



2021 FALL PROGRAMS

Southern District YMCA

PARENTS' NIGHT OUT

November 19 and December 17
6:30-9:00PM in the gymnasium

Members: \$5/child
Community Members: \$15/child

Each month, the Exeter Area YMCA provides childcare for children ages 5-11 with active games and a craft. Dinner is provided, so youth also enjoy pizza with healthy snacks. Enjoy your night out—the kids will, too!

Registration: operations.daxko.com/Programs

STAY AND PLAY

Monday and Thursday
10:30-11:30AM in the gymnasium

Members: No cost
Community Members: \$5 drop-in per three visits

This program is designed for caregivers of children birth - kindergarten. This drop-in program offers developmentally appropriate toys and activities. This is a great place for parents and caregivers to meet and enjoy adult time while engaging the children!



WEIGHTS FOR TEENS

Tuesday and Thursday
5:30-6:30PM

Members Only: \$155/Participant

This 6-week program is for teens ages 11-17. Two levels are offered, and this training will help the lifter use proper technique, form, breathing and spotting.

Registration: operations.daxko.com/Programs



ACTIVE KIDS

Tuesday and Wednesday
4:30-7:00PM in the gymnasium

Drop in and have your kids ages 7-11 use the gym to play games, run around and be active while being led by a YMCA staff member. This is a FREE program for our members. There is no registration, members can just walk in.



WALK WITH EASE

Monday, Wednesday, Friday starting 10/4
11:00-Noon at the upstairs track

Members: No cost
Community Members: \$50/Participant

This is a six-week program designed by the Arthritis Association, specifically written for those suffering with Arthritis pain. It is also a practical and useful resource for anyone looking to increase physical activity.

Registration: operations.daxko.com/Programs



MAHJONG

Thursdays
11:00-1:00PM in the Community Room

Members: No cost
Community Members: Drop-in, 3 guest visits max
Come meet friends and play Mahjong! This is a game of skill, strategy, and calculation with a degree of chance. Beginners are welcome.

Registration: operations.daxko.com/Programs



YMCA'S BLOOD PRESSURE SELF MONITORING

Email barb@sdyymca.org for more information.

Coming soon, this program is designed to help adults with hypertension lower and manage their blood pressure. It focuses on regular self-monitoring of one's blood pressure over 16 weeks using proper measuring techniques, one-on-one or group-based consultations with a trained Healthy Heart Ambassador, and nutrition-based education for better blood pressure management.

YMCA'S DIABETES PREVENTION PROGRAM

Email barb@sdyymca.org for more information.

Coming soon, this program focuses on small, measurable and reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group in learning about healthier eating and physical activity over 25 sessions.

WEEKLY WILDCARD

Fridays at the Y

The Weekly Wildcard Workout has returned! Every Friday, the Y showcases a different group exercise class. Check the schedule each week to see which of your favorite instructors are hosting. Sign up is in MINDBODY.

MIDDLE SCHOOL LEADERS CLUB

Mondays, starting 10/4-12/13

4:00-6:30PM at Camp Lincoln

Cost: \$50/10-week program

Register: operations.daxko.com/Programs

Middle school students will learn leadership and communication skills in this weekly group. They will be challenged to become more organized, find their own voice, and prepare for the transition to high school. Participants will have the opportunity to lead group discussions, plan activities and try new things. Students will explore activities such as public speaking, STEM, team building, problem solving, outdoor education and more.

FALL CAMP CLEAN UP DAY

Wednesday, November 24

9:00AM-1:00PM at Camp Lincoln

No cost or sign up required

Come help get camp prepared and cleaned up before the winter months. A BBQ lunch will be supplied. Email geof@ymcacamplincoln.org for more information.



THANKSGIVING DAY CLASSES

BodyPump with Jillian at 7:00AM

RPM with Giovanna at 8:00AM

Zumba with Stephanie R.K. and Gemma at 8:00AM

BodyFlow with Jodi at 9:00AM

Saturday, November 27:

Turkey Burn Cycle at 7:15AM with Nora

ZUMBA STARS

Fridays at the Y

12:30-1:30PM

Zumba Stars is returning to the group exercise schedule! This adaptive version of Zumba is perfect for all levels and abilities. This class incorporates a lot of general movement and music from Latin dances like salsa, merengue and the cha cha. This class also uses current music and encourages creativity. There is no cost, sign up on MINDBODY.



ARC BABYSITTING COURSE

Saturday, December 4

7:00AM-2:30PM in the Community Room at the Y

Cost: \$140

The Exeter Parks and Recreation and Exeter Area YMCA is offering a comprehensive program that gives teens (minimum age of 11) the knowledge and confidence to care for infants and school-age children. Led by a certified Red Cross instructor, this program combines video, activities, hands-on skills training and discussion for a complete learning experience. Please note there is a maximum of 10 students and a minimum of 8.

INJURY SCREENING

Monday, December 6

4:00-6:00PM

Members: No cost

Community Members: \$5

Core Orthopedics Sports Medicine Team (Dr. Joseph Bernard and Kim Carpenter, PT, ATC) return to host a free injury screening at the Y. This is an opportunity to talk to medical professionals about your aches and pains, and receive guidance on how to address it. This is a free offering. Email andrea@sdyymca.org to sign up for an appointment.

BLOOD DRIVE

Friday, December 10 in the gymnasium

Noon-4:30PM

Please visit redcrossblood.org and enter EXETERYMCA to schedule an appointment.