About the Leominster and Montachusett 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.

HOURS OF OPERATION

Leominster
Mon–Fri 5:00 AM—10:00PM
Saturday & Sunday 7:00AM—7:00PM

Montachusett
Mon– Fri 5:00 AM –9:00 PM
Saturday 7:00 AM –7:00 PM
Sunday 8:00 AM –1:00 PM

CHILD WATCH HOURS

Leominster
Mon—Fri 8:00AM—12:00PM
4:30PM—8:00 PM
Saturday & Sunday 8:00AM—12:00PM

Montachusett
Mon—Fri 9:00 AM—11:30 AM
4:00 PM – 8:00 PM
Saturday 8:30AM –12:00 PM

CLOSINGS

Easter Day April 1, 2018
Memorial Day May 28, 2018

CONTENTS

Registration Information ................. 11–12

YOUTH DEVELOPMENT
Childhood Education & Care ................. 3
School Age Care .................................. 3
Child & Youth/Sports/Family Time .......... 3
Teen Programming .......................... 4
Youth Aquatics .............................. 5
Birthday Parties ............................ 12

HEALTHY LIVING
Adult Aquatics ............................. 6
Health, Well-being & Fitness ............ 7–9

SOCIAL RESPONSIBILITY
Annual Youth Support Campaign .......... 13
Preschool Program
Montachusett

Child Care Programs are Licensed by
The Department of Early Education and Care.

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

Youth Basketball League
Montachusett
For boys and girls in grades 1–4.
Emphasize fun!!! Skill Development, Team play, and Equal participation.

League runs from: TBD
Game times: Saturdays – 8:00am –
10:00am, 10am–12pm, 12pm–2pm
Practice 1 hour, 1 hour Game

Registration Fee is $160 includes a 3 month Youth Membership and a Free T-shirt
Register at the YMCA Front Desk.
(SCHOLARSHIP OPENINGS available)
Registration Deadline– TBD

YOUTH Yoga
Ages 5–12
Take all The Fun of Yoga and add all the movements that youth like to do. This light hearted yoga class will be sure to teach the fundamentals of yoga.
$48/4 weeks for members
$60/4 weeks for non-members
Leominster
Fridays 5:00–5:45pm

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 the Montachusett Community Branch YMCA provides Child Watch. A variety of activities are offered to your children by our caring staff.
Leominster
FREE to City Place + Members
Montachusett
FREE to Family Members
Rodney F. Poland Jr.,
Youth & Teen Center

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..........................2:00-8:30pm
Sat & Sun.............CLOSER

For more information:
Call Angaw Kahassai @ (978) 343-4847 x206

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 x206

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
2:00pm-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.

Y-lead
The YMCA Y-Lead is a leaders club. It is a program made up of youth between the ages of 12-14 yrs old, whose goal is to improve their community through volunteering. Members are responsible for planning and running meetings, community service and fundraising projects and social events (with guidance of advisor). As members they will gain rewarding experiences that will shape them to become better leaders, by exemplifying responsibility and compassion for others.

For more details contact
Angaw Kahassai
978-343-4847 x206

MAP Achievers
Students 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

Youth Membership Schedule (through 12 years old)
Swim
Mon.-Fri..........2:30-3:30pm
Sat...............11:30-1:00pm

Gym
Mon.-Fri..........2:00-4:00pm

Teen Membership Schedule (ages 13-16)
Swim
Mon.-Fri..........2:30-3:30pm
Sat...............11:30-1:00pm

Gym
Mon.-Fri...........2:00-4:00pm
Fri..............6:00-9:00pm
Sat...............2:00-5:00pm

Teen Center Health & Fitness
Obesity, especially in youth, is a nationwide epidemic and represents a serious threat to children’s long-term health and wellness. The YMCA is addressing these issues by starting a new health and fitness program for teens. The youth and teens of Fitchburg and surrounding areas need a place where they can by physically active outside of traditional sports teams. A large number of these teens are looking for non-competitive physical activity.

With the supervision of a teen staff and a certified fitness instructor teens will participate in various exercise activities that will increase their health and fitness awareness. Also, teens will learn more about healthy foods and portion control.

3 day/week
5:00pm-6:00pm
We’ve updated our swim lesson program to focus even more on keeping kids safe in and around the water. Our new swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages. This update allows us to keep doing what we’ve been doing great and build upon
Dear Swim Lesson Participants and Families,

Welcome to YMCA of Central Massachusetts’ updated swim lesson program! Starting with our spring session, we have updated our program to put even more emphasis on keeping kids safe in and around the water.

The new program allows us to do this because we are catering our lessons to fit your child’s age, fitness, skill level and experience. We will be using skill-based instruction, maximizing physical activity all the while elevating character development. Our goal is to have kids learn to swim and progress through the levels at a faster rate.

Say good-bye to the fish! Another change you will notice is the new naming system. Instead of the traditional “fish” names, the new lessons will follow developmentally appropriate stages. Accompanied by the corresponding color, we hope this will simplify your understanding of the swim lesson progression.

Spring Session Dates:
April 2nd - June 16th *No classes the week of April 16th and no class May 28th*

Spring Registration Dates:
Full Members - March 13th
Youth/Preschool - March 19th
Non-Members - March 21st

If you have any questions, comments or concerns, please contact Aquatic Director, Lillie Skerry at LSkerry@ymcaofcm.org and mention that your questions are for the classes at the Montachusett Community Branch.

Mark your calendars! Office hours will be held March 21st 3:00-6:00pm to answer any questions.

Lillie Skerry

Aquatic Director
YMCA OF CENTRAL MASSACHUSETTS
Central Community Branch
766 Main Street, Worcester, MA 01610
(P) 508.755.6101 ext. 273  pool ext. 234

Montachusett Community Branch
55 Wallace Avenue, Fitchburg, MA 01420
(P) 978.343.4847 ext. 210  pool ext. 220
(E) LSkerry@ymcaofcm.org  (W) ymcaofcm.org
(O) Facebook |Twitter

The Y: We’re for youth development, healthy living and social responsibility.
## Youth Aquatics

### LEVEL TO STAGE CONVERSIONS

<table>
<thead>
<tr>
<th>Swim Level</th>
<th>Swim Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent &amp; Child</td>
<td>Option to split infant/toddler</td>
</tr>
<tr>
<td>Parent &amp; Pike</td>
<td>Option to split infant/toddler</td>
</tr>
<tr>
<td>Pike</td>
<td>Preschool</td>
</tr>
<tr>
<td>Eel</td>
<td>Preschool</td>
</tr>
<tr>
<td>Ray</td>
<td>Preschool</td>
</tr>
<tr>
<td>Starfish</td>
<td>Preschool</td>
</tr>
<tr>
<td>Polliwog Beginner</td>
<td>Youth</td>
</tr>
<tr>
<td>Polliwog Advanced</td>
<td>Youth</td>
</tr>
<tr>
<td>Guppy</td>
<td>Youth</td>
</tr>
<tr>
<td>Minnow</td>
<td>Youth</td>
</tr>
<tr>
<td>Fish</td>
<td>Youth</td>
</tr>
<tr>
<td>Flying Fish</td>
<td>Youth</td>
</tr>
<tr>
<td>Shark</td>
<td>Youth</td>
</tr>
<tr>
<td></td>
<td>Competitive, Recreation, Leadership</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swim Club</th>
<th>Recreation Track</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Competitive</td>
<td>Competitive Track</td>
</tr>
</tbody>
</table>
Youth Aquatics

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

- 6 months–3 years
  - PARENT* & CHILD: STAGES A–B
- 3 years–5 years
  - PRESCHOOL: STAGES 1–4
- 5 years–12 years
  - SCHOOL AGE: STAGES 1–6
- 12+ years
  - TEEN & ADULT: STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

- Can the student respond to verbal cues and jump on land? [NOT YET - A / WATER DISCOVERY]
- Is the student comfortable working with an instructor without a parent in the water? [NOT YET - B / WATER EXPLORATION]
- Will the student go underwater voluntarily? [NOT YET - 1 / WATER ACCLIMATION]
- Can the student do a front and back float on his or her own? [NOT YET - 2 / WATER MOVEMENT]
- Can the student swim 10–15 yards on his or her front and back? [NOT YET - 3 / WATER STAMINA]
- Can the student swim 15 yards of front and back crawl? [NOT YET - 4 / STROKE INTRODUCTION]
- Can the student swim front crawl, back crawl, and breaststroke across the pool? [NOT YET - 5 / STROKE DEVELOPMENT]
- Can the student swim front crawl, back crawl, and breaststroke across the pool and back? [NOT YET - 6 / STROKE MECHANICS]

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.
Youth Aquatics

SWIM STAGE DESCRIPTIONS

Swim Starters

A / Water Discovery

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / Water Exploration

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

Swim Basics

1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming. May use a 3 or 4 bubble.

2 / Water Movement

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. May use a 1 or 2 bubble.

3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Student must be able to swim without flotation.

Swim Strokes

4 / Stroke Introduction

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

5 / Stroke Development

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

6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.
**YOUTH AQUATICS (0 - 5 years)**

A/Water Discovery & B/Water Exploration  
6 through 36 months

Tuesday 9:30am  
Saturday 9:00am

---

2/Water Movement  
3 through 5 years

Monday 9:00am  
Thursday 9:30am  
Friday 10:00am  
Saturday 11:20am

---

2/Water Movement & 3/Water Stamina  
3 through 5 years

Monday 9:30am  
Tuesday 9:00am  
Friday 9:30am

---

3/Water Stamina & 4/Stroke Introduction  
3 through 5 years

Tuesday 10:00am  
Thursday 9:00am  
Friday 9:00am

---

**Group RATES**

8-10 week session  
$62/Family Members

LEOMINSTER 978-401-2290  MONTACHUSETT 978-343-4847  ymcaofcm.org
YOUTH AQUATICS (6 - 12 years)

2/Water Movement
Saturday 9:35am

3/Water Stamina & 4/Stroke Introduction
Saturday 10:10am

4/Stroke Introduction & 5/Stroke Development
Saturday 10:45am

5/Stroke Development & 6/Stroke Mechanics
Saturday 11:20am

Group RATES
8-10 week session
$62/Family Members
Adult/Teen AQUATICS (13+ years)

2/Water Movement & 3/Water Stamina

Monday 10:00am
Wednesday 9:30am

5/Stroke Development & 6/Stroke Mechanics

Wednesday 9:00am

Adult/Teen RATES
8-10 week session
$62/Family Members
$156/Non-members

Private Swim Lessons (3+ through 103 years)

Private Swim Lessons: Available for anyone over the age of 3 and for any swim ability. These are half hour one on one lessons. Different days and times may be available. We will try to work around your busy schedule. For more information email Lillie at LSkerry@YMCAofCM.org. Mention Montachusett YMCA and your available days and times.

$23/half hour/Family Members*
$33/half hour/Non-members*
*Or purchase 5 lessons for the price of 4!

Semi-Private Swim Lessons: For 2 students at the same swim level over the age of 3. These are half hour two on one lessons. Different days and times may be available. We’ll try to work around your busy schedule. For more information email Lillie at LSkerry@YMCAofCM.org. Mention Montachusett YMCA and your available days and times.

$34/half hour/Family Members*
$50/half hour/Non-members*
* Or purchase 5 lessons for the price of 4!

Just Keep Swimming!

LEOMINSTER 978-401-2290  MONTACHUSETT 978-343-4847  ymcaofcm.org
FAMILY SWIM*
FUN AND FITNESS
Sun................11:00am-12:00pm
Mon-Wed (2 lanes with our youth & teens) 3-4pm
Wed..................5:00-6:00pm
Fri..................5:15-6:45pm**
Sat..................12:30-1:30pm
Sat..................4:30-6:30pm
*Children Must Be Accompanied By A Parent, Parent Must Stay In The Pool Area.
**The last Friday of the month we will have a friendly game of POOL VOLLEYBALL

WATER EXERCISE CLASSES
WATER EXERCISE & CONDITIONING PROGRAM.
Mon-Fri..................10:30-11:30am
Tues, Thurs**..........5:30-6:30pm
**The last Thursday of the month your workout will include a partial game of POOL VOLLEYBALL

ADULT LAP SWIM
Adult Swim: For fitness & relaxation.
Sun.....................8:00-11:00am
Mon-Wed (2 lanes during family swim) 3-4pm
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 a 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 A Parent, Parent Must Stay In The Pool Area.
**Last Thurs & Fri of the month will have a friendly game of POOL VOLLEYBALL

Masters’ Competitive Swim
Adult competitive swimming and conditioning program.
YMCA membership required.
Mon & Wed...........7:30-8:30pm

Pool Volleyball
For everyone!
Thurs & Fri...............3:00-4:00pm
HEALTH AND WELLNESS

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.

For more information or to set up an appointment, please contact the Front Desk at 978-343-4847 x 200 Day, Month and date.

For more information or to set up an appointment, please contact the Front Desk at 978-343-4847 x 200 Day, Month and date.
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.

**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 Hour:** Loosely based on the traditional body pump program that includes bars and plates to strengthen specific muscles groups. 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

**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 in 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 LESSONS**
Ages 13 and Older
Kindai Inazuma Ryu Kenpo Karate. Experienced black belt instructors from Rick Leclair’s School of Self Defense will teach boys and girls proper training in self-defense; not sport karate. All training is in complete safety.

Leominster Community Branch
Thursdays 7-8pm

**TRX— COMING SOON**
Ages 16 AND OLDER
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.

**SALSA, SABOR Y SALUD— TBA**
Families
A Bi-Lingual Program designed to educate families on easy healthy eating choices along with living an active lifestyle. Participants learn to make small changes in order to see great results.

**AOA**
Active Older Adults
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.

LEOMINSTER 978-401-2290  MONTACHUSETT 978-343-4847  ymcaofcm.org
Bring this form with you to the Leominster or Montachusett Community Branch for registration at our Welcome Center.

REGISTRATION FORM

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

Spring 2018

<table>
<thead>
<tr>
<th>Participant’s Name</th>
<th>Date of Birth</th>
<th>Class Name</th>
<th>Class Day (s)</th>
<th>Class Time</th>
<th>Class Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Leominster or 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.

WINTER SESSION INFORMATION

Spring Session: 04/2/18-6/17/18
Member Registration: 03/13/2018
Non-Member Registration: 03/21/2018

Birthday Party Rentals

Come let the 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 for one (1) hour. For more information on having the YMCA host a pool party for you please contact The Welcome Center at 978-343-4847 x200.
PLEASE GIVE TODAY

2018 ANNUAL CAMPAIGN
You can make a real difference!
Consider a gift today!

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