



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Merrimack Valley YMCA

MAKING HEALTHIER LIVES ACHIEVABLE FOR EVERYONE.



Fall Session

September 6 - October 24, 2011
Registration Begins: August 15, 2011

Late Fall Session

October 25 - December 12, 2011
Registration Begins: October 3, 2011

Follow us on:



Methuen YMCA
www.mvymca.org

Table of Contents

• Upcoming Events	Pg. 3
• Youth Development	Pg. 4
Arts & Humanities	Pg. 4
Education & Training	Pg. 4
Martial Arts	Pg. 5
Recreation	Pg. 5
Sports	Pg. 5
• Camp	Pg. 7
• Child Care	Pg. 8
• Healthy Living	Pg. 10
Education & Training	Pg. 12
Family Events	Pg. 12
Diabetes Prevention	Pg. 12
• Social Responsibility	Pg. 14
• Membership	Pg. 16
• Program Procedures & Policies	Pg. 18



Merrimack Valley YMCA Hours and Closings

BUILDING HOURS HOURS

	Lawrence	Methuen	Andover / North Andover
Monday - Thursday	5:00AM-10:00PM	7:00AM-8:00PM	5:00AM-10:00PM
Friday	5:00AM-10:00PM	7:00AM-7:00PM	5:00AM-9:00PM
Saturday	5:00AM-9:00PM	9:00AM-5:00PM	6:00AM-8:00PM
Sunday	7:00AM-3:00PM	CLOSED	8:00AM-6:00PM

HOLIDAYS / CLOSURES

Monday, September 5	Labor Day - Closed
Thursday, November 24	Thanksgiving Day - Closed
Friday, December 2	YMCA Staff Holiday Party- Branches will close at 7:00pm
Saturday, December 24	Christmas Eve open until 1:00pm
Sunday, December 25	Christmas Day - Closed

Upcoming Events



Saturday, September 17 -

Methuen YMCA Recycling Event from 9am-1pm

Come recycle all of your household items that you don't use anymore. Bring in your old televisions, small appliances, refrigerators, clothing and more.

*** Thursday, September 22-**

International Initiative at the Methuen YMCA- 6:00 - 7:30PM

A Global Perspective. In celebration of Y-Arts Week, and to kick off our International Initiative, join us at the Merrimack Valley YMCA's first Multi-Cultural Arts Festival held at the Methuen YMCA.

*** Sunday, October 2 -**

Second Annual Brickman Triathlon.

For more information, go to http://www.mvymca.org/lawrence/brickman_2011/information/ - see page 13 for details

*** Friday, October 28 -**

American Red Cross Blood Drive at the Methuen YMCA- 1:00 - 6:00PM.

You can help save lives by donating your blood, or your time at our American Red Cross Blood Drive. Schedule an appointment online at www.givelife.org, or call (800) GIVELIFE. For more information, or to volunteer, please contact the Methuen YMCA at 978-683-5266.



Halloween at the YMCA:

Join us for trick - or -treating at our branches.

• Andover/ North Andover YMCA-October 28

- Lawrence YMCA-October 29
- Methuen YMCA-October 22

*** November 4 & 6 -**

Hurricane Invitational Swim Meet at the Andover/North Andover YMCA.

Come cheer on our home team. The ANA Hurricanes team includes swimmers ages 6-18.



Friday, December 2 -

Annual YMCA Staff Holiday Party.

Please note that our YMCA branches will be closing early this evening at 7:00pm to allow our staff time to gather off-site.

*** Thursday, November 24 -**

Feaster Five Road Race -

Our Andover/North Andover YMCA is pleased to announce that we will again be the registration site for the Annual Feaster Five Thanksgiving Day Road Race. Registrants can pick up their race number and shirt at the Andover/North Andover YMCA on Monday, November 21- Wednesday, November 23.



Saturday, December 3 - Santa Claus is coming to town! .

Come take advantage of this perfect photo opportunity from 10:00am -12:00pm. Held at the Methuen YMCA.

*** Friday, December 9, 7:30 am - Merrimack Valley YMCA Annual Meeting.**

Members and friends of the Y are welcomed. Please RSVP to 978-725-6681 or events@mvymca.org. Learn about the YMCA's success over the past year and our new initiatives. Come help us celebrate and recognize our volunteers.

*** December 9 -**

Winter Festival Friday at the Andover/North Andover YMCA- 6:00 -7:30PM

Join us for a night of family fun as we celebrate the Winter Holiday Season! Enjoy festive snacks, and games and crafts the whole family will enjoy. Don't forget to bring your camera, there may be some special holiday guests stopping by. YMCA members, \$10/Family. Community members, \$15/Family.

ARTS & HUMANITIES

Art with Heart

<u>Snack Room</u>		<u>Ages 1-3 Parent/Child Class</u>	
Family \$40	General \$65	Community \$85	

Join your child in their first art class! Clays, paints and various non-toxic mediums of art will be explored. The focus of the class will be in the process not the final product.

Fall	Saturday	10:30-11:15am
Late Fall	Saturday	10:30-11:15am

Slimy Science

<u>Kitchen</u>		<u>Ages 5-9</u>	
Family \$50	General \$65	Community \$85	

In this one hour class kids will concoct all sorts of fun and slimy things to play with. Please be prepared to get messy!

Fall	Tuesday	4:30-5:30pm
Late Fall	Tuesday	4:30-5:30pm

Crafty Cooks

<u>Kitchen</u>		<u>Ages 7-11</u>	
Family \$70	General \$85	Community \$105	

This combination craft and cooking class is a great way to learn the basics of cooking while exploring your creative side. Children will learn about different styles of art and practice mixing and pouring ingredients.

Fall	Thursday	4:30-5:45pm
Late Fall	Thursday	4:30-5:45pm

Preschool Playgroup

<u>Gymnasium/All Purpose Room</u>		<u>Ages 3-5</u>	
Family \$60	General \$75	Community \$95	

During this class children will experience both active free play in the gym and creative craft time.

Fall	Saturday	9:00-10:15am
Late Fall	Saturday	9:00-10:15am

Beginner Dance 1

<u>All Purpose Room</u>		<u>Ages 3-5</u>	
Family \$35	General \$65	Community \$95	

This 40 minute class teaches the children foundation skills of creative movement and dance. They will learn basic ballet and tap steps while having fun learning how to hop, leap and gallop. Tap and Ballet shoes are needed.

Fall	Saturday	10:30-11:10am
Late Fall	Saturday	10:30-11:10am

Hip Hop

<u>All Purpose Room</u>		<u>Ages 9-13</u>	
Family \$45	General \$75	Community \$105	

Learn fundamental skills like turns and body isolations, in this fun and upbeat class that teaches both short routines and fully choreographed dances.

Fall	Tuesday	5:00-6:00pm
Late Fall	Tuesday	5:00-6:00pm

CHILD CARE

EARLY CHILDHOOD PROGRAM

The Methuen YMCA Early Childhood Program is a state licensed full-day child care program for children ages 15 months to 5 years. The curriculum addresses the individual interests and abilities of young children by focusing on early literacy activities through social, emotional, physical, and cognitive areas of development. Your child will have an opportunity to explore and discover through art, literacy and language, mathematics, science and exploration, under the guidance of nurturing and knowledgeable teachers. **See page 8 for more information.**

SCHOOL AGE PROGRAM

The Methuen YMCA School Age Program is a licensed after-school program that provides care for students ages 5 to 12 years. The program gives children the opportunity to participate in exciting daily activities such as sports, games, arts and crafts, science, cooking and field trips. Homework assistance is offered Monday through Thursday. Transportation is provided daily from Methuen public schools. A full-day program is available on school vacation days. **See page 9 for more information.**

EDUCATION & TRAINING

Babysitter's Training

<u>All Purpose Room</u>		<u>Ages 11-15</u>	
Family \$90	General \$100	Community \$110	

This Babysitter's Training is a two-session course designed for 6th-9th grade students, ages 11-15, interested in becoming responsible babysitters. Get hands on training with a certified instructor and learn all about basic care, accident prevention, proper emergency response, and basic first aid for common injuries and illnesses. Students receive certification in Infant & Child CPR, Babysitter's handbook.

Fall	Saturday, October 15 & 22	1:00-5:00pm
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MARTIAL ARTS

Tiny Tots Karate

Gymnasium		Ages 3-4
Family \$35	General \$50	Community \$65

The Methuen Karate Association offers karate classes for boys and girls ages 3 & 4. Students will begin to learn the fundamentals and movements of karate in this fun and exciting class. No uniform required.

Fall	Wednesday	4:15-4:45pm
Late Fall	Wednesday	4:15-4:45pm

Youth Karate

Gymnasium		Ages 5-12
Family \$70	General \$90	Community \$115

The Methuen Karate Association offers karate classes for boys and girls ages 5-12. Students will have the opportunity to get in shape and improve their physical conditioning while learning self-discipline and responsibility. \$15 uniform fee additional.

Fall	Wednesday	5:00-5:45pm
Late Fall	Wednesday	5:00-5:45pm

Karate for Special Olympics

Athletes

Gymnasium		Ages 7+
Family Free	General Free	Community Free

An instructional program designed specifically for Special Olympics athletes and/or individuals with disabilities who would like to learn the basic forms of karate. This is a new local program of the MA North Division of Special Olympics founded as "Olympians Karate Program." Applications are also being accepted for volunteer "buddies" to assist the athletes. \$20 uniform fee required for athletes.

Fall	Wednesday	Ages 7-12	6:00-6:45pm
Fall	Wednesday	Ages 13+	7:00-7:45pm
Late Fall	Wednesday	Ages 7-12	6:00-6:45pm
Late Fall	Wednesday	Ages 13+	7:00-7:45pm

RECREATION

Kids' Night Out

Gymnasium/Teen Center		Ages 5-12
Family Free	General \$5	Community \$10

A fun evening out for both kids and their parents! Drop off your children and their friends at the YMCA for a fun night of gym games, arts & crafts, a movie and a snack while you go and have some fun of your own!

Fall	Saturday, September 10	5:00-8:00pm
Fall	Saturday, October 8	5:00-8:00pm
Late Fall	Saturday, November 12	5:00-8:00pm
Late Fall	Saturday, December 10	5:00-8:00pm

5th & 6th Grade Dances

Gymnasium/Teen Center		Grades 5-6
Family \$6	General \$8	Community \$10

If you like dance contests, food, and hanging out with your friends – come to the Methuen YMCA! Can you limbo real low? Freeze your dancing on cue? Dancing not your thing? Grab a slice of pizza and listen to music while you hang out with your friends in our Teen Center – complete with air hockey, foosball, and pool tables. We have something for everyone!

Fall	Friday, October 14	6:30-9:30pm
Late Fall	Friday, November 11	6:30-9:30pm
Late Fall	Friday, December 9	6:30-9:30pm

Teen Membership

Gymnasium/Teen Center

Sign-up for a Teen Membership at the Methuen YMCA for only \$75 per year!* The Teen Center is a safe, supervised place for 13-18 year olds to drop-in with access to pool tables, ping pong, foosball, video games, computers, wellness center, gymnasium and outdoor basketball court. Enjoy summer field trips to go swimming, laser tag, mini-golf & much more! *Membership valid at the Methuen YMCA only.

Birthday Parties

Gymnasium/All Purpose Room

Family \$100	General \$120	Community \$140
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Parties at the YMCA are great for birthdays, team parties, school parties, boy/girl scout parties or other special events. Enjoy two hours of exclusive use of the gymnasium with games and activities led by an enthusiastic staff person and a party room to enjoy your food/cake and open gifts. So sit back, relax, and let the YMCA take care of all your party needs! Reservations must be made two-weeks in advance. A non-refundable 50% deposit will be required to reserve a party date and time one week prior. Parties are booked on Saturdays and Sundays according to availability. To learn more or make a reservation, contact the member service desk at 978-683-5266.

SPORTS

Youth Soccer League

Frost School, Lawrence		Ages 4-8
Family \$50	General \$65	Community \$95

This nine week co-ed program focuses on the introduction and development of the essential skills needed to play soccer. Skills include dribbling, passing, shooting, defense, throw-ins as well as positioning. This non-competitive program will take place on Saturday mornings at the Frost School in South Lawrence and is open to kids between the ages of 4-8. So please come get your kids introduced to the wonderful game of soccer in a family friendly environment. Season runs from September 10-November 5.

Fall	Saturday	10:00-11:30am
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Quick Start Tennis

Gymnasium		Ages 5-12
Family \$40	General \$55	Community \$75

Quick Start Tennis is a fast, fun way to get kids into tennis and keep them playing. Participants learn the fundamentals of the game, including strokes, serving and volleying. Racquets are provided, but feel free to bring your own.

Fall	Monday	Ages 5-7	5:00-6:00pm
Fall	Monday	Ages 8-12	6:00-7:00pm
Late Fall	Monday	Ages 5-7	5:00-6:00pm
Late Fall	Monday	Ages 8-12	6:00-7:00pm

Rookie Baseball/Softball

Outdoor fields		Ages 4-6
Family \$40	General \$55	Community \$75

Grab your glove and let's play ball! Rookie Baseball is designed to teach boys and girls ages 4-6, the fundamentals of baseball/softball. This five-week program focuses on the basics of hitting, throwing, catching, fielding, base running and fun! Class runs Sept 11 - Oct 16 (no class on Oct 2).

Fall	Sunday	9:00-10:30am
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Methuen Hoops

Gymnasium		Ages 5-12
Family \$20	General \$35	Community \$50

Come get ready for the YBL season with four weeks of basketball skills clinics. The hour-long clinic will include learning the basics of basketball, such as dribbling, shooting, passing and defense through drills and game play. Class runs November 5 - 26.

Late Fall	Saturday	Ages 5-6	10:00am-11:00am
Late Fall	Saturday	Ages 7-8	11:30am-12:30pm
Late Fall	Saturday	Ages 9-12	1:00pm-2:00pm

Youth Basketball League (YBL)

Gymnasium		Grades K-12
Family \$70	General \$85	Community \$130

Our Youth Basketball League is geared for all ages and all skill levels. The thirteen week season is packed with skills clinics, practices, games, family days, the Kimball Classic, and much, much more. Skills include dribbling, passing, shooting, and defense. The program also teaches good sportsmanship, team work, and the core values of Caring, Honesty, Respect and Responsibility. Teams have an hour long practice during the week and an hour long game on the weekend. Season runs from December 3, 2011 through March 3, 2012.

Late Fall	Practice & game times vary
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Youth Flag Football League

Merrimack College		Grades 4-6
Family \$70	General \$85	Community \$125

This eight week program will take place on Sunday mornings on the newly renovated turf field at Merrimack College. This league will focus on teaching kids the necessary skills to play flag football including throwing, catching and defending. It will consist of a 45 minute practice which will be followed by a 45 minute game. Don't miss out on a great opportunity to have your kids develop football skills without the dangers of contact.

Fall	Sunday, Sept 11-Oct 30	9:00-10:30am
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Mini Sports Mania

Gymnasium		Ages 3-5
Family \$35	General \$50	Community \$65

Come join us for this seven week sports program geared specifically for preschool aged children. During this class kids will work on basic coordination skills and apply them to common sports, such as baseball, tennis, basketball, and soccer. The class will incorporate parallel play and team play, all while promoting the YMCA's core values of Caring, Honesty, Respect, and Responsibility.

Fall	Tuesday	4:30-5:15pm
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COMMUNITY

Recycling Event

Parking Lot		All ages
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Because we care! Come and recycle all your unused items including:

- Washers, dryers, refrigerators, air conditioners, microwaves and other types of scrap metal.
- Clothing, baby items, toys, household goods and sporting equipment.
- Books, CDs, DVDs, audio books, records and textbooks.
- Newspaper, magazines and catalogs.
- Shredding of confidential papers will be provided from 9:00-11:00am

Fall	Saturday, September 17	9:00am-1:00pm
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American Red Cross Blood Drive

Gymnasium		Ages 16+
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You can help save lives by donating your blood or your time at our American Red Cross Blood Drive. Schedule an appointment online at www.givelife.org or call (800) GIVELIFE. For more information or to volunteer, please contact the Methuen YMCA at 978-683-5266.

Fall	Friday, October 28	1:00-6:00pm
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Camp Lawrence for Boys and Camp Nokomis for Girls



Register NOW for the Summer of 2012

2012 Island Camp Sessions:

Session 1: June 30-July 14
 Session 1J**: July 30-July 7
 Session 2: July 14- July 20
 Session 3: July 28-August 11
 Session 4: August 11-August 25
 Session 4J**: August 11-August 18

**Only for NEW Juniors at Camp Lawrence



There are waiting lists for some sessions already, so please call the Camp Registration Office to enroll your child before camp is full.

For more than 100 years, our resident camps have been providing an enriching, fun and safe experience for youth. Both camps are located on Lake Winnepesaukee’s Bear Island in New Hampshire. Camp Lawrence for Boys is a vital, diverse community of 150 campers and over 60 staff. In a nurturing environment, at Camp Nokomis for Girls, 150 campers are led by staff of more than 60. The girls and boys choose their own schedules from a wide range of athletic and creative activities. A focus on the core values of the YMCA—caring, honesty, respect and responsibility—is integral to the camp experience.



Making Memories that Last a Lifetime!
 For more information about the Merrimack Valley YMCA’s summer camps call us at 978-975-1330, email us at campinfo@mvmymca.org, or visit our website at www.mvmymcacamps.org.



Youth Development

Early Childhood Program

The Methuen YMCA Early Childhood Program is a state licensed full-day child care enrichment program for toddlers, preschoolers and kindergarten. Our curriculum addresses the individual interests and abilities of young children by focusing on early literacy activities through social, emotional, physical, and cognitive areas of development. Your child will have an opportunity to explore and discover through art, literacy and language, mathematics, science and exploration, under the guidance of nurturing and knowledgeable teachers. Call us today for your tour and information packet at (978) 683-5266.

Program Highlights

- State Licensed by the Dept of Early Education and Care
- Nationally Accredited by NAEYC
- Early Reading First Center of Excellence
- Healthy Breakfast, Lunch and Snack
- Free Preschool Membership
- Monthly Prime Time Family Nights
- Success For All Curriculum
- Creative Curriculum Online Assessments
- Raising-A-Reader Literacy Program Breakthrough to Literacy Program
- Educated, Experienced and Diverse Staff

Ages of Eligibility

Toddler: Children who are 15 months through 2 years, 8 months are eligible

Preschool: Children who are 2 years, 9 months through 5 years are eligible

Kindergarten: Children who are 5 years as of September 1, 2010 are eligible

Hours

Monday-Friday
7:00am -6:00pm

Rates

Toddler: \$53 per day
Preschool/Kindergarten: \$45 per day

The Methuen YMCA accepts applications for private pay, voucher, income eligible contracts and Methuen Community Development Block Grant slots. YMCA financial assistance is also available for those who qualify. For questions regarding eligibility or for more information about our programs, please contact the Early Childhood Director at 978-683-5266.

City of Methuen Community Development Department

The preparation of this program guide was funded by United States Department of Housing and Urban Development under the provisions of Title I of the Planning and Development Act of 1974 as amended.



National Association for the Education of Young Children

Having demonstrated substantial compliance with nationally recognized criteria for high-quality early childhood programs

Merrimack Valley YMCA

129 Haverhill Street,
Methuen, MA

Program ID: 491140
is hereby awarded
Accreditation

By the National Academy of
Early Childhood Programs.
Washington, D.C. 800-424-2460



School Age Program

The Methuen YMCA School Age Program is a licensed after-school program that provides care for students ages five to twelve. Our program gives children the opportunity to participate in exciting daily activities such as sports, games, arts and crafts, science, cooking and field trips. Homework assistance is offered Monday through Thursday. Transportation is provided from Methuen public schools. A full-day program is available during most school vacation days. Committed to promoting positive values of caring, honesty, respect, and responsibility, our program will provide a safe environment for your children and give you peace of mind while you work. Call us today for your tour and information packet at 978-683-5266.

Program Highlights

- State Licensed by the Dept of Early Education and Care
- Transportation from Methuen Public Schools
- Healthy Breakfast, Lunch and Snack
- Free Youth Membership
- Monthly Prime Time Family Nights
- Educated, Experienced and Diverse Staff



Ages of Eligibility

School Age: Children who are 5 years old as of September 1, 2010 through 12 years

Hours

Monday-Friday

After School: 2:00pm -6:00pm

Full Day: 7:00am -6:00pm

Rates

After School: \$25 per day

Full Day: \$32 per day

The Methuen YMCA accepts applications for private pay, voucher, income eligible contracts and Methuen Community Development Block Grant slots. YMCA financial assistance is also available for those who qualify. For questions regarding eligibility or for more information about our programs, please contact the Director of Youth Services at 978-683-5266.

City of Methuen

Community Development Department

The preparation of this program guide was funded by United States Department of Housing and Urban Development under the provisions of Title I of the Planning and Development Act of 1974 as amended.

DID YOU KNOW?

If your child is enrolled in the Merrimack Valley YMCA Toddler, Preschool, Kindergarten or School Age Program, he/she automatically receives a FREE membership to the Merrimack Valley YMCA! When you enroll your child in a program at any of our facility branches, he/she automatically gets the "General Member" price. You can also upgrade your child's membership to a family membership for your family with our special Child Care Rate of \$50/month - or financial aid is available. We have so many wonderful classes for your child to try out! Favorite classes include soccer, karate, basketball, tennis and so much more!

Methuen YMCA Recycling Event Saturday, September 17 9:00AM-1:00PM



Big Brother, Big Sisters: clothing, baby items, bedding/draperies, stuffed animals, toys (all types) Games (all types) lamps, kitchen utensils, pots/pans, plates, towels, holiday decorations, sporting goods, (electronics, printers, computers, monitors \$2 each) televisions \$10-\$15 each.

Scrap It: Washers, driers, refrigerators, air conditioners, microwaves, car parts, file cabinets, brass pipes, radiators, gas grills, car tire rims, toasters, metal door frames, copper wire, metal patio furniture.

Got Books: Hardcover, paperbacks, CDS, DVDS, audio books, records and textbooks.

Paper Retriever: Newspaper, Magazines and Shopping Catalogs

Methuen YMCA • 129 Haverhill Street
For more information, contact Heidi Gebhardt at hgebhardt@mvmymca.org or 978-683-5266.

TRUNK OR TREAT

**Saturday,
October 22
3:00pm - 5:00pm
Rain Date
Sunday, October 23**



Join us for Trunk-or-Treating! This is a safe friendly enviroment for children to explore a variety of tricked out, themed vehicles and receive lots of cool treats. Costumes are welcome!

- Moon Bounce
- Pony Rides
- Carnival Games
- Trunks filled with Treats

Family Member: \$4 per child



Santa Claus is coming to town!

**Saturday, December 3
10:00am-12:00pm**

Ho! Ho! Ho!

Come take advantage of this perfect photo opportunity for your family and friends while letting the kids whisper their gift ideas to Santa!

Family \$3/child, General \$5/child, Community \$7/child

EDUCATION & TRAINING

Women's Self Defense

Gymnasium **Ages 16+**
Family Free General \$5 Community \$10

The Methuen YMCA will be hosting a Women's Self-Defense class taught by the Methuen Karate Association. Learn the fundamentals of personal safety and self protection while also gaining a sense of empowerment. Sneakers and comfortable workout-style attire required.

Late Fall Thursday, November 3 7:00-8:30pm

First Time Homebuyer Seminar

All Purpose Room **Ages 18+**
Family Free General Free Community Free

Are you prepared to purchase your first home? Join us for a free information night to learn more about understanding your credit history, safe home loan options, preparing to apply and the purchasing process. Presented by Kathleen Beaulieu, Senior Vice President Retail Lending, The Savings Bank. Child care will be provided. Pre-registration is required.

Late Fall Wednesday, October 26 6:00-7:30pm

FAMILY EVENTS

Multi-Cultural Arts Festival

Gymnasium **All Ages**
Family Free General Free Community Free

In celebration of Y-Arts Week, and to kick off our International Initiative, join us at The Merrimack Valley YMCA's first Multi-Cultural Arts Festival! Take a tour around the world as we honor the many countries represented within our communities. From Music and Dance, to art and games this fun family night is designed to bring a global education to all generations.

Thursday, September 22 6:00-7:30 pm

Trunk-or-Treat Fall Festival

Parking Lot **All Ages**
Family \$3/child General \$5/child Community \$7/child

Enjoy an afternoon for all ages at our Fall Festival with carnival games and family activities. A new feature this year will be "Trunk or Treat", providing a safe alternative to trick or treating. The YMCA staff and volunteers will decorate their car trunks in a friendly competitive style for all the little goblins to enjoy. Costumes are welcome!

Fall Saturday, October 22 3:00-5:00pm
(Rain Date: Sunday, October 23)

Thanksgiving Family Night

Gymnasium/Teen Center **All ages**
Family Free General \$5/family Community \$10/family

Come celebrate Thanksgiving early with your YMCA friends and family! Please join us for family activities, food and fun. Dinner will be provided.

Late Fall Thursday, November 17 6:00-7:30pm

Santa Claus is coming to town

All Purpose Room **All Ages+**
Family \$3/child General \$5/child Community \$7/child

Come take advantage of this perfect photo opportunity for your family and friends while letting the kids whisper their gift ideas to Santa!Santa.

Late Fall Saturday, December 3 10:00am-12:00pm

American Red Cross Blood Drive

Gymnasium **Ages 16+**

You can help save lives by donating your blood or your time at our American Red Cross Blood Drive. Schedule an appointment online at www.givelife.org or call (800) GIVELIFE. For more information or to volunteer, please contact the Methuen YMCA at (978) 683-5266.

Fall Friday, October 28 1:00-6:00pm



YMCA's Diabetes Prevention Program YOU CAN TAKE CONTROL

About the YMCA's Diabetes Prevention Program

The YMCA's Diabetes Prevention Program (YDPP) helps those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes.

YDPP is based on the landmark Diabetes Prevention Program funded by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), which showed that by eating healthier, increasing physical activity and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help them maintain their progress.

Program Goals:

- Reduce body weight by 7%
- Gradually increase physical activity to at least 150 minutes per week

Can I participate?

To qualify for the program, individuals must be overweight and at high risk for developing diabetes or overweight and have been diagnosed by a physician as someone with pre-diabetes.

Am I at risk?

- Your doctor can tell you if you are at risk. He can determine this through a blood test with one of the following results:
- Fasting plasma glucose between 100 - 125 mg/dL
- HbA1c between 5.7% and 6.4%
- Random or casual blood glucose level of 240-199 mg/dL or higher
- A combination of risk factors such as family history, overweight, gestational diabetes, elevated cholesterol, etc., may also put you at high risk.

Cost \$99 Y members \$149 Program members Financial assistance is available for those who qualify Classes are ongoing!

For more information call or email Gia Saraceni at 978-725-6681 ext 158 or gsaraceni@mvmymca.org to find out if you are eligible

HEALTHY CHOICES TODAY FOR A BETTER TOMORROW

Join us for Salsa, Sabor y Salud, a healthy lifestyle program for Latino families. The eight-week program, developed by the National Latino Children's Institute, focuses on how small changes at home can lead to greater health and well-being for the whole family.

Tuesday, August 23

5:30pm to 7:30pm

Lawrence YMCA

For more information, contact David Diaz at 978-686-6191

2ND ANNUAL BRICKMAN TRIATHLON

A great race to wind down your racing season, or for your first triathlon. The swim will be a 250 yard serpentine course in the Lawrence YMCA pool. The bike will consist of 3 loops of a 3.4 mile bike route. The bike is on a non-draft race and a CPSC-approved helmet is required. The run is 4.5 loops around the Campagnon Common providing many opportunities for your fans to cheer you on. Chip timing provided by New England Timing.



For more information, go to http://www.mvymca.org/lawrence/brickman_2011/information/

Sunday, October 2

8:00am

Lawrence YMCA



Merrimack Valley YMCA's 21st annual Reach Out for Youth & Families' Auction

Saturday, March 24, 2012 – 6:30pm

DiBurro's in Ward Hill

Live Auction • Silent Auction • Raffles • Dinner • Cocktail Reception

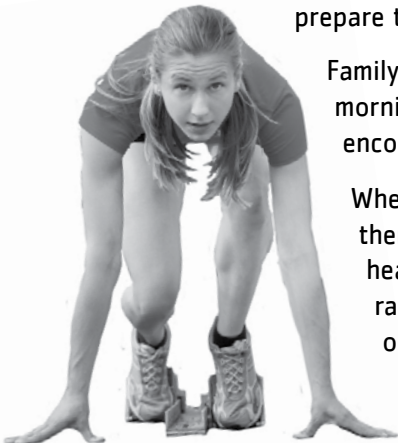
All proceeds raised from this event benefit our 'Reach Out for Youth & Families' Campaign which supports our YMCA community in areas such as membership, youth and teen programs, camp scholarships, and the ongoing development of youth and family programs.

For more information or to donate an item or service to the Auction, please contact Frank Kenneally or Elizabeth Covino at 978-725-6681.



Get Excited About the 2011 Feaster Five Road Race.

Our Andover/North Andover YMCA is pleased to again be the registration site for the Annual Feaster Five Thanksgiving Day Road Race. We will also be hosting a Race Expo for those runners stopping by to pick up their race numbers and shirts from Monday, November 21 - Wednesday, November 24. Stop by our gymnasium the week of Thanksgiving to see exhibits and take part in the action. Also, look for a few of our YMCA special programs to help families and individuals prepare to run or walk in the Feaster Five.



Family, fitness and fun are the operative words on Thanksgiving morning. Mothers, fathers, grandparents, kids and cousins are encouraged to walk and run together.

Whether a first-time runner or a veteran, the Y will help you get there! This is a great opportunity for our YMCA family to be part of a healthy, family community event. We hope to see many of you at the race! Please review this program guide for programs and opportunities to get ready to do this race.

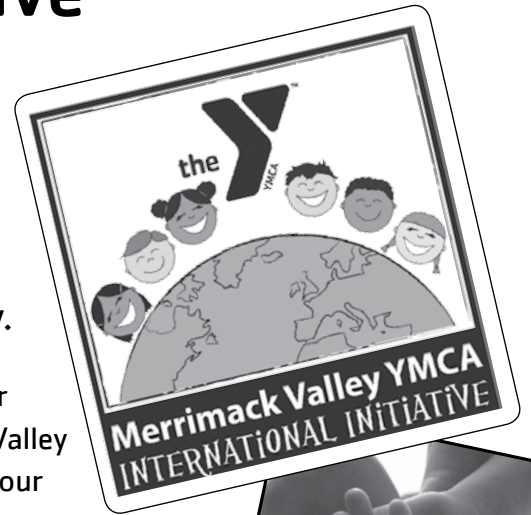
Register online for the Feaster Five: www.feasterfive.com

International Initiative A Global Perspective

Thursday, September 22
6:00-7:30 pm

in the Gym in the Methuen YMCA.
No cost and open to the community.

In celebration of Y-Arts Week, and to kick off our International Initiative, join us at the Merrimack Valley YMCA's first Multi-Cultural Arts Festival! Take a tour around the world as we honor the many countries represented within our communities. From music and dance, to art and games this fun family night is designed to bring a global education to all generations.



Stewards of Children

The Merrimack Valley YMCA will be hosting Darkness to Light's Stewards of Children child sexual abuse prevention trainings. Stewards of Children is the only evidence-based child sexual abuse prevention training proven effective in educating adults to prevent, recognize, and react responsibly to child sexual abuse. Space is limited – advance registration is required.



Wednesday, Sept 28 at 6:00-8:30pm
Lawrence YMCA (Stage Room)

Thursday, Oct 13 at 6:00-8:30pm
Methuen YMCA (All Purpose Room)

Wednesday, Nov 16 at 6:00-8:30pm
Andover/North Andover YMCA (Room 1)

Monday, Dec 12 at 6:00-8:30pm
Lawrence YMCA (Stage Room)

YMCA Family Members, Free • YMCA General Members, Free
Community, \$10

For more information, contact Anne Whalen at
awhalen@mvmymca.org or 978-683-5266.



Volunteers *Commitment from Our Community*

Both locally and across the globe, the YMCA was founded by volunteers. On an annual basis our Y has engaged more than 800 people of all ages and interests who have contributed more than 45,000 hours to help the Merrimack Valley YMCA accomplish our mission. Their leadership, vision and passion enabled the Y to positively impact the lives of thousands of people. Volunteers are the core of our organization, providing the support we need to make these programs accessible to all. You can find our volunteers everywhere – on the youth sports field coaching, raising funds to help the Y offer more scholarships and programming, and serving on our boards and committees to help us keep our quality up or mentoring our youth and teens.

Military Outreach Helping *helping those who serve us all*

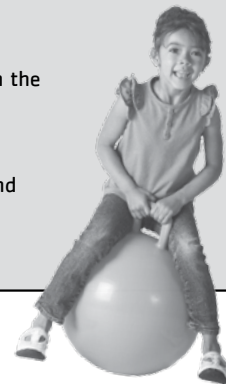
Through a national partnership with the Armed Services YMCA and Department of Defense that began in 2008, our YMCA gives military families access to youth development, family strengthening, and health and well-being programs. YMCA membership costs may be underwritten by the Department of Defense outreach initiative that is administered through Military OneSource, an information and referral service for military families. Program details and participation requirements are available at our YMCA Welcome Centers.

Reach Out For Youth & Families – Keeping the Y accessible to everyone

The YMCA's 'Reach Out for Youth & Families' annual appeal and special events fundraising represent the vehicles through which charitable dollars are raised each year. Our annual campaign ensures that no one is denied the opportunity to share in the YMCA experience due to an inability to pay. The YMCA's charitable efforts provide the funding needed to:

- Offer financial assistance for children and families who would not otherwise be able to participate in YMCA programs and services.
- Provide funding to support camping experiences for low income youth within the Merrimack Valley, southern New Hampshire and throughout the northeast region.
- Subsidize outreach programs at all branches that serve specific needs and are not fully supported by fees. Some examples include: Junior and Teen Achievers, Youth and Government, Teen Leaders, youth sports and family programming.
- Expand and develop new programmatic initiatives designed to meet community needs.
- Provide health, wellness and support for the 73 homeless or near homeless men residing in the Single Room Occupancy housing at the Lawrence YMCA.
- Make health and wellness opportunities accessible to everyone.

Last year, we delivered more than \$3 million of services to needy and deserving children, adults and families. Please consider making a gift to our campaign. Contact the Development Office for more information at 978-725-6681.



YMCA Housing *a Safe Haven*

The Lawrence YMCA's Residential Program is a U.S. Department of Housing and Urban Development subsidized program that offers affordable living and supportive services to low-income single men between the ages of 18 and 80. The YMCA's Single Room Occupancy (SRO) operates using a waiting list maintained by the Lawrence Housing Authority. Some benefits offered through this program for residents include; case management assistance, supportive services, access to sobriety groups and free classes in English, computers and General Education Development (GED). The YMCA's SRO is affordable and has many wonderful benefits. It's a great place to build a new life with people who care.

Joining the YMCA is easy and convenient.

Whether it's Individual or Family, full-facility use or just for programs, the Merrimack Valley YMCA has many different memberships to choose from. Membership rates include full use of facilities at all three YMCA's or full use of only the Methuen YMCA.

Merrimack Valley YMCA

Membership Rates

These memberships are valid at any of our 3 YMCA's in Andover/North Andover, Lawrence & Methuen.

Family 2 2 Adults & dependents living in the same household	\$77.00 / month
Family 1 1 Adult & dependents living in the same household	\$65.00 / month
Senior Citizen 65 years and older	\$26.00 / month
Adult 24-64 Years	\$52.00 / month
Young Adult 19-23 Years	\$26.00 / month
Teen 13-18 Years	\$25.00 / month
Youth 6-12 Years	\$14.50 / month
Preschool 6 Months-5 Years	\$113.00 / year

Payment Options

Choose the payment type that's right for you.

Annual Full Pay

You may choose to pay for annual membership in one full payment at time of enrollment, valid for one year from the date of purchase. A reminder, annual memberships cannot be put on hold. Full payment methods include, cash, check, MasterCard, VISA, Discover, Amex and all debit cards. Memberships paid in full will not be refunded.

Automatic Monthly Payment

Our monthly payment option allows members to pay through automatic monthly draft from a bank account or credit/debit card. Bank draft members may put membership on hold up to three months per year. Draft payment is by automatic withdrawal from a checking or savings account on the 15th of each month. Bank draft allows for membership cancellation with a 30-day written notice.

Merrimack Valley YMCA

Membership Rates

These memberships are valid only at the Methuen YMCA.

Family 2 2 Adults & dependents living in the same household	\$30.00 / month
Family 1 1 Adult & dependents living in the same household	\$25.00 / month
Senior Citizen 65 years and older	\$15.00 / month
Adult 24-64 Years	\$20.00 / month
Young Adult 19-23 Years	\$15.00 / month
Teen 13-18 Years	\$75.00 / year
Youth 6-12 Years	\$50.00 / year
Preschool 6 Months-5 Years	\$50.00 / year

Membership for All

The heart of the YMCA's mission is to reach out and involve people in our communities, all people. The YMCA is committed to helping all people grow in spirit, mind, and body. The "all" in our mission is what makes us unique in meeting community needs. The YMCA's Membership for All is an initiative that enables all individuals and families to become active members of the YMCA. The Merrimack Valley YMCA now offers an income-based pricing structure. If this membership structure does not meet you or your family's needs, the YMCA's financial assistance program is still available to help you. Both Membership for All and the financial assistance program are made possible thanks to the many generous donors who support the YMCA's Reach Out for Youth & Families Campaign. Membership for All is only applicable to Methuen only memberships.

Family Membership*

Family membership at the Methuen YMCA allows families full access to facilities, including Wellness Center and Gymnasium. Additional benefits include, priority registration, reduced rates on programs and special events, free family nights, Kids Night Out and parent workshops.

*Family Membership to all Merrimack Valley YMCA's also includes full access to Pools, Weight Rooms, Group Exercise Classes and Free Child Watch/Babysitting.

General Membership*

(Senior, Adult, Young Adult, Teen, Youth & Preschool)

General membership at the Methuen YMCA allows members full access to facilities, including Wellness Center and Gymnasium. Teens also have access to the Teen Center. Additional benefits include, priority registration, reduced rates on programs, special events, family nights and parent workshops.

*General Membership to all Merrimack Valley YMCA's also includes full access to Pools, Weight Rooms and Group Exercise Classes.

Community

The Methuen YMCA welcomes individuals without a membership to visit the facility, participate in programs, special events and family nights. Advance registration is required to participate in programs. Use of the facility other than programs and events requires an additional day-pass fee. Non-members using the facility must sign in and leave identification at the Member Services Desk. Methuen YMCA daily guest fees: Family \$10, Adult \$7, Teen/Senior Citizen \$5

Guest Passes & Fees

Merrimack Valley YMCA Members are entitled to one free guest pass. A guest may visit with a member one time for free (within a lifetime). Please visit the Member Services Desk to receive guest passes. Non-members using the facility must sign in and leave identification at the Member Services Desk. Methuen YMCA daily guest fees: Family \$10, Adult \$7, Teen/Senior Citizen \$5

Philosophy & Information

Our Y Character Development Initiative is designed to strengthen the character of young people by incorporating the values of Caring, Honesty, Respect and Responsibility in all of our programs.

YMCA Code of Conduct

At the Merrimack Valley YMCA, we expect members, staff and guests to behave in accordance with our mission and values, respecting the rights and dignity of others. At our YMCA, we demonstrate CARING, HONESTY, RESPECT & RESPONSIBILITY by: speaking in respectful tones, refraining from the use of vulgar or derogatory language; resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures; respecting the property of others; and never engaging in theft or destruction. Adherence to the YMCA Code of Conduct is essential. Non-compliance will result in suspension or termination of YMCA membership privileges.

Membership Guarantee

Put us to the test! We feel that our facilities, programs and caring staff are the best you'll find. So, we're willing to back our membership with a 30-day money back guarantee. If, within the first 30 days of YMCA health, fitness and fun, you're not satisfied, we'll refund your money. Applies to new memberships only.

My Y is Every Y

Your current Y membership can be used at any YMCA in New England. We are committed to helping you stay healthy by making sure there is a Y wherever you are. Some restrictions apply.

Financial Assistance Program

It is the goal of the Merrimack Valley YMCA to provide services for individuals and families who wish to participate in the activities and programs of the YMCA, regardless of their ability to pay. Our application process is easy and, most importantly, completely confidential. Financial assistance applications are available at the Welcome Center at our branches or online at www.mvymca.org.

Merrimack Valley YMCA

- **Mission:** The Merrimack Valley YMCA's mission is to strengthen spirit, mind and body for all.
- **Vision:** The Merrimack Valley YMCA is a force for positive change, taking a leadership role in enhancing the quality of life in the Merrimack Valley region.
- **Core Values:** The Merrimack Valley YMCA welcomes all people regardless of age, race, gender, religious affiliation, or socioeconomic background. The organization identifies and responds to community needs in areas including recreation, aquatics-based programming, housing for the homeless and near-homeless population, child-care, outdoor and camping opportunities, arts and humanities programming, teen development, community development, and community health and wellness.



REGISTRATION PROCEDURES

Registration is on a first-come, first-serve basis, with priority given to Merrimack Valley YMCA Members. Registration forms are available at www.mvymca.org or at any Merrimack Valley YMCA Welcome Center.

THREE EASY WAYS TO REGISTER:

PLEASE DO NOT SEND REGISTRATIONS AND/OR PAYMENTS TO SCHOOL WITH YOUR CHILD

Walk-in: The YMCA Welcome Center will accept program registrations during normal operating hours. Please bring payment, membership card, and completed registration form.

Mail-in: The YMCA accepts mail-in registration. Please send payment and completed registration form to the following, based on the program branch location:

Methuen YMCA
Program Registration
129 Haverhill Street
Methuen, MA 01844

Online: The Merrimack Valley offers online registration for all programs offered at our facility branches with payment by credit/debit card. If you are a current member, please visit www.mvymca.org to create an account and register for programs. Print your receipt as proof of your registration. Contact our Member Services Director with any questions at 978-683-5266.

FACILITY POLICIES

1. RULES AND REGULATIONS

Your membership in the YMCA is, at all times, subject to the Rules and Regulations of the Merrimack Valley YMCA. Copies are available at the reception desk upon request

2. INSURANCE

The Merrimack Valley YMCA does not carry accident insurance for members or program participants, nor is it responsible for any items lost on the premises. All members, guests or program participants using a YMCA facility do so at their own risk.

3. CARD SCANNING AND IDENTIFICATION

Due to the need for statistical data and security, we ask that you show your membership card at the Member Services Desk on arrival. Presentation of your card will be required for use of the facility or class attendance.

4. PARKING

Methuen YMCA's Haverhill Street entrance has ample parking available.

5. PAYMENT

Membership may be paid annually in full or by monthly Bank Draft. We offer three easy ways to pay:

• Payment in Full

Cash, check, MasterCard, VISA, Discover, AMEX and all debit cards. Memberships paid in full will not be refunded.

• Bank Draft

Draft payment is by automatic withdrawal from your checking/savings account on the 15th of each month. Bank draft allows for membership cancellation with a 30-day written notice.

• Four-Month Payment Plan

A four-month payment plan on an Annual Membership (except for Youth & Teen Memberships) is available. Contact the Member Services Desk for more information. Payments must be made directly to the Merrimack Valley YMCA. No payments should be made to any entity other than the YMCA.

6. PROGRAM CREDITS & REFUNDS

The Merrimack Valley YMCA reserves the right to cancel classes due to low enrollment. If a class is cancelled due to low enrollment, members will receive a full refund. No refunds will be given unless the YMCA cancels the program or class.

Before the session begins, an individual may cancel their class and request a class credit. A credit voucher will be issued, minus a \$5.00 non-refundable service charge. This type of cancellation will be issued only as a credit voucher, not as a refund.

After the first class, an individual may cancel their class; however, they will be issued a prorated credit, minus a \$5.00 service charge. The class fee will be prorated, amount based upon the number of classes gone by. This type of cancellation will be issued only as a credit voucher, not as a refund.

After the second week of classes, a credit will not be issued if an individual does not wish to participate. Participants who are called off the wait list will have a 24-hour response time. Payment must be made immediately when you accept the class. This policy does not apply to Child Care Programs. Check Child Care Parent Agreement for details.

7. WAIT LIST POLICY

If you or your child has been wait listed for a class and a spot opens, the fee will be pro-rated amount based on the number of remaining classes. We must hear from you within 24 hours after we have called you from the waitlist.

Methuen YMCA Staff Directory

Stephen Ives, President & CEO
 James Kapelson, Chairman, Board of Directors
 Jonathan Rossi, Chairman, Methuen YMCA Board of Managers

Anne Whalen
 Executive Director
 awhalen@mvyymca.org

Mary Ellen King
 Association Director of Child Care Services
 meking@mvyymca.org

Grace Cruz
 Director of Early Education
 gcruz@mvyymca.org

Heidi Gebhardt
 Director of Youth Services
 hgebhardt@mvyymca.org

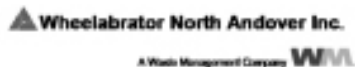
Youth & Teen Director
 TBA

Sandra Windt
 Child Care Bookkeeper
 swindt@mvyymca.org



The Merrimack Valley YMCA is a participating agency of the United Way of Massachusetts Bay and Merrimack Valley, Inc.

The Merrimack Valley YMCA recognizes the generous support of our Corporate Partners:





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

Methuen YMCA

129 Haverhill Street, Methuen, MA 01844

Tel. 978-683-5266

www.mvymca.org

**Get this guide earlier electronically!
Update your email address with us.**



Youth Basketball League

Our Youth Basketball League is geared for all ages and all skill levels. The thirteen week season is packed with skills clinics, practices, games, family days, the Kimball Classic, and much, much more. Skills include dribbling, passing, shooting, and defense. The program also teaches good sportsmanship, team work, and the core values of Caring, Honesty, Respect, and Responsibility. Teams have an hour long practice during the week and an hour long game on the weekend.

Family \$70 General \$85 Community \$130.

Ages: Kindergarten through 12th Grade

Dates: December 3, 2011 through March 3, 2012

