2017 Autumn Program Guide

September 11 – December 3, 2017

YMCA OF CENTRAL MASSACHUSETTS
LEOMINSTER AND MONTACHUSETT COMMUNITY BRANCHES
About the Montachusett Branch YMCA

Our Mission
The YMCA of Central Massachusetts is an association united in a common goal to strengthen our communities and to develop the spirit, mind and body of all persons, regardless of means, through activities guided by and based upon our core values of caring, honesty, respect and responsibility.

Our Cause
We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why, at the Y, strengthening community is our cause.

Our Impact
Every day our impact is felt when a teen makes a healthy choice, when a mentor inspires a child and when our community comes together for the common good.

Our Areas of Focus
We strengthen the foundations of our community through:
Youth Development...nurturing the potential in every child.
Healthy Living...improving the nation’s health and well-being.
Social Responsibility...giving back and providing support to our neighbors.

DIVERSITY/INCLUSION
VISION STATEMENT

The YMCA of Central Massachusetts appreciates and supports the dignity and worth of all members of our community. We will nurture an environment that reflects, respects and celebrates our differences and embraces the richness of our diversity.

HOURS OF OPERATION
Leominster
MON-FRI 5:00 AM-10:00PM
SAT & SUN 7:00 AM- 7:00 PM
Montachusett
MON - FRI 5:00 AM –9:30 PM
SATURDAY 7:00 AM –7:00 PM
SUNDAY 7:00 AM –12:00 PM

CHILD WATCH HOURS
Leominster
EVERYDAY 8:00 AM– 12:00PM
MON-FRI 4:30 PM– 8:00PM
Montachusett
MON, FRI 8:30 AM –10:30 AM
TUES, THURS 8:30 AM – 11:30 AM
WEDS 8:30 AM – 9:30 AM
MON – FRI 5:30 PM – 8:15 PM
SATURDAY 8:45 AM –12:00 PM

CLOSINGS–
Leominster & Montachusett
Labor Day Sept 4, 2017
Thanksgiving Day Nov 23, 2017

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Preschool Program

National Association for the Education of Young Children Accredited. Our programs meet the needs of the children enrolled by offering a high quality program that promotes the physical, social, emotional and cognitive development of each child in all areas of learning.

- Must be 2 years, 9 months to enroll
- Preschool Care: year round
  Open 6:30AM-5:30PM
- Curriculum Enriched Environment
- Preschool children will participate in swim lessons, gym activities, outside play, field trips and summertime Camp Lowe visits.
- Registration by appointment only.

For more information please call Pamela Christian-Ridings Ext. 232

Before School & After School Programs

Ages 5-13 Years

Here is a great opportunity for your child to participate in tutoring, sports, games, swimming, gym and more. Program operates according to the Leominster and Fitchburg Public School calendar and offers Full Day coverage on most closings or vacation days. Before School program serves all Fitchburg Public Schools. Opens at 6:30 am. After School program ends at 5:30 pm.

For more information please call Chelsea deBettencourt at Ext. 216 or Laurie Sleeper at Ext. 208. Registration by appointment only.

Kids Zumba

Ages 5-12
Get your children active with all the fun movements of a traditional Zumba class with music geared towards youth. Appropriate for all ages.
- $48/4wks Members
- $65/4wks Non-Members
- Leominster
- Tuesdays 4:15pm-5pm

Kids Yoga

Ages 5-12
Take all the fun of yoga and add the movements that youth like to do. This light hearted yoga class will be sure to teach the fundamentals of yoga.
- $48/4wks Members
- $65/4wks Non-Members
- Leominster
- Fridays 5-6pm

Judo Lessons

Ages 7-13
A martial arts program that provides a safe and effective training system for students to learn self defense, as well as prep to compete. A sport of unarmed combat derived from jujitsu an intended to train the body and mind. It involves using holds and leverage to unbalance the opponent.
- $48/4wks Member
- $65/4wks Non-Member
- Leominster
- Thursdays 5-6pm

Child Watch

(3 months – 10 years)
Getting to the gym in order to progress forward in a workout regiment is not all easy with young children. That is why both the Leominster and Montachusett Community Branches provide Child Watch. A variety of activities are offered to your children by our caring staff.
- Leominster
  FREE to North County Memberships
  $5.00/child
- Montachusett
  FREE to Family Members
Rodney F. Poland Jr.,
Youth & Teen Center
Montachusett Only

Featuring:
- Computer Lab
- Video games
- T.V. Lounge
- Ping Pong
- Foosball
- Board Games
- Friendly Staff

A safe, supportive, substance free gathering place open to all youth and teens in the Montachusett area. The Teen Center is a drop-in center open year round, including school closings and vacations. We offer many exciting activities, programs and volunteer opportunities. The Teen Center is sponsored by the YMCA and the United Way.

Mon.-Thur................1:30-6:00pm
Fri........................1:30-8:30pm
Sat & Sun....................CLOSED

For more information:
Call Angaw Kahassai @
(978) 343-4847 x 206

Spartacus Program
The program is designed to build confidence, anger management, and coping skills that puts opportunity and responsibility in the hands of young people who are at risk of getting into the court system. Spartacus teaches teens to develop a sense of empathy and respect towards others and property through hard work and exposure to others in need.

Mon through Friday
2:00-6:00pm

Homework Club
This is a drop-in homework/project assistance club. There is no commitment required. Teens have the opportunity to work with the Teen Center’s Tutor and homework volunteers. This club is for teens 12-18 years old only.

Youth & Government
The YMCA Youth & Government motto is Democracy must be learned by each generation. Every person can make a difference. Y&G helps participants require skills to take in the future:
- Public speaking/communication
- Greater understanding of democratic process
- Enhanced leadership skills
- Application of moral and ethical values of life decisions

Y&G focuses on: the core value of caring, honesty, respect and responsibility, civic engagement, fun

For more details contact
Angaw Kahassai
978-343-4847 x 206

Youth Membership
Schedule
(through 12 years old)
Swim
Mon.-Fri.....3:00-4:00pm
Sat..........11:30-1:00pm
Gym
Mon.-Fri....1:30-4:00pm

Teen Membership
Schedule
(ages 13-16)
Swim
Mon.-Fri.....2:30-4:00pm
Sat..........11:30-1:00pm
Gym
Mon.-Fri.....1:30-4:00pm
Fri.............1:30-8:30pm
Sat..........4:00-7:00p

MAP Achievers
Student s will have the opportunity to develop skills needed to be accepted into college and excel in college, have the knowledge to research for college admission process.
- Cluster
- College visit April vacation
- Scholarship
- Tutoring service
- Tutoring SAT Preparation
- Local Scholarship and Internships
AQUATICS
Montachusett location only

Group Lesson Fee:
$156 Non Members/10-12 weeks
$107 Youth Members/10-12 weeks
$62 Family Members/10-12 weeks

Parent & Child Lessons
(Ages 6-36 months)
This class is for children with their parents. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills.
Tue.........................................................9:30am
Sat.........................................................9:00am

Parent & Child Lessons
This class is for children with their parents. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills.
Tue.........................................................9:30am
Sat.........................................................9:00am

Preschool Lessons
(Ages 3 through 5)
Below is a brief description of each level. Please find the class that best describes your child’s swimming ability.

Pike
This level is for the beginner; a child who does not know the basics: front paddle, Elementary Backstroke, Circle Pulls, does not back float or may be fearful. The main goal is to work on these skills & eliminate fear.
Mon......................................................10:00am
Thu......................................................9:30am
Fri......................................................10:00am
Sat......................................................9:30am
Sat...........(Pike-Polliwog)....................11:00am

Eel
For the child who can, front paddle, do Circle pulls, Elementary Backstroke & Frog kick for 15 yds. each plus blow bubbles w/face in water—wearing 2 bubbles or less. The main goal is to improve on the above skills & endurance.
Mon......................................................9:30am
Tue......................................................9:00am
Fri......................................................9:30am
Sat......................................................10:00am

Ray
This level is for the child who can swim without a bubble & can Front & Back Paddle, do Circle pulls, Elementary Backstroke, & Frog kick for 15 yds. each. The main goal at this level is to improve on all the above & endurance.
Tue......................................................10:00am
Fri......................................................9:00am
Sat......................................................10:00am

Starfish
This level is for the swimmer who can do the Front Crawl w/arrows out of the water & rhythmic breathing, & can do Circle Pulls, Elementary Backstroke, Frog Kick, & Back Crawl for 25 yds. each. The goal is to concentrate on rotary breathing and endurance & to improve on all the above.
Thu......................................................9:00am
Sat...........(See Minnow-Starfish).........10:30am

Preschool Lessons
(Ages 3 through 5)
Below is a brief description of each level. Please find the class that best describes your child’s swimming ability.

Eel
For the child who can, front paddle, do Circle pulls, Elementary Backstroke & Frog kick for 15 yds. each plus blow bubbles w/face in water—wearing 2 bubbles or less. The main goal is to improve on the above skills & endurance.
Mon......................................................9:30am
Tue......................................................9:00am
Fri......................................................9:30am
Sat......................................................10:00am

Ray
This level is for the child who can swim without a bubble & can Front & Back Paddle, do Circle pulls, Elementary Backstroke, & Frog kick for 15 yds. each. The main goal at this level is to improve on all the above & endurance.
Tue......................................................10:00am
Fri......................................................9:00am
Sat......................................................10:00am

Starfish
This level is for the swimmer who can do the Front Crawl w/arrows out of the water & rhythmic breathing, & can do Circle Pulls, Elementary Backstroke, Frog Kick, & Back Crawl for 25 yds. each. The goal is to concentrate on rotary breathing and endurance & to improve on all the above.
Thu......................................................9:00am
Sat...........(See Minnow-Starfish).........10:30am
Youth Lessons
(Ages 6-12)
Below is a brief description of each level. Please find the class that best describes your child’s swimming ability.

**Polliwog**
This level is for the beginner swimmer who does not know the basics: Front paddle, Circle pulls, Frog kick, Elementary Backstroke, Back paddle, & Back Float. The main goal is to work on these skills.
Sat……………………………………..9:30am
Sat...(See Pike-Polliwog under Pike)..11:00am

**Guppy**
This level is for the swimmer who can swim on their own & can do Front paddle with face in the water, Circle pulls, Frog kicks, Elementary Backstroke, & Back paddle for 15 yds. each, can Back float 10 seconds & is comfortable in deep water.
Sat…………………………………………..10:00am

**Minnow/Starfish**
This level is for the swimmer who can swim the Front crawl w/arms out of the water & rhythmic breathing, & can do the Elementary Backstroke and Circle pulls 25 yds. each, can Frog Kick and do the Back Crawl 15 yds. each & retrieve an object off bottom of the shallow end.
Sat…………………………………………..10:30am

**Fish**
This level is for the swimmer who can swim Front Crawl 50 yds. w/rotary breathing & arms out, can do Elementary Backstroke, Breaststroke, Sidestroke arms, & Back Crawl 25 yds. each, retrieve object off bottom of the deep end & tread water 60 sec.
Sat…………………………………………..11:00am

**Flying Fish**
For the swimmer who can swim 100 yds. front crawl & 50yds of each the Elementary Backstroke, Breaststroke, Sidestroke, & Back Crawl and can tread water 2 min. & back Float 1 min.
Sat…………………………………………..11:30am

**Shark**
This level is for the swimmer who can swim Front Crawl 200 yds. w/Bilateral Breathing, do Breaststroke & Elementary Backstroke both w/Glide & Back Crawl 100 yds. each & Side-stroke 50 yds. each side with Glide and Butterfly 25 yds.
Sat…………………………………………..11:30am

Adult/Teen Group Swim Lessons

**Level I:**
For beginners looking for small group instruction. Basic swimming skills and strokes are taught to build confidence and improve technique. It’s never too late to learn.
Mon.................................................9:00am
Wed..................................................9:30am

**Level II**
For swimmers who can move through the deep water comfortably. Emphasis is on improving skills and learning new strokes while working on endurance. The perfect place to change old habits and make swimming a lifelong sport.
Wed..................................................9:00am
Private Swim Lessons

Available for ages 3 to 103 and for any swim ability. These lessons offer a concentrated half hour of one on one instruction. Different days and times are available; we will try to work around your busy schedule.

For more information email Lillie at LSkerry@YMCAofCM.org or call (978)343-4847 ext 210. Please mention the days & times you are available for lessons & which YMCA interests you.

$23/half hr./Full Family Members*
$33/half hr./All others*

Semi-Private Lessons– 2 students

Students must be at the same swim level.

$34/half hr./Full Family Members*
$50/half hr./All others*

- Or purchase 5 lessons for the price of 4!

FAMILY SWIM
FUN AND FITNESS

Sun.....................11:00am-12:00pm
Wed...........................5:00-6:00pm
Fri............................5:15-6:45pm
Sat............................12:00-1:30pm
Sat............................4:30-6:30pm

*CHILDREN MUST BE ACCOMPANIED BY PARENT, PARENT MUST STAY IN THE POOL AREA.

WATER EXERCISE CLASSES
WATER EXERCISE & CONDITIONING PROGRAM.

Mon-Fri ..................10:30-11:30am
Tues, Thurs ..............5:30-6:30pm

ADULT LAP SWIM

Adult Swim: For fitness & relaxation.

Sun..............................8:00-11:00am
Mon-Fri.......................5:30-9:00am
Mon-Fri .......................11:30-3:00pm
Mon..............................4:00-6:00pm
Tues............................4:00-5:30pm
Wed..............................4:00-5:00pm

Plus 1 Lane ..........5:00-5:30pm
Thurs & Fri...............7:45-8:30pm
Sat..............................7:00-9:00am
Sat..............................1:30-4:30pm

FAMILY LAP SWIM*

Must be able to pass swim test & swim laps.

Mon & Wed .....................6:00-7:30pm
Tues ...........................6:30-8:30pm
Thurs ...........................6:30-7:45pm
Fri .............................6:45-7:45pm

*CHILDREN MUST BE ACCOMPANIED BY PARENT, PARENT MUST STAY IN THE POOL AREA

Masters’ Competitive Swim

Adult competitive swimming and conditioning program.

YMCA membership required.

Mon & Wed..............7:30-8:30pm
As a YMCA member, a number of classes and programs are offered as part of your membership at no additional cost.

This includes 2 new member personal training orientations. Take advantage of working one on one with a national certified personal trainer. They will take you through all the equipment and get you going on your own workout routine.

As a special service to our members, we offer 2 free fitness assessments to start you on the right track to a healthy lifestyle. All of our staff are nationally certified personal trainers and will work with you to find the best fit for your personal needs.

Our group exercise classes are open to all members, from teens (16+) to our senior members. Regardless of your ability level, you can find the right class to reach your fitness goals. If you have questions or concerns about the right class for you, please feel free to stop in and speak with any of the instructors. They will be more than happy to find the right class for you!

Personal Training
Do you need help reaching your wellness goals?
Healthy Living is something that is achieved on a daily basis through your beliefs, thoughts and actions. The Montachusett Community Branch YMCA strives to promote wellness through every aspect of an individual’s life.

Reasons to use a YMCA Certified Personal Trainer

Personal Goals: Feel and look your best for a wedding, anniversary, vacation or reunion.
Motivation: An appointment with a trainer helps you stick to a schedule...trainers make hard work FUN!
Inexperience: Don’t feel “lost”...we’ll be your partner in wellness and together will achieve success!
Training: Train for a road race, triathlon, charity walk or a specific hobby or activity.
Real Life: Increase strength and endurance for what you do in your life...from gardening to hiking.
Address a current health condition: High blood pressure, diabetes, high cholesterol, obesity: Our trainers can help you to battle these conditions and improve your overall health!!
Value: The average cost per session in the fitness industry is $75. The YMCA has made Personal Training affordable and available to everyone.

Pricing & Packages

Individual Personal Training Sessions
One Session: $45.00
Five Sessions: $200.00
Ten Sessions: $400.00

Small Group Personal Training Sessions
Personal Training with a friend makes an individualized program more enjoyable and more affordable.
Five Sessions: $130/person
Ten Sessions: $230/person

For best results, we suggest a minimum of two sessions per week. If this is not possible, members will be encouraged to complete workouts that are provided by trainers, on their own time.
HEALTH AND WELLNESS

**Absolute Abs:** Intense abdominal exercises for core muscle strength and toned abs.

**Bars, Balls & Bands:** Sculpt your body in a whole new way. Bars, Balls & Bands is a strength training class that is based on the 20/20/20 format, utilizing a variety of equipment.

**Boot Camp:** Burn off fat and build muscle with a series of military type boot camp drills. Take each drill to your own personal level of fitness.

**CCC:** Cardio Core Challenge
A combination of timed cardio and strength training moves using different sets of weights to achieve the maximum benefits of fitness. This class will surely challenge both male and female Participants of mind and body. All fitness levels welcome

**Group Cycling:** An exciting fitness and athletic training program conducted on stationary cycles using a variety of music. A non-impact aerobic & anaerobic workout to achieve cardio conditioning and to burn maximum amount of calories.

**H.E.A.T.:** Even though there’s air conditioning in the aerobic room, now it’s got H.E.A.T, too! That’s right – High Energy Athletic Training. We’ll make full use of the space for a challenging workout. All “drills” can be modified to suit every fitness level. H.E.A.T. is a great cardio, strength and agility class which will bring out the athlete in everyone.

**Kettlebell:** Get fit in 30 minutes! This class will get you in shape or help you stay in shape. Kettlebells is a full body workout that gives you all the cardio and muscle toning you can handle. The intent of a kettlebell is to increase strength, endurance, and agility while challenging the cardiovascular and muscular system by doing dynamic functional movements. Efficient & effective, that’s kettlebells!

**Cardio Kickboxing:** High intensity workout using all major muscle groups combining kicks, punches and Martial Arts moves.

**Power Pump/Sculpt:** Tone and sculpt in this conditioning class, using a variety of equipment (dumbbells, barbells, body bar, exercise tubing and stability balls). A great strength workout with extreme results.

**RIPped:** A strength training class that will develop lean muscle which will, in turn, burn more calories and help you lose weight! Combining barbell equipment, motivating instructors and awesome music, you’ll find yourself moving through a whole body routine.

**Silver Sneakers, Muscle Strength:** Move through a variety of exercise designed to increase muscular strength, range of movement, and skills required during activities for daily living (ADL’s). A chair is used for seated or standing support.

**Step Kickboxing:** Step aerobics with kickboxing moves for a maximum cardiovascular workout.

**Step & Tone:** A combination of step aerobics, strength training exercises and cool down stretches.

**Swimnastics:** Water exercises and conditioning program. Especially great for seniors.

**TRX:** Challenge yourself with your own bodyweight and perform hundreds of exercises with a suspension system. You’re in control of how much you want to sweat– because you can simply adjust your body position to add or decrease resistance.

**Water Aerobics:** Enjoy a structured aerobics program in the water. This class is geared towards children over 8 years of age and parents must be present in the pool.

**Zumba:** eliminate the “work” from “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using a unique intermittent training format.
HEALTH AND WELLNESS

**Zumba**

**Aqua Zumba:** Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Zumba Gold:** The same Latin flare as Zumba, brought to life in a low impact aerobic dance class.

**Danc’n Energy**

Danc’n Energy is a program of choreographed dances designed to promote cardiovascular fitness and endurance, improve muscle tone and at the same time lose weight while having fun.

**Lunenburg United Parish Church**

Session Begins: Sept. 10th
Mondays and Wednesdays 4:30pm
Instructor: Jean Beckner
YMCA members FREE
Non-members $40/4 weeks

**YOGA**

*Note: Our Yoga classes are designed to condition you progressively and should be taken the order given, beginning with “Introduction to Yoga”.

**Introduction to Yoga:** For new students or those who would like a refresher class. Students will learn basic poses with an emphasis on alignment and proper breathing.

**Gentle Yoga:** Gentle Yoga combines postures with movement to increase range of motion, flexibility, and balance. Breathing and relaxation techniques are demonstrated. Great for seniors, beginners, and those with limited disabilities.

**Inner Strength Yoga:** A moderately-paced class for students with previous Yoga experience. Students will be led into various postures that will increase strength, balance and flexibility.

**ADULT Judo**

Ages 13 and Older

A martial arts program that provides a safe and effective training system for students to learn self defense, as well as prep to compete. A sport of unarmed combat derived from jujitsu an intended to train the body and mind. It involves using holds and leverage to unbalance the opponent.

**Leominster**

$48/4wks Members
$65/4wks Non-Members
Fridays 5:30pm-7pm

**Weight Loss Challenge**

Ages 16 AND OLDER

Making a change in your lifestyle never comes easy. Use this 10 week program to make the small changes in order to achieve large results. Based loosely on the popular “Biggest Loser” Series, this weight loss program will be sure to give you results.

**Leominster and Montachusett**

$99/10wks Members
$159/10wks Non-Members

**NEW CLASS—COUNTRY HEAT**

A high energy, low impact dance workout that’s so simple and so fun, you’ll love it from the very first step. Each routine is packed with easy to follow dance moves set to the hottest country music around.

**Leominster**

Tuesdays– 5:30pm-6:30pm

**Montachusett**

Thursdays– 5:00pm-6:00pm

**AOA**

Looking to get involved? AOA meets the first Monday of each month and plans activities and community service projects. Come see what you have to give.
Complete a registration form for each participant. Bring this form with you to register at your Welcome Center.

**PLEASE NOTE OUR CANCELLATION POLICY:**

Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a full-refund or credit.

Cancellation notices received less than 72 hours in advance of the first class will qualify for a 50% credit/refund. Cancellation notices received after the second class; do not qualify for a credit/refund. Cancellation requests for programs/services under $25.00 will qualify for credit only.

Member Name: ______________________________________________

Phone Number: _________________________ Email: _________________________

Address (Please include City/State/Zip): __________________________________________

Please Check Membership Type: [ ] Family [ ] Youth [ ] Adult [ ] Non Member [ ] AOA

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**Fall 2017**

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<tr>
<th>Participant’s Name</th>
<th>Date of Birth</th>
<th>Class Name</th>
<th>Class Day(s)</th>
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I have read all the policies and procedures related to the registration process including the cancellation, credit/refund and class make-up policies and agree to all the terms stated in the YMCA program brochure.

Printed Name: _________________________ Signature: _________________________ Date: ________

Payment enclosed (check one): [ ] Check Please make checks payable to: Montachusett Community Branch YMCA

Account: _________________________ Exp. ______ Visa/Master Card/Discover/Amex (circle)

Signature: _________________________ Total Due: ________
GUIDELINES AND POLICIES

Completed forms with payment will be accepted at the Montachusett Community Branch YMCA for on-site registration starting at 9:00am on the first day of registration. **Please see below for registration dates.**

Registrants must provide a minimum of 72 hours notice of cancellation prior to the first class to be eligible for a full-refund or credit.

Cancellation notices received less than 72 hours in advance of the first class will qualify for a 50% credit/refund. Cancellation notices received after the second class; do not qualify for a credit/refund. Cancellation requests for programs/services under $25.00 will qualify for credit only.

Programs may be cancelled if enrollments do not meet minimum requirements 72 hours prior to the beginning of the class. If classes are cancelled by the YMCA, registrants will receive a program credit or refund.

Membership must be active through the program session for which you are registering of the non-member fee will apply. Members will need to renew any membership expiring before the end of the session in order to receive a member rate. **No retro-active credits will be given when a membership type is changed during the registration period.**

Registrations received after the start of the first class require Director’s approval.

Fees will pro-rated for abbreviated sessions and/or holidays when the YMCA is closed. Payments made by credit card will be charged the correct pro-rated fees. However, if an overpayment is received via check, the amount of overpayment will be applied as a program credit to the registrant’s YMCA account.

If the YMCA cancels a class due to inclement weather, instructor illness or some other unforeseen reason, the YMCA will do its best to offer a make-up class. If no make-up class is scheduled, a credit will be issued.

The YMCA does not issue credit, refunds, or make-up classes when participants miss a class for personal reasons.

Parents/Guardians of children ages 0-12 are responsible for drop-off and pick-up at the location of the program (i.e. pool, tennis courts, gymnasium, etc.) **and must remain in the Montachusett Community Branch YMCA building should they be needed.** Should a parent or guardian leave the area of the program, they MUST inform the instructor where they can be found. This procedure has been established for the protection and safety of all children within YMCA programs.

FALL SESSION INFORMATION

Fall: September 11th—December 3rd

Member Registration—August 15th 2017

Program Member Registration—August 21st 2017

Non-Member Registration—August 23rd 2017

Birthday Party Rentals

Come let the Leominster or Montachusett Community Branch YMCA host your next birthday party or event. With each party you may have access to one of our classrooms for one (1) hour and then the swimming pool or group exercise studio for one (1) hour. For more information on having the YMCA host a pool party for you please contact Pam Suprenant at 978-343-4847 x214– Montachusett Community Branch Jennifer Gordon at 978-401-2290 x100– Leominster Community Branch
PLEASE GIVE TODAY

2017 ANNUAL CAMPAIGN
You can make a real difference!
Consider a gift today!

http://www.ymcaofcm.org/support-the-y/