WHERE EVERYBODY BELONGS

CENTRAL LINCOLN COUNTY YMCA
2021 FALL I PROGRAMS
Aug. 30 – Oct. 23
Registration Begins Aug. 15

REGISTER ONLINE
clcymca.org
SESSION & REGISTRATION DATES
Fall I: August 30–October 23
Registration Begins: August 15

HOLIDAY CLOSURES
Monday, September 6 – Labor Day
Monday, October 11 – Indigenous Peoples Day
Thursday, November 11 - Veterans Day
Thursday, November 25 – Thanksgiving Day
Thursday, December 24 - Christmas Eve Closing at 1pm
Friday, December 25 – Christmas Day

REFUND/CANCELLATION POLICIES

WITHDRAWING FROM A PROGRAM
If you need to withdraw from a program, you must notify the appropriate director before the first day of the session in order to receive a full refund or credit. On or after the first day of the session, program fees are nonrefundable. Withdrawals will be eligible for a credit for future programs with approval of the director.

PROGRAM CANCELLATIONS
We make every effort to run session programs as scheduled. In the event that we are forced to cancel a program due to uncontrollable factors such as weather, power outages, etc., no refunds will be given. All attempts will be made to offer make up sessions. If the Y must close due to Covid-19, a refund will be credited to your account for the full or prorated portion of the program and can be used towards future programming. If a program is cancelled due to lack of enrollment, the Y will credit or refund your program fee in full.

*For after school & child care programs, please contact program director.

HOURS OF OPERATION
Monday - Friday 5am–8pm
Saturday: 7am–1pm
Sunday: Closed (Open after Indigenous Peoples Day)

NATIONWIDE MEMBERSHIP
Your Y membership enables you to visit any participating YMCA in the United States through Membership at your “home” YMCA. This information may be different for some Y’s During Covid-19

SHORT TERM MEMBERSHIPS
If you are visiting the area and would like to join for 1, 3, or 6 months, we have an option for you. Dues are paid in full upon joining. This category generally serves the needs for most of our summer seasonal guests.

MEMBERSHIP BENEFITS
• Nationwide YMCA access
• Special program rates for family members
• FREE unlimited group exercise classes
• FREE Smart Start Coaching
• 2 Guest passes/member/year

CHILD WATCH
Beginning August 30th
Tuesday and Thursday 8-11am
Monday and Wednesday 4-7pm
Available in 2 hour increments for children 6 mos - 12 years old. Parents must remain in the building the entire time. The program is unstructured, basic babysitting service that is available for FAMILY memberships.

MEMBERSHIP FOR ALL
Through the generosity of our donors, we are able to provide programs and services of a YMCA membership to those who may not otherwise be able to participate. Rates are available based on income. Proof of income will be required for Membership for All.

Visit www.clcymca.org
Or the Welcome Center for current schedules.
HEALTHY LIVING OFFICE HOURS
Need help navigating where to start? The YMCA’s evidence-based programs can be tricky to navigate if you are unsure, have questions or need assistance in getting started. The CLC YMCA’s Healthy Living Director will now offer “office hours” on Friday mornings from 9-10:00am. Stop in and get your questions answered, sign up for programs, and find your path to better health! No appointment necessary!

BLOOD PRESSURE SELF-MONITORING
The YMCA’s Blood Pressure Self-Monitoring is a 4-month program that offers personalized support as participants develop the habit of monitoring their blood pressure. Participants will take and record their blood pressure at least two times per month, attend two consultations per month with a Healthy Heart Ambassador, and attend optional nutrition education seminars. Enrollment is ongoing in person or virtual.

DIABETES PREVENTION PROGRAM
This 12-month group-based program consists of 16 core sessions followed by monthly maintenance sessions led by a trained Lifestyle Coach. We discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Classes are scheduled bases on participant availability both in-person and virtually. The CLC YMCA also offers, CONNECT at the Y, a technology lending library for those who need access to a device. Next class starts September 2nd

TAI CHI FOR ARTHRITIS PART I & II
Mon & Wednesday With Robin Maginn
Tai Chi is an enjoyable exercise that can improve balance, relieve pain and improve health and the ability to do things. It is a slow exercise and easy to learn for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Next class starts August 31st T and Th 9:15-10:00am Cost: $65/session (10 weeks)

ENHANCE FITNESS
This 16-week fitness program focuses on falls prevention and arthritis management and is proven to help older adults become more active, energized and empowered. Enrollment is ongoing and in-person. M, W and F at 10:30-11:30am Cost: $20/8 weeks session

HEALTHY WEIGHT AND YOUR CHILD
Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits. Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. New class starting October 15th!!

LIVESTRONG AT THE YMCA
LIVESTRONG at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their health. This 12-week program meets twice a week for 90 minutes in small groups and allows cancer survivors to regain their physical, emotional, and spiritual strength. Thanks to the generosity of our donors, this program is offered to all for free. New class begins September 27

PARKINSON’S & MOVEMENT DISORDER PROGRAMS
Research has shown that exercise is an important component in the management of Parkinson’s Disease. Significantly improving quality of life and execution of functional movement.

• Virtual Exercise for Parkinson’s
• Pedaling for Parkinson’s August 30, Monday & Thursday 12-12:45pm
• Boxing for Parkinson’s June. 15, Tuesday & Wednesday 12-12:45pm

For more information on EBHIs please contact Robin Maginn, Healthy Living Coordinator at rmaginn@clcyymca.org
PERSONAL TRAINING

Whether you want to prepare for a trip, train for an athletic event, improve your golf or tennis game or simply looking for a personalized and guided workout, personal training at the YMCA is for you. Contact our Welcome Center for more information and scheduling.

<table>
<thead>
<tr>
<th></th>
<th>1 Hour Session</th>
<th>5 Session Pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Member</td>
<td>$60</td>
<td>$275</td>
</tr>
<tr>
<td>Member</td>
<td>$60</td>
<td>$275</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$100</td>
<td>$450</td>
</tr>
</tbody>
</table>

VIRTUAL PERSONAL TRAINING

The Y’s Personal Training program is designed to meet you where you are and help you achieve results. And now, you can experience Personal Training at its best virtually.

With Virtual Personal Training, our certified trainers will build your unique fitness plan and provide one-to-one coaching with tools and personal connection so that you can get the most out of each workout wherever you are.

FOR INFORMATION ON HEALTHY LIVING PROGRAMMING

Lauren Ober
Director of Member Services & Healthy Living
lober@clcymca.org

Sarah Neumann
Member Experience Coordinator
sneumann@clcymca.org

Robin Maginn
Healthy Living & EBHI Coordinator
rmaginn@clcymca.org

CARDIO TENNIS IS BACK!

JOIN US FOR A GREAT WORKOUT!

Tuesday 12pm & Wednesday 5–6pm
Free to all members / $10 for non-members

For more information about Personal Training & Group Exercise, please contact Robin Maginn, Healthy Living Coordinator at rmaginn@clcymca.org
ONE-ON-ONE YOGA INSTRUCTION
One-on-one Yoga instruction is offered by Stephanie Winchenbach by appointment. Steph’s mindfulness journey began in 2016 when she immersed herself in exploring the healing powers of yoga, reiki and nutrition. She has completed the ‘Foundations for the Mindful Teacher’ 200 hour program at Kodawarei Studios in Tampa, FL and also received a Level III attunement to become an Usui Reiki Master Healer. Steph also has her Functional Nutritional Therapy Practitioner certification. Contact the Welcome Center for more information and to set up an appointment.

SMART START COACHING – GET THE RESULTS YOU WANT
Smart Start is a series of 3 FREE coaching sessions for all new and current members that provides you with an easy-to-follow wellness plan, fitness center orientation and the support you need to achieve your goals. Smart Start includes up to three one-on-one sessions with our highly trained staff who will discuss the best path for your wellness journey. This personalized program helps you to set fitness, wellness and lifestyle goals and supports you as you work toward personal success. Smart Start can include an introduction to group exercise classes, a wellness floor orientation, tips on how to use the equipment and an introduction to Y programs that will help you and your family live more balanced, fun and active lives.

To get started, contact Sarah Neumann, Member Experience Coordinator at sneumann@clcymca.org.

TANITA BODY COMPOSITION ASSESSMENT
The Tanita Multi-Frequency Segmental Body Composition Analyzer is an FDA cleared device that provides an instant analysis of your health and fitness status and monitors individual progress over time. A full body composition analysis is performed and a consultation with a Mona Alley, a registered dietitian is included. Email Robin Maginn at rmaginn@clcymca.org for more information.

By appointment only: Cost: $25

GET SET UP
GetSetUp is an online community of people ages 50+ who want to get more out of life, learn new skills with others, and gain new experiences. Specially trained GetSetUp Guides and Social Hosts, lead classes from how to get started with technology to starting your own business. These classes are live so learners can ask questions, share experiences, and ensure their goals are achieved.

Whatever your background, experience, or education there is something on GetSetUp for you. Visit https://www.getsetup.io/partner/CLCYMCA to get started!!!

FUNCTIONAL MOVEMENT ASSESSMENTS
Assessing your body’s functional movements is the perfect way to get started on the path to wellness. This assessment class will diagnose strengths and weaknesses allowing us to then add to the strengths and eliminate the weaknesses. The class also teaches fundamental functional movements, balance, coordination, flexibility, injury prevention and prepares you for learning to lift. This class is a 6-week one-on-one or group class with Brady Fergola. The class meets twice per week for one hour. For more information, email Lauren Ober at lober@clcymca.org

By Appointment
Cost: $150/person
IMPROVE MOVEMENT, IMPROVE LIFE
Post Rehab Program
CENTRAL LINCOLN COUNTY YMCA

An injury can have a dramatic effect on the quality of life. Recovery from injury or surgery can present a number of challenges that may take a physical, mental and emotional toll. The post-rehab program will take you to the next level and assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals.

The Post Rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services through Lincoln Health Physical Therapy. Your physical therapist will work directly with your certified personal trainer to relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

PROGRAM INCLUDES:

- Two-month Y membership and an eight-week program consisting of 12 visits with a certified personal trainer. If you continue your membership after the program, the joiner fee ($65) will be waived.
  Two 30 minutes sessions per week during the first four weeks.
- One 45 minute session per week for the second four weeks.
- Sessions include warm up and cool down program.

Schedule will be worked out between trainer and participant. Participant will have the same trainer for entire 8-week program.

FEE:
Y MEMBERS: $336/participant (includes 2-month Adult membership ($157 value)

FOR MORE INFORMATION EMAIL LAUREN AT LOBER@CLCYMCA.ORG OR VISIT CLCYMCA.ORG
Y360 is our on-demand healthy living network. It’s your favorite classes, our top instructors, and the Y community, now available at home, on the road, whenever you want to work out! To sign up, visit clcymca.org, Your Y At Home, Virtual Workouts.

- Work out at home
- Zoom classes
- Facebook Live classes
- YouTube classes

Powered by the Y
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:45am KETTLEBELLS Mary Snow Gymnasium</td>
<td>6:30-7:30am GENTLE YOGA Courtney Belolan Gymnasium</td>
<td>6:00-6:45am KETTLEBELLS Mary Snow Fitness Studio</td>
<td>6:30-7:30am YIN YOGA Courtney Belolan Gymnasium</td>
<td>6:00-6:45am KETTLEBELLS Mary Snow Gymnasium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45-7:30am CYCLING Mary Snow Cycling Studio</td>
<td>6:00-6:45am KETTLEBELLS Mary Snow Fitness Studio</td>
<td>6:45-7:30am CYCLING Mary Snow Cycling Studio</td>
<td>7:00-7:45am MORNING FLOW Maria Hanley Fitness Studio</td>
<td>7:30-8:15am CYCLING Kristie Houghton Cycling Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45am MORNING FLOW Maria Hanley Fitness Studio</td>
<td>7:00-7:45am YOGA (Q) Steph Winchenbach</td>
<td>7:45-8:45am YOGA (Z) Steph Winchenbach</td>
<td>8:15-9:00am TRX &amp; STRENGTH Caitlin Betts Cycling Studio</td>
<td>8:15-9:00am TRX &amp; STRENGTH Caitlin Betts Cycling Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-8:45am LIVING FIT Robin Maginn Gymnasium</td>
<td>8:00-8:45am PILATES (I/FL) Cynthia Fitness Studio</td>
<td>8:00-8:45am LIVING FIT Robin Maginn Gymnasium</td>
<td>8:00-8:45am LIVING FIT Robin Maginn Gymnasium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-9:00am TAI CHI Jan John</td>
<td>8:00-9:00am TAI CHI Jan John</td>
<td>8:00-9:00am TAI CHI Jan John</td>
<td>9:00-10:00am BODYWEIGHT BLEND Becky Drum Outside</td>
<td>9:00-10:00am BODYWEIGHT BLEND Becky Drum Outside</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am STRONG &amp; CARDIO Sarah Neumann Fitness Studio</td>
<td>9:00-10:00am STRONG &amp; CARDIO Sarah Neumann Fitness Studio</td>
<td>9:00-10:00am STRONG &amp; CARDIO Sarah Neumann Fitness Studio</td>
<td>9:00-10:00am BODYWEIGHT BLEND Becky Drum Outside</td>
<td>9:00-10:00am BODYWEIGHT BLEND Becky Drum Outside</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00am LIVING FIT Robin Maginn Gymnasium</td>
<td>9:00-10:00am LIVING FIT Robin Maginn Gymnasium</td>
<td>9:00-10:00am LIVING FIT Robin Maginn Gymnasium</td>
<td>9:00-10:00am LIVING FIT Robin Maginn Gymnasium</td>
<td>9:00-10:00am LIVING FIT Robin Maginn Gymnasium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:30am ENHANCE FITNESS $ Robin Maginn Gymnasium</td>
<td>10:30-11:30am ENHANCE FITNESS $ Robin Maginn Gymnasium</td>
<td>10:30-11:30am ENHANCE FITNESS $ Robin Maginn Gymnasium</td>
<td>10:30-11:30am ENHANCE FITNESS $ Robin Maginn Gymnasium</td>
<td>10:30-11:30am ENHANCE FITNESS $ Robin Maginn Gymnasium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:00pm CARDIO TENNIS Georgia Ahlers Tennis Courts</td>
<td>12:00-1:00pm CARDIO TENNIS Georgia Ahlers Tennis Courts</td>
<td>12:00-1:00pm CARDIO TENNIS Georgia Ahlers Tennis Courts</td>
<td>12:00-1:00pm CARDIO TENNIS Georgia Ahlers Tennis Courts</td>
<td>12:00-1:00pm CARDIO TENNIS Georgia Ahlers Tennis Courts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:45pm BOXING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm BOXING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm BOXING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm BOXING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm BOXING FOR PARKINSON’S $ Sarah Neumann</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:45pm PEDALING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm PEDALING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm PEDALING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm PEDALING FOR PARKINSON’S $ Sarah Neumann</td>
<td>12:00-1:45pm PEDALING FOR PARKINSON’S $ Sarah Neumann</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:15-5:00pm HEAVY BOXING Sarah Neumann Gymnasium</td>
<td>4:15-5:00pm CYCLING Sarah Plummer Cycling Studio</td>
<td>4:30-5:30pm PIV (Q) Tanya Albert Outside</td>
<td>4:15-5:00pm CYCLING Sarah Plummer Cycling Studio</td>
<td>4:15-5:00pm CYCLING Sarah Plummer Cycling Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00-6:00pm TRX &amp; CYCLING COMBO Melissa Cycling Studio</td>
<td>5:00-6:00pm TRX &amp; CYCLING COMBO Melissa Cycling Studio</td>
<td>5:00-6:00pm TRX &amp; CYCLING COMBO Melissa Cycling Studio</td>
<td>5:00-6:00pm TRX &amp; CYCLING COMBO Melissa Cycling Studio</td>
<td>5:00-6:00pm TRX &amp; CYCLING COMBO Melissa Cycling Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-6:45pm TURN UP DANCE FITNESS Erica Gesthner Fitness Studio</td>
<td>6:30-7:30pm TOTAL BODY CHALLENGE Hannah Meneses Varied</td>
<td>6:15-7:15 RESTORATIVE YOGA Mary Snow Fitness Studio</td>
<td>6:15-7:15 RESTORATIVE YOGA Mary Snow Fitness Studio</td>
<td>6:15-7:15 RESTORATIVE YOGA Mary Snow Fitness Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHILD WATCH Babysitting while you work out! Tuesday &amp; Thursday 8-11am Monday &amp; Wednesday 4-7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Classes with $ are programs with an additional fee.

**ZOON CLASSES**
All Zoom class Links will be posted on clcymca.org and Facebook Group Exercise Page. CLC YMCA Membership is required to access Zoom classes.

**FACEBOOK LIVE CLASSES**
Group Page: CLC YMCA GROUP EXERCISE (https://www.facebook.com/groups/1380162472295168/)
HEALTH & WELLNESS
CLASS DESCRIPTIONS

BOOTCAMP:
Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements that’ll have you sweating and your muscles burning. Feel strong, powerful and accomplished.

CYCLING:
Experience an excellent cardiovascular workout as you pedal through hills, sprints, and many other challenging drills on our indoor cycling bikes.

ENHANCE® FITNESS:
Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This is a full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated, and chairs are available for balance and lower-body exercises.

PILATES:
Low-impact, deep-reaching workout for your “core” - your abdominals, pelvis, back, shoulders and buttocks. The secrets to working those deep layers of muscle and truly toning up are proper alignment, control, precision, centering, concentration, breathing, and flowing movement.

PIYO:
This class includes a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility.

LIVING FIT:
A class that offers a total body workout for active older adults using free weights, kettlebells, bands and balls combining all elements of fitness: cardio, muscle conditioning, balance and flexibility with an emphasis on core, form and posture.

TOTAL BODY CHALLENGE:
Focus on balance, coordination and cardiovascular endurance with full body strengthening moves and high energy cardio in a versatile class that includes various challenges, from cycling, interval training, weights, body weight resistance moves, track workouts, and more!

RESTORATIVE YOGA:
An excellent pathway to quiet the mind and calm the body. With the use of props such as blocks, bolsters and blankets, restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness. Restorative yoga classes are perfect for all levels of experience and stages of flexibility.

BODYWEIGHT BLEND:
Bodyweight exercises challenge your whole body! Join us on the CLC campus to improve your strength and core while enjoying the outside. This course is always outside, and foul weather gear is needed.

YOGA FLOW:
Vinyasa, which translates to “flowing with breath” is a dynamic style of yoga which joins physical postures with inhales and exhales, creating a steady internal rhythm. Deepen your practice both mentally and physically with this fluid class that builds upon strength, flexibility, and skillful transitions.

TRX:
Also known as Total Resistance Exercises, is an approach to strength training that uses a system of ropes and webbing called suspension trainers to allow participants to work against their own body weight. Suspension training develops physical strength while using functional movements and dynamic positions.

KETTLEBELLS:
Come and join us for a kettlebell 30-minute workout that burns fat, builds muscle, increases strength and stamina. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility, and cardio endurance.

TAI CHI:
Tai Chi is an enjoyable exercise that can improve balance, relieve pain and improve health and ability to do things. It is a slow exercise and easy to learn for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration.
THRIVE AT THE Y

Thrive at the Y is our afterschool program serving children Pre-K through 5th grade. The program encourages children to achieve, build relationships and feel a sense of belonging. The afternoons’ activities are planned to promote physical activity with our CATCH Curriculum, academic enrichment through our STEM program and connections with local foods with our FARMS at the Y program. Thrive runs till 5:30 pm each day and children are provided a healthy snack.

FMI on our Thrive at the Y program contact: Sophie Schumacher sschumacher@clcymca.org

<table>
<thead>
<tr>
<th>THRIVE AT THE Y</th>
<th>MEMBER</th>
<th>NON MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 DAY 1ST CHILD</td>
<td>$38</td>
<td>$58</td>
</tr>
<tr>
<td>2 DAY 2ND CHILD</td>
<td>$28</td>
<td>$48</td>
</tr>
<tr>
<td>3 DAY 1ST CHILD</td>
<td>$48</td>
<td>$68</td>
</tr>
<tr>
<td>3 DAY 2ND CHILD</td>
<td>$41</td>
<td>$58</td>
</tr>
<tr>
<td>5 DAY 1ST CHILD</td>
<td>$58</td>
<td>$78</td>
</tr>
<tr>
<td>5 DAY 2ND CHILD</td>
<td>$48</td>
<td>$68</td>
</tr>
</tbody>
</table>

BEFORE CARE

Held at the CLC YMCA from 6:30-8am for students in the Pre-K program and those attending Great Salt Bay School. Y staff will walk kids over to the school prior to school start time. Maximum 10 participants.

POWER HOUR

For parents who can’t get to GSB by dismissal and for youth attending after-school programs at the CLC YMCA. Y staff will walk students to the Y from GSB. Includes snack provided by the Y.

<table>
<thead>
<tr>
<th>AT OUR CLC FACILITY</th>
<th>MEMBER</th>
<th>NON MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>GSB BEFORE CARE (6:30am-School)</td>
<td>$18</td>
<td>$28</td>
</tr>
<tr>
<td>POWER HOUR</td>
<td>$28</td>
<td>$38</td>
</tr>
<tr>
<td>VACATION DAY</td>
<td>$38</td>
<td>$38</td>
</tr>
</tbody>
</table>
CHILD CARE

All our Child Care programs are licensed through the state. We accept subsidy through the CCSP. Children in our care receive breakfast, lunch and an afternoon snack. FMI on Child Care programs please contact Sally Farrell: sfarrell@clcymca.org

PRE-K AT THE Y
Located at our CLC YMCA main facility, our Pre-K is designed for children entering Kindergarten in the fall of 2021. We strive to foster creativity, curiosity and exploration within a traditional setting. The classroom is filled with many opportunities to help a child explore and learn through language, math, science, social studies, practical life and sensorial opportunities. The program uses the Teaching Strategies curriculum, approved by NAEYC, to help students progress in academic, social emotional and physical development. The teacher(s) work with local schools to ensure the students are prepared to enter area Kindergarten programs.

<table>
<thead>
<tr>
<th>AT OUR CLC FACILITY</th>
<th>TWO DAY</th>
<th>THREE DAY</th>
<th>FIVE DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>525 Main Street, Damariscotta</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PRE-K (8:15am-2:30pm)</td>
<td>$99</td>
<td>$135</td>
<td>$185</td>
</tr>
<tr>
<td>BEFORE CARE (starts 6:30am)</td>
<td>$105</td>
<td>$145</td>
<td>$195</td>
</tr>
<tr>
<td>ADD THRIVE (Until 5:30PM)</td>
<td>$111</td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td>ADD BEFORE &amp; THRIVE</td>
<td>$115</td>
<td>$160</td>
<td>$210</td>
</tr>
</tbody>
</table>

INFANT, TODDLER, PRESCHOOL
(Ages 6 weeks to 4 years old)
At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. Our Child Care program is staffed with people who understand the cognitive, physical, social, and emotional development of children.

Sally Farrell, Lead Pre-K Teacher & Child Care Director sfarrell@clcymca.org

<table>
<thead>
<tr>
<th>AT OUR CC FACILITY</th>
<th>THREE DAY</th>
<th>FIVE DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Sand Hill Drive, Nobleboro</td>
<td></td>
<td></td>
</tr>
<tr>
<td>INFANT (6:30am-5:30pm)</td>
<td>$155</td>
<td>$205</td>
</tr>
<tr>
<td>TODDLER (6:30am-5:30pm)</td>
<td>$147</td>
<td>$195</td>
</tr>
<tr>
<td>PRESCHOOL (6:30am-5:30pm)</td>
<td>$140</td>
<td>$185</td>
</tr>
</tbody>
</table>
KIDS IN THE KITCHEN
Tuesdays 3-4:30pm, ages 8-12
September 7- October 19
Organized kitchen-based activities will take the mystery out of cooking in this interactive and fun learning experience. Kids will learn everything from cooking skills to knife skills to garden skills, while utilizing the teaching kitchen and raised garden beds.
Minimum 4 participants.
Family Member $115 Member $120 Nonmember $240

SATURDAY YOUTH COOKING CLASSES
Saturdays, 9-10:30am, ages 8-12
September 18, October 2 & 16
Join us for Saturday youth cooking classes in our teaching kitchen for a fun morning of hands-on cooking. We will utilize the raised garden beds and other garden-fresh veggies while your child learns valuable kitchen skills.
Minimum 4 participants.
Family Member $10 Member $15 Nonmember $20

NEW TO THE Y: FARMS AT THE Y OFFERS HEALTHY FOOD FOR SALE
Starting early September, FARMS at the Y will be providing nutritious snacks and meals for sale in the cooler at the front desk. Our offerings will incorporate local, nutrient-dense fruits and vegetables. Not only will this provide people with an opportunity to fuel up at the Y, but revenue generated from food sales will support the food education work run by FARMS at the Y. FARMS at the Y’s mission is to provide education about good nutrition and the role of local farms in promoting healthy, sustainable communities. By offering hands-on experiences for people of all ages to develop expertise in cooking and gardening and a passion for healthier living, we are able to excite and educate people about the value and joy of growing, preparing and eating healthy local foods.

SCHOOL PROGRAMMING:
FARMS at the Y cooking classes give students the opportunity to learn lifelong skills that contribute to healthy living. Schedule class visits to our teaching kitchen and gardens where people of all ages learn to plant, harvest, prepare and cook while gaining an understanding of local food systems. Through these basics other skills develop, such as critical thinking, leadership, shared responsibility, and self-empowerment which comes with a usable skill set that can be applied to personal or professional development, encouraging independence and confidence.

Please note we are still offering virtual and in-person cooking classes to accommodate covid-19 guidelines.

2020-2021 School Program Pricing
Schools are recommended to purchase packages so multiple classrooms can enjoy the FARMS at the Y experience at the best rate. Packages also allow for advance scheduling for preferred days & times.
Teacher’s First Visit Introductory Offer $45
Single Cooking Class $75
3 Cooking Classes $215
9 Cooking Classes $600
12 Cooking Classes $800
Virtual cooking classes $45 each

To purchase and schedule cooking classes, contact FARMS at the Y educators Karen Kleinkopf or Leslie Wicks, kkleinkopf@clcymca.org or lwicks@clcymca.org.

“FARMS at the Y programming offers a community service through reduced rate and free programming to local schools and food pantries. Paid programming helps to support these mission-based programs, along with donations from the Y’s Annual Fund. Thank you for helping bring local, nutrient dense food and cooking classes to our community.”
## ADULT TENNIS & RACQUET SPORTS

All adult tennis classes begin September 13, 2021

### TENNIS COURT FEES

$32/pr hour  
Please see Member Services or book at yourcourts.com

### PICKLEBALL

M-W-F  6:30–7:30am  
M-W-F  9–11am  
Tuesday–Thursday  6–7pm

### LEARN TO PLAY PICKLEBALL STARTS IN OCTOBER

Learn all the basics, and be ready to join program play  
Scoring, positioning, simple tactics, simple technique  
and then its time to PLAY!!  
Tuesday 10am  
Tuesday  5–6pm  
$40 members  $60 non-members

### ADULT TENNIS

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>MONTLY FEES M/NM/DROP IN</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADV DOUBLES</td>
<td>MON</td>
<td>8–9am</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>ADV SINGLES</td>
<td>MON</td>
<td>9–10am</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>SINGLES FAST FOUR</td>
<td>MON</td>
<td>5–6pm</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>RUSTTY RUSTED AND RECOVERING</td>
<td>TUE</td>
<td>11am–12pm</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>CARDIO TENNIS</td>
<td>TUE</td>
<td>12–1pm</td>
<td>FREE/$10</td>
<td></td>
</tr>
<tr>
<td>FAST FOUR</td>
<td>TUE</td>
<td>6:30–8pm</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>CARDIO TENNIS</td>
<td>WED</td>
<td>5–6pm</td>
<td>FREE/$10</td>
<td></td>
</tr>
<tr>
<td>DRILL NIGHT</td>
<td>WED</td>
<td>6–7pm</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>HITS &amp; GIGGLES</td>
<td>THUR</td>
<td>8–9am</td>
<td>$40/$75/$15/$25</td>
<td></td>
</tr>
<tr>
<td>TRIPLES</td>
<td>THUR</td>
<td>5–6pm</td>
<td>$30/60/$10/$25</td>
<td></td>
</tr>
</tbody>
</table>

### FALL EVENT CALENDAR

**22nd ANNUAL BREAST CANCER TOURNAMENT**  
OCT. 21, 9am–1pm  
Luck of the draw—Women’s Doubles, auction, tennis, food, prizes and more. Registration $25 All proceeds support the fight to end breast cancer.

CARDIO TENNIS IS BACK!  
Tuesday 12pm  
Wednesday 5–6pm  
Free to all members  
$10 for non-members
GLASS, GLASS, AND MORE GLASS
Ages 6 – 12
Wednesdays 3 – 4pm
September 8 – October 13

In this class students will work with infused glass, sea glass with resin, and glass mosaics. The class will cover safety along with creating different glass artwork. This class will run at the same time as Graphic Design or Comic Book Design. Minimum to run class combined total of 4, and maximum of 10.

Family Member $55, Member $65, & Non-Member $80

GRAPHIC DESIGN OR COMIC BOOK DESIGN
Ages 6 – 12
Wednesdays 3 – 4pm
September 8 – October 13

Graphic Design and Comic Book Design will be taught together at the same time as Glass, Glass, and More Glass. Students in this class can choose to focus on Graphic or Comic Design. Students will explore logo design and will work in illustrator on a MacBook Pro sharing screen time. Minimum to run class combined total of 4, and maximum of 10.

Family Member $55, Member $65, & Non-Member $80
YOUTH GYMNASTICS

ITY BITTY GYMNASTICS
Ages 3–5
Children ages 3 – 5 years will be introduced to different equipment and movements in a structured environment. Parent involvement is encouraged. Parents of this level should be on site when the class is in session. Minimum to run class: 3, and maximum 6.

Monday 3:15 – 4:00pm
Session: September 13 – October 25 (No classes on September 20 or October 11). (5 Class Schedule)
Family Member $42, Member $45, Non-Member $63

Wednesday 3:15 – 4:00pm
Session: September 8 – October 20 (No class on September 22) - (6 class schedule)
Family Member $50, Member $55, Non-Member $75

Saturday 10:00 – 10:45am
Session: September 11 – October 16
(6 Class Schedule)
Family Member $50, Member $55, Non-Member $75

BEGINNER GYMNASTICS
Ages 5 – 8
This program focuses on orienting students with equipment and balancing participants comfort level with each event the class visits. Participants will begin to develop body awareness and fundamental skills. Minimum to run class: 3, and maximum 6.

Monday 4:15 – 5:15pm
Session: September 13 – October 25 (No classes on September 20 or October 11). (5 Class Schedule)
Family Member $45, Member $50, Non-Member $66

Wednesday 4:15 – 5:15pm
Session: September 8 – October 13 (6 class schedule)
Family Member $55, Member $60, Non-Member $80

Saturday 11:00 – 12:00pm
Session: September 11 – October 16 (6 Class Schedule)
Family Member $55, Member $60, Non-Member $80
YOUTH DEVELOPMENT

Y HIGH SCHOOL TEEN LEADERS CLUB
Lincoln Academy students in grades 9-12
Wednesdays, 3-4pm at the Y

Upcoming Community Volunteer Opportunities:
Monthly Kids Night Out
Fill the Y Bus Food Drives
Trunk or Treat

For more information, contact Y Teen Leaders Club Leader, Addie Brinkler at brinklerac@lincolnacademy.org or Karen Ann Hagar at khagar@clcymca.org.

Y MIDDLE SCHOOL TEEN LEADERS CLUB
The CLC Y Leaders Club is designed to introduce youth & teens, grades 6-8, to service learning, volunteerism, social interaction and appreciation for diversity through the focus areas of the YMCA.
Youth become leaders through service learning. Growth is fostered by allowing them to identify values and understand how they connect with society as a whole through giving back to the community in tangible, community-building ways.

Hosted at the CLC YMCA after school every Wednesday. FMI, contact Director of Outreach and Community Navigation Karen-Ann Hagar, at khagar@clcymca.org.

*Y teen Leaders is for all ages of teens grades 6th through 12th

ARTS & CRAFTS
Weekly themed craft project with a focus on textures, creativity, and more.
Friday 11-11:45am
For more information please contact Lauren ober at lober@clcymca.org

TRUNK OR TREAT
Sponsored by Damariscotta PD and CLC YMCA
October 31st 4:30-6:00pm
To request trunk space contact Karen-Ann Hagar khagar@clcymca.org

LEGO CLUB
September 13 – October 25 (No program on October 11).
Mondays 3:30 – 4:30pm
Ages 6 – 12

Participants will receive exciting new building challenges each week with an emphasis on teamwork, collaboration, and creativity. Lego masters will test and retest their creations while using the STEM approach. Minimum 6 to run program, maximum 10. For more information please contact Joe Clark at jclark@clcymca.org
Family Member $50, Member $60, Non-Member $80

CHILDREN’S PUMPKINFEST PUMPKIN HUNT
Location : CLC YMCA
Date: October 10th
Pre registration : 1:00-1:45 pm
Hunt Times :
2:00 pm Ages 5 and younger at the front Little League field
2:30 pm Ages 6 and up near the Joe Clark Trail
CLC YMCA FITNESS MENTOR PROGRAM

Volunteer Opportunity
Are you a high school or college student who loves working out? We are looking for volunteers to help our teens age 11-13 who need a Y mentor in the fitness center. Many of our middle schoolers would like access to the fitness center but don’t have an adult available to guide them through a workout after school. For more information, please email Lauren Ober at lober@clcymca.org.

YOUTH SMART START
At the Y, we believe young people should understand the importance of physical activity while having fun. In order to make sure your child has a safe, healthy experience at the Y, we offer special orientations to teach young members the basics of proper, effective and safe use of cardio and strength equipment.

After the orientation, your child will receive a wristband and access allowing them to use the fitness center between 3-4pm Monday – Friday and attend group exercise classes. Youth must be ages 11-13 and must be accompanied by an adult for the first session. To sign up, email Sarah Neumann, Member Experience Coordinator, sneumann@clcymca.org.

TEEN FITNESS CENTER PRIVILEGES
Ages 11-13:
Open for use after completing a YOUTH SMART START orientation and with a parent, guardian, or fitness mentor or during YOUTH SMART START fitness hours. Youth Smart Start participants will be able to access the gym between 3-4pm without a parent or guardian. They will receive a wristband that must be worn and visible in order to gain access. Privileges can be revoked if our code of conduct is not followed. See below for more details on how to sign up for the YOUTH SMART START program.
Ages 14 and older:
Open anytime with a reservation and a completed orientation.

PERSONAL TRAINING FOR TEENS
Get in shape, increase stamina, acquire agility, get stronger, get faster, boost confidence—and that’s just the beginning! A trainer can motivate you, teach you new techniques and help you achieve your fitness goals. See Personal Training for all the options and details. By appointment only.

YOUTH & TEEN OPEN GYMNASIUM
Mon-Fri, 3-5:30pm
Recreational gym time can be set up by reservation. All participants are required to follow all set Covid-19 restrictions including mask wearing.
YOUTH SOCCER LEAGUE
Kickoff Clinic Date / Times
Saturday September 11
Grades 1 – 2 (9 – 10am)
Grades 3 – 4 (10:30 – 11:30am)
Grades 5 – 6 (12:00 – 1:00pm)
Session: September 11 – October 30

Please register in advance for the league and under your son or daughter’s grade level. It is important to register so coaches have an accurate count when picking teams. Teams will look to be chosen on the clinic day (9/11). Practices will be based on the volunteer coach’s schedule. Practices will begin the week of September 13.

Games for grades 1 – 4 will be on Saturdays at CLC Y, Lincoln Academy, and some games at Clifford Park in Boothbay, but may change based on field availability. Schedule TBD based on number of teams in the league.

Grades 5 – 6 will look to compete against other recreational programs such as Wiscasset, Boothbay, and Richmond. Location of these games are TBD in coordination with the Wiscasset Park & Rec.

League Play: September 25 – October 30.
Parents interested in becoming a volunteer coach, please contact Joe Clark at jclark@clcymca.org.

Family Members $60, Members $70, Non-Members $90

ITY BITTY SOCCER
Tuesday 3:30 – 4:15pm (September 7 – October 12)
Thursday 3:30 – 4:15pm (September 9 – October 14)
Ages 4 – 6

Soccer fundamentals, footwork, team play, and fun are the emphasis at the clinic. The clinic will start with skill development, followed by mini games to grow the player’s skills. Location: CLC YMCA. Minimum to run program: 8 participants. Maximum 16.

Family Member $50, Member $60, Non-Member $80

TGK BASKETBALL SKILLS CLINIC
Techniques covered: footwork, 2-ball skills, athletic position, breakdown moves, inside pivot shooting series, change of direction skills with ball in transition, finishing off either foot with either hand on either side of the basket. Minimum: 8 participants.
1. September 27, 5-6pm
2. October 25, 5-6pm

Family Members $60, Members $70, Non-Members $90
**KARATE**
Learn self-defense techniques and discipline. Taught by volunteer Black Belt Sensei Nancy Ault. For ages 8 to adult. Masks are worn at all times during the class. Hand sanitizing will be conducted prior to class starting, throughout, and at the end of class. Maximum of 5 students per monthly session.
In order to join you must have permission from Sensei Nancy Ault. Please email Joe Clark at jclark@clcymca.org.

**Monthly Class Schedule**
Tuesday & Thursday 6:15 – 7:45pm

Family Member $20, Member $25,
Non-Member $50

**MT. BIKING**
September 15 – October 20
Wednesdays, 3:45 – 4:45pm
Ages 9 – 14

During this program, riders will travel to Midcoast Conservancy Hidden Valley Nature Center (HVNC) to focus on Mountain Biking riding on all fat tire bikes with instructor Sarah Plummer. This class will educate riders on hill climbing, distance riding, bike maintenance, and overall safety. Riders can bring their own helmets, although these are provided through HVNC.
8 minimum, 14 participants maximum.

**Bus Schedule:**
Depart CLC Y: 3:15pm
Program 3:45 – 4:45pm
Arrive at CLC Y: 5:30pm

Family Members $80, Members $90,
Non-Members $110

---

**WAWENOCK GOLF CLINIC**
September 13 – October 25
(No clinic on October 11)
Mondays, 3:30 – 4:30pm
Ages 7 – 13

The CLC YMCA and Wawenock Golf Club will look to offer youth golf lessons afterschool this fall. Wawenock PGA Professional Ashton Benn will be working with the group. The class time will be spent at the putting green, driving range, and on the course. 6 minimum, 12 participants maximum.

**Bus Schedule**
Depart CLC Y: 3:10 – 3:15pm
Program: 3:30 – 4:30pm
Arrive at CLC Y: 4:50pm

Family Member $60, Member $70,
Non-Member $90

---

For information on how to sign up for these programs or volunteer as a coach contact Joe Clark at the CLC YMCA. Joe Clark at jclark@clcymca.org
ALL BY MYSELF
Designed for families who need an hour to visit with a friend, grocery shop, have a cup of coffee or need enriching and fun home school activities for their young children.

2-day Pricing
FM: $60/month/child
NM: $120/month/child
Drop in: $10/class/child
Pre K students $30 a month per child.
All classes are for ages 3–6. Monthly sign up is required.

TINY TENNIS
We focus on having fun and promote teamwork. Activities are designed to encourage a love of sports and movement while learning fundamental tennis skills. Monday 11–11:45am

CREATIVE MOVEMENT
Children that love rhythm and movement and feel safe participating in a class environment. Students will use ribbons, scarves and more as they combine imagination with music to learn body control, develop fine motor skills and improve social skills. Wednesday 11–11:45am
MIDDLE & HIGH SCHOOL PERFORMANCE TRAINING

All classes are for ages 11-18. Monthly sign up is required.

POWER:
This monthly program will help athletes build confidence as they learn the principles of lifting and importance of strength training. The focus will be on technique, types of lifts, muscular strength, and injury prevention techniques.

Middle School: TBD
High School: TBD
Cost: $80/month $15 drop in
## YOUTH TENNIS

**Drop in for all youth classes: $ M: $15 NM: $25**

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>FM/M/NM</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED BALL</td>
<td>MON &amp; WED</td>
<td>3-3:45pm</td>
<td>5-8 yrs.</td>
<td>FREE</td>
<td>SESSION STARTS OCT. 4TH</td>
</tr>
<tr>
<td>ORANGE BALL</td>
<td>MON &amp; WED</td>
<td>4-5pm</td>
<td>8-12 yrs.</td>
<td>$60/$70/$100</td>
<td></td>
</tr>
<tr>
<td>HIGH SCHOOL</td>
<td>MON &amp; THUR</td>
<td>6-7pm</td>
<td>14-18 yrs.</td>
<td>$40/$50/$80</td>
<td></td>
</tr>
<tr>
<td>GREEN BALL</td>
<td>TUE &amp; THUR/FRI</td>
<td>3-4:30pm</td>
<td>11-14 yrs.</td>
<td>$75/$85/$125</td>
<td></td>
</tr>
</tbody>
</table>

### RED BALL – FREE TO ALL

This is a dynamic start time, come whenever you can get there—ready to play and have some fun!! Ages 5–8, this is free to all thanks to the Sanford Open! All equipment provided. Must register, limit of 24 participants.

### ORANGE BALL

This program focuses on becoming part of a team, learning to win and lose graciously, and the importance of effort, sportsmanship and respect. Children participating in this program will also have the opportunity to travel to other facilities on a few weekends to expand their experience. This program is free to Thrive at the Y Kid’s as part of the program thanks to NJTL grant. Fridays will be Davis Cup from 3–5pm Drop In Cost: M: $15 NM: $25

### STAY AND PLAY– FREE

Starts Oct. 2nd. FREE Every Saturday from 11am–1pm. A place for families to spend time together on the weekend. Come enjoy a healthy snack, take part in creative art projects, youth can get help with homework—and of course, TENNIS!

### TOURNAMENT TRAINING

Thursdays at 7:00–8:00pm pm. Green and yellow ball players who are preparing for tournament play. Criteria will be required to participate in this program. See tennis staff about this commitment. FM: $40 M: $50 NM: $70

**Middle School & High School UTR Tournament last Friday of every month starting October 29th.**

### FREE MIDDLE SCHOOL TENNIS

Throughout the month of September. Tuesdays and Thursdays 3:00–4:00pm Registration is required.

### FREE FAMILY TENNIS

Starts Oct. 2nd
Every Saturday from 10–11am
FILL THE Y BUS FOOD DRIVE
CLC YMCA in partnership with Main Street Grocery of Damariscotta, join us as we stock the bus and support Lincoln Academy Cubbies, GSB and local food Pantries. Please contact Karen Ann Hagar for more information at khagar@clcymca.org.

AMERICAN RED CROSS BLOOD DRIVES
September, 12:30pm – 6pm, 9/22
October, 12:30pm – 6pm, 10/27
November, 12:30pm – 6pm, 11/17
December, 12:30pm – 6pm, 12/22

DOG OBEDIENCE CLASSES
Tuesday, Monthly Sessions
September 29 – 28
October 5 – 26
Beginner Dog Obedience 5:00 – 6:00pm
Intermediate 6:00 – 7:00pm
Canine Good Citizen 7:00 – 8:00pm
Location: Court 4 (Extra tennis court off the basketball court)
Family Member $60, Member $65, Nonmember $75

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION COURSE:
Blended Learning
The Blended learning option allows the participant to complete the classroom portion of the course ahead of time in the comfort of their own home. The online work should take approximately 3 hours to complete. Upon completing the online work, the participant will advance to the in-person skill session with an instructor. The physical skills of the course should take approximately 2 hours. If you are interested in CPR/First Aid training for a group For more information, contact Lauren Ober at lober@clcymca.org.

COMMUNITY CLASSES
Wednesday, October 13th 5:30-7:30pm
Wednesday, November 10th 5:30-7:30pm

GROUP CLASSES
If you are interested in CPR/First Aid training for a group, please contact Lauren to schedule. A full day in person class or a blended learning class are available.

ACEING AUTISM
Launches October 9th. Individualized tennis instruction for kids with Autism. Looking for volunteers to assist in this program. Email Georgia Ahlers at gahlers@clcymca.org.

MONTESSORI SCHOOL BUSSING
Montessori bussing will take place daily if there are students who need transport to the Y. A mask is mandatory to ride the bus. Parents must RSVP by emailing Joe Clark at jclark@clcymca.org. Providing the day of the week that the student would be riding.

The bus will pick up at Montessori at 2:40pm and return to the Y for drop off at 3pm. Students riding the bus must be enrolled in a program if they are under grade six. Six grade and above at this time are allowed to be at the Y without being enrolled in a program.
ACEING AUTISM LAUNCHES OCTOBER 9TH

Individualized tennis instruction for kids with Autism. We are looking for volunteers to assist in this program. Email Georgia Ahlers at gahlers@clcymca.org for more information.