



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TURNING EVERYBODY INTO A SOMEBODY



Winter/Spring 2012  
Program Guide

**MONTACHUSETT REGIONAL YMCA**

## hours of operation

Monday-Friday 5:00am-9:30pm  
Saturday 7:00am-7:00pm  
Sunday 7:00am-7:00pm

Locker Rooms remain open 30 minutes  
after Program Areas Close.

Holiday Hours 8:00am-5:00pm  
Gymnasium & Pool  
Operate on Sunday Schedule

## Session Dates

### Winter

Begin Weeks Of:

January 2<sup>nd</sup>, January 30<sup>th</sup>, February 27<sup>th</sup>

### Spring

Weeks of

March 26<sup>th</sup>, April 23<sup>rd</sup>, May 21<sup>st</sup>

## Closed

Thursday, November 24<sup>th</sup>, Thanksgiving

Sunday, December 25<sup>th</sup>, Christmas

Sunday, April 8<sup>th</sup>, Easter

## Holiday Hours

Saturday, December 24<sup>th</sup>, Christmas Eve (closes 12noon)

Saturday, December 31<sup>st</sup>, New Years Eve (closes 5pm)

Sunday, January 1<sup>st</sup>, New Years Day

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## staff

### Administration

David Connell, Ext. 204  
dconnell@montymca.org  
*Executive Director*

Laurie Sleeper, Ext. 208  
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*Administrative Assistant*

### Aquatics

Heather Duarte, Ext. 210  
hduarte@montymca.org  
*Aquatics Director*

### Child Care/Camp

Lenny A. Rivera, Ext. 216  
lrivera@montymca.org  
*School Age/Camp Director*

Pamela Christian-Ridings, Ext. 232  
pridings@montymca.org  
*Preschool Director*

### Facilities

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*Facilities Director*

### Finance

Lou Nasti, Ext. 229  
lnasti@montymca.org  
*Finance Director*

### Member Services

Jennifer Gordon, Ext. 214  
jgordon@montymca.org  
*Membership/Marketing Director*

Lynn Scott, Ext. 212  
lscott@montymca.org  
*Membership Secretary*

### Teen Center

Angaw Kahassai, Ext. 206  
akahassai@montymca.org  
*Teen Director*

## YOUR MEMBERSHIP

### methods of payment

#### DRAFT

Pay on the 15<sup>th</sup> of every month and not worry about renewing your membership. Your checking, savings or credit card will be drafted each month.

#### ANNUAL

Your membership will be paid in full upon joining and renewed each year. Payment accepted by cash, check or credit card.

### financial assistance

It is the belief of the Montachusett Regional YMCA that we do not turn any person away. All of our memberships, childcare and program services be accessible to any person regardless of age, income, race or religion. If you feel you cannot afford the Montachusett Regional YMCA please fill out one of our financial assistance applications.

### guests

Guests are always welcome at the Montachusett Regional YMCA. A day pass can be purchased for \$15.00/individual or \$20.00/family.

### canceling your membership

To cancel your membership, you must provide a minimum of 30 days written notice.

Questions? Call Lynn at 978-343-4847 x212

The YMCA reserves the right to change membership fees with 30 days written notice to members.

### reciprocity (New England)

All of our members enjoy the New England wide reciprocity program. Your membership at the Montachusett Regional YMCA will be honored at most Y's within New England. Be sure to call the visiting Y first and check for any restrictions.

### program credit/refund policy

- ★ Should the YMCA need to cancel a class, a full refund or credit will be issued to the participant.
- ★ Should the participant cancel prior to the first class, a full refund or credit will be provided.
- ★ Should the participant cancel after the first class meeting, whether or not they attended, a 50% refund will be issued.
- ★ Should the participant cancel after the second class meeting, no credit or refund will be issued.

### insurance rebates

As a member of the Montachusett Regional YMCA you may be entitled to reimbursement from your health insurance carrier. Most insurance carriers require you to be a member for 6 months. Please contact them to inquire and we will be more than happy to assist you in providing the appropriate documentation.

The following insurance providers may reimburse you:

Fallon Community Health Plan  
Blue Cross Blue Shield  
Harvard Pilgrim Health Plan  
Tufts



## AQUATICS

### Parent & Tot

**Ages 6 months – 4 years. 30 minutes**

Fee: \$32/4 weeks

This is an introductory stage for parents and their children. Water adjustment skills, songs and games along with age appropriate skills are taught.

Tues.....9:00am

Sat.....9:00am



### The YMCA Preschool Swimming Ages 4-6 prior to grade one

Fee: \$32/4 weeks

**Classes are divided into three levels.**

**PIKES-** (Beginner level) Floatation devices (double bubbles) are used to give the children the necessary support for learning how to swim. Skills include floating with or without support, jumping independently and swimming 10-15 yards of the pool without assistance in a horizontal position. **30 minutes**

**EELS-** Children are encouraged to swim 15 yards of the pool wearing a single bubble, float independently, dive, and swim underwater. By the end of the class the single bubble should be removed from the child. **30 minutes**

**RAYS-** Crawl stroke is introduced along with rhythmic breathing and improving previously learned skills. There are no bubbles in the ray level. **30 minutes**

**Starfish-** This is the advanced level of the preschool program; bubbles are not used in this level. Children will be taught backstroke, improve their crawl stroke, improve their diving skills and improve on previously learned skills.

**30 minutes**

Mon.....9:00am, 10:00am, 10:30am

Tues.....2:00pm

Wed.....9:00am, 2:00pm

Thur.....10:00am, 2:00pm

Fri.....9:00am, 9:30am, 10:00am

Sat.....9:30am, 11:00am

### The YMCA Youth

#### Swimming lessons: Grades 1 – 6

Fee: \$32/4 weeks

**The levels of the national program are:**

**Pollywog:** (Beginner) Children are encouraged to swim independently for 15 yards doing a paddle stroke (dog paddle) without floatation. Personal safety, floating, breath control, kicking, and other basic skills are taught.

**30 minutes**

**Guppy:** Swimming the length of the pool (25 yards) doing a paddle stroke and swimming 25 yards doing a rudimentary crawlstroke with a teaching aid are the two primary skills in Guppy. Personal safety, floating, rhythmic breathing, and other basic skills are taught.

**30 minutes**

**Minnow:** Crawlstroke, backstroke and sidestroke are the primary skills in Minnow. Other skills include personal safety, floating, treading water, and sculling.

**30 minutes**

**Fish:** Crawlstroke, breaststroke, sidestroke and elementary backstroke are the primary skills in Fish. Other skills include: personal safety, diving, treading water, and survival floating.

**45 minutes**

## AQUATICS

**Flying Fish:** Breaststroke & butterfly are the primary skills in Flying Fish. Other skills will include: improving crawlstroke, and backstroke. Children will also learn flip turns, diving from the starting blocks, and personal safety.

**45 minutes**

**Shark:** Shark is the most advanced YMCA swimming class at our Quincy facility. In shark, children will review the four competitive strokes (butterfly, backstroke, breaststroke & crawl stroke). Competitive starts and turns will be learned as well as endurance swimming and simple lifeguarding skills.

**45 minutes**

### Schedule

Gr. 1-6

Tues.....5:00pm

Thurs.....5:00pm

Gr. 1-4

Sat.....10:00am

Gr. 5-8

Sat.....10:30am

## SWIM TEAM

The Montachusett Regional YMCA is home to the Stingrays, a Competitive Swim Team Program competing in Worcester County and Eastern Mass- YMCA Swim Leagues. From ages 6 and older. For more details contact Heather Duarte at 978-343-4847 x210

## SCUBA

Register at Andy's Sport Shop in Fitchburg. If interested please call (978) 343-6330. Classes are scheduled for Tuesday evenings.

### \*SWIM INSTRUCTION FOR THE TERRIFIED

It's never too late to learn to swim! A special adult swim instruction program for the beginner swimmer.

Members \$28/4wks., Others \$40/4 wks.

Wed.....10:00-10:30am

### \*ADULT SWIM INSTRUCTION

Basic Swimming skill and stroke improvement for beginners and intermediates.

Members \$28/4 weeks, Others \$40/4weeks

Wed.....8:00-8:30pm



# AQUATICS

Winter/Spring 2012 Pool Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00AM	ADULT SWIM (5:30-9:00AM)	ADULT SWIM (5:30-9:00AM)	ADULT SWIM (5:30-9:00AM)	ADULT SWIM (5:30-9:30AM)	ADULT SWIM (5:30-9:00AM)	ADULT SWIM (7:00-9:00AM)	
7:00							
8:00							
9:00	SWIM LESSONS (9:00-9:30AM)	SWIM LESSONS (9:00-9:30AM)	SWIM LESSONS (9:00-9:30AM)		SWIM LESSONS (9:00-9:30AM)	SWIM LESSONS (9:00-9:30AM)	ADULT SWIM (8:00AM-1:00PM)
	SWIM LESSONS (9:30-10:00AM)	Y PROGRAM (9:30-10:00AM)	Y PROGRAM (9:30-10:00AM)	Y PROGRAM (9:30-10:00AM)	SWIM LESSONS (9:00-9:30AM)	SWIM LESSONS (9:30-10:00AM)	
10:00	SWIM LESSONS (10:00-10:30AM)	SWIM LESSONS (10:00-10:30AM)	SWIM FOR TERRIFIED (10:00-10:30AM)	SWIM LESSONS (10:00-10:30AM)	SWIM LESSONS (10:00-10:30AM)	SWIM LESSONS (10:00-10:30AM)	ADULT SWIM (8:00AM-1:00PM)
	SWIMNASTICS (10:30-11:30AM)	SWIMNASTICS (10:30-11:30AM)	SWIMNASTICS (10:30-11:30AM)	SWIMNASTICS (10:30-11:30AM)	SWIMNASTICS (10:30-11:30AM)	SWIM LESSONS (10:30-11:00AM)	
11:00						SWIM LESSONS (11:00-11:30AM)	
12:00PM	ADULT SWIM (11:30AM-3:00PM)	ADULT SWIM (11:30AM-3:00PM)	ADULT SWIM (11:30AM-3:00PM)	ADULT SWIM (11:30AM-3:00PM)	ADULT SWIM (11:30AM-3:00PM)	Youth & Teen Swim (11:30AM-1:00PM)	
1:00							
2:00							
3:00	Youth & Teen Swim (3:00-4:00PM)	Youth & Teen Swim (3:00-4:00PM)	Youth & Teen Swim (3:00-4:00PM)	Youth & Teen Swim (3:00-4:00PM)	Youth & Teen Swim (3:00-4:00PM)	ADULT SWIM (1:00PM-5:00PM)	FAMILY SWIM (1:00PM-4:00PM)
4:00	Y PROGRAM (4:00-4:45PM)	ADULT SWIM (4:00PM-5:00PM)	ADULT SWIM (4:00-5:30PM)	ADULT SWIM (4:00PM-5:00PM)	Y PROGRAM (4:00-4:45PM)		ADULT SWIM (1:00PM-5:00PM)
	ADULT SWIM (4:45-5:45PM)						
5:00		SWIM LESSONS (5:00-5:30PM)		SWIM LESSONS (5:00-5:30PM)	ADULT SWIM (4:45-6:15PM)	FAMILY SWIM (5:00PM-7:00PM)	
	SWIM TEAM (5:45-7:00PM)	SWIM TEAM (5:30-6:30PM)	SWIM TEAM (5:30-6:30PM)	SWIM TEAM (5:30-6:30PM)			
6:00							
7:00	FAMILY SWIM (7:00-8:00PM)	WATER AEROBICS (6:30-7:30PM)	WATER AEROBICS (6:30-7:30PM)	WATER AEROBICS (6:30-7:30PM)	FAMILY SWIM (6:30-8:00PM)		
		LAP SWIM (7:30-8:00PM)	LAP SWIM (7:30-8:00PM)	LAP SWIM (7:30-8:00PM)			
8:00	ADULT/MASTER SWIM (8:00-9:30PM)	SCUBA (8:00-9:30PM)	ADULT INSTR. (8:00-8:30PM)	ADULT/MASTER SWIM (8:00-9:30PM)			
9:00-9:30			ADULT/MASTERS SWIM (8:30-9:30PM)				

## HEALTH & 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 Regional 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 on their own time that are provided by trainers.

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



## HEALTH & WELLNESS

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

Schedule: Mon.-Fri. 5:30pm

**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.

Schedule: Wed. 12:05pm

**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.

Schedule: Thurs. 7:00pm

**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.

Schedule: Mon./ Fri. 5:30am

Mon./Wed. 6:00pm

Sat. 7:30am

**Circuit Cycling:** Combine the cardio intensity of a cycling class with the strength training of a circuit class in order to produce a whole body interval workout.

Schedule: Wed. 5:30am

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

Schedule: Tues./Thurs. 4:30pm

**HEAT (High Energy Athletic Training):**

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.

Schedule: Thurs. 5:30am, 7:05pm

**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.

Schedule: Mon./Wed. 8:15am

Mon./Fri. 12:05pm

**Pyramid Power Hour:** Challenge yourself with a total body strength training class using pyramid style training system.

Schedule: Tues. 5:30am

**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.

Schedule: Mon. 7:05pm

Sat. 8:30am

**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.

Schedule: Mon./Wed./Fri. 9:15am



## HEALTH & WELLNESS

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

Schedule: Wed. 6:00pm

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

Schedule: Mon. 6:00pm

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

Schedule: Mon.-Fri. 10:30am

**Water Aerobics:** Bring the family together and 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.

Schedule: Tues./Thurs. 5:30pm

**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.

Schedule: Tues./Thurs. 12:05pm  
Wed./Thurs. 7:05pm  
Fri. 6:00pm

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

Schedule: Tues. 9:00am  
Thurs. 8:00am

- All classes are appropriate for ages 16 or above. If a member is younger they must receive approval from the instructor.
- The class schedule is subject to change. Please check with the Front Desk.
- Any classes that do not maintain appropriate attendance are subject to be cancelled.



### YOGA

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

1. **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.  
Schedule: Tues. 6:00pm
2. **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.  
Schedule: Fri. 8:00am
3. **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.  
Schedule: Thurs. 6:00pm

# GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AM	<b>YMCA PROGRAM</b> (7:30AM-9:00AM)						<b>YOUTH BASKETBALL LEAGUE GRADES 1-4</b> (8:30AM-2:00PM)	
7-8								
8-9	<b>YOUTH BASKETBALL LEAGUES GRADES 5-8</b> (8:30AM-2PM)							
9-10								
10-11								
11-12	<b>YMCA PROGRAM</b> (10:30AM-12:00PM)	<b>YMCA PROGRAM</b> (10:30AM-12:00PM)	<b>YMCA PROGRAM</b> (10:30AM-12:00PM)	<b>YMCA PROGRAM</b> (10:30AM-12:00PM)	<b>YMCA PROGRAM</b> (10:30AM-12:00PM)			
PM	<b>ADULT BASKETBALL</b> (12:00PM-1:30PM)						<b>TEEN TIME</b> (2:00PM-5:00PM)	
12-1								
1-2	<b>YOUTH &amp; TEEN TIME</b> (1:30PM-4:00PM)							
2-3								
3-4	<b>YMCA PROGRAM</b> (4:00PM-5:00PM)						<b>FAMILY GYM</b> (2:00PM-4:00PM)	
4-5	<b>ADULT BASKETBALL</b> (4:00PM-7:00PM)						<b>ADULT BASKETBALL</b> (4:00PM-7:00PM)	
5-6	<b>FAMILY GYM</b> (5:00PM-7:00PM)	<b>TEEN CENTER</b> (5:00PM-6:00PM)	<b>YMCA PROGRAM</b> (5:00PM-6:00PM)	<b>TEEN CENTER</b> (5:00PM-6:00PM)	<b>YMCA PROGRAM</b> (5:00PM-6:00PM)	<b>ADULT BASKETBALL</b> (5:00PM-7:00PM)	<b>ADULT BASKETBALL</b> (4:00PM-7:00PM)	
6-7		<b>YMCA PROGRAM</b> (6:00PM-8:00PM)	<b>FAMILY GYM</b> (6:00PM-7:00PM)	<b>KARATE</b> (6:00PM-8:00PM)	<b>TEEN TIME</b> (6:00PM-9:00PM)			
7-8	<b>ADULT BASKETBALL</b> (7:00PM-9:30PM)	<b>ADULT BASKETBALL</b> (8:00PM-9:30PM)	<b>ADULT BASKETBALL</b> (7:00PM-9:30PM)	<b>ADULT BASKETBALL</b> (8:00PM-9:30PM)				
8-9								
9-9:30								

**Adult Basketball:** A time to meet people and partake in pick-up games. Fun for all ages.



**Mondays:** 12:00-1:30PM; 7:00-9:30PM

**Tuesdays:** 12:00-1:30PM; 8:00-9:30PM

**Wednesdays:** 12:00-1:30PM; 7:00-9:30PM

**Thursdays:** 12:00-1:30PM; 8:00-9:30PM

**Fridays:** 12:00-1:30PM

**Saturdays:** 5:00-7:00PM

**Sundays:** 4:00-7:00PM

## YOUTH DEVELOPMENT

### Child Watch

(3 months – 10 years)

Getting to the gym in order to progress forward in a workout regimen is not all easy with young children. That is why the Montachusett Regional YMCA provides Child Watch. A variety of activities are offered to your children by our caring staff.

Cost: \$5.00/child

FREE to Family Members



### Preschool Program

Must be 2 years, 9 months to enroll

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

Currently Involved with renewal of our National Association for the Education of Young Children Accreditation.

**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.**

- 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 5-12 Years

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

**Here is a great opportunity for your child to participate in tutoring, sports, games, swimming, gym and more. Program operates according to 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 Lenny A. Rivera at Ext. 216 or Laurie Sleeper at Ext. 208.***

**Registration by appointment only.**

### Youth Basketball League

**Everyone Plays, Everyone Wins:**  
Boys and girls can learn the fundamentals of basketball in a fun, non-competitive setting.

Fee: \$52/12 wks

Youth Membership required

Scholarships are available

Enrollment is Limited!

#### Grades 1-4

Registration deadline January 20th

Runs January 28, 2012 - April 17, 2012

#### Grades 5-8 Sundays

Registration deadline February 17

Runs February 26, 2012 - May 27, 2012



## YOUTH DEVELOPMENT

### 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.....2:00-6:00pm  
Fri.....2:00-9:00pm  
Sat.....CLOSED  
Sun.....CLOSED

For more information:

Call Angaw Kahassai @  
(978) 343-4847 x 206

### Tutoring Program

The YMCA's Teen Center is invested in the education and future of the area youth. We have created a unique tutoring program that focuses on setting and achieving academic goals. We offer the program participants assistance in all academic areas. The tutoring program is a structured after-school program committed to enriching the YMCA Character Development Values of Caring, Honesty, Respect and Responsibility. Open to youth between the ages of 11-18 years old. Benefits include: Family events, Gym Time, Field-Trips, Computer/Internet Access, Homework/Project Help, School Support, Snacks, Incentives and Point System.

### 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 Membership Schedule (through 12 years old)

Swim

Mon.-Fri.....3:00-4:00pm  
Sat.....11:30-1:00pm

Gym

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

### Teen Membership Schedule (ages 13-16)

Swim

Mon.-Fri.....3:00-4:00pm  
Sat.....11:30-1:00pm

Gym

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



## SPECIAL INTERESTS

**Specialty Clinics:** Would you like enhance your swim, bike and run performance?

Cost: \$8.00/Clinic or 3 for \$20.00

**SWIM Clinic** - Tracey Potter from VMPS – Vescio MultiSport Performance Services in Millbury, MA

Date: January 11

Time: 6:30 to 7:30

Snow Date: Jan 18

**BIKE Clinic** – Gene from Gearworks Cyclery in Leominster, MA

Date: Feb 2

Time: 6:30 to 7:30

Snow Date: Feb 9

**RUN Clinic – POSE** – Nick from Crossfit EXP in Leominster, MA

Date: March TBA

Time: TBA

**1-2-5 Anniversary Pledge:** Commit yourself to the “New You”. This is the 125<sup>th</sup> Anniversary of the Montachusett Regional YMCA and we are challenging our members to the “New You”. 1 Hour of Cardio, 2 Sessions of Weights, 5 Days a Week. Pick up a pledge form at the Front Desk and track yourself. If you complete a 6 week pledge form you will receive an Anniversary T-Shirt.

Cost: \$10.00

Date: January-February

**Zumba Dance Party/Open House:** Dance the Night Away and Challenge yourself with 2 Hours of Zumba . Food, Fun and Raffles with be available on this Saturday afternoon as we put our dancing feet on and enjoy two hours of Zumba.

Cost: FREE

Date: January 7<sup>th</sup>

Time: 4:00-6:00pm

**BMI Challenge:** Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Take the challenge and see what you can achieve in 6 weeks. You will meet with a trainer, put yourself on a pro gram and measure your results.

Cost: \$15.00

January 16<sup>th</sup>-February 27<sup>th</sup>

**Indoor Triathlon:** The Indoor Triathlon is based on time (60 minutes of racing for each competitor) includes swimming, cycling and running, but it measures success in distance (meters and miles) rather than minutes. Participants will start in waves of 4 people every 20 minutes with the first wave beginning at 7:30 a.m.

Participants are allowed 5 minutes for safe transition between race legs, which does not count towards the 60 minutes of racing time.

1. 20-minute swim in pool
2. 20-minute bike
3. 20-minute run on treadmill

*Awards for top male and female*

Cost: \$15.00

January 8<sup>th</sup>

Time: 7:30am

Proceeds to Benefit

The Montachusett Regional YMCA's

The Strong Kids Campaign

**Walk for Dystonia (*Distance4Dystonia*):**

*Distance4Dystonia* is an exciting program of the **Dystonia Medical Research Foundation (DMRF)**. Those who take part in the Walk for Dystonia program will participate in a 5k+ run/walk starting and finishing at the Montachusett Regional YMCA. Monies and support garnered for *Distance4Dystonia* program will benefit the work of the DMRF.

Cost: \$25.00

Date: May 19<sup>th</sup>

Time: 10:00am

## POLICIES AND PROCEDURES

### Membership Policies & Procedures

Members are required to swipe their membership cards when visiting our facilities. Memberships are non-transferable. Only one adult or family guest pass fee may be applied to annual or draft memberships. Family memberships include parents and children 18 and under.

FAMILY MEMBERS MAY REGISTER FOR YOUTH MONTHLY PROGRAMS AT A 50% DISCOUNT AND RECEIVE FREE CHILDWATCH.

### Cellular Phones Equipped with Cameras

Video recorders, cameras or any other visual recording devices are not allowed within the YMCA without the express consent of the Executive Director or his agent.

Some cellular phones have the capability to take pictures, so be careful if someone has one pointed in your direction. Anyone caught taking pictures of another person within the YMCA, without their permission and knowledge and the consent of the YMCA, will be prosecuted to the fullest extent of the law and may have their membership revoked.

Please contact Membership Service at the Front

### Maintenance and Repair

The need for routine or emergency maintenance and repair may necessitate closing certain areas of our facilities at various times of the year. Advance notice of these closings will be posted throughout the building whenever possible.

### Parking Permits

Parking permits are now required for parking in the YMCA lot. Parking permits are available to YMCA members that utilize the YMCA Parking Lot. Permits may be obtained at the Front Desk at NO extra cost. Proof of membership required.

### The YMCA

#### A.W.A.Y. Program

By using the AWAY identification sticker on your membership card, you will have access to hundreds of participating A.W.A.Y. YMCAs throughout the U.S. free of charge or at reduced rates.

#### The Y Reciprocity Program

Did you know your membership here at the Montachusett Regional YMCA is honored at all Y's throughout New England? Each Y has their own restrictions and limitations so be sure to call first.

The protection of our members and guests participating in our programs and/or using our facilities is a paramount interest of the Montachusett Regional YMCA. The Montachusett Regional YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse; is a registered sex offender; habitually or excessively uses narcotics or dangerous drugs; has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs; or continuously or excessively uses intoxicating beverages.

**All YMCA facilities close  
Promptly at  
9:30 pm Mon.-Fri.  
&  
7:00pm Sat-Sun.**

## Program Registration Information

Memberships may be purchased at any time.

Registration for Winter Classes begin Dec. 19<sup>th</sup> for classes beginning weeks of Jan. 2<sup>ND</sup> , Jan. 30<sup>TH</sup> and Feb. 27<sup>TH</sup>

Registration for Spring Classes begin March 12<sup>th</sup> for classes beginning weeks of March 26<sup>th</sup>, April 23<sup>RD</sup> and May 21<sup>ST</sup>

Email address must be submitted to Membership Dept. prior to online registration. Register in person at the YMCA or on line at [www.montymca.org](http://www.montymca.org). Payment is required at the time of Registration.

Due to limited capacity in some classes, early registration is recommended.

Enrollment in one session does not guarantee a slot in the next session.

Program fees are non-refundable, unless the YMCA cancels the class.

**YMCA Family memberships receive a 50% discount of Youth Monthly Programs.**

**YMCA Facilities are Available for Rent**

Meetings, Family Gatherings, Special Events

**WALLACE AVE. FACILITY  
Pool**

Call Heather Duarte at 978-343-4847 x210

**CAMP LOWE**

Call Lenny A. Rivera at 978-343-4847 x216



# Camp Lowe Day Camp



**Offering 9  
One-week sessions:  
June 18<sup>th</sup> – August 17<sup>th</sup>  
[www.montymca.org](http://www.montymca.org)**



Est. 1957

Camp Lowe offers an exciting summer to remember! Our location and staff are simply the best, hands down! As we enter our **55<sup>th</sup>** camping season, we offer 25+ acres of waterfront, woods, fields and streams and are easily accessed by Route 2.

Our goal is simple. Provide a safe, fun and rewarding experience for children ages 5-14. We offer low staff to child ratios, 1:5 for 5 and 6 year-olds, 1:8 for ages 7-14! Our staff consists of dedicated, caring individuals that have a genuine interest in children and enjoy the outdoors. We employ teachers, college students, high school students, administrators, Counselors, Jr. Counselors and specialists committed to providing the best experience we can offer. We focus on the four character development values of the YMCA: Caring, Honesty, Respect and Responsibility. Certified medical personnel are on site to oversee your child's health and safety.

Camp Lowe contact:  
Lenny A. Rivera 978-343-4847 x216  
[lrivera@montymca.org](mailto:lrivera@montymca.org)





Montachusett Regional

**YMCA**

55 Wallace Ave.

Fitchburg, MA 01420

978-343-4847

[www.montymca.org](http://www.montymca.org)