: Y Member \$22 Community \$31

8 Week Fee: Y Member \$41 Community \$50

These fun and basic arts and crafts projects are for younger children who love painting, gluing and sculpting. Make sure to clear some space on that fridge! This class is held in the Youth & Teen Center.

HAV Y Monday 10:30am

HAV Y Tuesday 9:45am

Preschool Picassos

Ages: 3-6 **05212**

4 Week Fee: Y Member \$22 Community \$31

8 Week Fee: Y Member \$41 Community \$50

Here you will find project ideas for children ages 3-6 who have basic skills and are ready for school prepping. Artists will practice scissor cutting and sculpt, paint and create! This class is held in the Youth & Teen Center.

HAV Y Tuesday 10:30am

HAV Y Wednesday 10:45am

Lego Club

Ages: 3 and up **05399**

Fee: Y Member \$12 Community \$17

Flex those creative building and mental muscles with everyone's favorite medium, Legos! Class participants will enjoy build & design challenges and have tons of Lego fun. Whether it's your first time building with Legos or years since your last creation, this class will be perfect for you! Class meets in the Youth & Teen Center.

HAV Y Thursday 4:00pm Ages 6-8 years

HAV Y Thursday 5:00pm Ages 9 and up

WHI Saturday 9:00am All Ages

Jewelry Making & Beading

Ages: 4-6 **05219**

Ages: 7-12

4 Week Fee: Y Member \$22 Community \$31

8 Week Fee: Y Member \$41 Community \$50

Youth jewelry artisans design and create intricate beading, multiple creative mediums and jewelry styles. Class participants will take home a minimal of six, one of a kind wearable works of art.

HAV Y Friday 3:30pm (ages 4-6)

HAV Y Friday 4:30pm (ages 7-12)

WHI Saturday 11:00am (ages 7-12)

Young Artisans

Ages: 6-12 **05216**

Fee: Y Member \$32 Community \$42

Foster your artistic talent. This class provides youth with basic to intermediate instruction and creative expression. This class is held in the Program Room II.

HAV Y Friday 5:30pm

WHI Saturday 10:00am

Little Cooks and Story Books

Ages: 2-4 **05220**

4 Week Fee: Y Member \$22 Community \$31

8 Week Fee: Y Member \$41 Community \$50

Class participants are read a storybook and then create a tasty treat based on the theme of the book. "Peter Rabbit" is a great way to learn to eat our veggies when dipping them in colorful homemade hummus! Parents assist in mixing and measuring while learning in this fun and yummy class. Pee Wee Sports Mania drop in will also be offered until 12noon on Mondays and Wednesdays in the gymnasium for class participants to enjoy. Sports gear will be set up for family fun and exercise.

HAV Y Monday 10:00am

HAV Y Wednesday 10:00am

We Cook It, We Eat It Club

Ages: All ages

Fee: Free to YMCA Youth and Teen Members

Just as the club name suggests, youth and teens are responsible for creating their edible healthy cuisine and then they have the opportunity to enjoy the fruits of their labor. Simple and Yummy! Please contact Ryan Allen at allenr@northshoreymca.org for additional details.

HAV Y Thursday 6:00pm

Crafty Kids

Ages: 8 and under

This free member benefit class is offered Saturdays in the Youth and Teen Center. Arts, face painting and crafty fun is organized by Teen leaders Club members. No registration is necessary. Parents must remain with youth eight years and under.

HAV Y Saturday 9:00am-11:00am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

DANCE

CREATIVE MOVEMENT

Ages: 2-4 **05516**

Fee: Y Member \$68 Community \$101

This class is a child-centered first introduction to dance/movement elements. Students will learn the basics of rhythm, direction and dance movement. The class focuses on helping young children learn to listen to and respond to the nuances and sounds of music, and includes music games, circle, story movement and free dance. The children warm up in the gymnastics center and finish their class in Program Room 4. Class length is 45 minutes.

HAV Y Friday 9:30am

Ballet (3 yrs)

05500

Fee: Y Member \$77 Community \$110

Ballet Class involves lots of imagination to keep the interest and attention of our young 3 yr old students. Dancers use large motor skill movements such as jumping, skipping, hopping, and are made aware of music and rhythm. Exercises for building physical strength and coordination are offered in a FUN and nurturing atmosphere. The basic foundation positions are introduced. Students are also exposed to proper dance etiquette required in the dance studio with great posture and adorable curtsies. Class length, 45 minutes. Held in Program Room 1

HAV Y Thursday 1:00pm-1:45pm

HAV Y Saturday 10:00am-10:45am

Ballet & Intro Tap

Ages: 4-5 **05710**

Fee: Y Member \$77 Community \$110

This combination class will consist of both ballet and tap for 4 to 5 year old children. Ballet is the backbone to all dance disciplines and will help your child understand concepts of core, total body control and range of motion. Barre work will help build a graceful and poised dancer and tap is a unique percussive way to incorporate rhythm with movement. An informal introduction to positioning allows budding ballerinas and tappers to build a strong dance base. This fun and energetic class will help your child develop a love for dance and movement along with basic stretching, balance and music appreciation. Class length is 45 minutes and will be held in Program Room 1.

HAV Y Thursday 2:00pm-2:45pm

HAV Y Friday 5:30pm-6:15pm

HAV Y Saturday 11:00am-11:45am

Ballet (6-9 yrs)

05532

Fee: Y Member \$77 Community \$110

Students are taught ballet exercises at the barre and center floor, progressing towards more complex combinations as the levels increase. The teaching emphasis is on how to stand with the body in proper alignment, the use of turn-out from the hips, pointing feet and the coordination of the arms and head movements. Ballet is beautiful, flowing and elegant, yet is also strong and forceful. Musical awareness is constantly stressed. Class length, 45 minutes. Held in Program room 1.

HAV Y Saturday 12:00pm-12:45pm

Tap (6-9 yrs)

05706

Fee: Y Member \$45 Community \$79

Tap students develop coordination, rhythm, strength and stamina. Basic techniques and rhythm through the use of the shuffle, flap ball-change and other beginning steps are taught. As students progress, a focus on control, speed and smoothness while exploring syncopation is taught along with more advanced steps such as cramp rolls and maxi fords. Close floor work with focus on speed and clarity of sound is emphasized. Class length, 30 minutes. Held in Program Room 1.

HAV Y Saturday 12:45pm-1:15pm

Ballet & Tap Combo (6-9 yrs)

05707

Fee: Y Member \$107 Community \$141

Combine the two classes for double the fun!

HAV Y Saturday 12:00pm-1:15pm

Youth Hip Hop

Ages: 6-9 **05522**

Fee: Y Member \$83 Community \$117

Hip Hop is high energy street movement as seen in music videos. As hip hop dancing is such a broad genre, the teacher has much freedom and room for personal interpretation and often mixes various styles freely. Focus is on the core, body awareness and rhythm. Your child will learn age-appropriate choreography while being encouraged to put his/her "touch" to it, along with having a fierce attitude and confidence! Class length, 1 hr. Held in Program Room 1.

HAV Y Friday 4:30pm-5:30pm

The Y Theatre Company Presents Auditions for:



Escape with us to another place and time where enchantments are the rule, people sing through joy and sorrow, and true love conquers all. Don't miss your chance to be a part of this classic Disney musical.

Auditions: March 30, 31, 2012
Performance Dates: June 1-3

For more information or to set up an audition please contact Natalie Miller: 978.564.3945 or millern@northshoreymca.org

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Open House Registration for School Age

When: Saturday, April 7th
Time: 9:00a.m. - 11:30 a.m.
Where: School Age Room

Join us for the opportunity to learn more about our School-Age Programs including curriculum and on-site activities. Bring the family in to meet staff and pre-register for our Fall program. Refreshments will be served and there will be a "make and take" art project for the children. Children can explore our program space and families can tour the YMCA facilities to see all that we have to offer. Please call Cathy Wolf at 978-374-0506 ext. 1623 to sign up for this event.

CHILDCARE

Registration for the
2012-2013 school year
begins April 1st
** Space is Limited **

Child Care at the YMCA is an extension of the home for many children. Our programs reach children each week from age 2 years to 13 years. We seek to relieve family stress and to provide the necessary resources that will strengthen the family unit that we believe is the foundation for a healthy community, society and world.

The YMCA advocates for all parents in their efforts to be responsible caregivers who are concerned with developmentally appropriate activities, practices and programs for their children. Haverhill YMCA Child Care programs provide a safe, wholesome environment in which children can learn to communicate, cooperate and care about each other. So no matter the time, or the place, the Haverhill Y is actively instilling the core values of CARING, HONESTY, RESPECT, and RESPONSIBILITY in the future leaders of our community.

Now enrolling children age 2-5 years old in our children's learning center program at the Whittier Building, 87 Winter Street (right next door to the Y). Contact Julie Grundy at 978.374.0506 ext. 1612.

We offer Before School Kindergarten Enrichment and After School. For specific information please contact Cathy Wolf at 978.374.0506 ext. 1623

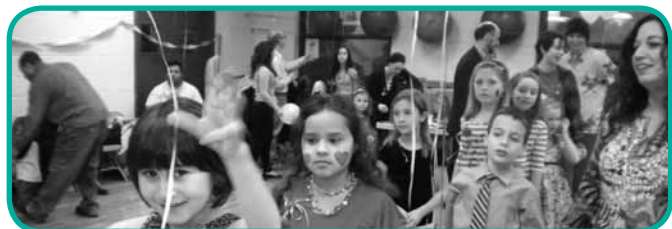
FAMILY TIME

Friday Fun Nights

Grades 1-4: \$6 Member \$10 Community **03905**
Family Fee: \$12 Member \$18 Community

Friday nights are fun for the whole family. Supervised and scheduled use of the pool, gymnasium, rock climbing, indoor volleyball and gymnastics during Friday Fun Nights. Pizza and drink are included.

HAV Y Friday 6:00-9:00pm



Y Night

Grades: 5-8/Grades 9-12 **09902**

Fee: Y Member \$5 Community \$7

Every Saturday night participants have use of the gym, gymnastics center, pool, rockwall and squash courts. The Y staff provides fun, safe and positive organized activities, themed events and supervised free choice time. Pizza is also available for \$1/slice.

HAV Y Saturday 7:00-10:00pm

Birthday Parties

Host your next birthday at the Haverhill Y. Enjoy and share your favorite program and activity with friends and family! Our enthusiastic, trained staff offers the best birthday ever. Days, times and packages vary. Y combo packages now available. Call us at 978.374.0506 for more information or to reserve your space today! **Pool Parties, Gymnastics Parties, Cheer, Spa Parties, Sports Parties, Dodgeball & Gladiator Parties, Nerf Wars, Arts & Crafts Parties, Rock Climbing & Adventure Themed Parties.**

COMMUNITY

In School Enrichments & Intramurals

Grades: 1-5 **03600**

Fee: Y Member \$5/day Community \$7/day

In this afterschool option students will have the opportunity to play new adventure games, play fun intramural sports, arts & crafts along with science discovery. This class is great fun and a healthy afterschool choice. Participants will meet in the school gym for a 60 minute fun filled afternoon session of adventure, discovery and enrichment intramurals. Contact Ryan Allen for more information at allenr@northshoremca.org.

Summer Camps 2012

Haverhill YMCA Summer Camps and Camp Tricklin' Falls registration has begun! All of our summer camps create life long memories all summer long. Doesn't delay...register your child today! Download a camp brochure at www.northshoremca.org or pick one up at our front desk today!

Earth Day - Day of Service

Join us at Camp Tricklin' Falls for our annual Spring Clean Up! Past and present campers with their families are invited to spend some time at camp, enjoy the outdoors and help get camp ready for this summer's awesomeness! We will be rocking to music, raking leaves (and other small projects) ending with a tasty BBQ. Please RSVP by Saturday April 21st. All our welcome!
Sunday, April 22nd 9:00am-1:00pm

Easter Egg Scramble & Hunt **07905**

This fun event has egg hunts, scrambles and events. Kiddie egg scramble, rock climbing egg search & rescue, gymnastic egg relay and Easter scavenger hunt. An Easter Bunny will be available for parent pictures and greetings. Pre-registration is strongly encouraged. Located at Pentucket Lake Elementary School.
Sunday, March 31st 9:00am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

VACATION PROGRAMS

April Vacation Fun Days

Grades: 1-5 **03917**

Full Day Fee: Y Member \$32 Community \$37

Half Day Fee: Y Member \$22 Community \$27

Swim in the pool, scale the rock wall, tumble and bounce in the gymnastic center and enjoy open time, organized gym games and activities! Each vacation day is filled with special events, themes fun and adventure! Full day program runs 7am-6pm and half-day runs 7am-12:30pm/12:30pm-6pm. Contact Ryan Allen for additional details at allenr@northshoreymca.org.

April 16th - 20th

Family Adventures Club

03630

Ages: Families with children 6 and up

Weekly Family Fee: \$25

The Haverhill YMCA's Family Adventures Club is designed to get families out of the house for awesome adventures. Participants will meet with YMCA staff at local venues for activities such as:

Archery: April, 14th 1:00pm-2:30pm

Rock Climbing: April, 21st 1:00pm-2:30pm

Mountain Biking: May 5th 1:00pm-2:30pm

***Participants must bring bike and helmet.**

Class length is 1.5 hours. Interested in learning more?

Contact: Matt Chmielewski 978.374.0506 ext.1622 and/or chmielewskim@northshoreymca.org

April Vacation Nerf Wars

Ages: 6-13 **03634**

Fee: Y Member \$15 Community \$25

YMCA staff will lead participants in fast paced, dodge and evade, NERF action. Games may include: Everyone- for-Themselves, Humans vs Zombies, Capture-the-Flag, Secret Service, Star Wars, Team Accumulation, and more! Combine with April Vacation Gator Sports for a full-day of awesomeness!!!

For more information please contact Matt at

chmielewskim@northshoreymca.org or 978.374.0506 ext.1622

HAV Y Tuesday, April 17th 1:00pm - 4:00pm

HAV Y Wednesday, April 18th 1:00pm - 4:00pm

HAV Y Thursday, February 19th 1:00pm - 4:00pm

April Vacation Adventures

Ages: 7-14 **03628**

Fee: Y Member \$39 Community \$49

Join our adventure staff for adventure challenges including fun climbing games and activities, archery, dodge ball, and a field trip to an exciting attraction. Pizza and refreshment included in the fee and the YMCA provides all necessary equipment! Minimum of 15 participants to run.

For more information please contact Matt at

chmielewskim@northshoreymca.org or 978.374.0506 ext.1622

Lazer Craze Trip: Monday, April 16th

Metro Rock Climbing Trip: Friday, April 20th

HAV Y 8:00am-4:00pm

LEADERSHIP DEVELOPMENT

Leaders Club

Ages: High School

Fee: Free

The Haverhill YMCA's Teen Leaders Club is a volunteer based program designed to build leadership skills and confidence in teens.

Leaders focus on volunteer work, academics, health and wellness while promoting the YMCA's values of caring, honesty, respect and responsibility.

Interested in learning more? Contact: Ryan Allen

978.374.0506 x1604 and/or allenr@northshoreymca.org.

Youth Volunteers

Ages: 10-Middle School

Day: Fridays

Fee: Free

The Haverhill YMCA's Youth Volunteers club is a volunteer based program designed to build leadership skills and confidence in youth.

Members focus on volunteer work, academics, health and wellness while promoting the YMCA's values of caring, honesty, respect and responsibility.

Interested in learning more? Contact: Ryan Allen

978.374.0506 x1604 and/or allenr@northshoreymca.org.

GYMNASTICS

Parent Tot Gym Classes

Through movement education children will develop body image, coordination, balance, peer socialization, music, movement, games and play. Many props are used such as balls, musical toys, parachutes and other bright and colorful objects that will attract your child's attention!

Parent Tot Gym I

Ages: 12 months-18 months

04101

Fee: Y Member \$46 Community \$60

Class length is 30 minutes.

HAV Y Friday 9:30am

Parent Tot Gym II

Ages: 18 months-24 months

04102

Fee: Y Member \$57 Community \$83

Class length is 45 minutes.

HAV Y Thursday 10:30am

HAV Y Saturday 8:45am

HAV Y Sunday 9:30am

FOR YOUTH DEVELOPMENT

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Parent Tot Gym III

Ages: 24 months–36 months **04103**

Fee: Y Member \$57 Community \$83

Class length is 45 minutes.

HAV Y Tuesday 10:30am

HAV Y Thursday 10:30am

HAV Y Saturday 8:45am

HAV Y Sunday 9:30am

Teeny Tiny Tumblers

Ages: 2.5–3.5 with parent **04104**

Fee: Y Member \$73 Community \$116

Children improve their gross motor skills through activities such as tumbling, jumping, skipping and hopping. Other developmental skills that will be worked on include balance, coordination, and the all-important....listening! In this class the child will learn to become independent of the parent and how to follow their teacher's instructions. This is a transition class to prepare your child for Tiny Tumblers which is a class without parent instruction. Class length is 45 minutes.

HAV Y Tuesday 10:30am

HAV Y Friday 10:30am

HAV Y Saturday 8:45am

Preschool Gymnastics

The recreational preschool gymnastics program is designed for boys & girls ages 4-6 who like to pursue gymnastics in a fun and non-competitive atmosphere. The emphasis in these classes is developing strength, flexibility and coordination through the use of gymnastic equipment as well as hoops, bean bags and balls. The children progress through the classes according to age and ability.

Tiny Tumblers

Ages: 3 **04201**

Fee: Y Member \$95 Community \$138

Improves children's gross motor skills through activities such as tumbling, jumping, skipping, hopping, and other structured activities with an instructor. Each class consists of a warm-up and instruction on the equipment. We use games and activities to develop motor skills. Class length is 45 minutes.

HAV Y Monday 9:30am

HAV Y Tuesday 4:00pm

HAV Y Wednesday 10:30am; 3:45pm

HAV Y Thursday 9:30am

HAV Y Saturday 9:30am

HAV Y Sunday 9:30am

Gym Show

All children currently enrolled in the Tiny Tumbler classes and up are invited to show off their skills to family and friends! Admission is \$5 adults and \$1 children & Sr. Citizens. Admission is collected at the door. More information to follow.

Sunday April 22nd

1:30pm

Turbo Tots

04211

Ages: 3

Fee: Y Member \$78 Community \$121

This fast paced 30 minute class offers all the fun of a Tiny Tumblers class! The children will have a chance to use all of the equipment and learn new skills! Immediately following this class is a Preschool Open Gym for any children that want more time in the gymnastics center to explore and practice their skills!

HAV Y Monday 12:15pm–12:45pm

Turbo Tots II

04212

Ages: 4–6

Fee: Y Member \$78 Community \$121

This fast paced 30 minute class offers all the fun of a Kinder Gym class! The children will have a chance to use all of the equipment and learn new skills! Immediately following this class is a Preschool Open Gym for any children that want more time in the gymnastics center to explore and practice their skills!

HAV Y Wednesday 12:15pm–12:45pm

Kindergym I

04202

Ages: 4–6

Fee: Y Member \$95 Community \$138

This is an introductory gymnastics class that will focus on balance, coordination, motor skills and of course, fun! Children will master gymnastics skills on all of the equipment in a safe environment that promotes self-confidence and independence.

Class length is 45 minutes.

HAV Y Monday 9:30am

HAV Y Tuesday 4:30pm

HAV Y Wednesday 3:45pm

HAV Y Thursday 9:30am, 5:30pm

HAV Y Friday 10:30am, 5:15pm

HAV Y Saturday 9:30am

HAV Y Sunday 10:15am

Boys Kindergym I & II

04210

Ages: 4–6

Fee: Y Member \$95 Community \$138

This introductory gymnastics class, just for boys, focuses on some of the boy's events including the rings, parallel bars, vault and high bar. Boys will master gymnastics skills on all of the equipment in a fun, safe environment that promotes self-confidence and independence.

Class length is 45 minutes.

HAV Y Tuesday 3:45pm

HAV Y Saturday 9:30am

Kindergym II

04203

Ages: 5–6

Fee: Y Member \$95 Community \$138

For children who have completed Kindergym I. This class teaches more advanced skills. From the Tumble Track to the bars, this class challenges your little gymnast to develop new skills and a healthy self-image. Class length is 45 minutes.

HAV Y Monday 10:30am

HAV Y Tuesday 5:15pm

HAV Y Wednesday 5:00pm

HAV Y Thursday 10:30am; 3:45pm; 4:30pm

HAV Y Friday 10:30am

HAV Y Saturday 9:30am

HAV Y Sunday 10:15am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Kindergym & Swim Combo

Ages: 5-6 **02227**

Fee: Y Member \$107 Community \$151

If your child loves gymnastics and swimming, then Kindergym & Swim was designed for your child. We have combined two of our most popular programs into one fun-filled hour and a half. Gymnasts will get their hearts pumping for 40 minutes then you can escort them to the pool for their 30-minute swim lesson and 15 minutes of free swim. What a day at the Y! Wear your bathing suit to gymnastics for an easy transition to swim!

HAV Y Tuesday 12:15-1:00pm Gymnastics
1:00-1:45pm Swimming

Kindergym III

Ages: 5-6 **04204**

Fee: Y Member \$102 Community \$145

An hour-long gymnastics experience for children who have mastered Kindergym II skills. Children will develop more advanced skills on the apparatus and improve their concentration. Goal setting is also introduced to the class. Instructor recommendation required.

HAV Y Monday 4:00pm
HAV Y Tuesday 4:45pm
HAV Y Saturday 10:15am

Kindergym IV

Ages: 5-6 **04205**

Fee: Y Member \$114 Community \$167

A 90 min gymnastics experience for children who have mastered Kindergym III skills. Children will develop more advanced skills on the apparatus and improve their concentration. Goal setting is also introduced to the class. Instructor recommendation required.

HAV Y Tuesday 4:45pm

Boys Extreme Sports-Gymnastics

Ages: 6 and up **04320**

Fee: Y Member \$102 Community \$145

This is an action packed class for boys. This class will feature all kinds of jumping, tumbling and climbing. The boys will be using the equipment in the gymnastics center in a whole new and extreme way! Class length is one hour.

HAV Y Saturday 10:15am

Turbo Jr & Sr Gym III

Grades: 1 and up **04321**

Fee: Y Member \$102 Community \$145

This fast paced class is for students who have completed all of the skills in Jr & Sr Gym II. Gymnasts will be working on advanced skills on the vault, bars, beam and floor! Instructor recommendation is required. Class length is 1 hour. Immediately following this class is a Youth Open Gym for any children that want more time in the gymnastics center to explore and practice their skills!

HAV Y Wednesday 6:00pm-7:00pm

Turbo Jr & Sr Gym IV

Grades: 1 and up **04322**

Fee: Y Member \$121 Community \$159

This fast paced class is for students who have completed all of the skills in Jr & Sr Gym III. Gymnasts will be working on advanced skills on the vault, bars, beam and floor to get them ready for the Haverhill Gym Stars Pre Team! Instructor recommendation is required. Class length is 1 ½ hour.

HAV Y Wednesday 4:00pm-5:30pm

Jr. Gym I & Swim Combo

Grades: 1-3 **02326**

Fee: Y Member \$129 Community \$187

If your child loves gymnastics and swimming then Jr. Gym & Swim was designed for your child. We have combined two of our most popular programs into two fun-filled hours. The gymnastics will get their hearts pumping for 60 minutes then off to the pool for a 30 minute swim lesson and 15 minutes of free swim. **Swimmers must not use a bubble.** What a day at the Y! Wear your bathing suit to gymnastics for an easy transition to swim!

HAV Y Thursday 4:00pm-5:00pm Gymnastics
5:10pm-5:55pm Swimming

Girls' Jr. & Sr. Gymnast I

Grades: 1 and up **04301**

Fee: Y Member \$102 Community \$145

This class serves as an introduction to the sport of gymnastics. Starting in the beginner class promotes the confidence necessary in the sport of gymnastics. Basic gymnastics skills, body awareness and safety are emphasized and skills on all the available apparatus are introduced. Class length is one hour.

HAV Y Tuesday 5:00pm
HAV Y Wednesday 4:15pm
HAV Y Thursday 6:00pm
HAV Y Friday 5:15pm
HAV Y Saturday 10:15am

Girls' Jr. & Sr. Gymnast II

Grades: 1 and up **04302**

Fee: Y Member \$102 Community \$145

This class is for those who have mastered various skills in Jr. Gymnast I. Gymnasts will develop skills including backbends, round-offs and jumps on the beam. Class length is one hour.

HAV Y Monday 4:00pm
HAV Y Tuesday 4:00pm, 6:00pm
HAV Y Thursday 5:00pm
HAV Y Saturday 11:15am

Girls' Jr. & Sr. Gymnast III

Grades: 1 and up **04303**

Fee: Y Member \$114 Community \$167

A class for the advanced students who have completed all of the skills in Jr. Gymnast II or have at least one year of experience. Gymnasts will complete back handsprings on floor, back hip circles on bars and handstands on the beam! Instructor recommendation required. Class length is an hour and a half.

HAV Y Monday 5:00pm
HAV Y Saturday 11:15am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Girls' Jr. & Sr. Gymnast IV

Grades: 1 and up **04309**

Fee: Y Member \$128 Community \$182

A two hour class for advanced students who have completed Jr. Gymnast III. Students will continue to develop skills needed to move up to the YMCA Pre-Team. Instructor recommendation required.

HAV Y Monday 5:00pm-7:00pm

Spa Night!

Ages: 5 and up **04515**

Fee: Y Member \$15 Community \$20

Girls ages 5 & up can enjoy an evening of gymnastics, hair styles, painted nails and an arts & crafts project! This is a perfect way to spend the night. Just drop off the girls in the gymnastics center at 6:00pm with a snack and drink for their night of fun!

Saturday, March 31st 6:00pm-9:00pm

GYMNASTICS TEAM

Do you love gymnastics? Are you ready to take it to the next level? If you answered 'yes' to both questions you need to check out our gymnastics team program! It is our goal to bring every young athlete to her fullest potential in gymnastics. The Y's Gym Star's coaching staff is extremely passionate about our role in guiding gymnasts through training and help to develop into strong athletes both mentally and physically. We are dedicated to offering the best professional instruction in an organized program that sets high standard. Our goal is to bring out the best in every gymnast! Contact Judy Dugar, Gymnastics Director for more information at dugarj@northshoreymca.org

Competitive Team Program

Ages: 5-18 **04518**

Currently the Gym Stars Gymnastics Team consists of Pre Team and Levels 4-7 Competitive Team. The gymnasts in this program are required to order a team uniform that will be worn at meets and events. The competitive season is between November and May. Gymnasts will have the opportunity to qualify for State and Regional Competitions. For more information about our gymnastics team please contact Gymnastics Director Judy Dugar at dugarj@northshoreymca.org or 978.374.0506 x1605.

Haverhill Stars Cheer Club

Ages: 6 and up **04508**

Fee: Y Member \$85 Community \$135

The Haverhill Stars Cheer Club is a demonstration cheer team. This group will meet once a week for 90 minutes. The team will learn a full routine and will work on skills such as round off back handsprings.

The team will be performing at all gym shows. If you have any questions please contact Judy Dugar at dugarj@northshoreymca.org.

HAV Y Tuesday 6:15-7:45pm

RECREATION

Nerf Attack

Age Group I: 6-9 **03321**

Age Group II: 10-13

Fee: Y Member \$71 Community \$102

Bring your Nerf dart toys and friends each week for some all-out Nerf battles! Staff members will setup obstacles and forts, and we will play games such as capture the flag, super zombies and Jedi elimination. This 1 hour class has a minimum registration of 8 so get your friends involved in the action! Nerf toys not included. Protective eyewear required. Class meets in the Basketball Gymnasium. Class length is 50 minutes.

HAV Y Wednesday 5:00pm

Home School

03699

Ages: 6 and up

Fee: Y Members FREE Community \$5

Every Thursday from 11:00am-2:00pm YMCA facilities will be open especially for home school students.

HAV Y Thursday 11:00am-2:00pm Open Gymnasium

HAV Y Thursday 12:30pm-1:00pm Open Swim

HAV Y Thursday 11:30am-12:30pm Open Rock Climbing

Horseback Riding Lessons at Milestone Equestrian Centre

Ages: All ages **03666**

Fee: Y Members \$25 half-hour Community \$30 half-hour

Give your child what they've always wanted and save money at the same time! The Haverhill YMCA has teamed-up with Milestone Equestrian Centre to provide our members with a unique opportunity to save on private horseback riding lessons! The Milestone Equestrian Centre is built on the principles of hard work and dedication to our clients and horses. This family run business provides a learning environment for their horses, their clients and their families. All ages and disciplines are welcome, including: **Western, European, Reining, and Saddle-seat.** Milestone holds active memberships, and participates regularly, in shows and events including AQHA, APHA, PPHA and ApHC sanctioned events.

Lessons scheduled by appointment.

MILESTONE EQUESTRIAN CENTER

**323 East Broadway
Haverhill, MA**



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

ROCK CLIMBING

Pee-Wee Adult/Child Open Climbing

Ages: 3-5 **03627**
Fee: Free

Pee-Wee Climbing class is a great way to introduce your child to the sport of rock climbing. With the help of instructors and some parental guidance, children will learn about climbing equipment, beginner climbing techniques, and play fun climbing gym games. All equipment will be provided by the YMCA. Class length is 50 minutes. Parents are encouraged to participate!

HAV Y Tuesday 10:00am
HAV Y Saturday 10:00am

Home School Rock Climbing Lessons

Ages: 6 and up **03617**
Fee: Y Member \$71 Community \$102

This fantastic class is designed to meet the specific needs of home schooled children. We can tailor classes to all climbing levels, beginner through advanced. Rock climbing promotes physical fitness and helps build confidence and self-esteem. Class times are available by appointment.

HAV Y By appointment. Please call Matt at 978.479.2738.

Sacred Heart Climbing Club

Ages: 6 and up **03633**
Fee: Y Member \$71 Community \$102

This special class is open to Sacred Heart School Students only! Whether your child is a beginner or a climbing wizard, this rock climbing program will provide them with the opportunity to challenge themselves, build confidence, and improve strength. Class length is 50 minutes.

HAV Y Wednesday 6:00pm

Beginner Rock Climbing

Ages: 6-8 **03614**
Fee: Y Member \$71 Community \$102

This is a great class for participants ages 6 to 8 or those who have less than two years of climbing experience. This beginner rock climbing class is designed to help participants build self esteem, exercise and develop their knowledge and climbing ability. Students will graduate to higher levels through session based climbing assessments. Class length 50 minutes. Please contact Matt at chmielewskim@northshoreymca.org or 978.374.0506 ext.1622 for additional class details and climber assessment.

Scrambler (Level 1): This class is for beginner climbers with little or no past climbing experience. Children will be introduced to the basic climbing techniques used for bouldering and top-roping, the climbing equipment, as well as climbing gym safety guidelines.

Traverser (Level 2): Climbers put to use the knowledge they have gained from being a Scrambler. Children are introduced to more challenging climbing routes, advanced vocabulary, and are instructed on how to refine their basic techniques.

HAV Y Monday 4:00pm
HAV Y Tuesday 5:00pm
HAV Y Saturday 12:00pm

Intermediate Rock Climbing

Ages: 8-10 **03615**
Fee: Y Member \$71 Community \$102

The intermediate rock climbing classes are designed for participants ages 8 to 10 or for climbers with more than two years of climbing experience. This intermediate rock climbing class is designed to help participants build self esteem, strength and endurance, and further develop their knowledge and climbing ability. Class length 50 minutes. Please contact Matt at chmielewskim@northshoreymca.org or 978.374.0506 ext.1622 for additional class details and climber assessment.

Rock Jockey (Level 3): This class is for novice climbers that have begun to master our basic climbing routes. Students learn team belaying techniques, climbing knots, and are introduced to advanced climbing routes and moves.

Wall Crawler (Level 4): At this advanced level, students are familiarized with belaying, and assisted self-belay. More class time is dedicated to climbing time so climbers can master techniques like the chimney, lay-back, and dyno.

HAV Y Monday 5:00pm
HAV Y Wednesday 4:00pm
HAV Y Saturday 1:00pm

Advanced Rock Climbing

Ages: 10-12 **03618**
Fee: Y Member \$71 Community \$102

Rock Climbing is a fun and healthy activity for the entire family. Individuals build self esteem, exercise and develop their knowledge and climbing ability through the six measured levels of climbing assessments. Class length 50 minutes. Please contact Matt at chmielewskim@northshoreymca.org or 978.374.0506 ext.1622 for additional class details and climber assessment.

Rock Head (Level 5): With the help of our climbing guides, students will tune their climbing skills to meet personal climbing goals. Rock Heads are expected to set-routes, help assist lower level climbers, and pass the YMCA of the North Shore belay test.

Belay Ready (Level 6): You never stop learning. Belay Ready climbers spend most of class working out new routes and mastering learned skills. During their session students will help guides change routes, conduct headlamp/blackout climbs, and even perform rescues on the wall!

HAV Y Monday 6:00pm
HAV Y Thursday 5:00pm
HAV Y Saturday 1:00pm

Y'z Guys Climbing Team

Grades: 3-10 **03626**
Fee: Y Member \$66/month Community \$88/month

This is a great option for the student looking to enter competition climbing, or for climbers just looking for more climbing time each week. The Y'z Guys Climbing Club is designed for intermediate and advanced climbers. Our instructors will teach, train, and motivate participants during any of the Y'z guys training times. For further information and rates, please contact Matt C. at chmielewskim@northshoreymca.org

HAV Y Friday 4:00pm-6:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Teen Rock Climbing

Ages: 13-18 **03616**

Fee: Y Member \$71 Community \$102

Beginners or seasoned veterans, rock climbing provides the opportunity for teens to challenge themselves, build confidence and muscle, and design climbing courses and help run climbing events. Class length is 50 minutes.

HAV Y Tuesday 6:00pm

Women Only Rock Climbing

Fee: Y Member \$63 Community \$91 **03634**

Tired of sitting around while your kid has all the fun! Drop your child off at class and come join us for an awesome time climbing our 24ft wall. Whether you're a beginner, or a seasoned veteran, our staff can give you a challenge that's right for you. Class length is 50 minutes.

HAV Y Thursday 10:30am

Rock Climbing

Personal Instruction

All Ages and Abilities

03632

Private

45 Minute Fee: Y Member \$15 Community \$25

Package of 4 Fee: Y Member \$50 Community \$90

Small Group (up to 3 participants)

45 Minute Fee: Y Member \$25 Community \$35

Package of 4 Fee: Y Member \$90 Community \$130

The adventure education model is an effective tool for any youth as you aren't just talking about teamwork, you are experiencing it. Every participant in the Haverhill YMCA adventure program will benefit from their time spent with us. Youth and adults participating in this enrichment activity will grow, develop and experience: improved self esteem and confidence, increased goal setting skills, greater understanding of personal limitations and strengths, increased problem solving and communication skills, fun and memorable experiences.

HAV Y Contact Matt Chmielewski 978.374.0506 ext.1622 or chmielewski@northshoreymca.org to schedule an appointment.

ADVENTURE

Beginner Indoor Archery

Grades: 1-4 **03643**

Fee: Y Member \$63 Community \$91

This class is designed for those new to the sport of archery. A YMCA instructor will help teach students the basic skills of archery including knowledge of equipment, basic rules and safety, and proper stance and technique. The YMCA will provide all necessary equipment. Class length is 1 hour. For more information please contact Matt at chmielewski@northshoreymca.org or 978.374.0506 ext.1622

HAV Y Monday 6:00pm

HAV Y Saturday 9:00am

Intermediate Indoor Archery

Grades: 3-8 **03644**

Fee: Y Member \$63 Community \$91

Fee: Y Member \$63 Community \$91

This class is designed for participants that already have a basic knowledge of equipment, safety rules, stance, and technique. A YMCA instructor will help teach students the ten steps of shooting according to USAA standards. The YMCA will provide all necessary equipment. Class length is 1 hour. For more information please contact Matt at chmielewski@northshoreymca.org or 978.374.0506 ext.1622

HAV Y Thursday 6:00pm

HAV Y Saturday 10:00am

Seasonal Scout Activities

Ages: 6 years and up **03645**

Fee: Based on program length

Are your Boy Scouts looking forward to earning a merit badge? Or maybe your troop or den just wants to come and learn the basics of an adventure activity? We have just what you need!

- Rock climbing
- Archery
- Canoeing
- Orienteering
- And many More!

Some activities may be seasonal and will not be available in the winter months. For further information and rates, please contact Matt C. at chmielewski@northshoreymca.org

SPORTS

Pee-Wee Sports Jam

Ages: 3-5 **03205**

Fee: Y Member \$61 Community \$86

This class is for the child who would like their first taste of a variety of fun sports. This class teaches children the basic skills of kicking, throwing, passing, shooting, catching and hitting. Children will have the chance to learn the sports of soccer, kickball, floor hockey and T-ball. All equipment will be provided by the YMCA. Class length is 45 minutes.

HAV Y Tuesday 1:30pm

HAV Y Thursday 10:30am

Drop in Pee Wee Sports Mania

Fee: Y Member Free Community \$10 **03460**

The drop in Pee Wee sports mania is a great way to introduce your child to a wide variety of sports. This class is free to Y members and has no age limit. All participants must be accompanied by a parent throughout the duration of the open time.

HAV Y Tuesday 10:30am-11:15am



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Pee Wee T-Ball League

Ages: 3-5 **03441**

Fee: Y Member \$54 Community \$77

This outdoor fun introductory T-Ball League is a great exercise in developing team play concepts and motor skills. The League will be starting in May and played for 8 weeks with end of the season celebration. The inclement weather location will be the Haverhill YMCA Gymnasium. For parents interested volunteering to coach or additional league detail please contact Clint Clay Haverhill YMCA Sports Director at 978.374.0506 x 1618 or clayc@northshoreymca.org

April Vacation G.A.T.O.R.

Sports Fun Days

Ages: 6-12 **03454**

Fee: Y Member \$15 Community \$25

These exciting, fun and wild vacation days will open you child's eyes to games and challenges that they enjoy. Juice and Pizza are included. Gator sports are a mix of Games, Activities, Tag, Obstacles, Relays and Sports. It will be none stop action and fun until the Pizza arrives.

HAV Y April 17th 10:00-1:00pm

HAV Y April 18th 10:00-1:00pm

HAV Y April 19th 10:00-1:00pm

Youth Floor Hockey Clinic

Grades: 1-8 **03533**

8 Week Fee: Y Member \$67 Community \$87

This is a great class to get back into the swing of floor hockey. This class will focus on teaching and maintaining the basic fundamentals of floor hockey. Class length is 45 mins.

Hav Y Grades 1-4 Tuesdays 6:00pm

Teen Basketball Tournament

Grades: 8-12 **03443**

Fee: \$5

Tournament will be a double elimination bracket style team will be assembled by a blind draft. Games will be officiated by YMCA referees and each team will play a ten minute game. The winning team will advance and the losing team will enter the loser's bracket. For more information please contact Clint Clay Haverhill YMCA Sports Director at 978.374.0506 x 1618 or clayc@northshoreymca.org

March 9th 7:00pm-9:00pm

18+ Adult Basketball League

Ages: 18 and up (must be out of high school) **03505**

Team Fee: \$300

This league is designed for young adults to showcase their basketball skills. Season will last 10 weeks including playoffs. Teams must be paid in full before season starts. Rosters may not have more than 10 players. Rosters must be submitted by March 14th. Players must attend at least 6 of the 8 regular season games to be eligible for playoffs. Games will be held on Wednesday nights each week. Contact Clint for additional league information at clayc@northshoreymca.org and/or 978.374.0506.

HAV Y Wednesday 6:30pm-9:30pm

Season starts on May 14th

Contact Clint for more information.

Sports Jam

Ages: 5-7 **03301**

Fee: Y Member \$68 Community \$96

This class is for the child that would like to improve their sports skills. Sports Jam teaches children the skills for four very popular sports: soccer, basketball, floor hockey and baseball. Class will focus on improving your child's dribbling, passing, catching, kicking and hitting while participating in fun group games and drills. All equipment will be provided by the YMCA. Class length is 45 minutes.

HAV Y Monday 5:00pm

Create Your Own Sports Class

Pee Wee Ages: 3-Kindergarten **03555**

Youth Ages: 6-10

8 Week Fee: Y Member \$45 Community \$65

This is great way to have a group of friends from the neighborhood, school or just family and friends come to the Y and learn and participate in sports activities. The class will need at least 4 participants and cannot exceed more than 10. Class length is 45mins. Please contact Clint Clay Haverhill YMCA Sports Director to schedule class times.

Adult Co-ed Dodge Ball Tournament

Ages: 18 and up **03509**

Team Fee: \$25

Looking for something fun to do on a Saturday night? The YMCA will be offering a adult co-ed dodge ball tournament from 6-9pm March 24th. Teams must have six players with at least two women or two men on each team. For more information please contact Clint Clay Haverhill YMCA Sports Director at 978.374.0506 x 1618 or clayc@northshoreymca.org

HAV Y March 24th 6:00pm-9:00pm

MARTIAL ARTS

Youth Tae Kwon-Do

Ages: 6 and up **03380**

Fee: Y Member \$74 Community \$90

Tae Kwon-Do may be loosely translated as "the art of the foot and fist" or "the art of kicking and punching." Tae Kwon-Do is a unique form of martial arts. It combines combat techniques, self-defense, sport, exercise, meditation and philosophy. These fun and healthy choice classes are taught by Alison and John Reyes. Class meets in Program Room 4.

HAV Y Tuesday 6:00pm-6:45pm Beginners

HAV Y Thursday 6:00pm-6:45pm Intermediate/Advanced

HAV Y Saturday 9:00am-9:45am All Ranks

Tae Kwon-Do Patterns Class

Ages: All Ages **03537**

Fee: Y Member \$83 Community \$101

Tae Kwon-Do Patterns Class is geared towards intermediate and advanced students. This class is offered only to current students of the Tae Kwon-Do classes. Class is 45 minutes in length and held in Program Room 4. For Intermediate and Advanced students only.

HAV Y Saturday 10:30am-11:15am

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SWIMMING

Shrimp, Kipper, Inia

Ages: 6 months–18 months **02101**
Fee: Y Member \$36 Community \$54

This class is an introduction to the aquatic environment for parents and their babies, filled with simple songs and games. Parent/child teams have an opportunity to bond, talk and play with others. Parents will learn basic aquatic safety, while the children become more comfortable in the water.

HAV Y **Monday** 9:00am
HAV Y **Wednesday** 9:30am, 3:30pm
HAV Y **Saturday** 8:45am
HAV Y **Sunday** 8:50am

Perch I

Ages: 19 months–36 months **02102**
Fee: Y Member \$36 Community \$54

Children start moving independently through the water under their parent's guidance. Experience the fun of blowing bubbles, kicking, paddling and making a splash! This is a structured class.

HAV Y **Monday** 4:00pm
HAV Y **Tuesday** 9:30am
HAV Y **Wednesday** 3:30pm
HAV Y **Thursday** 9:30am
HAV Y **Saturday** 8:45am, 9:55am
HAV Y **Sunday** 8:15am

Perch II

Ages: 26 months–36 months **02103**
Fee: Y Member \$36 Community \$54

This is an advanced class for those little ones looking for a little more swimming with mom or dad. Perch II will focus more on swimming skills and work on becoming more independent from their parents. This is a structured class.

HAV Y **Monday** 4:00pm
HAV Y **Tuesday** 9:30am
HAV Y **Thursday** 9:30am
HAV Y **Saturday** 9:20am
HAV Y **Sunday** 8:15am

Swim Evaluation for Swim Lessons

Ages: 3 and up
Fee: Y Member Free Community Free

Bring your child to be evaluated on their swimming ability and placed accordingly in an appropriate level. Please contact Roshelle Ogden at 978.374.0506 x1606 to schedule an appointment.

Pike with Parent

Ages: 3– Kindergarten **02104**
Fee: Y Member \$73 Community \$109

This class is for those children who are not quite ready to be separated from their parent. The class will be structured like a Pike class but will also focus on the child becoming independent from the parent while still advancing their swimming ability.

HAV Y **Wednesday** 9:00am
HAV Y **Thursday** 9:00am
HAV Y **Sunday** 9:25am

Pike

Ages: 3–Kindergarten **02201**
Fee: Y Member \$73 Community \$109

Children begin to explore the watery world, while learning basic swimming strokes, kicking skills and pool safety with the use of bubbles. Blowing bubbles and jumping in are all a part of the excitement!

HAV Y **Monday** 9:30am, 4:00pm, 5:10pm
HAV Y **Wednesday** 1:30pm, 3:30pm
HAV Y **Thursday** 9:00am, 4:00pm
HAV Y **Saturday** 8:45am, 9:20am
HAV Y **Sunday** 8:15am

Pike/Eel Combo

Ages: 3–Kindergarten **02205**
Fee: Y Member \$73 Community \$109

This class is for children that have been in Pike and are almost ready to move up to Eel, or are a beginner Eel. The class will work on stroke development of freestyle and backstroke. The kids will also work on breathing, swimming with their faces in the water, kicking skills, pool safety, jumping in and sitting dives.

HAV Y **Tuesday** 3:30pm
HAV Y **Wednesday** 9:30am
HAV Y **Thursday** 4:35pm
HAV Y **Friday** 9:00am, 4:00pm
HAV Y **Saturday** 9:55am
HAV Y **Sunday** 9:25am

Eel

Ages: 3–Kindergarten **02202**
Fee: Y Member \$73 Community \$109

Eels should be able to swim horizontally on their front and back as well as float on their back independently (with a bubble). This class will teach children the proper swimming strokes, kicking skills, floating on their own and putting their face in, all while practicing with and without their bubble.

HAV Y **Monday** 9:30am, 5:10pm
HAV Y **Wednesday** 2:00pm, 4:05pm
HAV Y **Thursday** 9:30am, 4:00pm
HAV Y **Saturday** 8:45am, 9:20am
HAV Y **Sunday** 8:50am

Semi-Private Preschool Class

Ages: 3–Kindergarten **02702**
Fee: Y Member \$109 Community \$164

This class is for preschoolers that may want a little more one on one attention than they would receive with a regular group lesson. The capacity of this class will be maximum of 3 preschoolers. Swimmers should have pike/eel equivalent swimming abilities. The instructor will also work on each swimmer's individual needs.

HAV Y **Monday** 4:00pm
HAV Y **Wednesday** 9:00am, 4:00pm
HAV Y **Thursday** 1:30pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Ray

Ages: 3-Kindergarten **02203**

Fee: Y Member \$73 Community \$109

This class is for children who can swim comfortable both front and back strokes with little need for flotation device (swimmers should not wear more than a 1 bubble). This class teaches rotary breathing for freestyle, backstroke rotation, introduction to the breaststroke kick and diving skills. Goggles are recommended.

HAV Y Monday 4:35pm
HAV Y Tuesday 9:00am; 3:30pm
HAV Y Wednesday 4:05pm
HAV Y Friday 9:30am
HAV Y Sunday 8:15am; 8:50am

Ray/Starfish Combo

Ages: 3 (Kindergarten) **02206**

Fee: Y Member \$73 Community \$109

This class is for children that have been in Ray and are almost ready to move up to Starfish, or are a beginner Starfish. They will work on freestyle, backstroke, and breaststroke development. Endurance is improved, rotary breathing is coordinated and diving skills are developed. Goggles are recommended.

HAV Y Tuesday 2:00pm
HAV Y Thursday 2:00pm; 4:35pm
HAV Y Friday 4:00pm
HAV Y Saturday 9:55am

Starfish

Ages: 3 (Kindergarten) **02204**

Fee: Y Member \$73 Community \$109

This level is for children who can swim the length of the pool on their fronts and backs without flotation. The class is taught entirely without the use of a flotation device. Endurance is improved, rotary breathing is coordinated and diving skills are developed. Goggles are recommended.

HAV Y Monday 4:35pm
HAV Y Sunday 9:25am

Polliwog

Grades: 1 and up **02301**

Fee: Y Member \$83 Community \$122

This beginner level for school aged children introduces them to the pool and use of flotation devices. Children will learn to get comfortable putting their face in the water, basic freestyle, basic backstroke and diving skills. Goggles are recommended.

HAV Y Tuesday 4:05pm
HAV Y Wednesday 4:40pm
HAV Y Thursday 5:10pm
HAV Y Saturday 10:30am

Guppy

Grades: 1 and up **02302**

Fee: Y Member \$83 Community \$122

This class is for children who can swim the length of the pool without flotation. Children will perfect their freestyle with rotary breathing, backstroke with rotation, they will be introduced to breaststroke kick and pull, diving and treading water. Goggles are recommended.

HAV Y Monday 5:45pm
HAV Y Tuesday 4:05pm
HAV Y Wednesday 4:40pm
HAV Y Thursday 5:55pm
HAV Y Friday 4:30pm
HAV Y Saturday 10:30am

Minnow

Grades: 1 and up **02303**

Fee: Y Member \$83 Community \$122

Children learn to set goals and refine strokes, performing breaststroke, freestyle and backstroke. They will experience, diving, boating safety and basic water games. Goggles are recommended.

HAV Y Monday 5:45pm
HAV Y Wednesday 5:30pm
HAV Y Thursday 6:45pm
HAV Y Friday 4:30pm
HAV Y Saturday 11:20am

Fish

Grades: 1 and up **02304**

Fee: Y Member \$83 Community \$122

Children will refine freestyle, breaststroke and backstroke, emphasizing good form. They will develop teamwork and cooperation, try the butterfly and develop endurance. Goggles are recommended.

HAV Y Wednesday 5:30pm
HAV Y Thursday 6:45pm
HAV Y Saturday 11:20am

Fish / Flying Fish / Shark Combo

Grades: 1 and up **02318**

Fee: Y Member \$83 Community \$122

At this advanced level, swimmers work on refining their breaststroke and butterfly while increasing their endurance, learn to do flip-turns and play games. Goggles are recommended.

HAV Y Thursday 6:45pm

Youth Stroke Technique

Grades: 1 and up **02310**

Fee: Y Member \$83 Community \$122

This class is designed for the youth swimmer who wants to learn the proper technique for all 4 strokes. This class is geared for swimmers who want to be on a swim team but need to refine their 4 strokes. Swimmers should be able to swim one length of the pool freestyle and backstroke. Class length is 45mins. Please contact Roshelle Ogden, Aquatic Director if you have any questions.

HAV Y Tuesday 5:45pm-6:30pm
HAV Y Sunday 10:00am-10:45am



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Pirate's Pool Party....ARGHH!!!

All Ages 09302
Fee: Y Member \$5/person Community \$10/person
Y Member \$15/family Community \$25/family

Come be a pirate and walk the plank into our pool of fun. Families will enjoy open swim with games and prizes. Pizza and refreshments will be served (included in price). All kids will go home with a bag of Pirate's Booty Argh!! If you have any questions please call Roshelle Ogden Aquatic Director @ 978-374-0506 ext 1606.

February 24th 2:15pm - 4:00pm



YNS Sharks and Little Sharks

The YMCA of the North Shore (YNS) swim team works to develop the best combination of swimmers and human beings through the strengths of innovative coaching techniques and strategies, supportive parental involvement and integration of our core values – Caring, Honesty, Respect, and Responsibility.

From ages 5 and up, the Little Sharks and Sharks programs maintain an infrastructure of children, coaches, and parents who create the platforms and opportunities for each and every swimmer to fulfill their goals and their potential as a person, swimmer, and team member.

www.ynssharks.net

YNS Sharks Swim Team

Grades: Kindergarten-12 02401
Fee: Varies

The YMCA of the North Shore swim team strives to teach, train and motivate children to achieve their potential in competitive swimming. We create valuable experiences carried throughout life. Our direction and philosophy applies to the novice as well as the national caliber athlete. Our highly specialized coaching staff emphasizes a 10:1 swimmer to coach ratio, a year-round program, and ability-based practice groups. For more information, contact YNS Sharks at 978.564.3904 or online at www.ynssharks.net.

Introduction to Swim Team

Ages: 4-7 02248
Fee: Y Member \$73 Community \$109

Designed for younger swimmers who are interested in learning the skills needed for competitive swimming, the focus of mini swim team will be on stroke development, technique, and racing starts and turns. This class is perfect for those who want to be taught in a team environment and have fun at the same time. Swimmers should be able to swim one length of the pool freestyle and backstroke. Class length is 1 hour.

HAV Y Thursday 5:55pm
HAV Y Sunday 10:00a

Private/Semi-Private Swim Lessons

All ages and abilities 02701
Fee: Y Member \$35/lesson \$110/4 lessons
Community \$50/lesson \$160/4 lessons

Semi-Private Price for 2 Swimmers

Fee: Y Member \$50/lesson \$160/4 lessons
Community \$75/lesson \$230/4 lessons

For those looking for personalized attention, private swim lessons are the answer! When scheduling private lessons near the beginning of a new session of programs, the director may wait to schedule private lessons until after the first week of classes is complete. This will maximize availability. All lessons are 30 minutes long.

HAV Y Contact Roshelle Ogden at 978.374.0506 x1606 to schedule an appointment.

YOUTH WELLNESS

Yoga for Kids

Yoga for Kids encourages their natural abilities and interests, while helping them develop strength, flexibility and an overall sense of well being. Breathing and visualization techniques teach kids how to focus, relax and develop self-control. Yoga for Kids allows kids to be kids.

Tini Yogini

Ages: 2-5 with parent 01465
Fee: Y Member \$47 Community \$65

Playful and fun, young children with a parent or caregiver, lay the foundation for yoga with animal yoga poses, songs, stories and games that help develop positive life skills. Class length is 45 minutes and meets in Program Room 2.

HAV Y Tuesdays 9:00am

Budding Buddahs

Ages: 3-6 without parent 01412
Fee: Y Member \$47 Community \$65

A creative and fun class. Yoga poses, breath exercises, partner poses and yoga games are introduced in a playful, friendly format. Classes end with visual imagery and relaxation exercises, introducing children to the power of quieting the mind for reflection and rejuvenation! Class length is 45 minutes and meets in Program Room 2.

HAV Y Tuesday 10:00am

HAV Y Thursday 9:00am

Youthful Yogies

Ages: 6-9 01421
Fee: Y Member \$52 Community \$75

These fun and engaging classes will learn balancing poses, flowing sequences, breathing exercises, partner poses, yoga games, and relaxation techniques. Cooperative games, breathing and relaxation exercises convey lessons in self-expression, body-awareness and social skills. Class length is one hour and meets in Program Room 1.

HAV Y Monday 4:00pm

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

HEALTH & WELL-BEING

Personal Training

Age: 14 and up 01505

How would you like your own personal fitness coach to help you lose weight, build muscle, improve blood pressure and cholesterol, decrease your risk of disease or just feel better overall? Our certified personal trainers are ready to help you achieve your health and fitness goals in less time by designing a personalized exercise program catered to your needs, and by coaching you every step of the way. Take control of your health! Please contact Tom Lavigne at 978.374.0506 x1607 for details on pricing and availability.

Personal Training Prices:

60 Minute PT	Semi Private
1 Session = \$50	1 Session = \$65
3 Sessions = \$140	3 Sessions = \$185
5 Sessions = \$230	5 Sessions = \$300
10 Sessions = \$425	10 Sessions = \$580
20 Sessions = \$700	20 Sessions = \$820

30 Minute PT	Semi Private
1 Session = \$30	1 Session = \$45
5 Sessions = \$125	5 Sessions = \$175
10 Sessions = \$230	10 Sessions = \$300
20 Sessions = \$420	20 Sessions = \$580

15 Minute Stretches	Special Packages
1 Stretch = \$15	Buy 5 get one FREE (Save \$70)
5 Stretches = \$60	Buy 10 get one FREE (Save \$125)
10 Stretches = \$100	Buy 20 get three FREE (Save \$450)
20 Stretches = \$160	

Massage

Age: 18 and up 01601

Swedish, Foot and Craniosacral Therapy Fees:

Y Member \$30 (30 minute session)
 Y Member \$60 (60 minute session)
 Y Member \$80 (90 minute session)
 Y Member \$150 (3 pack of 60 minute sessions)

Buy 4 sessions, get 1 free!

***A \$10 guest fee is applied to each community guest per visit.**

Massage therapy helps you relax, re-align and rejuvenate. There are many positive aspects to receiving massage therapy on an ongoing basis, and with the busy lives we lead, we can all benefit from a little stress-management. The experienced, professional therapists at the YMCA provide exceptional care and will design an effective massage treatment to address your individual needs.

Swedish Massage: Full body relaxation massage to ease stress and muscle tension.

Foot Reflexology: Stimulates the reflexes on the foot that coincide with a certain body part or parts for full body detoxification and healing.

Craniosacral Therapy: Using a light touch, the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances and then uses delicate manual techniques to release those problem areas and relieve undue pressure on the brain and spinal cord. This therapy can help alleviate a range of illness, pain and dysfunction.

Deep Tissue

Age: 18 and up 01602

Y Member \$30 (30 minute session)
 Y Member \$60 (60 minute session)
 Y Member \$80 (90 minute session)
 Y Member \$150 (3 pack of 60 minute sessions)

Buy 4 sessions, get 1 free!

***A \$10 guest fee is applied to each community guest per visit.**

This massage is performed with deeper pressure to eliminate knots and reset the body's muscular-skeletal system.

Vibrant Health and Natural Disease Prevention

Ages: 14 and up 01515

Fee: Y Member \$40 Community \$55 (12 person max)

This program will explore simple, affordable and natural methods of calming the mind, improving our immune system and metabolism, increasing overall strength and flexibility, and detoxifying our body. Each week, we will discuss practices drawing from ancient traditions and modern research. The class will be a dynamic combination of lecture and discussion-based learning. The instructor will share printed literature, as well as live examples of natural medicine. Students will have the opportunity to learn certain practices, such as breathing and stretching exercises, in class. Class will take place in Program Room 2. Please contact Tom Lavigne at 978.374.0506 x1607 for details.

HAV Y Tuesday 5:00pm

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Healthy Living Book Club

"The Magic of Thinking Big"

Age: 18+ **01403**
Fee: \$35 (Book not included)

Set your goals high...then exceed them! Millions of people throughout the world have improved their lives using The Magic of Thinking Big. Dr. David J. Schwartz, long regarded as one of the foremost experts on motivation, will help you sell better, manage better, earn more money, and - most important of all - find greater happiness and peace of mind. The Magic of Thinking Big gives you useful methods, not empty promises. Dr. Schwartz presents a carefully designed program for getting the most out of your job, your marriage and family life, and your community. He proves that you don't need to be an intellectual or have innate talent to attain great success and satisfaction, but you do need to learn and understand the habit of thinking and behaving in ways that will get you there. This book gives you those secrets! Believe you can succeed and you will cure yourself of the fear of failure, think and dream creatively, you are what you think you are, make your attitudes your allies, learn how to think positively, turn defeat into victory, use goals to help you grow, think like a leader. This course will spend 9 weeks reviewing the material in this literary masterpiece to finally help you create the life you've always wanted. For more information contact Tom Lavigne at 978.374.0506 x1607 or via email at lavignet@northshoreymca.org
HAV Y Monday 6:00pm



ActivTrax is available at the Y!

ActivTrax is a revolutionary, web-based virtual trainer program that takes the guesswork out of your workout - and it's free for all YMCA of the North Shore members! We've all been there - wondering what exercises to do, when to do them or even how to do them. That's why we've brought you ActivTrax! This "virtual trainer" serves as your workout partner and understands your wants, needs and goals. It's simple to use, very effective and easy to get started.

To schedule your free appointment and get started please stop by our welcome center or call 978.374.0506.

Body Fat Analysis

Age: 14 and up **01503**
Fee: Y Member \$10 Community \$15

There are many ways to measure your progress pertaining to exercise. Body composition is the percentage of body fat and lean muscle mass that makes up your body weight. It is a much more accurate measurement of progress than the "typical" scale method. To schedule an appointment or to have your questions answered on how you can benefit from a body comp. test, contact Tom Lavigne at 978.374.0506 x1607.

Personal Flexibility Assessment

Fee: Y Member \$20 Community \$30 **01602**

This is a 30 minute appointment that could very well change your opinion of stretching forever. In this session your trainer will assess the symmetry of your flexibility in order to identify muscular imbalances that may be contributing to chronic joint or muscle pain. You will leave this appointment feeling incredible and will be provided with a personalized stretching prescription that will allow you to address these imbalances and help you increase mobility, improve posture, and decrease acute or chronic pain in the body. For information, please contact Tom Lavigne at 978.374.0506 x1607.

Right Start Orientation

Ages: 14 and up
Fee: Free for all Y members

This free program is available to all members just starting out on their fitness journey. This program will team you up with one of our fitness staff who will get you acquainted with our fitness center, schedule all of your orientations and check in on your progress over the course of 3 weeks. Your last meeting with our fitness staff will explain all of the options available if you are still looking for that individual attention. To register, simply inquire at the welcome center. For more information, please contact Tom Lavigne at 978.374.0506 x1607.

Couch to 5K

Ages: 11 and up **01415**
Fees: Y Member \$20 Community \$35

This beginner's running schedule has helped thousands of new runners get off the couch and onto the roads; running 3 miles in just two months. Registrants will obtain all the required workouts weekly to train for the 5K. For additional information on coaching support or general questions please contact Tom Lavigne at 978.374.0506 x1607 or email at lavignet@northshoreymca.org
HAV Y Days/Time Flexible

5 Weeks to Fitness

Ages: 18 and up **01955**
Fee: Y Member \$72 Community \$105

5 Weeks to Fitness is a program that is designed to get anyone started down the path to a healthier lifestyle. Everyone who registers is assigned their own personal fitness coach whom they will meet with regularly along the way. After establishing your goals, your fitness coach will work with you to develop a plan to get you on the path to that healthier lifestyle. Questions about 5 Weeks to Fitness should be directed to Tom Lavigne at 978.374.0506.

HAV Y Days/Time Flexible

Stroller Fit

Age: Be a parent with a baby **01411**
Fee: Once a week: Y Member \$40 Community \$55
Twice a week: Y Member \$60 Community \$75

Any new parents out there looking to take their fitness to the next level? Well here is your chance! The Haverhill Y is now offering Stroller Fit, a fitness class held at the Riverside Park Track that you can attend with your baby. In fact, babies are required! This exercise program will include stroller speed walking, body weight exercises and resistance band work all with the goal of getting you seriously fit. As the air begins to cool, what a perfect time for you and your baby to enjoy exercising outdoors together. Join us for this incredibly fun Fall adventure. For more info please contact Tom Lavigne at 978.374.0506 x1607.

RSP Monday 9:30am
RSP Wednesday 9:30am

FOR HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

From Flab to Fab

Fee: Y Member \$25 Community \$30 01422

Participants who enroll in the program will learn how to lose weight safely, and in the process also learn about nutrition, time management (how to make exercise a part of your busy schedule), access and use the ACTIVTRAX system, get a body fat analysis, and ultimately enjoy a change in their body composition – just in time for the start of the New Year! You will also enjoy getting to know other Y members who have the same goals and challenges you face. This will be a 7 week program. Incentivize program with first, second, and third place rewards. For more information please contact Tom Lavigne at lavignet@northshoreymca.org. Class will take place in the Group Exercise Studio.

HAV Tuesdays 7:00pm



2012 YMCA of the North Shore Road Race Series

Get your running shoes ready for an exciting year at the 2012 YMCA of the North Shore Road Race Series. We will be hosting 12 exciting races all across the North Shore YMCA association and feature some awesome prizes for our runners at the end of the series. Whether you're a beginner or an advanced runner we encourage you to sign up today and be a part of not just the race series, but a memorable experience with a community. **Contact Barbara Berry, Road Race Coordinator at berryb@northshoreymca.org**

Races to Look Forward To:

Chase the Gorilla Down Argilla 5k (Ipswich) - 4/14

Ring Around the Neck 5 Mile (Marblehead) - 4/22

SPORTS & RECREATION

Men's 30+ Pickup Basketball

Fee: Free for Y Members Community \$5 03506

For more information please contact Clint Clay, Haverhill YMCA Sports Director at 978.374.0506 x1618 or clayc@northshoreymca.org.

HAV Y Tuesday 7:00-9:00pm

Climb Fit Adult Climb

Ages: 18 and up 03633

Fees: Free

Come check out this great new fitness option. Climbing is great way to tone your arms, back, core, and stabilizer muscles. Instructors will lead stretch and tone exercises, bouldering (low wall), and top-rope (high wall) activities. So if you want to get a great workout, and have an exciting time, give it a try! Class length is one hour. For more information please contact Matt at

chmielewskim@northshoreymca.org or 978.374.0506 ext. 1622

HAV Y Thursday 7:00pm

Top-Rope Belay Certification

Ages: 18 and up 03634

Fee: \$20 per person

YMCA staff are available to instruct you or your group on how to top-rope belay. This class typically takes 3 hours and includes knot-tying, proper use of multiple types of harnesses, belay technique and basic climbing safety. Those that pass the course will receive our YMCA belay certification, allowing them to belay others at our open climbs and individuals will have the knowledge necessary to pass a top-rope belay exam at other climbing gyms.

HAV Y By appointment. Call Matt at 978.374.0506 ext. 1622

Adult Tae Kwon-Do

Ages: 18 and up 03534

Fee: Y Member \$81 Community \$110

Tae Kwon-Do may be loosely translated as "the art of the foot and fist" or "the art of kicking and punching." Tae Kwon-Do is a unique form of martial arts, combining combat techniques, self-defense, sport, exercise, meditation and philosophy. These fun and healthy choice classes are taught by Alison and John Reyes. For additional class details please contact Ryan at allenr@northshoreymca.org or 978.374.0506. Class participants can come to both class options weekly. Class meets in Program Room 4.

HAV Y Thursday 6:45pm

HAV Y Saturday 9:45am

LIFELONG LEARNING

Success Unlimited

Ages: 18 and up 01419

Fee: Y Member \$40 Community \$55

This program is designed to provide you with some powerful tools that will increase your chances for success in all areas of life. You will begin to learn what it takes to turn failure into success. You will be taught how to take what you learn and apply it to your everyday life. Most importantly, by the end of this program, you will have a clearer understanding of what it takes to achieve the highest levels of personal satisfaction through service to others. Questions should be directed to Tom Lavigne at 978.374.0506 or lavignet@northshoreymca.org. This class will take place in Program Room 2.

HAV Y Monday 5:30pm

FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

GIVING BACK

THE Y... FOR SOCIAL RESPONSIBILITY. A GREATER CAUSE

At the Y, strengthening community is our cause. Our Y has been listening and responding to our communities' most critical needs for over 150 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve. We truly have a greater cause!

Our Y cares for ALL in our community. It's the socially responsible thing to do! One out of every three people in our Y needs our financial help to access essential Y programs and services. It takes the support of our entire community to help our neighbors in need.

A donation to the Y matters to the single mom who struggles to give her son a safe place to be after school. And it matters to your neighbor who lost her job in this uncertain economy as she tries to afford a membership that gives her and the kids a place to de-stress and bond.

Your gift matters to the 1,600 people in our Y who need our help. The Y's annual campaign, Y FOR ALL, is well underway. We hope you'll consider supporting your neighbors in need with a gift. You may make an online donation by visiting www.northshoreymca.org/donate.cfm.

Together we can build stronger, more inclusive communities, provide support for families and promote positive change.



THE KEystone TO OUR FUTURE

PLANNED GIVING

The YMCA has recently launched a new planned giving initiative. Common planned gifts include a gift made through one's will, life insurance policy, or retirement plan. All gifts benefit our endowment, a permanent fund used to support the Y. Gifts made to the endowment today will help support future generations. All those who make a gift will be invited to join the Triangle Society, our planned giving recognition society. If the Y has left a lasting impression on your life, please call Sam Sanker, Director of Planned Giving, at 978-921-1753 for more information.

GIVE TIME. CHANGE LIVES. VOLUNTEER.

The life you change may be your own.

The Y works tirelessly to nurture the potential of kids, improve people's health and well-being, and give back and support our neighbors. We rely on the help of thousands of volunteers to make that happen. There is no other volunteer organization quite like the Y.

We have volunteer opportunities, right here in our hometown, that allow you to give back and make a real difference.

For more information on volunteering at the Y, stop by our welcome center or visit us at www.northshoreymca.org/volunteer.cfm.



Support our Youth and Teens!

Interested in supporting the Haverhill Youth & Teen center or making a donation? Contact Ryan Allen 978-374-0506 x1604 or allenr@northshoreymca.org.

FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

HEALTHY KIDS DAY

This healthy, fun and free national event offers tons of activities, community resources and healthy fun for the entire family! Save the date Saturday, April 28th!

SPRING AND SUMMER CAMP RENTALS

Schedule your groups outing or event rental now! Save \$50 by booking for your event by February 1st. Contact Ryan allen for details allenr@northshoreymca.org.

Summer Events and Rentals Camp Tricklin' Falls

Make your next special event at Camp Tricklin' Falls! Your visit will be tailored to meet your group's particular needs and interests. A large company outing, family picnic, birthday party, classroom or school outing can be specifically created to provide an exciting, and memorable experience. Allow our professional YMCA camp staff to make the event fun, easy and successful. Schedule a tour of the facility and see firsthand all that Camp Tricklin' Falls has to offer!

Camp Tricklin' Falls Open House Schedule

- Saturday, April 28th 11:00am - 1:00pm
- Saturday, May 12th 2:00pm - 4:00pm
- Sunday, May 20th 11:00am - 1:00pm

Check out what's new and exciting this summer at Camp Tricklin' Falls during OPEN HOUSE. Meet our great staff and take a tour of camp! Schedule a private tour by contacting the Camp Director at 978.374.0506 x 1604 or allenr@northshoreymca.org



Camp Tricklin' Falls is accredited by the American Camp Association. ACA sets the highest standard requirements for day and resident camping.

Haverhill YMCA Summer Camp Open House

May 20th 11 am - 1 pm

Come see where your child will be enjoying camp at the YMCA. Schedule a private tour by contacting the Camp Director at 978.374.0506. Additional event and camp details and happenings online at www.northshoreymca.org

3rd Annual Children's Learning Center Art Auction

Please Join us for our 3rd Annual Children's Learning Center, Y For All Art Auction. It will be held on Wednesday April 25th from 6-7pm in the Children's Learning Center (right next door to the Y)! All of the children's art work will be on sale. We will have a raffle table with many different baskets. Just in case you get hungry, there will also be a bake sale with yummy treats.

All proceeds will benefit Y For All, our annual campaign to help support the needs of local children, families and individuals, through Y childcare, membership, programs and camp.





**Haverhill YMCA
81 Winter Street
Haverhill, MA 01830**

Non-profit org.
U.S. Postage
PAID
YMCA of the
North Shore

Y FOR ALL **ANNUAL CAMPAIGN**

Did you know...?

The Haverhill YMCA is a charity. We are a non-profit organization focused on community and human services. 100% of your donation goes directly to those in need. Every dollar donated to our Y For All annual campaign is used to support local children, families and individuals through Y programs, membership and camp. Y For All is more than donors and dollars. Our annual campaign is a grassroots effort led by dozens of volunteers and businesses from our communities.

Help the Y make a difference.

It's never too late to help my community with a gift to the Y For All campaign. Swing by the front desk or visit www.northshoreymca.org/donate.cfm

Thank you!

MEMBERS USE ALL OF OUR YMCAS!

**CABOT STREET YMCA
CAPE ANN YMCA
HAVERHILL YMCA
IPSWICH YMCA
LYNCH/VAN OTTERLOO
YMCA
SALEM YMCA
STERLING YMCA**