MISSION STATEMENT:

Our Y welcomes all. We strengthen communities, educate and nurture children and promote healthy living in spirit, mind and body.

When you join the Plaistow Community YMCA, you are not just a member of a facility, you are part of a cause. Whether you are an adult looking for a new fitness challenge and support to reach your goals, or a family looking for a great place to get active and spend quality time together, the Y is here for you.

- Enjoy group exercise classes including Yoga, Pilates, Boot Camp and Stretch & Tone, plus dedicated family, youth and adult open times for basketball, volleyball and Pickleball
- Play together as a family with open gym, youth and Pee Wee basketball leagues, weekday play groups and Friday Fun Nights
- Our drop-in Kids Club is a fun and safe place for children to play while you workout, and is FREE with a family membership
- Receive dual membership with the Haverhill YMCA, including full use of all fitness, group exercise classes and open times for swim, gym, gymnastics, rock climbing and racquetball
- Get fit with two fitness centers, including cardio equipment, fitness circuit, free weights and expanded personal training
- We're handicapped accessible to offer easy access for all
- Save with exclusive member pricing on program fees and registration
- Join the Plaistow Community Y and belong to seven Y's, plus gain FREE access to all New England Y's

CONTACT

Ryan Allen, Director of Operations
E: allenr@northshoreymca.org

Krista Ruggiero, Membership & Fitness Director
E: ruggierok@northshoreymca.org

HOURS

Monday – Friday: 5:30am to 9:00pm
Saturday & Sunday: 8:00am to 6:00pm

RENTALS

For court and facility rentals, please contact Ryan Allen at allenr@northshoreymca.org.

LOCATION

PLS Y: Plaistow Community YMCA
175 Plaistow Road
Plaistow, NH
603.382.0641

MONTHLY MEMBERSHIP RATES

	Association Wide	Plaistow/ Haverhill
Adult (24+)	$53/mo	$40/mo
1-Adult Family w/children	$67/mo	$58/mo
2-Adults	$91/mo	$61/mo
2-Adult Family w/children	$99/mo	$72/mo
3rd Adult	$32/mo	$32/mo
Young Adult (19-23)	$32/mo	$28/mo
Teen	$24.50/mo	$23/mo
Youth	$16/mo	$13/mo

- Monthly amount is automatically drafted via bank or credit card draft
- Joiner fee is a one-time fee and amount can be split into monthly payments with our convenient draft option. $77 joiners fee for adults; $99 for families

To join the Y or find out more about membership: contact Krista Ruggiero at ruggierok@northshoreymca.org.

GUEST FEES

Family	$20
Adult (19 & up)	$10
Teen (14-18)	$10
Youth (0-13)	$5

FINANCIAL ASSISTANCE

Through the Y's annual giving campaign and special events, we engage over 25 communities in the North Shore and Southern NH in supporting neighbors in need. The Y's financial assistance program disperses $2.5 million each year to over 12,500 members. To learn how to apply for assistance, please speak with our Welcome Center staff.

MEMBER CODE OF CONDUCT

The Plaistow Community YMCA values personal responsibility, honesty, mutual respect and caring. In joining, members agree to subscribe to the Y core values.

Plaistow Community YMCA
175 Plaistow Road
Plaistow, NH 03865

Non-profit org.
U.S. Postage
PAID
YMCA of the
North Shore

NEW YEAR NEW YOU!

First 200 members to join get January FREE!

*** $0 Joiners Fee when you join by January 31, 2014.**

*** Offer can be used at all YMCA of the North Shore locations. Valid for new members only. Cannot be combined with any other offers.**

YMCA OF THE NORTH SHORE LOCATIONS

Cabot Street YMCA
245 Cabot Street
Beverly, MA 01915
978.922.0990

Cape Ann YMCA
71 Middle Street
Gloucester, MA 01930
978.283.0470

Haverhill YMCA
81 Winter Street
Haverhill, MA 01830
978.374.0506

Ipswich Family YMCA
110 County Road
Ipswich, MA 01938
978.356.9622

Lynch/van Otterloo YMCA
40 Leggs Hill Road
Marblehead, MA 01945
781.631.9622

Plaistow Community YMCA
175 Plaistow Road
Plaistow, NH 03865
603.382.0641

Salem YMCA
One Sewall Street
Salem, MA 01970
978.740.9622

Sterling Center YMCA
254 Essex Street
Beverly, MA 01915
978.927.6855

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A FRESH START TO A NEW YOU

Program & Membership Guide
PLAISTOW COMMUNITY YMCA

www.northshoreymca.org

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

GYMNASTICS

Parent & Tot Gym II

Age: 18 months -24 months
Fee: Y Member $53 Community $79

Parents, enjoy interacting with your child in this fun, supportive gymnastics class. Through social interaction, music, games, parachute play and gymnastics circuits on the floor and TumbleTrak, children develop a positive body image, coordination, balance and peer socialization skills—and have fun! Basic gymnastics skills are introduced skills with parent involvement. Class length is 45 minutes.

PLS Y Thursday 9:00am, 9:45am, 10:30am
PLS Y Friday 9:45am, 10:30am, 12:30pm

Preschool Gymnastics

Age: 4-6 years
Fee: Y Member $82 Community $123

The recreational preschool gymnastics program is designed for boys and girls ages 4-6 who like to pursue gymnastics in a fun and non-competitive atmosphere. The emphasis in these classes is developing strength, flexibility and coordination through the use of gymnastics equipment as well as hoops, bean bags and balls. Children progress through the classes according to age and ability.

PLS Y Thursday 9:00am, 9:45am, 10:30am
PLS Y Friday 9:45am, 10:30am, 12:30pm

Kinder Gym I

Age: 4-6 years
Fee: Y Member $82 Community $123

Kinder Gym I develops balance, coordination, strength and motor skills as children will be introduced to the basics of stretching, gymnastics skills and strength exercises in a fun and safe environment. Class length is 45 minutes.

PLS Y Thursday 9:00am, 9:45am, 10:30am
PLS Y Friday 9:45am, 10:30am, 12:30pm

AT THE HAVERHILL YMCA:

PRESCHOOL

Age: 2-5 years

Preschoolers' curiosity and imagination guide them to become creative thinkers. Through curriculum-based themes, our accredited and fully licensed programs encourage children to learn cooperatively, to build self-esteem and confidence and problem solve with the help of our experienced and educated staff. We focus on individual needs and interests and inspire their innate sense of exploration. Children also enjoy Y amenities like the pool and gymnasium.

Find out more about Preschool: contact Julie Grundy, Early Education Director, at 978.374.0506 or grundyj@northshoreymca.org.

SPORTS & RECREATION

Pee Wee Floor Hockey League

Age: 3-4 years & 5 years and up
1st Child Fee: Y Member $60 Community $80
2nd Child Fee: Y Member $40 Community $60

Bring your preschooler down to the Y for our Pee Wee Floor Hockey League. Children learn the basic fundamentals of floor hockey including stick handling, shooting, passing, scoring and teamwork while using age-appropriate equipment. Players will be placed on teams with volunteer coaches. Season length is 8 weeks. For league information or volunteer opportunities, please contact Clint Clay, Haverhill YMCA Sports Director, at clayc@northshoreymca.org. Season begins February 8.

PLS Y

Youth Floor Hockey League

Grades: 1-8
1st Child Fee: Y Member $75 Community $105
2nd Child Fee: Y Member $60 Community $75

There is no better way to keep your sports super stars moving this winter than the Youth Floor Hockey League! Participants have fun in a safe and active program while socializing with peers. Players will be placed on teams through a blind draft, and will be in divisions by grade (consisting of two or more grades). Teams are conducted by volunteer coaches. For grades 3-8, mandatory assessments will be made and practices are weekly. Season begins in February. For league information or volunteer opportunities, please contact Clint Clay, Haverhill YMCA Sports Director, at clayc@northshoreymca.org. Season begins February 5.

PLS Y

FAMILY TIME

Family Fun Nights

Grades: Kindergarten-5
Fee: Y Member $6 Community $10
Family: Y Member $12 Community $18

Enjoy a fun family night out at the Plaistow Community YMCA! Enjoy organized, themed activities in the gymnasium, gymnastics, rock climbing, swimming and more—all supervised by well-qualified staff. Pizza and drink are included. Parents are also invited to drop the kids with us and enjoy a night out together. **For more information: contact Ryan Allen at allenr@northshoreymca.org.**

PLS Y Friday 6:00-9:00pm
January 10, 24
February 7, 21

YMCA Play Group

Fee: Y Member FREE Community $5

Based at the YMCA gymnasium, playgroup includes fun and creative activities and games for children and social time and networking for parents.

PLS Y Tuesday 10:00am

Birthday Parties

The Plaistow Community YMCA is committed to providing the very best birthday party experience that your child will remember forever. Celebrate their special day with a favorite Y activity while our skilled and enthusiastic staff create a fun and easy experience for everyone. Choose from a variety of affordable programs and packages.

Create-Your-Own-Theme Parties

Do you have a unique themed birthday party idea and just need a little help pulling it together? Create your own Birthday Party—LEGO, Archery, Costume, Dodge Ball, Tea Party, Sports Team, Cheer, NERF, Spa, Princess Dance, Teen Parties and more! **For more information, please visit www.northshoreymca.org.**

HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

HEALTH, WELL-BEING & FITNESS

PERSONAL SERVICES

Personal Training

Age: **14 years and up**

Personal Training gets results! Your own YMCA personal fitness coach will help you lose weight, build muscle, improve blood pressure and cholesterol, decrease your risk of disease and just feel better. Our certified personal trainers are ready to help you achieve your health and fitness goals in less time by designing a personalized exercise program catered to your needs, and by coaching you every step of the way. Take control of your health! **For more information or to make an appointment, contact Krista Ruggiero at ruggierok@northshoreymca.org.**

Boxer's Workout

Fee: **Y Member $74** **Community $100**

Get fit with timed rounds of jump boxing, mirror work, focus mitts, boxing techniques and exercises (pushups, crunches, squats, medicine ball).

PLS Y **Tuesday** **6:00pm**

Couch to 5K

Age: **11 years and up**

Fee: **Y Member $20** **Community $35**

This beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months. Through weekly workouts, Y instructors safely train you at your comfort level. **For more information or to make an appointment, contact Krista Ruggiero at ruggierok@northshoreymca.org.**

GROUP EXERCISE CLASSES

Strength & Tone

A class for all fitness levels, Strength & Tone is a muscle conditioning class that incorporates strength training, stretching and toning of the whole body. This is the perfect class to start you on a journey to stronger muscles and bones! Proper form and technique will be taught for all exercises with low weights and bands.

Zumba

This is a Latin-inspired dance class for the Young at Heart! Come learn fun dance moves while getting a great workout and toning and sculpting your entire body. This class is designed to have lower impact.

Boot Camp

This class is designed to improve your strength, power, flexibility and endurance. A high energy cardio and strength class, it's filled with functional moves to help you live a better and healthier life.

HIIT

A quick 30-minute High Intensity Interval Training class that's sure to push you to your limits. HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Burn more calories in a shorter amount of time and see your body transform!

COMING IN 2014!
ACHIEVE YOUR GOALS WITH Y FIT

Are you new to working out or looking to boost your same, old routine? Achieve your fitness goals with Y FIT, the Y's personalized, comprehensive and technologically innovative health and wellness program that's easy, interactive and fun! Let our fitness experts help you launch and sustain a smart program that brings out your personal best.

- **Stay on track with on-going support from your Personal Wellness Coach**
- **Track calorie-burning activities and customize workouts and online meal planning**
- **Update your plan as you progress and see results with our innovative MobileFit® technology**
- **Receive one-on-one support on-site, online and on your schedule**
- **Earn points along the way for special prizes!**

***One-time fee waived for all members for a limited time (a $79 value). To get started on your Y Fit program today, contact any Welcome Center staff.**

www.northshoreymca.org

HEALTHY LIVING

IMPROVING THE COMMUNITY'S HEALTH AND WELL-BEING

Cardio Kickboxing

Fun-packed and athletic, kickboxing class focuses on proper execution of basic kickboxing drills combined with toning exercises and abdominal work for a total body workout.

Total Body Pump

A combo class of strength training, core conditioning and cardio work. You will move your body through a variety of exercises that will strengthen tone and slim you down.

Yoga

Class will consist of Classic Yoga exercises designed for long, lean and flexible muscles. Exercises can be modified for class comfort and intensity level.

Pilates

This class will improve your strength, stamina, flexibility and balance and will challenge deep abdominal muscles to support your core. Restore your postural alignment, improve spine flexibility and reduce back pain.

ADULT SPORTS & RECREATION

Our sports and recreation programs for adults foster teamwork and sportsmanship while teaching adults new skills. Try a sports league, martial arts and much more.

- **Women's Volleyball League**
- **Men's volleyball League**
- **Women's Basketball League**
- **Men's Basketball League**

SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

VOLUNTEERISM

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. Opportunities include:

- **Front Desk Volunteer**
- **Swim Lesson Helper**
- **Administrative Support**
- **Basketball Volunteers**
- **Afterschool Tutors**

Find out more: contact Kim Lations, Volunteer Coordinator, at lationsk@northshoreymca.org.

ANNUAL CAMPAIGN

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of income or background, has the chance to learn, grow and thrive. From a single working parent needing quality child care to low income seniors looking to improve their health and well-being, the Y's financial assistance program distributes $2.5 million to more than 12,500 people each year. Your annual gift directly impacts those in need.

Find out more on giving opportunities: contact Beth Francis, Chief Financial Development Officer, at francisb@northshoreymca.org or visit www.northshoreymca.org/give-back.

AFFORDABLE HOUSING

Affordable housing remains the number one community need on the North Shore. Over 20 years ago, our Y set out to address this need by increasing the number of single room occupancy and family housing units in addition to revitalizing existing units. Today, more than 450 people (up from 120 in 2003) in nine housing locations call the Y home. Thanks to the Y's many housing partners and funders, we can proudly say that the renovations and new construction of our facilities are top quality and energy efficient. We are changing lives and transforming neighborhoods—work that makes us very proud.

Find out more about Y affordable housing: contact Kathy Churchill at 978.922.0990, ext. 1129.