



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Merrimack Valley YMCA

MAKING HEALTHIER LIVES ACHIEVABLE FOR EVERYONE.

Winter Session

January 2 - February 18, 2012

Registration Begins: December 2, 2011

Early Spring Session

February 27 - April 28, 2012

Registration Begins: February 6, 2012

Methuen YMCA

129 Haverhill Street

978-683-5266

www.mvymca.org



Follow us on:



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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

Saturday, December 24	Christmas Eve - 6:00AM - 1:00PM
Sunday, December 25	Christmas Day - Closed
Saturday, December 31	New Years Eve -6:00AM - 6:00PM
Sunday, January 1	New Years Day - 1:00PM - 5:00PM
Sunday, April 8	Easter - Closed
Monday, May 28	Memorial Day - Closed

Upcoming Events

Tuesday, January 10 - Zumba for Kids, Lawrence YMCA- 6:00PM - 7:30PM.

Join us on Wednesday January 11, 2012 for the Largest Zumba For Youth party with Colombian Zumba Instructor Julian Villegas. The class will run for 1.5hrs with live DJ, lighting and additional surprises. All proceeds will benefit Reach Out For Youth and Families Campaign. Please register at the front desk limited spaces available to the first 120 participants. Donation \$25.00

Saturday, February 11 - My Little Valentine Dance, Methuen YMCA- 5:30PM - 7:30PM.

Join us for a night of dancing and celebrating at our My Little Valentine Dance! Families are welcome to come and enjoy a wonderful evening of music, food and fun. Casual attire or wear your best dress or suit. Register early for this event and make this Valentine's Day special! For more information visit the Welcome Center.



Saturday, March 3 - Kimball Classic Jamboree - 9:00AM at the Lawrence YMCA.

Join us for our farewell to another great YBL season as we host our 6th annual Kimball Classic Jamboree. This is a family friendly event with basketball games and fun activities taking place all day long. This year we will be featuring out Kindergarten, 1st & 2nd, 3rd & 4th and 5th & 6th grade divisions in this exciting event. Hope to see you all there!

Saturday, March 10 - 6th Annual YMCA Member Indoor Adult and Kids Triathlon- Andover/North Andover YMCA 1:00PM - 4:00PM.

All participants will do a pool swim, stationary bike ride, and a treadmill run with 5 minutes transition time between each discipline. The order of events will be in traditional triathlon order swim, bike and then run. Ranking will be determined by who goes the farthest in the allotted time. For more information Contact the Welcome Center.

Thursday, March 15 - Community Blood Drive at the Methuen YMCA- 2:00PM - 7:00PM.

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.



Clubhouse Idol! - 6th Annual Singing Competition-Lawrence YMCA

Come and try out to see if you can be the next Clubhouse Idol. For more information please visit the Welcome Center.

- March 16 - Open Auditions
- March 23 - Hollywood Round
- March 30 - Top Ten Competition

Saturday, March 24 - Merrimack Valley YMCA's 21st Annual "Reach out for Youth & Families's Auction" DiBurro's in Ward Hill - 6:00PM.

Come support our YMCA community in areas such as membership, youth and teen programs, camp scholarships, and the ongoing development of youth and family programs. There will be a Live Auction, Silent Auction, Raffles, Dinner, Cocktail Reception. For more information please contact Frank Kenneally or Elizabeth Covino at 978-725-6681.

Saturday, March 31, 3:00PM & 6:00PM and Sunday, April 1, 3:00PM- 2012 Andover/North Andover Synchro Annual Show - Andover/North Andover YMCA.

Ever see anyone walk on water? Well the YMCA's synchronized swim team sure can! Come join us and watch this nationally ranked team of over 85 swimmers rocket through the air, twist and flip, turn and lift, and yet propel through the water with such amazing grace it will take your breath away. Be sure to buy your tickets early and support your local YMCA's ANA Synchro!

Healthy Kids' Day! Open to all youth under the age of 18

Come join us for an event designed to keep kids aware of how to live and maintain a healthy lifestyle. Various activities and a healthy snack will be offered to all participants. This event will also play host to numerous local health organizations who will provide information and giveaways to all participants.

Andover/North Andover YMCA
Friday, April 27th
6:00 - 8:30PM

Lawrence YMCA
Saturday, April 28th
10:00AM -1:00PM

Methuen YMCA
Saturday, April 28th
10:00AM -12:00PM



Saturday, May 19 - Touch-A-Truck, Methuen YMCA- 11:00AM - 1:00PM.

Free to all ages. Touch-A-Truck is an unforgettable experience where kids, young and old, can touch, honk and climb aboard the many construction and public safety equipment on display.

Stewards of Children

The Merrimack Valley YMCA will be hosting Darkness to Light's Stewards of Children child sexual abuse prevention trainings. For more information, contact Anne Whalen at awhalen@mvyymca.org or 978-683-5266.

Methuen YMCA - Thursday, January 12 at 6:00-8:30pm

Andover/N. Andover YMCA - Wednesday, February 8 at
6:00-8:30pm

Lawrence YMCA - Monday, March 12 at 6:00-8:30pm

Methuen YMCA - Tuesday, April 10 at 6:00-8:30pm

AQUATICS- AT THE LAWRENCE YMCA

Ski (Parent and Child Swim)

Lawrence YMCA **Ages 6-18 months**
 Family \$35 General \$65 Community \$115

Participate in water adjustment activities including blowing bubbles, kicking, paddling and jumping in.

Winter/Early Spring Saturday 10:00-11:30am

Perch (Parent and Child Swim)

Lawrence YMCA **Ages 19-36 months**
 Family \$35 General \$65 Community \$115

Participate in water adjustment activities including blowing bubbles, kicking, paddling and jumping in.

Winter/Early Spring Saturday 10:35 - 11:05am

Pike

Lawrence YMCA **Ages 3-5**
 Family \$35 General \$65 Community \$115

For children who are fearful or cannot swim.

Monday 5:15-5:45pm
 Monday 5:50-6:20pm
 Wednesday 4:30-5:00pm
 Wednesday 5:50-6:20pm
 Friday 5:15-5:45pm
 Friday 6:00-6:30pm
 Saturday 10:00-10:30am

Eel

Lawrence YMCA **Ages 3-5**
 Family \$35 General \$65 Community \$115

For children who can swim by themselves with a floatation device.

Monday 5:15-5:45pm
 Monday 5:50-6:20pm
 Wednesday 4:30-5:00pm
 Wednesday 5:50-6:20pm
 Friday 5:15-5:45pm
 Friday 6:00-6:30pm
 Saturday 10:00-10:30am

Ray

Lawrence YMCA **Ages 3-5**
 Family \$35 General \$65 Community \$115

For children comfortable swimming in deeper water without a floatation device.

Monday 5:15-5:45pm
 Monday 5:50-6:20pm
 Wednesday 4:30-5:00pm
 Wednesday 5:50-6:20pm
 Friday 5:15-5:45pm
 Friday 6:00-6:30pm
 Saturday 10:35-11:05am

Starfish

Lawrence YMCA **Ages 3-5**
 Family \$35 General \$65 Community \$115

For more advanced children. Specifically focusing on stroke mechanics and breathing.

Monday 5:15-5:45pm
 Monday 5:50-6:20pm
 Wednesday 4:30-5:00pm
 Wednesday 5:50-6:20pm
 Friday 5:15-5:45pm
 Friday 6:00-6:30pm
 Saturday 10:35-11:05am

Poliwog

Lawrence YMCA **Ages 6-12**
 Family \$40 General \$75 Community \$125

First time swimmers who may have some fear of the water.

Monday 4:30-5:10pm
 Monday 5:50-6:30pm
 Wednesday 5:05-5:45pm
 Wednesday 5:50-6:20pm
 Friday 4:30-5:10pm
 Friday 6:00-6:40pm
 Saturday 11:15-11:55am

Guppy

Lawrence YMCA **Ages 6-12**
 Family \$40 General \$75 Community \$125

For children who are capable of swimming the width of the pool (25yards) without a floatation device.

Monday 4:30-5:10pm
 Monday 5:50-6:30pm
 Wednesday 5:05-5:45pm
 Wednesday 5:50-6:20pm
 Friday 4:30-5:10pm
 Friday 6:00-6:40pm
 Saturday 11:15-11:55am

Minnow

Lawrence YMCA **Ages 6-12**
 Family \$40 General \$75 Community \$125

Refine strokes and develop endurance. Personal safety and rescue skills will become a larger focus of this class.

Monday 4:30-5:10pm
 Monday 5:50-6:30pm
 Wednesday 5:05-5:45pm
 Wednesday 5:50-6:30pm
 Friday 4:30-5:10pm
 Friday 6:00-6:40pm
 Saturday 11:15-11:55am

**Come Check Out
 Swim Lessons at the
 Lawrence YMCA**

ARTS & HUMANITIES

Art with Heart

Snack Room	Ages 1-3 Parent/Child Class	
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.

Winter	Saturday	10:30-11:15am
Early Spring	Saturday	10:30-11:15am

Slimy Science

Kitchen	Ages 5-9	
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!

Winter	Tuesday	4:30-5:30pm
Early Spring	Tuesday	4:30-5:30pm

Crafty Cooks

Kitchen	Ages 7-11	
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.

Winter	Thursday	4:30-5:45pm
Early Spring	Thursday	4:30-5:45pm

Preschool Playgroup

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

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

Winter	Saturday	9:00-10:15am
Early Spring	Saturday	9:00-10:15am

Beginner Dance 1

All Purpose Room	Ages 3-5	
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.

Winter	Saturday	10:30-11:10am
Early Spring	Saturday	10:30-11:10am

Hip Hop

All Purpose Room	Ages 9-13	
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.

Winter	Tuesday	5:00-6:00pm
Early Spring	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 10 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 11 for more information.**



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
- 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, 2011 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
- Family Nights
- Educated, Experienced and Diverse Staff



Ages of Eligibility

School Age: Children who are 5 years old as of September 1, 2011 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!



Camp Lawrence for Boys and Camp Nokomis for Girls



Register NOW

2012 Island Camp Sessions:

- Session 1: June 30-July 14
- Session 1A**: June 30-July 14
- Session 1B**: July 7-July 14
- Session 2: July 14- July 28
- Session 3: July 28-August 11
- Session 4: August 11-August 25
- Session 4A**: August 11-August 18
- Session 4B**: August 18-August 25
- Family Camp**: August 25 - September 3

**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, located on Winnepesaukee's Bear Island, have been providing an enriching, fun, and safe experience for youth from eight to sixteen year old. The girls and boys choose their own schedules from a wide range of athletic, creative, and instructional 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@mvyymca.org, or visit our website at www.mvyymcacamps.org.



Day Camp Otter

2012 Camp Otter Weeks:

- Week 1: June 18-June 22
- Week 2: June 25-June 29
- Week 3: July 2-July 6
- Week 4: July 9-July 13
- Week 5: July 16-July 20
- Week 6: July 23-July 27
- Week 7: July 30-August 3
- Week 8: August 6-August 10
- Week 9: August 13-August 17
- Week 10: August 20-August 24
- Week 11: August 27- August 31



Day Camp Otter, located on Captain's Pond in Salem, NH, is a scenic, daytime get-away for boys and girls, ages six to thirteen. Along with the weekly themes, Otter days are filled with all-camp activities and includes daily transportation throughout the Merrimack Valley and Southern New Hampshire.

Road Rangers Travel Day Camp

2012 Road Ranger Weeks:

- Week 2: June 25-June 29: Saddle Up Camp
- Week 3: July 2-July 6: Sampler Week
- Week 4: July 9-July 13: Surf Camp
- Week 5: July 16-July 20: Golf Camp
- Week 6: July 23-July 27: Watermania
- Week 7: July 30-August 3: Sports Camp
- Week 8: August 6-August 11: Cooking Camp
- Week 9: August 13-Aug 17: Adventure Camp

Our travel camps create opportunities for campers ages ten to fourteen, to get involved in a particular activity that is of interest to them. Each of the weeks will involve themed-day trips that are fun, challenging, and adventure-filled learning experiences.

EDUCATION & TRAINING

Babysitter's Training

All Purpose Room		Ages 11-15
Family \$390	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.

W:	Tues & Thurs Feb 21 & 23	9:00am - 1:00pm
E/S:	Tues & Thurs April 17 & 19	9:00am - 1:00pm

MARTIAL ARTS

Tiny Tots Karate

Gymnasium		Ages 3-4
Family \$35	General \$49	Community \$66

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.

Winter	Wednesday	4:15-4:45pm
Early Spring	Wednesday	4:15-4:45pm

Youth Karate

Gymnasium		Ages 5-12
Family \$70	General \$91	Community \$112

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.

Winter	Wednesday	5:00-5:45pm
Early Spring	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.

Winter	Wed	Ages 7-12	6:00-6:45pm
Winter	Wed	Ages 13+	7:00-7:45pm
Early Spring	Wed	Ages 7-12	6:00-6:45pm
Early Spring	Wed	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!

Winter	Saturday, January 14	5:00-8:00pm
Winter	Saturday, February 18	5:00-8:00pm
Early Spring	Saturday, March 10	5:00-8:00pm
Early Spring	Saturday, April 14	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!

Winter	Friday, January 13	6:30-9:30pm
Winter	Friday, February 10	6:30-9:30pm
Early Spring	Friday, March 9	6:30-9:30pm
Early Spring	Friday, April 13	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.

Mon/Wed/Fri	2:15 - 6:30pm
Vacations/Holidays	12:00 - 6:30pm

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 and a party room to enjoy your food/cake and open gifts. 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



Itty Bitty Baseball

Frost School, Lawrence **Ages 5-8**

Family \$75 General \$90 Community \$105

This nine week t-ball/coach pitch baseball program focuses on the basic fundamentals of baseball which include but not limited to; catching, fielding, hitting and base running. The league will consist of a 45 minute practice with team followed by a 45 minute game. It will take place at the Frost School in South Lawrence for children between the ages of 5 and 8. Program runs from 28th – June 23rd.

Early Spring Saturday 10:00AM – 11:30AM

Kimball Classic Jamboree

Lawrence YMCA

Family Free General Free Community Free

Join us for our farewell to another great YBL season as we host our 6th annual Kimball Classic Jamboree. This is a family friendly event with basketball games and fun activities taking place all day long. This year we will be featuring our Kindergarten, 1st & 2nd, 3rd & 4th and 5th & 6th grade divisions in this exciting event. It will start promptly at 9:00AM on Saturday, March 3rd, 2012 at the Lawrence YMCA. Hope to see you all there!

Youth Basketball League 2 (YBL2)

Gymnasium **Ages 5-12**

Family \$20 General \$36 Community \$52

This four week session will reemphasize the skills learned during the YBL season including dribbling, shooting, passing and defense. It will be offered for boys and girls between the ages of 5 and 12. Program will run from March 10-31.

Early Spring Saturday Ages 5-6 10:00-11:00AM
 Early Spring Saturday Ages 7-8 11:30-12:30AM
 Early Spring Saturday Ages 9-12 1:00-2:00PM

Sports Medley

Gymnasium

Ages 5-12

Family \$36 General \$48 Community \$60

Join us for some fun fun physical activity! Learn and play a variety of sports, such as, basketball, floor hockey and soccer. PLAY a different sport every week with kids your age. This is a time of staying healthy and fit, exploring different sports and most of all - Having fun! Class runs March 13 - April 24 (no Class on April 17).

Early Spring Tuesday Ages 5-7 5:00-6:00PM
 Early Spring Tuesday Ages 8-12 6:00-7:00PM

FAMILY EVENTS

My Little Valentine Dance

Gymnasium

All Ages

Family Free General \$5/family Community \$10/family

Join us for a night of dancing and celebrating at our My little Valentine Dance! Families are welcome to come and enjoy a wonderful evening of music, food and fun. Casual attire or wear your best dress or suit. Register early for this event and make this Valentine's Day special!

Winter Saturday, February 11 5:30-7:30PM

Healthy Kids' Day

All Branches

All Ages

Family Free General Free Community Free

Come join us for this great annual event that promotes family fun and fitness in the Merrimack Valley! Enjoy a healthy snack and check out our information tables. We will have arts & Crafts, sports, games and much more!

Methuen YMCA Saturday, April 28 10:00AM - 12:00PM
 Lawrence YMCA Saturday, April 28 10:00AM - 1:00PM
 Andover/N. Andover YMCA Friday, April 27 6:00PM - 8:30PM

Winter Wonderland Family Night

All Purpose Room

All ages

Family Free General \$5/family Community \$10/family

Bring the whole family and join us for a fun evening of winter-themed activities! We will have arts and crafts projects, various games, and snow-themed activities.

Winter Thursday, January 19 6:00-7:30PM



EDUCATION & TRAINING

Community 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.

Early Spring Thursday, March 15 2:00-7:00pm

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.

Early Spring Wednesday, May 2 6:00-7:30pm

YOU CAN REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.

If you are at high risk for type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes† by a healthcare provider.

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@mvymca.org to find out if you are eligible.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.



My Little Valentine Dance

Saturday, February 11
5:30-7:30PM



Join us for a night of dancing and celebrating at our My little Valentine Dance! Families are welcome to come and enjoy a wonderful evening of music, food and fun. Casual attire or wear your best dress or suit. Register early for this event and make this Valentine's Day special!

Family Free

General \$5/Family

Community \$10/Family

HEALTHY KIDS' DAY

Saturday, April 28th

10:00AM-12:00PM



Open to all youth under the age of 18.



Come join us for an event designed to keep kids aware of how to live and maintain a healthy lifestyle. Various activities and a healthy snack will be offered to all participants. This event will also play host to numerous local health organizations who will provide information and giveaways to all participants.

SAVE THE DATE

Touch-A-Truck

Methuen YMCA

Saturday, May, 19th

11:00AM-1:00PM

Free to all ages!



Touch-A-Truck is an unforgettable experience where kids, young and old, can touch, honk and climb aboard the many construction and public safety equipment on display.

6th ANNUAL YMCA MEMBER INDOOR ADULT AND KIDS TRIATHLON

SATURDAY, March 10th

1:00 PM – 4:00 PM

**PLAN TO JOIN US AT Anodover/North Andover's
INDOOR TRIATHLON**



All participants will do a pool swim, stationary bike ride, and a treadmill run with 5 minutes transition time between each discipline. The order of events will be in traditional triathlon order swim, bike and then run. Ranking will be determined by who goes the farthest in the allotted time. We ask that you have your shoes on prior to exiting the pool area after you swim as you will be navigating tile hallways and we do not want anyone in bare feet slipping. We will provide snacks and hydration, but bring your own water bottle.

Kid's Race Distances: 15 minute swim, 15 minute bike (Precor Upright Stationary Bicycles), 15 minute run (Nautilus Treadmills), scoring based on how much distance covered in time allotted.

ADULT's Race Distance 20 minute swim, 20 minute bike (Precor Upright Stationary Bicycles), 20 minute run (Life Fitness Treadmills), scoring based on how much distance covered in time allotted.

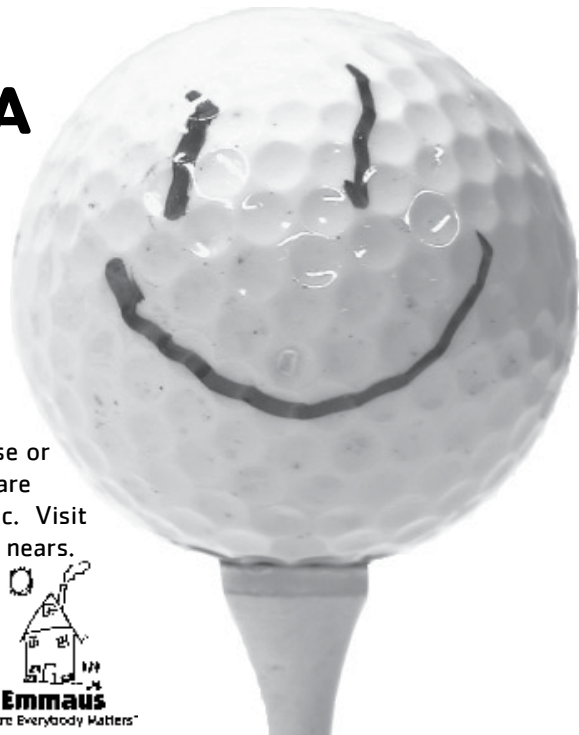
Registration: \$15.00 for all Merrimack Valley YMCA Members, \$30.00 for the community. Applications in Wellness Center and Welcome Center. Registration is at the Welcome Center.

Join Us in Supporting the YMCA

Merrimack Valley Federal Credit Union
12th Annual Charity Golf Tournament

Monday, June 11, 2012
Atkinson Resort & Country Club, Atkinson, NH

Join us for an enjoyable day of golf on a beautiful course or sponsor this special event. 100% of the net proceeds are donated to the Merrimack Valley YMCA and Emmaus, Inc. Visit merrimack-valley-fcu.org for details as the Tournament nears.



Social Responsibility



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

Saturday, March 24, 2012 – 6:00pm

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.



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.



Thursday, January 12 at 6:00-8:30pm
Methuen YMCA

Wednesday, February 8 at 6:00-8:30pm
Andover/North Andover YMCA

Monday, March 12 at 6:00-8:30pm
Lawrence YMCA

Tuesday, April 10 at 6:00-8:30pm
Methuen YMCA

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

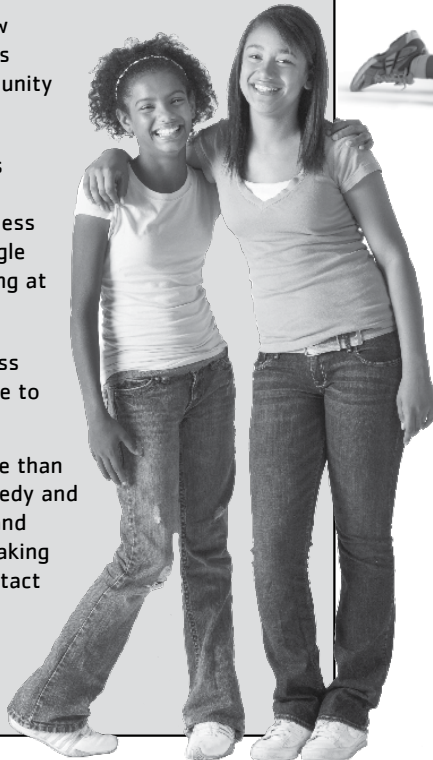
For more information, contact Anne Whalen at awhalen@mvmymca.org or 978-683-5266.

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.

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.

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.

Methuen 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

Heidi Gebhardt
 Director of Youth Services
 hgebhardt@mvyymca.org

Matt Corsetti
 Youth & Teen Director
 mcorsetti@mvyymca.org

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:





Itty Bitty Baseball

Family - \$75 General - \$90
Community - \$105

This nine week t-ball/coach pitch baseball program focuses on the basic fundamentals of baseball which include but not limited to; catching, fielding, hitting and base running.

The league will consist of a 45 minute practice with team followed by a 45 minute game. It will take place at the Frost School in South Lawrence for children between the ages of 5 and 8.

Saturdays (April 28th – June 23rd)
10:00AM – 11:30AM

