



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INSPIRING HAPPY LIVES

2016-2017  
PROGRAM GUIDE

**DANVERS COMMUNITY YMCA**

34 PICKERING STREET  
DANVERS, MA 01923  
WWW.DANVERSYMCA.ORG  
978-774-2055

## OUR MISSION:

The mission of the Danvers Community YMCA is to provide facilities and programs which promote good health, strong kids and strong families in an environment filled with good, moral and ethical values based on the YMCA's Christian principles and traditions.



# MEMBERSHIP INFORMATION

## HOURS OF OPERATION

Monday–Friday– –5:30 a.m.–10:00 p.m.

Beginning – Week of September 6th

Saturday –7:00 a.m. – 8:00 p.m.

Sundays – 9:00 a.m. – 4:00 p.m.

The Y is closed on Thanksgiving ,  
Christmas, New Years Day, Memorial Day,  
4th of July and Labor Day .

## MEMBERSHIP RATES

Effective since August 2016	Annual	Monthly	*Joiners
Pre School 6mos-5yrs.	\$70	N/A	N/A
Youth 6-13	\$125	N/A	N/A
Teen 14-17		\$18.00	\$15.00
Young Adult 18-21		\$29.50	\$30.00
Adult 22-64		\$35.50	\$50.00
Adult 65 and up		\$30.00	\$50.00
2 Adult Couple		\$59.50	\$50.00
2 Adult Couple 65 and up		\$49.50	\$50.00
Family 1 Adult		\$54.00	\$50.00
Family 2 Adult		\$68.00	\$50.00

\*\*\*See page 3 for membership descriptions\*\*\*

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## FALL REGISTRATION DATES

Y Member Registration begins  
Wednesday, September 7th

Public Registration begins  
Thursday, September 8th

Session 1—begins Sept 19th

## Y SENIOR STAFF

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Pre-School Coordinator

Sandra Cleary

Please note: Dates and times in this brochure are subject to change.

# From the Director

The Danvers Community YMCA is meeting the needs of the communities we serve. While all YMCAs are connected to the YMCA of the USA, our Y, separately, is a 501©3 charitable organization, led by our own Board of Directors. We have a service area that includes Boxford, Danvers, Middleton and Topsfield, but many of our members come from other parts of the state and beyond. Your membership to the Danvers Community Y is your ticket for facility use at just about every YMCA facility in New England. For details on the Y's Reciprocity Program go to [www.danversymca.org](http://www.danversymca.org). Our staff is trained and ready to help our members reach their goals, focusing on Youth Development, Healthy Living, and Social Responsibility. Everyone is welcome at the YMCA, regardless of their religious beliefs, ethnicity, etc. Annually our YMCA raises funds to provide access for those in our service area, unable to pay for services. It is our Social Responsibility to see that everyone has access and we are so proud to meet this need.

Last year the Cardio and Strength Training Center was upgraded with new equipment, sponsored by People's Bank Community Foundation of Eastern Massachusetts. Recently we upgraded the majority of our lighting fixtures throughout the facility with LED bulbs to help save on electricity and improve our member's experiences. We are proud to be helping to conserve energy and at the same time cut down on our use of electricity. I encourage you to get involved to get the most from your membership. If you have any suggestions or have a talent to share with the Y, please let us know. You're important to us and we thank you for being part of our YMCA family and for your support.

Sincerely,

*Len Mercier,*

Y CEO

## MEMBERSHIP DESCRIPTIONS

### **PRESCHOOL** – 6 months to 5 years

Preschool Memberships allow for discounts on programs and swimming during family and rec swims. Children of this age must be accompanied in the water by an adult member or day member who will pay a special \$5 day member fee.

### **YOUTH MEMBERSHIP** – 6 to 13

Youth Memberships include recreational swimming, open gym times, by schedule, and discounts of program activities.

### **TEEN MEMBERSHIP** – 14 to 17

Membership includes use of the Cardio & Strength Training Center during regular hours. Teens will be working out with the Adults and are expected to act accordingly. Teen members may take part in Adult Lap swimming, fitness classes and high school open Gym times.

### **YOUNG ADULT** – 18 to 21

#### **ADULT & SENIORS**

All follow the same swim schedule, unlimited Cardio and Weight Center, take part in many included group fitness programs, Open Gym schedule and receive discounts on many specialty programs.

### **FAMILY MEMBERSHIPS**

Family memberships include full-time college students through age 22, with continued proof of full-time enrollment. Family Time is for the 13 year old to work out with a Parent in the cardio center. Parents MUST be working out side by side with the child on any of the equipment that is being used. Family membership includes free baby sitting times.

**This is based on standard households; if you have a non-standard household (i.e., three adults, etc.) we welcome you! See Meredith for pricing on this.**

### **JOINERS FEE (non-refundable)**

A joiners fee is charged when a new membership is started. This one time fee that is not charged for renewals, membership changes or transfers from other Ys. Joiners fee are placed in a fund for capital expenses.

### **DAY GUEST MEMBERSHIPS**

6 Mos.—Age 5	\$3.00 per visit
Youth ages 6-13	\$5.00 per visit
High School	\$10.00 per visit
College	\$10.00 per visit
Adult	\$10.00 per visit
Family	\$15.00 per visit

**(limited to 2 visits annually)**

### **MEMBERSHIP PAYMENT PLANS**

Membership fees can be paid for in a number of ways.

- Monthly drafts from checking or savings accounts as well as drafts from debit or credit cards is recommended, allowing memberships to be continuous without renewals. A written thirty day notice is required to stop membership.
- Or annual payment in full with cash, check, or credit card.

### **MY Y IS EVERY Y in New England**

Your Danvers Y membership may be used at just about every YMCA in New England. Now every Y is your Y. Details are on our website [danversymca.org](http://danversymca.org). There are limitations on specialty programs and specialty facilities.



### **REGISTER FOR MEMBERSHIP OR PROGRAMS ONLINE AT:**

**[WWW.DANVERSYMCA.ORG](http://WWW.DANVERSYMCA.ORG)**

**The Y.™**

**For a Better Us.™**

# GENERAL INFORMATION

## GENERAL YMCA RULES

1. Membership Cards must be scanned at front desk when entering the Y facility.
2. Soap showers must be taken before and after use of pool.
3. No glass is allowed in the locker rooms or pool area at any time.
4. Bathing suits are required for the swimming pool.
5. Shirts & sneakers must be worn in work-out areas.
6. White-soled sneakers are required in the gymnasium.
7. Personal locks can be used on lockers while members are using the facility only. No personal locks should be left on any locker overnight.
8. Food and drinks are not allowed in gym & pool areas.
9. The Danvers YMCA is not responsible for lost or stolen personal items. Wallets and valuables may be checked at the front desk.
10. Cellular phones are not to be used in locker rooms.

## REFUND POLICY

A full refund will be given if a class is cancelled by the YMCA or a person cannot meet the course prerequisites. If it becomes necessary for a person to cancel prior to the first class, a refund, less \$5.00, will be given. There will be no refunds after the second class has been held.

## LATE REGISTRATIONS

Those who register late for a program activity, any time during the first two (2) classes of the session shall pay the stated program fee. Registrations received after the second class will be prorated according to the remaining classes.

## RETURN CHECK FEE AND DRAFT FEE

A \$15.00 fee will be charged for all checks and draft returns.

Make the Y your second home.

Enjoy the pool, exercise areas and fitness classes, have children learn to swim at the Y.

## PROGRAM REGISTRATION INFORMATION

Early enrollment is encouraged, as classes fill fast. Only those programs in which there is sufficient interest will be sponsored. All programs are payable in full before the first class of each session. New programs are added from time to time. Advertisements for these activities will be in the local newspapers and posted in the Y building or check our website, [www.danversymca.org](http://www.danversymca.org). Many programs can be registered by phone. Call the Y at (978) 774-2055 for details.

## MEDICAL CONSIDERATIONS POLICY

The Danvers YMCA is proud to provide quality exercise equipment and classes for adult fitness. However, before initiating any exercise program, the Danvers Y recommends that the member should obtain a complete physical examination from a medical doctor, and enlist the aid of the doctor in developing an exercise program for the member's current health status. The Danvers YMCA does not provide health and accident coverage. It is the responsibility of all participants to obtain health and accident coverage for themselves.

## CHILD WATCH-Baby Sitting A FREE service to our family members!

As a service to our members, the Y offers Child Watch-Baby Sitting weekday mornings and Monday nights. Members may leave their children with the sitter while exercising in the building. Parents must not leave the Y property while the child is with the program.

Mon.—Fri. 8:15 a.m.-11:15 a.m.; Monday evenings 5:45-7:30 pm

**This schedule is subject to change to meet program needs.**

Fee: \$3 per visit (1st child); \$2.00 for each additional child.

Child Watch is free for family members.

## RACQUETBALL & WALLEYBALL RESERVATIONS & RULES

The Danvers Y offers an air-conditioned court for Y members to enjoy racquet sports or Walleyball. Court time can be reserved for members free. Non-members may book a court for \$25 which includes court time and day fee for 2 non-members.

### Reservations

1. Court may be reserved up to three days in advance.
2. Reservations must be paid for if court is cancelled.
3. Walleyball equipment is available for \$4.00 per reservation.
4. Under 14 must play racquetball with an adult.

## HOLIDAYS, VACATIONS, MAKE-UPS & CANCELLATIONS

The Danvers YMCA will hold lessons each day that the Y is open, with the exceptions of the school vacation weeks. During the vacation weeks, the Y usually holds recreational swims each weekday afternoon. Check front desk for upcoming vacation schedules.

### Thanksgiving schedule for Youth classes and swim lessons

Classes will not be held Wednesday, November 23th thru Saturday the 26th. These classes will be made up Dec 28th-31st.

### Christmas Schedule:

No classes Dec. 26 - Jan. 2nd unless you have a scheduled make up from the Thanksgiving break.

### Weather Cancellations

When there is no school in Danvers due to inclement weather the Y has the following schedule. When school is cancelled, all A.M. classes are cancelled. Afternoon and evening classes are decided one hour before the class. Check our website, your email, Facebook, Twitter or call the Y at 978-774-2055 one hour prior to a scheduled class to see if it will be held. The Y will only make up classes that are cancelled by the Y, not for sickness or weather cancellations.

The Y is closed on Labor Day, Thanksgiving, Christmas, New Years, Memorial Day and 4th of July.

# Youth Care Programs & Vacations FOR YOUTH DEVELOPMENT

## PRESCHOOL

The Danvers Community YMCA Preschool is state certified and is licensed through the Massachusetts Department of Early Education and Care (EEC). The program offers children a stimulating environment, caring and experienced teachers who will aid in their development, and plenty of space to explore and play with their peers. This program includes an emphasis on the positive aspects of the child's performance to aid in the growth of the child's confidence and self-esteem. There will be 8 weeks of swim instruction in both Fall and Spring.

The school offers a "learning can and should be fun" program that encourages all students to explore, and to learn in a fun filled and stimulating atmosphere. Our teachers will encourage your child during free play, arts, dramatic play, singing, creative movement, math, science, gym games and other activities. Children will have the opportunity to explore and learn individually, as well as in a group. Our programs run by the Danvers School year schedule. We follow holidays and days off. A schedule will be supplied for clarity.

**The Pre School is open on Danvers Public School half-days.**

### Two Day-Tuesday & Thursday 9:00 a.m.-12:00 p.m.

Age 3 may sign up for this two day program. For a child to be eligible for the two day program, the child must be three years of age by September 1st, 2016.

\$50 at time of registration  
\$195 each month  
(9 payments beginning September)  
Total of monthly fees \$1,755

### Three Day – Mon., Weds., & Fri. 9:00 a.m.-12:00 p.m.

Ages 4 & 5 may sign up for this program. For a child to be eligible for the three day program, the child must be four years of age by September 1st, 2016.

\$50 at time of registration  
\$245 each month  
(9 payments beginning September)  
Total of monthly fees \$2,205

## LUNCH BUNCH & MUNCH FUN

**8 Week Program 12 noon-2 p.m.  
Mon, Weds, Fri—4 & 5 Year Olds  
Tues & Thurs - 3 Year Olds  
Costs: Registered Pre-School Student \$64  
Members \$85  
Non-Members \$105**

A fun program for children ages 3 thru 5. Lunch Bunch offers a great place to have lunch with a different activity every week. Story Time, Movie and Popcorn, Arts and Crafts, Outside Games, and Classroom Games are some of the activities your child will be able to participate in. Great for parents that want to work out, run an errand, take a swim, or have lunch with some friends.

**Swimming is offered to the Friday program only.**

## SCHOOL'S OUT KID'S CLUB-Gr. K-8

At school dismissal, children are transported to the Y building on Pickering Street for an afternoon filled with friends, fun and many activities. The program will close promptly at 6:00 p.m. Enrollment is strictly limited by our license.

### Activities May Include:

Homework Help, Music, Crafts, Games Room (air hockey, table soccer, ping-pong, board games, etc...), Outdoor Play, large open field, Recreational Swim-every day, Auditorium, Basketball Gym-adjustable hoops, Board Games, Club Activities, Computers. Fees are paid monthly. Fees include transportation cost, & early release days. Fees do not include an extra fee for holidays, school closing days, and vacation days.

5 days per week	\$389/month
4 days per week	\$352/month
3 days per week	\$287/month
2 days per week	\$222/month
1 day per week	\$163/month



## SCHOOL'S OUT KIDS CLUB VACATION WEEKS

Daily Fees:

**Members \$70.00**

**Non-Members \$115.00**

(These rates are for NON-SOKC Members)

Join our after school and save big. The Danvers Y Childcare Program is open during the school vacation days. Activities include sports, swimming, field trips, arts and crafts, computers, homework help and games room activities. We are also open during most Danvers Public School closings and half days.

### December Vacation

12/26-12/30/16 open

1/2/17 open

### February Vacation 2017

2/20-2/24 open with

"themed" days every day  
(to be announced).

### April Vacation 2017

4/17-4/21 open with

"themed" days every day  
(to be announced).

## Kids Night Out

This program will run Friday nights twice a month (1st & 3rd Friday-6:00-8:30 p.m.). Kids can choose from activities like arts & crafts, sports, computers, karaoke, and recreational swim. Open to grades 1-5. Look out for this great event.

**Fees: Members: \$10.00  
Non-Members: \$15.00**



**PRESCHOOL ACTIVITY CLASSES**

**PRE SCHOOL CLASSES**

**SESSIONS 1-5**

**FEES: MEMBERS: \$50**

**AGES: 3-5 NON-MEMBERS: \$100**

**STIX STARTERS**

This class will be a blend of numerous sports that pertain to using sticks like lacrosse, hockey, and more! Children will learn basic skills and have endless fun!  
Monday 11:30—12:00

**SUPER SLUGGERS**

Grand Slam! This class will be a mish mash of fun baseball themed activities, including t-ball, tenniball, whiffleball and more!  
Thursday 11:30—12:00



**TONS OF FUN**

**WITH SPORTS**

If your child has a lot of energy, this class is for them. This class will cover a wide variety of games that is sure to burn off some of that energy. Some of the classes will cover forms of soccer, parachute games, tag games, and more!  
Friday 11:30-12:00

**LITTLE KICKERS**

Let's Kick It!!! If your kid likes soccer, kickball, running, jumping and fun then this is the class for you!  
Tuesday 11:30-12:00

**"MY Y IS EVERY Y"**  
**Your Y card can be used at any YMCA in New England!!!!**  
**Ask for details.**

**BIG TIME BALL PLAY**

Basketball, bucketball, dodgeball and football are just a few of the exciting games that this class will cover! This program is sure to be a slam dunk!  
Wednesday 11:30—12:00

**SPECIALTY FLYERS**

We recommend that you check with the front desk and on the Y's website at [www.danversymca.org](http://www.danversymca.org)

While we try not to make many changes, sometimes class times change due to scheduling or for attendance reasons.

New classes are added from time to time.

**NO CLASSES WILL BE HELD DURING SCHOOL VACATION WEEKS.**  
**WATCH FOR SPECIAL PROGRAMS.**



Following Session 4, a mini session will be offered. Schedules will be posted during Session 4.



# Youth Sports Classes

# FOR YOUTH DEVELOPMENT

Fees for all classes are:  
(unless otherwise noted)

Members \$50  
Non-Members \$100

\*Session 5 mini session schedule is  
available at the end of Session 4.

## FLOOR HOCKEY

Safety and proper team play is reiterated before each and every class. Floor hockey is a great workout as kids are always active!  
Mon. 3:30-4:15 pm Grades K-2  
Mon. 4:15-5:00 pm Grades 3-5  
Sessions 1—5

## ARCHERY

This class includes equipment review, perfecting form, and practicing shooting and accuracy.  
Tues. 3:30-4:15 pm Grades 1-8  
Session 1, 4 & 5

## RUNNING

Learn new skills to breathe better, work on form & timing. This will help with kids who plan on doing track later on.  
Wed. 3:30-4:15 pm Grades K-8  
Session 1-5

## ULTIMATE FRISBEE

Combines the non-stop movement and endurance of soccer with aerial passing skills of Frisbee. Learn skills and compete in scrimmages.  
Thurs. 3:30-4:15 pm Grades 3-5  
Session 1, 4, & 5

## FOOTBALL

For anyone that has a love or an interest for the sport of football. We make this a fun filled program with warm ups, light drills, defensive and offensive strategies and games.  
Tues. 3:30-4:15 pm  
Sessions 1 & 4 (outside or gym)  
Tues. 3:30-4:15 pm Grades K-2

## SOCCER

Skills will include: game play, passing, positioning, shooting and having fun!  
Tues. 3:30-4:15 pm Grades K-2  
Tues. 4:15-5:00 pm Grades 3-5  
Sessions 2 & 3

## BASKETBALL

Includes warm up, lesson and half court basketball games. This is a great class for both beginners and advanced.  
Fri. 3:30-4:15 pm Grades K-2  
Fri. 4:15-5:00 pm Grades 3-5  
Sessions 1 - 5

## GOLF

Your child will learn the basics of golfing focusing on swing and positioning.  
Tuesday 4:15-5:00 pm Grades 1-8  
Sessions 1, 4 & 5

## BASEBALL

The basic skills and rules of baseball will be taught, as well as different drills and running to up their game.  
Thursday 4:15-5:00 pm Grades K-2  
Sessions 1, 4, & 5

## DANCE

Fun and different dances that involves coordination, teamwork and exercise.  
Wed. 4:15-5:00 pm Grades K-8  
Sessions 1-5

## STRENGTH TRAINING

Packed with tons of different moves using mostly your child's own body weight, this will help keep your child active & moving.  
Friday 6:00-6:45 pm Grades 6-8  
Sessions 2-5

## KIDS NIGHT OUT

Two Fridays a month beginning in October, for ages 6 to 12. Schedule will be posted on our website.  
6:00-8:30 PM  
Members \$10 Non-Members \$15

## MIDDLE SCHOOL DROP-IN ACTIVITIES

Beginning November 7th, a schedule of nightly activities will be located on our website.  
Monday through Thursday  
6-7 pm Grades 6-8  
See schedule for fees. Most nights are free for Danvers Y Members.

Class sessions will run as follows,  
unless otherwise noted.

Session 1  
Week of September 19th  
Session 2  
Week of November 14th  
Session 3  
January 23th  
Session 4  
Week of March 27th  
Session 5 (mini session)  
Week of May 29th

## DODGEBALL LEAGUE

Both sides of the gym are used for games. The league includes team shirts, referees, playoffs, trophies and other themed weeks. Numerous games each night! Has been a big hit and fills up early.

**H.S Grades 9-12**—sign up start Sept. 14; 7 player teams, 5 players play at a time. Sign up as a team or solo players will be assigned a team. Games will be held on Tuesday nights. Schedule released Jan 20th. 1st game the week of Jan 23rd.  
Members \$50 Non Members \$75  
Please note: Dodgeball may not be held on school vacations or holidays, check for dates.

**Middle School Grades 6-8**—sign up start Sept. 12; 7 player teams, 5 players play at a time; players will be assigned to a team. Games will be held on Thursday nights. Schedule released Jan 20th. 1st game the week of Jan 23rd.  
Members \$50 Non Members \$75  
Please note: Dodgeball may not be held on school vacations or holidays, check for dates.













## TRANSPORTATION

**Fees: \$24 for an 8 week session.**  
Save time and gas by letting us take your child to the Y. We pick up every day at the Danvers public schools for our childcare programs. Members and Non-Members that are interested in taking Y programs or classes can sign up for transportation from their Danvers Public School to the Y. Your child must be registered for a 3:30 program. Space is limited to bus capacity. Call early to register.

If you have any questions about our programs or classes and would like to be the first to receive our fliers, please email Joe at:  
jpauline@danversymca.org

## SWIM LESSON GUIDE: Please match your Child's skills with the following charts.

PRESCHOOL (Ages 2 1/2 - 5 YEARS)					
<b>Pike &amp; Parent</b> 	Ages 2 1/2 - 4	No swimming requirements	Parent or guardian in the water with child		
<b>Pike</b> 			comfortable in the water without a parent		
<b>Eel</b> 	Ages 3 - 5	Swim 5 feet on front, back and side without flotation	Back and front float 20 seconds with flotation	Submerge face in water	Uses 2-3 bubbles
<b>Ray/ Starfish</b> 		Swim on front, back and side 15 feet without flotation	Back and front float 10 seconds, stand without flotation	Uses 2 bubbles or less	Swim with face in water

YOUTH (Ages 6 - 14 YEARS)						
<b>Beginner Polliwog</b> 	Ages 6+	No swimming requirements	comfortable in the water without parent			
<b>Advanced Polliwog</b> 		Can swim unassisted with 1 or 2 bubbles	Back and front float 10 seconds, unassisted	Submerge face in water		
<b>Guppy</b> 		Swim 20 feet on front, back and side without flotation	No bubble use	Swim 25 yards unassisted	Swim with face in water	Kneeling dive
<b>Minnow</b> 		Swim the front crawl with rotary breathing and back crawl 25 yards	Back and front float 1 minute	Tread water for 30 seconds	Standing dive	
<b>Fish/ Flying Fish</b> 		FISH-Swim the front crawl with rotary breathing, back crawl and elementary backstroke, sidestroke, breaststroke 25 yards with good form.		Tread water 1 minute & Standing dive with jump	FLYING FISH-Swim the front crawl with rotary breathing, back crawl and elementary backstroke, sidestroke, breaststroke for 50 yards with good form	
<b>Shark</b> 		These advanced level classes are for children who can already swim front crawl with rotary breathing, back crawl, elementary backstroke, sidestroke and breaststroke 100 yards with good form plus above Flying Fish skills.				

### FAMILY SWIM

Cost: FREE to Y Members  
 \$10 Non-Member 14+ years  
 \$15 Non-Member/Family Unit  
 Preschooler & Non-Mem-adult \$5

Family Swim are family focused swim times. A parent/guardian must be in the pool with the children. An adult must be in the pool with each child under 6.

### LAP LANES

Cost: FREE to Y Members  
 \$10/Non-Member

Lap lanes are offered during various times of each day. Swimmers must be willing to share lanes if there are not enough. Circle swimming is encouraged and lap swimmers must be 14 years of age or older. Noodle use is not allowed.

### REC SWIM

Cost: FREE to Y Members  
 \$3 Non-Member under 6 years old  
 \$5 Non-Member 6-13 years  
 \$10 Non-Member 14+ years

Rec swim is a great time to enjoy splashing around the pool and to practice swimming skills learned in lessons. If a child is under 6 years old a parent/guardian must be in the water with them.



# Swimming for Tots and Preschool FOR YOUTH DEVELOPMENT

## 2016-2017 AQUATIC PROGRAMS

**Session 1:**  
September 19th-November 12th

**Session 2:**  
November 14th-January 21st

**Session 3:**  
January 23rd-March 25th

**Session 4:**  
March 27th-May 27th

**Session 1:**  
Member Registration opens 9/7/16.  
Non-member registration opens  
September 8th. Open house will be  
October 31st-November 5th.

**Session 2:**  
Re-registration begins October 31st,  
new registration begins November  
7th. Open house will be January 9th-  
14th.

**NO** classes November 23-26th or  
December 19th-28th for holiday  
observation. Classes missed for  
Thanksgiving will be made up  
December 28th-31st.

**Session 3:**  
Re-registration begins January 9th,  
new registration begins January 16th.  
Open house will be March 13th-  
18th.

**NO** classes February 20-25th for  
February school vacation.

**Session 4:**  
Re-registration begins March 13th,  
new registration begins March 20th.  
Open house will be May 15th-20th.  
**NO** classes April 17th-22nd for April  
school vacation.



Days and times of classes may  
change due to demand and  
availability. Please check the  
updated offering on our website.

## PARENT/CHILD

### TINY TOT

Ages: 6 months - 3 years  
Cost: \$60/M \$110/NM  
Toddlers in the Tiny Tot classes are  
taught swimming skills with or with-  
out a floatation device. The emphasis  
continues to be placed on water  
adjustment and water safety as the  
child develops trust in the relation-  
ship with the instructor while under  
the guidance of the parent.

**Tuesday: 10:00am**  
**Friday: 10:00am**  
**Saturday: 8:30am, 9:30am,**  
**10:00am**

## PRESCHOOL LESSONS

### PIKE WITH PARENT

Ages: 2 1/2 years - 4 years  
Cost: \$60/M \$110/NM  
Toddlers in this level must receive  
placement through the aquatics  
department. Children will begin to  
swim with the instructor while their  
parents are present in the water to  
put both parties at ease.

**Monday: 10:30am**  
**Thursday: 10:30am**  
**Saturday: 10:00am**

### PIKE

Ages: 3 - 5 years  
Cost: \$60/M \$110/NM  
This level is designed for swimmers  
who have little to no swimming  
experience. Children will learn  
introductory swimming fundamentals  
such as kicking, blowing bubbles,  
being comfortable in the water, and  
getting their faces wet.

**Monday: 3:30pm, 4:30pm**  
**Tuesday: 10:00am, 3:30pm**  
**Thursday: 4:00pm**  
**Friday: 10:30am, 3:30pm**  
**Saturday: 9:00am**

### EEL

Ages: 3 - 5 years  
Cost: \$60/M \$110/NM  
This level is for children who can  
swim independently for up to 15 feet  
and are already comfortable in the  
pool. Children will learn paddling/  
kicking, and swimming with their  
faces in the water.

**Monday: 10:30am, 3:30pm**  
**Tuesday: 10:30am, 4:00pm**  
**Wednesday: 4:00pm**  
**Thursday: 10:30am, 4:30pm**  
**Friday: 10:30am, 3:30pm**  
**Saturday: 8:30am, 9:00am**  
**10:30am**

### RAY / STARFISH

Ages: 3 - 5 years  
Cost: \$60/M \$110/NM  
Children at this level enjoy swimming  
with little assistance from a  
floatation device. Children are taught  
advanced paddling, kicking, treading,  
and will build endurance.

**Tuesday: 10:30am**  
**Wednesday: 4:00pm**  
**Thursday: 4:00pm**  
**Friday: 10:00am, 3:30pm**  
**Saturday: 9:00am**



**Observation Policy:** It is the  
policy of the Danvers YMCA to  
limit parents from observing  
swim lessons from the pool deck  
while class is in session. We  
have an open house week the  
seventh week of each session  
for children to show parents  
and friends their progress. It is  
our belief that children are less  
distracted and will achieve more  
if parents are not on deck.  
Please be aware that there is a  
certified lifeguard in the pool  
area at all times.

# Swimming for School Age Children FOR YOUTH DEVELOPMENT

## YOUTH LESSONS

Ages: 6 - 13 years

Cost: \$50/Members

\$100/Non Members

### **BEGINNER POLLIWOG**

This level is designed for those children with little or no swimming experience, or who are fearful of the water. Instructors will build confidence and basic swimming fundamentals.

**Tuesday: 4:00pm**

**Saturday: 10:00am**

### **ADVANCED POLLIWOG**

This level is for children who are comfortable in the water but still require a floatation device. To move to the next level, children must be swimming without floatation. Instructors will work on stroke development and swimming fundamentals.

**Monday: 4:00pm**

**Wednesday: 3:30pm**

**Friday: 4:00pm**

**Saturday: 9:30am**

### **Guppy**

At this level, children continue to build upon basic skills without a floatation device. Introductions to breast-stroke and elementary backstroke will begin at this level.

**Monday: 4:00pm**

**Tuesday: 3:30pm**

**Wednesday: 4:30pm**

**Thursday: 4:30pm**

**Friday: 4:00pm**

**Saturday: 8:30am**



### **MINNOW**

Children will be refining their strokes in this level. They will also perform basic sidestroke and breaststroke. To pass this level children must demonstrate 25 yards of each stroke.

**Tuesday: 4:00pm**

**Wednesday: 3:30pm**

**Thursday: 4:30pm**

**Friday: 4:30pm**

**Saturday: 9:30am**

### **FISH**

Children will be focusing building their endurance up along with be introduced to butterfly and perfecting their turns. They should be able to swim 50 yards of backstroke, breaststroke, freestyle and sidestroke to move up.

**Tuesday: 4:30pm**

**Friday: 4:00pm**

**Saturday: 10:30am**

### **FLYING FISH**

At this level, swimmers will further refine strokes and increase endurance. The focus to pass this level is a continuous 200 yard swim using the four major strokes.

**Tuesday: 4:30pm**

**Friday: 4:00pm**

**Saturday: 10:30am**

### **SHARK**

This is an advanced level for those who have mastered the 4 major strokes of butterfly, breaststroke, backstroke and freestyle. They will become refined swimmers and be introduced to lifesaving skills.

**Tuesday: 4:30pm**

**Friday: 4:00pm**

## DOLPHINS SWIM TEAM

### **YMCA COMPETITIVE PROGRAM**

The Danvers Y Dolphins compete in Division III of the Eastern Mass Y District. Many of our swimmers participate in USA Swimming. The Dolphins are well represented at Y championship events. This program is under the direction of coaches; Danielle Hanscom, Laura LaBrecque, and Heather Lacey.

Swimmers are placed into levels by age and swimming ability. Each level is also reflected by the number of practices required each week.

Swimmers ages 5 through High School participate on the team.

The swim season runs September 26th through March 24th. A spring session will then follow April through June for 12 weeks.

### **SWIM TEAM TRYOUTS**

Swimmers, ages 5-18, wanting to tryout for the Dolphin Team should plan on attending two days during the week of September 12th - 16th, Monday through Friday from 5:00 - 6:00pm. For more information, contact the coaches at: [DYD@danversymca.org](mailto:DYD@danversymca.org)  
See website for additional information.



**PLEASE REMEMBER THAT IF YOU HAVE ANY QUESTIONS OR SUGGESTIONS REGARDING ANY OF OUR AQUATIC PROGRAMS TO CONTACT THE AQUATICS DIRECTOR.**

# Adult Aquatics Programs & Birthday Parties

# FOR HEALTHY LIVING

## ADULT LESSONS

Cost: \$60/Members  
\$110/Non Members

### **ADULT BEGINNER**

This course is designed for adults who are fearful of the water, do not know how to swim and want to feel more comfortable in the water.

**Wednesday: 8:00pm**

### **ADULT STROKE IMPROVEMENT**

Designed for adults who know how to swim and would like to get the kinks out of their strokes and swim more efficiently.

**Wednesday: 8:30pm**

## WATER FITNESS

Cost: Members: FREE  
Non-Members: see punch card

### **CO-ED WATER AEROBICS**

This is a high intensity workout in a safe, non-weight bearing environment. This class combines an aerobic workout with strengthening exercises. It is not necessary to know how to swim to participate in this class.

**Monday - Friday: 8:45-9:30am**

**Tuesday & Thurs: 7:30-8:15pm**



**Join Today!**

### **CO-ED DEEP WATER WALKING**

This is a fun way to exercise in the water environment. Men and women will enjoy this aquatic program that improves your cardiovascular fitness while utilizing the deep end of the pool, wearing a floatation waist belt for added buoyancy.

**Mon, Wed, Fri: 9:30-10:00am**

**Tues & Thurs: 7:00-7:30pm**  
**Tues/Thurs class thru 11/22/16**

### **CO-ED AQUATIC FITNESS**

The aquatic fitness program is a recreational exercise program designed especially for participants with arthritis. Its purpose is to reduce pain and stiffness. It may also help increase range of motion. It is not necessary to know how to swim to participate; float belts are provided if necessary. This is taught in the shallow end of the pool.

**Tuesday & Thurs: 9:30-10:00am**

### **Punch Card for Water Fitness & General Fitness Classes**

10 classes for \$95 (one time only). After punch card is completed, you must take out a YMCA membership and we waive the joiners fee. The other option is to pay \$10 per class.

### **PRIVATE SWIM LESSON**

Private lessons are offered by request based on availability. To inquire about private or semi-private lessons please contact Colleen DiFelice at [cdifelice@danversymca.org](mailto:cdifelice@danversymca.org)

Private lessons (1 person)

Semi-Private lesson (2 people)

## HEALTH & SAFETY

Cost: To Be Announced

### **American Red Cross Lifeguard**

Students will be trained in the nationally recognized American Red Cross Lifeguard Course including CPR, First Aid and AED. Certification is determined by successful completion of a water test and comprehensive written exam. Swimming skills are a pre-requisite and attendance in all classes is mandatory. **MUST BE SIGNED UP TWO WEEKS PRIOR TO START.**

December 27th-30th - 11:00-5:00pm

or

February 20th-23rd - 11:00-5:00pm

Please check our website for more dates and times for all Health and Safety Classes

(CPR, First Aid, etc.)

[WWW.DANVERSYMCA.ORG](http://WWW.DANVERSYMCA.ORG)

## **BIRTHDAY PARTIES**

### **POOL BIRTHDAY PARTIES**

Cost: \$175/ Member  
\$250/Non Members

Parties must be booked a minimum of two weeks in advance and can have up to 20 swimmers. For each child over 20 please add \$5 to the fee. If a child in attendance of the party is under 6 years old they must have an adult in the water with them at all times. Fee includes 1 hour of pool use followed by 45 mins in a party room.

### **GYM BIRTHDAY PARTIES**

Cost: \$175/Members  
\$250/Non Members

Fee includes 1 hr. gym rental, 45 minute party room w/coordinator. Activity options include the following: Soccer, gym games, tag, parachute games, pillow polo, dodgeball, floor hockey, basketball, whiffle ball, t-ball and more. Gym party fee is for up to 20 children. For each additional child please add \$5.

Moon Bounce is available for an additional fee of \$25.



## Punch Card for Water Fitness & General Fitness Classes

10 classes for \$95 (one time only).

After punch card is completed you must take out a Y membership and we will waive the joiners fee. The other option is to pay \$10 per class.

## ADULT FITNESS

Adult Fitness is designed with the active older adult in mind. Gentle stretching, muscle toning, and strengthening exercises are included in this very popular class. A great place to meet friends as well as stay in shape.

Instructor: Deb McDermott  
**Tuesday 9:00-10:00 am**

## BARRE

Full body workout fuses elements of ballet, Pilates, sports conditioning & stretching for a fun workout. Low impact but high intervals followed by recovery stretching makes this a complete workout.

Instructor: Andrea Bean  
**Mon. 7:00-8:00 pm & every other Sun. 9:15-10:00 am**

## BOOT CAMP With Jeannie & Joanne

This heart-pumping class combines cardio moves along with weight & body resistance for a total workout.

Instructor: Jeannie  
**Tuesday 5:30-6:15 am**  
 Instructor: Joanne  
**Thursday 5:30-6:30 am**

## CARDIO KICKBOXING

Aerobic boxing, jumping jacks, and squats are just a few of the moves in this fast paced class. This class is designed to improve muscular strength and cardio-vascular endurance.

Instructor: Caren Holmes  
**Monday & Wednesday 6:00-7:00 pm**

## CARDIO MIX-UP

30 minutes of continuous movement, a mixture of kickboxing, floor aerobics and other cardio moves.

Instructor: Deb McDermott  
**Mon & Wed 9:00-9:30**  
 Instructor: Joanne  
**Friday 9:00-9:30 am**

## CARDIO SPIN

A 45 minute challenging cardiovascular workout using a stationary Spinning Cycle. Through music and various techniques, the instructor will take participants through a motivational bicycling experience that simulates an outdoor ride. Class schedules will be available on a separate brochure at the front desk as well as sign up sheets (MUST sign up in advance-classes fill quickly)!

Non-members punch card,  
 5 class punch card - \$45



## CO-ED STEP AEROBICS

This Co-Ed class features basic step. Great class for all levels.

Instructor: Deb Barrowclough  
**Thursday 6:30-7:20 pm**  
**Saturday 8:30-9:15 am**

## MUSCLE & CORE CONDITIONING

Add this muscle and core class to your Cardio Center workout or after a class. This class will include bands, weights, and your own body weight to strengthen your entire body.

Instructor: Deb McDermott  
**Mon & Wed 9:30-10:00 am**  
 Instructor: Joanne  
**Fri. 9:30-10:00 am**

## PILATES

Mat-based class using methods taught by Joseph Pilates. This class is designed to increase core strength and stability. Hand held weights and the dyna-ball will be used.

Instructor: Deb Barrowclough  
**Tuesday, Thursday 5:45-6:30 pm**  
**Saturday (Advanced) 9:15-10:00 am**

## SALSA & MORE

What is SALSA? Salsa is a fun and effective cardio workout with exercises designed to tone the entire body from top to bottom. Latin music and a combination of fast and slow Latin moves are used. This high/low impact class has something to offer all fitness levels. Come move your body to infectious Latin beats.

Instructor: Carmen Vega  
**Tuesday 6:30-7:30 pm**

## TOTAL BODY SCULPT

This class uses Pilates moves that are done on a dyna-ball. Hand weights will be included.

Instructor: Terry Ivester  
**Tuesday 8:15-9:00 am**  
**Thursday 8:15-9:00 am** beginning in Oct.  
 Instructor: Caren  
 Every other Sunday 9:15-10:00 am  
 (beginning Sept 11th)

## TRX

TRX is Suspension Training and body-weight exercises. It Develops strength, power, balance and core stability. TRX is for everyone, old, young, in shape or not. Cost \$8.00/class members. \$12.00/per class non-members. Check separate schedule for class days and times.

Instructor: Eric Knight  
**Tues. 6:30 am & Thurs. 5:45 am**

## YOGA & GENTLE YOGA

**Now Included with Membership  
 Yoga Punch Card For Non-Members (\$95)**

In Yoga, you will learn how mind-body workouts and using the weight of your body will reshape your torso and leave you feeling centered and revitalized.

**Class includes:** Conscious breathing, relaxation meditation. Bring mat (if you have your own) and a blanket.

## YOGA

Instructor: Kendra Raymond  
**Thursday 4:30-5:30 pm**

## GENTLE YOGA

Instructor: Barbara Younger  
**Thursday 10:00-11:15 am**



## ZUMBA

This fast paced class uses popular music and fast steps and moves to give you a complete workout! Join this vigorous class to up your full body workout!!

Instructor: Andrea Bean  
**Wednesday 7:00-8:00 pm**  
**The Y. For a better us.™**

Fitness Classes will begin the second week of September, 2016 and continue through the end of June, 2017. Some classes may not meet during school vacations. Any change will be posted at [www.danversymca.org](http://www.danversymca.org)

# Personal Training, Ballroom, Leagues & more FOR HEALTHY LIVING

## PERSONAL TRAINING

Just getting started? Training for an event? Need to get over a plateau? Maybe you just need a new program? Please contact Health & Fitness Director, Deb Barrowclough if you would like to setup an appointment with one of our personal trainers.



## BASKETBALL LEAGUES

For Men's and Women's Basketball Leagues, please contact Deb Barrowclough at the Y.



## CO-ED VOLLEYBALL

Like to play volleyball? This program will be offered on Monday evenings 8:00-10:00 pm. Please contact Deb Barrowclough if you're interested in playing and/or helping.



## BALLROOM I - 8 weeks

Basic steps, Fox Trot, Waltz, Cha-Cha, Rumba and Swing are some of the dances that will be introduced.

Instructor: Laurie Gienapp

**Tuesday 6:30-7:30 pm**

**Cost: \$100 Members**

**\$130 Non-Members**

## BALLROOM II - 8 weeks

Same as Ballroom I with additional steps and Introduction to Tango.

Instructor: Laurie Gienapp

**Tuesday 7:30-8:30 pm**

**Cost: \$100 Members**

**\$130 Non-Members**



## GREAT GIFT IDEA



### Danvers Community YMCA

#### Gift Certificate

**PRESENTED TO:** Mom

**FROM:** Jenna, Austin & Murphy

**FOR THE GIFT OF:** One Year Adult Membership

YMCA  
December 25, 2017  
Date of Issue

Danvers Community YMCA  
34 Pickering Street  
Danvers, MA 01923  
Ph (978) 774-2055, Fax (978) 750-4457  
www.danversymca.org

*This Certificate is Valid One Year From Date of Issue*

## FINANCIAL ASSISTANCE

The Danvers Community YMCA believes that everyone should be able to participate regardless of their ability to pay. Each year the Y's Annual Fund Program assists with membership fees, program fees, camperships and more. Applications for financial aid are available for those living in our service area of Danvers, Boxford, Topsfield and Middleton.



### William & Steven Bekel Memorial Basketball Tournament

9th Annual to be held during the Summer of 2017. This 3 on 3 tournament is held in the Danvers YMCA "Anderson Gymnasium", on a Sat/Sun, combined with a raffle to raise funds for teen financial assistance. Over 20 teams participated last year. The tournament is named in honor of both Steven and William Bekel, who both died in an automobile accident in 2009. Steven's passion for basketball and the YMCA inspired his friends and their parents to begin this memorial event to honor them and to provide assistance for teens at the Y. Watch for details late spring 2017.



### DY WILDCAT 5K And Wild-Kitten Family Run Sunday, October 23rd, 2016 10:00am start

Wildcat Conservation Area with hiking trails featuring ponds, vernal pools, & scenic surroundings.

**\*\*Packet pick-up and Same Day registration starts at 8:30AM Sunday\*\***

The first annual DY Wildcat 5K Trail Race is a beautiful loop through Boxford's Wildcat trail system off of Stiles Pond Road. There will be two races run (hiked) simultaneously. The 5K course starts and finishes at the Stiles Pond Danvers Y Camp in Boxford and cuts down Stiles Pond Road entering into and looping around Wildcat Trail, while a half-mile "Wild-Kitten" course climbs up and around the Danvers Y Camp's 17 acres to finish at the waterfront of the camp.

Full details and map of the course at [www.danversymca.org](http://www.danversymca.org).

Please register early as there are a limited number of runners and really cool gift for this year's event!





## SPECIAL EVENTS & DONATION OPPORTUNITIES

### MELISSA S. BARROWCLOUGH

#### ANNUAL MEMORIAL GOLF TOURNAMENT

The tournament is held the first Saturday after Labor Day each year at the Apple Hill Golf Club in East Kingston, NH. This event features 18 holes of golf, a BBQ dinner, prizes for winning teams, raffles, and various golf skills contests! Please join us!! This event is named in honor of Melissa S. Barrowclough, daughter of YMCA Fitness Director Deb, her husband Bruce and brother Keith. Melissa died in a tragic car accident in July 2001. At her family's request, proceeds from this tournament benefit youth & teen scholarships here at the Y. If you are unable to attend the tournament or are not a golfer, you can still be a part of this special event by becoming a Business and/or Memorial Hole Sponsor or be donating to our raffles. All levels of tournament support are welcome and needed, including help the day of the event.

A separate brochure with further details is available every July at our front desk or online at: ([www.danversymca.org](http://www.danversymca.org)), special events. For more information, please call Deb, Meredith or Marianne at the Y 978-774-2055.



#### GIVING TREE PROGRAM DECEMBER HOLIDAY

Many of us look for a way to give the holidays more meaning. Feed your holiday spirit and help out some great causes at the same time. Our holiday tree located in the lobby of our facility, is dedicated to helping children and families throughout the world. By taking an ornament from our tree, your generosity will benefit the Danvers People to People Food Pantry and the Y's Annual Fund. With your spirit of giving, the holidays will be brighter for those in need.



#### WINTER GALA: FEBRUARY 4, 2017

This fundraiser is held in our Gymnasium. Music is provided by a live band and features a live and silent auction, along with appetizers, wine & beer, and raffles. 7:00 pm-Midnight. Tickets will go on sale January 1st.

Come and celebrate while supporting the Y's mission.

### ANNUAL FUND CAMPAIGN

This is the most important fund raising effort the YMCA undertakes. It is our annual effort to:

- Provide camperships to children who really need to attend camp, but are unable to afford it.
- Provide financial assistance for childcare, membership and/or class fees, as well as program charges.
- Sponsor youth programs that give the opportunity for learning and development.

The fees the YMCA charges for programs and memberships equal the total expenses of running those activities. We need to raise annual support dollars to enable the Y to provide a financial assistance program to allow equal access for all. Every dollar donated goes directly to individuals, children and families who would not otherwise be able to participate here at the Y.

Tax-deductible contributions to this fund help to keep costs down for everyone while benefiting the entire community.

Donations may be designated for the following: memberships, camperships, or program fees for both youth and adults.

With your support, we can meet our fund raising goal of \$50,000. Please consider giving what you can.

- \$1,000 assists teens with positive choices through sponsored programs.
- \$780 provides a year's membership for a family, strengthening family values.
- \$250 gives a child a camp experience that will be remembered for life.
- \$220 allows a teen a place to belong for a year to build confidence and positive experiences.
- \$125 provides access to the YMCA for a child ages 6 to 13 for swimming and sports.
- \$ Any amount can help make the Y affordable. Give what makes you feel good.

\*Donations may now be drafted from credit card or checking account.



# DANVERS COMMUNITY YMCA

34 Pickering Street  
Danvers, MA 01923



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Y SUMMER CAMPS FOR 2017

### CAMPS FOR 2017

The Danvers Y offers a variety of summer camps to meet the needs of the area youth, allowing for flexibility for families.

### ADVENTURE CAMP

(Located at the Danvers Y)

This camp offers programs for ages 4-14. Swimming, arts & crafts, special events, field trips, nature, athletics, group time, field games and computers are all part of the Adventure Camp experience. Caring counselors keep the children busy and entertained throughout the day. The Adventure Camp offers a complete program that fits a family's summer schedule by offering 2, 3, 4, & 5 full day programs each week. Children ages 4 & 5 have the option of a half or full day program. Before and After Camp Care is available to extend the camper's day.

### STILES POND DAY CAMP

(Located on Stiles Pond, Boxford)

This camp, owned and operated by the Danvers YMCA for 68 years, offers air conditioned buildings, two basketball courts, activity areas, swimming and boating areas and themed week make this traditional camp a great choice. Transportation from stops in Danvers, Boxford, Topsfield and Middleton is provided to children ages 6 to 14, for full days of boating, fishing, project adventure, sports, nature, crafts, special theme weeks and a C.I.T. Program. Before and After Camp Care is available at both ends of the camp day. This camp is an outdoor adventure for all.

Watch for additional programming for the 2017 camp.

Email the Camp Director at:  
msvendsen@danversymca.org

### YOUR COMMUNITY YMCA!

Your Y is just down the road from the homes in Boxford, Danvers, Middleton and Topsfield. Go to [www.danversymca.org](http://www.danversymca.org) for directions.

