DISCOVER YOUR BEST SELF

REGISTER ONLINE
boothbayregionymca.org
clymca.org

2020 Winter II
Programs
Mar. 2 – Apr. 25
Registration Begins Feb. 17
CENTRAL LINCOLN COUNTY YMCA
BOOTHBAY REGION YMCA
SESSION & REGISTRATION DATES
WINTER II: March 2–April 25
Registration Begins: February 17

HOLIDAY CLOSURES
EASTER, Sunday April 12th CLOSED
MEMORIAL DAY, Monday May 25th CLOSED

REFUND/CANCELLATION POLICY
If you need to cancel participation in a program due to personal reasons, we ask that you cancel before the session begins, as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel prior to attending the 2nd class. Refund will not be available after the second class, unless there is a medical reason that is supported with a doctor’s note. If a doctor’s note is provided, a prorated refund will be made.

BR YMCA HOURS
Monday – Friday: 5:30am-8pm
Saturday: 7am-5pm
Sunday: 1pm-5pm
Beginning 5/25, Closed Sundays Memorial Day to Labor Day

CLC YMCA HOURS
Monday - Thursday: 5am-9pm
Friday: 5am-8pm
Saturday: 7am-4pm
Sunday: 9am-2pm

POOL / SAUNA HOURS (BR YMCA)
Monday - Friday: 5:30am-7pm
Saturday: 7am-4pm
Sunday: 1pm-4pm

NATIONWIDE MEMBERSHIP
Your Y membership enables you to visit any participating YMCA in the United States through Membership at your “home” YMCA.

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.

Visit www.boothbayregionymca.org or clcymca.org
Or our welcome centers for current schedules.
MEMBERSHIP BENEFITS
• Nationwide YMCA access
• Special program rates for family members
• FREE unlimited group exercise classes
• FREE unlimited water aerobics classes (BR YMCA)
• FREE fitness orientation

EVIDENCE BASED PROGRAMS
• YMCA Diabetes Prevention Program
• LIVESTRONG at the YMCA
• Boxing For Parkinson’s Program
• Blood Pressure Self-Monitoring
• Enhance Fitness
• Healthy Weight and Your Child
• Peddling For Parkinson’s
• Tai Chi for Arthritis Part I
• Tai Chi for Arthritis Part II

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.

FINANCIAL ASSISTANCE
Regardless of your financial situation, we will work with you to receive all the benefits of a YMCA membership. If you cannot afford the full cost of a YMCA membership on the Membership for All sliding fee scale, you may apply for financial assistance and we will work together to find a monthly amount that fits your budget.

CHILD WATCH (CLC YMCA)
Available in 2 hour increments, for kids ages 6 weeks to age 12. (Parents must remain in the building the entire time.) This program is a babysitting service for individuals working out or participating in other activities. $10 Per Month.
Weekday mornings: 8–11:30am
Mon–Thur evenings: 4–7pm
Sat: 7–10am

2020 PROGRAMS SESSION DATES
Winter I: January 6 – February 29, 2020
Registration Opens December 16, 2019
(No classes in Boothbay Feb. 17–21)

Winter II: March 2 – April 25, 2020
Registration Opens February 17, 2020
(No classes in Boothbay Apr. 13–18)

Spring: April 27 – June 20, 2020
Registration Opens April 13, 2020
(No classes in Boothbay Jun. 19th / Jun. 15–20)

SUMMER: June 22 – August 29, 2020
Registration Opens June 8, 2020
(No classes in Boothbay Aug. 24–29)

Fall I: August 31 – October 24, 2020
Registration Opens August 17, 2020
(No classes in Boothbay Oct. 19 – 24)

Fall II: October 26 – December 19, 2020
Registration Opens October 12, 2019
(No classes in Boothbay Dec. 21 – Jan. 4, 2021)

MORE THAN JUST A GYM, A POOL, OR A PLACE FOR FITNESS. AT THE YMCA YOU BELONG.
PICKUP BASKETBALL
(BR YMCA & CLC YMCA)
Every Monday (BR YMCA)
5:00pm-8:00pm
Every Mon, Wed, Fri 12-2pm (CLC YMCA)

PICKUP VOLLEYBALL
(CL C YMCA)
Every Thursday 6-8pm

PICKLE BALL
(BR YMCA & CLC YMCA)
We offer an array of different adult Pickle Ball programs. See Racquet Sports for more info.

ADULT SPORTS NIGHT
(CL C YMCA)
Every Thursday 5:30-6:30pm

TENNIS
(BR YMCA & CLC YMCA)
We offer an array of different adult Tennis programs. See Racquet Sports for more info.

If you would like to receive more information on our adult sports programs and what’s new follow us on facebook @clcyymca and @boothbayregionymca
AQUATICS

BOOTHBAY REGION YMCA

<table>
<thead>
<tr>
<th>SWIM LESSON LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>COST: F/M/NM</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>PARENT/CHILD</td>
<td>TUES.</td>
<td>10:30-11am</td>
<td>6-36 months</td>
<td>$50/$70/$100</td>
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<td>PRE-SCHOOL 1-4 LEVEL</td>
<td>SAT.</td>
<td>8:30-9am</td>
<td>3-5 years</td>
<td>$50/$70/$100</td>
<td>MAR. 2 - APR. 25</td>
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<td>3:30-4pm</td>
<td>3-5 years</td>
<td>$50/$70/$100</td>
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<tr>
<td>SCHOOL AGE 1-3 LEVEL</td>
<td>SAT.</td>
<td>9:45-10:30am</td>
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<td>SCHOOL AGE 1-3 LEVEL</td>
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<tr>
<td>SCHOOL AGE 4-6 LEVEL</td>
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<td>$60/$80/$120</td>
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</tbody>
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**SWIM STARTERS (PARENT/CHILD)**
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills.

**SWIM BASICS (LEVELS 1-3)**
Students learn personal water safety and achieve basic swimming competency by learning to swim, float, swim and jump, push, turn and grab.

**SWIM STROKES (LEVELS 4-6)**
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

**PRIVATE SWIM LESSONS: Ages 5+ & Adults**
- One-on-one attention from trained staff
- Offered to youth and adults
- Offered based on instructor availability
- Prices can be found under the aquatics page of our website.

**STROKE DEVELOPMENT CLINIC**
The YMCA Swim Clinics provide opportunities for swimmers to become students of the sport, learning and growing in a non-competitive, fun environment. The drills and techniques are used by collegiate and pro swimmers, but are just as important for fitness swimmers.

- March 3: **Breaststroke**
- April 7: **Freestyle**

**STROKE DEVELOPMENT CLINIC**
Masters at the YMCA caters to a wide range of swimming skills and abilities for those looking to improve fitness or swimming techniques. We provide challenging workouts for those who wish to take their swimming to the next level.

Uncoached workouts: Mon/Fri, 6:30-7:30am AND Sat, 7-8am
Coached workouts: Wed 12-1pm

**WATER FITNESS CLASSES**

**WATER AEROBICS COMBO:**  
M/W/F 8:00am-8:45am  
T/TH 5:30am-6:30am

**DEEP WATER AEROBICS:**  
T/TH 8-8:45am

**STRETCH, TONE, & BALANCE IN THE THERAPY POOL:**  
T/TH/F 9-9:45am

**AQUA ZUMBA:**  
W/F 5-5:45pm  
AND the 1st Tuesday of each month 5:30-6:15am

**SWIM ACADEMY: 18+ Years Old**
April is National Adult Learn to Swim month. According to the CDC, one in every three adults in the US is at risk of drowning because they do not know how to swim well enough to save their own life. This program is meant for adults who want to learn how to swim a lap in the pool and tread water for 2 minutes. Participants who complete the academy can advance to the Master Stroke Development Clinics and the Masters Swim Program.

- March 30-April 23  
- 1.) Mon/Wed 2.) Tues/Thur  
- 5:30-6pm  
- FM: $50 M: $70 NM: $100
CHILD CARE & FIT KIDS AFTER SCHOOL PROGRAM

Our child care programs for children six weeks to 3 years are designed to allow children to explore and create independently.

- Through observation, teachers design creative activities that teach skills needed to move your child to the next developmental stage.

Emily Sue Barker, Child Enrichment Director
ebarker@brymca.org 633-2855 ext.400

HARBOR MONTESSORI
We believe that a child from three to six years of age is an avid learner and we strive to foster creativity, curiosity and exploration within a traditional Montessori setting.

- Classroom is student-led while teachers take on a passive role, observing and providing guidance and lessons as opportunity arises.

Emily Sue Barker, Child Enrichment Director
ebarker@brymca.org 633-2855 ext.400

FIT KIDS AFTER SCHOOL PROGRAM
Fit Kids supports working families while fostering each child’s cognitive, social-emotional, and physical development through opportunities and experiences which focus on achievement, relationships and belonging. No fit kids 4/10 for staff training.

Lindsey Senecal, Fit Kids Coordinator, Isenecal@brymca.org or 633-2855 ext.250

VACATION CAMP
Head over to the Y for April Break! We will provide full day child care for children in grades K-5 on 2/18-2/21, 3/13, 4/20-4/24. Activities will include local field trips, swimming, sledding, arts and crafts, and gym time.

Logahn Walker, Membership Engagement Director, lwalker@brymca.org or 633-2855 ext.251

KIDS NIGHT OUT
6-8pm
Feb. 28, March 27th, April 24th
Logahn Walker, Membership Engagement Director, lwalker@brymca.org or 633-2855 ext.251

CAMP KNICKERBOCKER 2020 INFORMATION
Summer 2020 will be here before we know it, which means it’s time to start thinking about Camp Knickerbocker. Leading the crew this year is Erin Gray. You might know her from the Aquatics Dept. Erin has 5 years of summer camp and leadership experience and is excited to pick it back up.

Registration will be open in April: Camp Knickerbocker starts in June.

EMPLOYMENT OPPORTUNITIES
Interested in a summer job that involves kids, camping skills and Leadership Opportunities range from program area specialists to unit counselors. Contact Erin Gray today or visit our website to apply.

Erin Gray, Camp Director, egray@brymca.org or 633-2855 ext.255
boothbayregionymca.org
CHILD CARE &
THRIVE AT THE Y AFTER SCHOOL PROGRAM

CENTRAL LINCOLN COUNTY YMCA

PRE-K AT THE Y
Children will spend time preparing for Kindergarten with “Teaching Strategies”, a curriculum approved by the National Association for Education of Young Children (NAEYC) a source for Early Childhood Education.

INFANT, TODDLER, PRESCHOOL
(Ages 6 weeks to 5 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

BEFORE CARE
Held at the CLC YMCA from 6:30-8 am 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.

POWER HOUR
For parents who can’t get to GSB by dismissal and for youth attending after-school programs. Y staff will walk students to the Y from GSB. Includes snack provided by the Y. 2:30-3:30pm

THRIVE AT THE Y (AFTER SCHOOL PROGRAM)
Through the 2020 school year, Thrive at the Y encourages Pre-K through 5th Grade youth to achieve, build relationships, and feel a sense of belonging. This is done through thoughtful planning and intentional scheduling of age appropriate activities. Surrounding physical activity, preparing and sharing locally-sourced food, and STEM activities.

VACATION CAMP
Dates: April 20–24
8 Participants Minimum
7:30 am – 5:30 pm
Arts and Crafts, Field Trips, Outdoor Play
Cooking, Indoor Games, and More. Please provide two snacks and a lunch for your child(ren).
Grades: Pre K–5

Karen-Ann Hagar, Youth, Teen and Outreach Director
khagar@clcymca.org
BLOOD PRESSURE SELF-MONITORING
(BR YMCA & CLC YMCA)
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.
cclarkelley@clcymca.org or 207-563-9622

ENHANCE FITNESS
(BR YMCA & CLC YMCA)
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. On going enrollment, join anytime.
ajones@brymca.org or 207-633-2855
cclarkelley@clcymca.org or 207-563-9622

HEALTHY WEIGHT AND YOUR CHILD
(CL C YMCA)
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.
Casey Clark-Kelley, cclarkelley@clcymca.org 207-563-9662

LIVESTRONG AT THE YMCA
(BR YMCA & CLC 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.
cclarkelley@clcymca.org or 207-563-9622
Lori Murray and Deb Lewis Livestrong@brymca.org

DIABETES PREVENTION PROGRAM
(BR YMCA & CLC YMCA)
This 12-month group-based program consists of 16 core sessions followed by monthly maintenance sessions led by a trained lifestyle coach. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Classes are scheduled based on participant availability.
Casey Clark-Kelley, cclarkelley@clcymca.org 207-563-9622

PEDALING FOR PARKINSON’S
(BR YMCA & CLC YMCA)
Pedaling a bicycle may change the life of someone with Parkinson’s disease. This class is designed to improve the quality of life for those living with Parkinson’s Disease. There are qualifying factors for this program. Please contact Casey Clark Kelley or Abby Jones to see if you are eligible:
ajones@brymca.org or 207-633-2855
cclarkelley@clcymca.org or 207-563-9622

BOXING FOR PARKINSON’S
(BR YMCA & CLC YMCA)
Boxing for Parkinson’s improves the quality of life for people battling Parkinson’s Disease through non-contact, boxing-inspired fitness training. Training classes include an exercise program that attacks Parkinson’s at its vulnerable neurological points, while focusing on overall fitness, strength training, reaction time, and balance.
ajones@brymca.org or 207-633-2855
cclarkelley@clcymca.org or 207-563-9622

DIABETES PREVENTION PROGRAM
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Casey Clark-Kelley, cclarkelley@clcymca.org 207-563-9622

TAI CHI FOR ARTHRITIS PART I & II
(BR YMCA & CLC YMCA)
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.
Robin Maginn, rmaginn@clcymca.org
SMALL GROUP TRAINING (CLC YMCA ONLY)
Small Group Training is an 8-week program that is available in all of the following categories and is scheduled based on participant availability.
Family Members $120
Members $125
Nonmembers $250
• Heavy Bag Training
• Core & Flexibility
• Speed & Agility
• Newbie Fitness
• Beginner’s Weight Lifting

PERSONAL TRAINING
Whether you want to prepare for a trip, train for an athletic event, improve your golf or tennis game, or are simply looking for a personalized and guided workout, personal training at the YMCA is for you. Contact our Welcome Desk or website for more information, scheduling, and prices. Learn more about our trainers in the descriptions below.

PERSONAL TRAINERS—HEALTHY LIVING

Robin Maginn
Healthy Living Specialist & Personal Trainer

Nikki Tibbetts
Personal Trainer

Abby Jones
Healthy Living Coordinator/Personal Trainer/Instructor

Tate Sandrock
Personal Trainer & Instructor

Cayce Begin
Personal Trainer & Instructor

Sarah Nuemann
Personal Trainer & Instructor

Hannah Meneses
Personal Trainer & Instructor

ASK THE LINCOLNHEALTH PHYSICAL THERAPISTS

This service is provided by the YMCA in partnership with LincolnHealth. No appointment necessary, and no cost. Meet with a registered Physical Therapist who can answer your questions on muscular skeletal injuries, chronic aches and pains, offer modifications for exercises to account for previous injury or surgery, and instruct you in safe form and alignment while exercising.

Rochelle Panichelle
TUES–8:30–9am
(CLCEYMCA)

Jim Stevens
WED–8:30–9:30am
(BR YMCA)

Jared Tucker
TUES–8:30–9am
(CLCEYMCA)
HEALTH & WELLNESS
FEATURED PROGRAMS

GROUP FITNESS CLASSES
(BR YMCA & CLC YMCA)
Find your motivation and discover your potential by joining our group exercise classes.

SYNRGY 360
(CL C YMCA)
Life Fitness pioneered the SYNRGY360 concept to create transformational and inspiring fitness experiences for a diverse audience of exercisers. Exercises include rope pull, slam ball, stall bars, pull-up bar, boxing, dips, power bands, kettlebells, step platform, and more.

AEROBICS FOR ALL
(BR YMCA)
Get a full body workout in the gym to music with cardio, weights, flexibility, stretching, and balance. A fun-filled hour for all with new tunes all the time.

YOGA
(BR YMCA & CLC YMCA)
A flow of movement with breathing and meditation that makes you healthier in body, mind, and spirit. This class is designed for you to move at your own level.

PILATES
(BR YMCA & CLC YMCA)
Low-impact, deep-reaching workout for your “core” – your abdominals, pelvis, back, shoulders and buttocks.

LOSE IT WITH THE Y
(CLC YMCA)
This is an 8-week personal training program for teams of 4. Teams will need the same availability for workouts during the week. If you don’t have a team we will help you find one! Pre registration is encouraged. (Includes membership to the Y for the 8 week period) Orientation March 2nd 6pm

TAI CHI FOR STRENGTH & BALANCE
Level 1 and Level 2
(BR YMCA & CLC YMCA)
A low impact exercise in slow movements that are easy on joints and can be done seated or standing. An excellent program for health and well-being. This program can help prevent falls and relieve pain, with focus on strength, balance, and mental health.

DEEP WATER AEROBICS
(BR YMCA)
Ideal for those looking to challenge themselves without putting stress on their joints. Participants wear a flotation belt. Great for strength and flexibility.

ZUMBA
(BR YMCA & CLC YMCA)
Let the party begin! Dynamic, exciting and effective Latin-inspired dance class with certified, welcoming, and easy to follow instructors.

TRX (Total Body Resistance Exercise)
(BR YMCA & CLC YMCA)
Build functional strength in upper body, lower body, and core with TRX suspension trainers. This workout is also great for stretching and flexibility. and is accessible for all levels.

CARDIO TENNIS
(CLC YMCA)
Fun, fast-paced fitness on the tennis court. No experience or equipment needed.

WINTER WORK OUT CHALLENGE: FIND YOUR 150
(CLC YMCA)
This 6 week program supports you in challenging yourself to be more active. You will record your physical activity and complete optional weekly challenges to win points and prizes. MAR 2 – APR 12

For a full list of our programs and their descriptions please see our front desk.
Or Visit
boothbayregionymca.org  clcymca.org
**HEALTH & WELLNESS PROGRAMS LIST**

**BOOTHBAY REGION YMCA**

**FITNESS CLASSES**
- Aerobics for All
- Step and Strength
- Cardio Kick boxing
- Total Body Challenge
- TRX
- Core Strength & Stretch
- Pilates
- Yoga
- Yoga Sculpt
- Seniors in Motion
- Sit & Stretch
- ZUMBA+ZUMBA Throwback Thursday
- Pickleball (More info in Racquet Sports)
- LIVESTRONG
- Boxing for Parkinson’s

- Pedaling for Parkinson’s
- Tai Chi
- Enhance Fitness
- Core Strength Stretch
- Cycling
- Walking Club 65+
- Romee’s Cardio Classic
- Qi Gong

**POOL CLASSES**
- Aqua Combo
- Deep Water Aerobics
- Aquatic Stretch, Tone and Balance
- Aqua Zumba

**CENTRAL LINCOLN COUNTY YMCA**

**FITNESS CLASSES**
- Barre
- Boot-camp
- Cardio Kickboxing
- Cardio Tennis
- Cycling
- Enhance Fitness
- Forever Fit
- Fusion
- Gentle Yoga
- HIIT/HiIT Circuit Training
- Moderate Yoga
- PiYO
- New Year New You
- Tai Chi

- Pilates
- Spin and Core
- Strength and Cardio
- Strength and Core
- Tabata and TRX
- Total Body Challenge (TBC)
- TRX/TRX 30
- TRX Barre
- Vinyasa Flow Yoga
- Kettlebells
- Living Fit
- Track Workout
- Lose It With The Y

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All classes are led by an experienced instructor and are designed to provide a fun and unique experience.

boothbayregionymca.org  clcymca.org
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>5:30–6:30 AM</td>
<td>Total Body Challenge (TBC)</td>
<td>5:30–6:30 AM</td>
<td>8AM–9AM</td>
<td>5:30–6:30 AM</td>
<td>8–9 AM</td>
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<td>Yoga</td>
<td>Total Body Challenge (TBC)</td>
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<td>Total Body Challenge (TBC)</td>
<td>Aerobics for All Abby</td>
<td>Aerobics for All Abby</td>
<td>Zumba</td>
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<td>Meagan Cycling Studio</td>
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<td>Romee</td>
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<td>Pilates Yoga Stretch</td>
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<td>Tai Chi 2 for Strength &amp; Balance</td>
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<td>NEW 9:15–10AM Pedaling for Parkinson’s Abby GYM</td>
<td>9:15–10AM Seniors in Motion Abby CC Room</td>
<td>NEW 9:15 – 10:05 Qi Gong Judy CC Room</td>
<td>9:15–10AM Seniors in Motion Abby CC Room</td>
<td>9:15–10AM Seniors in Motion Abby CC Room</td>
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<tr>
<td>Abby CC Room $</td>
<td></td>
<td>Enhance Fitness Abby</td>
<td>CC Room</td>
<td>Rock Steady for Parkinson’s Abby</td>
<td>Enhance Fitness Abby CC Room $</td>
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<tr>
<td>Lolly Cycling Studio</td>
<td></td>
<td>LIVESTRONG</td>
<td>Bill Cycling Studio</td>
<td>LIVESTRONG</td>
<td>Cycling</td>
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<td></td>
<td>Lori &amp; Deb</td>
<td>Cycling Studio</td>
<td>Lori &amp; Deb</td>
<td>Abby Cycling Studio</td>
</tr>
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<td></td>
<td></td>
<td>CC Room April &amp; Sept. 2020</td>
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<td>CC Room April &amp; Sept. 2020</td>
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<tr>
<td>12–12:30 PM</td>
<td>TRX</td>
<td>4PM – 5PM</td>
<td>Yoga</td>
<td>12–12:30 PM</td>
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<tr>
<td>Lolly Studio $</td>
<td></td>
<td>Steph</td>
<td>Studio</td>
<td>TRX</td>
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<td>Abby</td>
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<tr>
<td>5:30 PM</td>
<td>TRX</td>
<td>5:15–6:15 PM</td>
<td>Step Strength Stretch</td>
<td>5:15–6PM</td>
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<tr>
<td>Abby or Lolly Studio</td>
<td></td>
<td>Bonnie</td>
<td>TRX</td>
<td>Step, Strength, Stretch</td>
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<td></td>
<td></td>
<td>Studio</td>
<td>Abby or Lolly Studio</td>
<td>Bonnie</td>
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<td>Studio</td>
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<tr>
<td>5:30–6 PM</td>
<td>Cardio Kickboxing</td>
<td>5:15–6:15 PM</td>
<td>Yoga Sculpt</td>
<td>5:15–6PM</td>
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<tr>
<td>Barre Circuit Studio w/Abby or Lolly</td>
<td>ZUMBA</td>
<td>Yoga Sculpt</td>
<td>CC Room w/Steph</td>
<td>Step, Strength, Stretch</td>
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<td>Nancy CC Room</td>
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<td>Bonnie</td>
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<tr>
<td>6–6:45 PM</td>
<td>Yoga</td>
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<tr>
<td>Studio w/Abby</td>
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<td>Monday</td>
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<tr>
<td>6:00-6:45am Kettlebells Tammy</td>
<td>6:30-7:30am Gentle Yoga Tammy</td>
<td>6:30-7:30am Gentle Yoga Tammy</td>
<td>6:30-7:30am Gentle Yoga Tammy</td>
<td>6:00-6:45am Kettlebells Tammy</td>
<td>7:30-8:30am Cycling Tate Gymnasium</td>
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<tr>
<td>Fitness Studio</td>
<td>Courtney Fitness Studio</td>
<td>Court 4</td>
<td>Cycling Studio</td>
<td>Cycling Studio</td>
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<tr>
<td>6:30-7:15am Cycling Sarah P.</td>
<td>8-9am Pilates Cynthia Fitness Studio</td>
<td>6:30-7:15am Cycling Sarah P.</td>
<td>7-8am Cardio Tennis Various Instructors</td>
<td>6:30-7:15am Cycling Sarah P.</td>
<td>8-9am Vinyasa Yoga Steph Fitness Studio</td>
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<tr>
<td>Cycling Studio</td>
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<td>Tennis Center</td>
<td>Cycling Studio</td>
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<tr>
<td>8-9am Strength &amp; Cardio Sarah N. Court 4</td>
<td>8-9am SYNRGY Casey Location</td>
<td>8-9am Strength &amp; Cardio Sarah N. Fitness Studio</td>
<td>8-9am Strength &amp; Cardio Sarah N. Fitness Studio</td>
<td>8-9am Strength &amp; Cardio Sarah N. Fitness Studio</td>
<td>8-9am Exercise Ball Class Becky Court 4</td>
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<tr>
<td>Cycling Studio</td>
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<tr>
<td>8-9am HIIT Becky Cycling Studio</td>
<td>8-9am TRX Becky Cycling Studio</td>
<td>8-9am Total Body Challenge Hannah</td>
<td>9:15-10:15am Forever Fit Robin</td>
<td>8-9am Living Fit Robin Fitness Studio</td>
<td>12:15-12:45pm Pedaling For Parkinson’s</td>
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<td>Cycling Studio</td>
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<td>Tate Cycling Studio $</td>
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<tr>
<td>8-9am Living Fit Robin Fitness Studio</td>
<td>9:15-10:15am Forever Fit Hannah</td>
<td>8-9am Living Fit Robin Cycling Studio</td>
<td>9:15-10:15am Forever Fit Robin</td>
<td>8-9am Living Fit Robin Fitness Studio</td>
<td>10:30-11:30am Pedaling For Parkinson’s</td>
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<td>Fitness Studio</td>
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<td>Cycling Studio</td>
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<td>Tate Cycling Studio $</td>
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<tr>
<td>NEW 9:15-10:15am Track Workout Cayce Track</td>
<td>10:00-11:00am Boxing For Parkinsons Sarah N Gymnasium $</td>
<td>12:15-12:45pm Kettlebells &amp; Core Sarah Cycling Studio $</td>
<td>12:15-1pm TRX Sarah N. Cycling Studio</td>
<td>10:30-11:30am Strength &amp; Core Cynthia Fitness Studio $</td>
<td>12:30-1:30pm Cardio Tennis Various Instructors Tennis Center $</td>
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<tr>
<td>10:30-11:30am Challenge Cooking For Parkinsons Sarah N Gymnasium $</td>
<td>4:15-5:00pm Yoga Sarah P. Cycling Studio $</td>
<td>4:15-5:00pm Yoga Sarah P. Cycling Studio $</td>
<td>5:15-6:15pm Yoga Abi Cycling Studio $</td>
<td>5-6pm Cardio Tennis Various Instructors Tennis Center $</td>
<td>5-6pm Tabata &amp; TRX Melissa Cycling Studio $</td>
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<tr>
<td>12:15-12:45pm Spin and Core Julie Cycling Studio</td>
<td>5-6pm ZUMBA Julie Fitness Studio</td>
<td>5-6pm ZUMBA Julie Fitness Studio</td>
<td>5-6pm TBC Melissa Cycling Studio $</td>
<td>6:15-7pm Barbell HIIT Hannah Cycling Studio</td>
<td>6:30-8:00pm Karate Nancy Fitness Studio $</td>
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<td>12:30-1:30pm Cardio Tennis Various Instructors Tennis Center $</td>
<td>5-6pm TBC Cycling Studio</td>
<td>5-6pm TBC Cycling Studio</td>
<td>6:30-7pm PIYo Tanya Cycling Studio $</td>
<td>5-6pm Tabata &amp; TRX Melissa Cycling Studio $</td>
<td>6:15-7:00pm Spin &amp; Strength Cayce Cycling Studio $</td>
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<td>5-6pm Tabata &amp; TRX Melissa Cycling Studio</td>
<td>6:30-8pm Karate Nancy Cycling Studio</td>
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<td>6:30-8:00pm Spin &amp; Strength Cayce Cycling Studio $</td>
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<td>6:15-7:00pm Spin &amp; Strength Cayce Cycling Studio</td>
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</table>

$ = Paid class for members and non members.
FILL THE BUS
Stop by the Y the week of February 10–14 to donate nonperishable food items to support the High School Food Pantry. A table will be set up in the front lobby where you can leave your canned goods.

AMERICAN RED CROSS BLOOD DRIVE
Our next community blood drive is in the YMCA gymnasium on Thursday, March 19th. Contact the ARC to secure you spot at https://www.redcrossblood.org/give.html/find-drive

PET DRIVE
April 6–April 10
Donate old towels, blankets or toys to help us fill the needs at Midcoast Humane Society in Edgecomb. Stop by the Y to donate.

FEBRUARY: “MEMBER CHECK IN CHALLENGE”
For the entire month of February, if you check in 3x in a week (Sun-Sat) you can enter your name into a raffle to win a free 1 month membership. There are 4 weeks in February, so you are able to add your name into the raffle up to 4 times.

At the end of February, we will choose from the basket of names and contact the member who has won.

YMCA WALKING CLUB 65+
The Boothbay Region YMCA kicks off a new walking club on March 1, 2020.
Tuesday and Thursday 10–12pm
Sunday 1–3pm

4 easy steps to sign up:
• Register at the Y
• Sign electronic liability waiver
• Pay one time fee of $25.00
• Get your walking club access tag and have your photo taken

KIDS NIGHT OUT
Date night for you, great night for them. Sign your child(ren) up for a fun evening at the Y. Staff schedule a night of arts and crafts, games, swimming and a snack. Kids night out is for Kindergarten through 5th grade.

Family Members: Free
Members: $10.00
Non-Members: $20

Feb. 28
March 27
April 24

MARCH MEMBER PASSPORT CHALLENGE
Complete all challenges on our passport by the end of the month for a chance to win 3 free 30 min personal training sessions with one of our personal trainers.

AMERICAN RED CROSS COURSES

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATE</th>
<th>TIME</th>
<th>AGE</th>
<th>COST</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMUNITY LEVEL CPR</td>
<td>March 17</td>
<td>9–11 am</td>
<td>12+</td>
<td>$75</td>
<td>CLC YMCA</td>
</tr>
<tr>
<td>COMMUNITY LEVEL CPR</td>
<td>April 21</td>
<td>9–11 am</td>
<td>12+</td>
<td>$75</td>
<td>BR YMCA</td>
</tr>
</tbody>
</table>

Contact Dan Parrott at dparrott@brymca.org/207.633.2855 ext 252
LINCOLN COUNTY RECOVERY COLLABORATIVE
The CLC YMCA is a proud partner of the Recovery Collaborative, a coalition of concerned citizens including law enforcement, community resource organizations, addiction specialists and medical professionals, who see the effects of heroin, opiates and other addictive substances firsthand. They collectively seek to reduce the impact of substance misuse in our community while encouraging those who suffer from addiction to seek and experience recovery. For more information, contact Karen-Ann Hagar at khagar@clcyymca.org.

ARC Peer to Peer Recovery Groups for people in recovery: VFW Post in Waldoboro, Tuesdays from 8:30–9:30am; Harbor Peer and Wellness Center, Tuesday 3–4pm; Damariscotta Town Office, Wednesday 8:30–9:30am; Wiscasset ARC Office, Thursday 7:30–8:30am.
FMI: contact Angie Musto at amusto@midcoasthealth.com or 207-295-5324.

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.
Save the date- May 16 @ Main St. Grocery

MY MONEY WORKS
Starts Thursday 3/12 10am–1pm
March 12–April 2
Light Lunch Provided
In this class: Create a budget that works for you, explore wise use of credit, set financial goals, and make a savings plan to reach your goals.
To Sign up Call 207–593–7942 or Visit bit.ly/classesnvme

KIDS NIGHT OUT
5:30–8pm
Enjoy some free time while your children have Friday fun with friends, supervised by Y staff.
Youth ages 2–12
Member: $10 Per Child
Non Member: $15 per Child
March 3
April 10

DOG OBEDIENCE CLASSES
Tuesday
Beginner 5–6pm
Intermediate 6–7pm
Canine Good Citizen 7–8pm
March 3–24
April 7–28
F: $60 M: $65 NM: $75

STEPPING STONES TENNIS TOURNAMENT TO END HOMELESSNESS
MAR 7 – 12–4pm
Social Tennis Tournament
Entrance Fee: $25

DIABETES WALK WITH THE LIONS CLUB
WALK IN MEMORY OF WALTER GALLANT
Sponsored by Damariscotta-Newcastle Lions
Monies raised will benefit
Diabetes Education & Prevention at LincolnHealth and the CLC YMCA
DATE: Sunday, April 5th
TIME: 1:00 PM
PLACE: The FIRST in Damariscotta
MEDICARE 101
Meets the 1st Thursday of the month from 1-3pm.
Understand the basics of your Medicare coverage! Great for anyone aging into Medicare or has been on Medicare for many years but maybe doesn’t fully understand the coverage. Come join us for an overview of the four parts to Medicare: A, B, C, and D – what they cover, what they don’t cover, updated costs for the year, and your options for filling in the “gaps.”

SAGE (Services and Advocacy for the GLBT Elderly)
1st and 3rd WED of the month from 1-3pm
$1 per meeting. FMI contact Paul Howe at Hoffsesr@myfairpoint.net

FAMILY CAREGIVER SUPPORT GROUP
2nd Thursday of the month from 1–2:30pm

THE LOCAL ADVISORY COUNCIL
2nd Monday of the month from 1–2:30pm

LUNCH AND LEARN
WED 11:15am–1pm
Reservations Required, Please call 563-1363
Suggested Donation
Over 60 $5/All other $6.50

MEDICARE OPEN ENROLLMENT
By appointment. Please call 563-1363

AARP TAX ASSISTANCE
Tuesdays from February 5–April 9
Call 563-1363 for appointment—they fill up fast!

To learn more about these programs contact Spectrum Generations at 207-563-1363.

A full compliment of services our community partner Spectrum Generations provides, right here at our Y:
Nutrition, Meals on Wheels, Community Dining, USDA Supplemental Food Program, AniMeals, Community Case Management, Aging & Disability Resource Center, Family Caregiver Support, Money Minders, Community-based High Risk Interventions, Center Activities, and Bridges Home Services.
**KIDS IN THE KITCHEN**
3rd-5th grade
WED 3-4:30pm MAR. 4-APR. 15. No class 4/22.
Kitchen based activities will take the mystery out of cooking in this interactive and fun learning experience. Kids will learn cooking and knife skills while working with local food products.
FM: $115 M: $120 NM: $240

**TEEN COOKING CLUB**
6th–12th grade
MAR 2–APR 13 No class 4/20
This series of classes will focus on cooking healthy meals for yourself. We’ll also teach cooking techniques that will be the building blocks to becoming a knowledgeable and confident cook.
M: Free NM: $5

**FARMS AT THE Y FAMILY**

**BABY FOOD MAKING**
SAT, MAR. 7 9am–10:30am (Limit of 12 Participants)
Come learn how to make nutritionally dense baby food purees. We will have fun cooking together, sharing stories and tasting our creations. We will make enough for you to take some home. Child Watch is available from 9-10am.
FM: $25 M: $30 NM: $60 Scholarships Available.

**COOKING TOGETHER**
Adult & child (3–6yr old)
SAT, MAR. 28 & APR. 25 9am–10:30am (Limit of 12 Participants)
Come cook with your child. Discover the wonder of cooking nutritionally dense food from our local farms. We will cook with beets, carrots, rutabagas, potatoes and more. We’ll try all of our creations at the end and share recipes.
FM: $25 M: $30 NM: $60 Scholarships Available.

**2-DAY VACATION COOKING CAMP**
3rd–5th grade
APR 20 & 21 9am–12pm
Kitchen based activities will take the mystery out of cooking in this interactive and fun learning experience. Kids will learn cooking and knife skills while working with local food products. We’ll also have a fun fitness activity for our young chefs.
FM: $75 M: $90 NM: $110

**FARMS AT THE Y ADULT**

**FARM TO TABLE COMMUNITY LUNCH**
FRI, MAR. 13
FRI, APR. 3
Enjoy a seasonal farm-to-table lunch highlighting locally sourced foods. Lunch will be prepared and cooked by participants who choose the Cook & Dine option and will end with a family style sit down meal. Beginner cooks welcome! (Limited to 12 participants)
Cook and Dine $5
TIME: 11am–12:30pm
Dine Only $10
TIME: 12:30–1:30pm

**GLUTEN FREE BAKING CLASS**
Saturday, March 21
10:30–12:00 pm
Come join us for a hands-on gluten free baking and pizza making class with guest baker, Cayce Begin. She has been cooking and baking gluten free for 4 years and is happy to answer your questions. Cook, bake, and eat with us! Please note: Products containing gluten are used in our kitchen for other programming.
FM: $25 M: $30 NM $60 Scholarships Available.
ADULT PROGRAMS

UNLIMITED TENNIS: JAN 1–MAR 31
Members: $120
Non-Members: $185

PRIVATE & GROUP LESSONS
By Appointment
Member: $48 Non member: $58

Contract court times are available quarterly for $25 per person. Maximum 6 people per contract; all must be unlimited tennis players.

BEGINNER/INTERMEDIATE PICKLEBALL
Tuesdays, 9am–10am, Thursdays, 12–1
Beginner–intermediate friendly pickleball. No sign up required. Paddles and balls are provided. Instruction is provided on Tuesdays.
Stick around for the next hour and enjoy open play from 10am–1pm on Tuesdays or come early for open play from 10–12 on Thursdays.

Sunday
1–3pm All PLAY

Members: FREE
Non-Members: $5

SQUASH & RACQUET BALL
Stop by the Y welcome center to reserve a court and get a great work out!

TENNIS & PICKLEBALL COURT FEES
Members: $8/hr/person
Non Members: $8/hr/person + Daily Fee

CARDIO BLAST & DOUBLES SOCIAL
Monday Feb 3rd 5–6:30pm

Kids play free anytime; adults play free when with kids!
ADULT TENNIS & RACQUET SPORTS
CENTRAL LINCOLN COUNTY YMCA

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>COST: M/NM</th>
<th>DROP IN COST M/NM</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>GREEN BALL (RRR)</td>
<td>TUE</td>
<td>11am-12pm</td>
<td>$40/$70</td>
<td>$12/$20</td>
<td>MONTHLY</td>
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<tr>
<td>ADV BEGINNERS</td>
<td>WED</td>
<td>12:30-1:30pm</td>
<td>$40/$70</td>
<td>$12/$20</td>
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<tr>
<td>ADV SINGLES</td>
<td>MON</td>
<td>9-10am</td>
<td>$40/$70</td>
<td>$12/$20</td>
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<tr>
<td>ADV DOUBLES</td>
<td>MON</td>
<td>8-9am</td>
<td>$40/$70</td>
<td>$12/$20</td>
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<tr>
<td>HITS &amp; GIGGLES</td>
<td>THUR</td>
<td>8-9am</td>
<td>$40/$70</td>
<td>$12/$20</td>
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<tr>
<td>TENNIS IN 30 MINUTES</td>
<td>WED</td>
<td>12-12:30pm</td>
<td>FREE TO MEMBERS</td>
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CARDIO TENNIS
A fun way to get a good workout while playing different tennis based games. M: Free NM: $10
MON 12:30-1:30pm
WED 5-6pm
THUR 7-8am

FAMILY TENNIS, FREE FOR ALL
10-11am on Saturdays

STAY AND PLAY
11-1pm on Saturdays
Our NJTL program, funded by USTA Foundation and Sanford OPen, to help with food security on weekends

SOCIAL SCRAMBLE
THUR 11am-12:30pm
FRI 11:30am-1pm
SUN 11-12:30pm

TRIPLES
THUR 6-7:30pm
$8/$15
Fast Paced Fun.

FRIDAY NIGHT TRIPLES
MARCH 13 - 5:30-7pm
M: $10 NM: $18

TELESCOPE OF THE WEEK
Drop In M: $12 NM: $20
TUES 12-1pm

FAST 4
MON 6-7:30pm
Fast paced games against a variety of opponents.
M: $12 NM: $20

PICKLE BALL

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>COST: M/NM/PER CLASS</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>GENTLE PICKLEBALL</td>
<td>WED</td>
<td>9-11am</td>
<td>FREE/$5</td>
<td>ON GOING</td>
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<tr>
<td>REC PLAY</td>
<td>MON/WED/FRI</td>
<td>5:30-6:30am</td>
<td>FREE/$5</td>
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<tr>
<td>INTERMEDIATE</td>
<td>MON</td>
<td>9am-12pm</td>
<td>FREE/$5</td>
<td></td>
</tr>
<tr>
<td>REC PLAY</td>
<td>TUE &amp; THUR</td>
<td>9am-12pm</td>
<td>FREE/$5</td>
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BEGINNER PICKLEBALL CLINIC
WED 9-10am
M: $40 Pr/Month-Drop in: $12
NM: $70 Pr/Month-Drop in: $20

INTERMEDIATE PICKLEBALL CLINIC
Coming in March
10-11am Wednesday
PRIVATE VOICE LESSONS
Join Arts & Humanities Director, Emily Mirabile, for private voice lessons. Students will build a unique repertoire and learn the proper techniques including: proper breathing, posture, vocal diction, song expression, and lyrical interpretation. Contact emirabile@brymca.org to sign up.

PRIVATE VIOLIN LESSONS
Join Emily Sue Barker for private violin lessons. Learning to play a musical instrument is incredibly beneficial to a child’s developing brain. Students will be taught using the Suzuki method, which trains the ear and helps develop appropriate technique, rhythm, pitch, and a general love of music. To sign up, contact Emily Sue Barker at ebarker@brymca.org.

Mark your calendars for the Y Arts Spring Production!

Disney's Beauty and the Beast Jr.

Friday, May 1 @ 5pm
Saturday, May 2 @ 2pm
Saturday, May 2 @ 10am
Saturday, May 2 @ 5pm

Performed at the Lincoln Theater in Damariscotta!
General Admission $5
CONGRATULATIONS Y ARTS THEATRE PARTICIPANTS

Students from the YMCA Y-Arts won a national Freddie G Excellence in Ensemble Work award and earned other recognition at the 2020 Junior Theater Festival Atlanta, which happened Jan. 17-19 at The Cobb Galleria Centre in Atlanta. The Junior Theater Festival Atlanta united 7,000 students and educators from 128 educational musical theater groups representing 31 states, as well as Australia, New Zealand, and the U.K.
VISUAL ARTS CLASSES

BOOTHBAY REGION YMCA

<table>
<thead>
<tr>
<th>COURSE</th>
<th>LOCATION</th>
<th>DAY/TIME</th>
<th>AGE</th>
<th>COST: F/M/NM</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIXED MEDIA</td>
<td>BR YMCA</td>
<td>TUES/3-4pm</td>
<td>8+</td>
<td>$45/$55/$70 + $15</td>
<td>MAR 1-APR 5</td>
</tr>
<tr>
<td>GLASS FUSION</td>
<td>BR YMCA</td>
<td>TUES/4-5pm</td>
<td>8+</td>
<td>$45/$55/$70 + $15</td>
<td>MAR 2-APR 7</td>
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CENTRAL LINCOLN COUNTY YMCA

<table>
<thead>
<tr>
<th>COURSE</th>
<th>LOCATION</th>
<th>DAY/TIME</th>
<th>AGE</th>
<th>COST: F/M/NM</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIXED MEDIA</td>
<td>CLC YMCA</td>
<td>MON/3-4pm</td>
<td>8+</td>
<td>$45/$55/$70 + $15</td>
<td>MAR 2-APR 6</td>
</tr>
<tr>
<td>GLASS FUSION</td>
<td>CLC YMCA</td>
<td>WED/3-4pm</td>
<td>8+</td>
<td>$45/$55/$70 + $15</td>
<td>MAR 3-APR 8</td>
</tr>
</tbody>
</table>

GLASS FUSION
Participants will explore the basics of glass fusion with glass safety, glass cutting, sketching ideas as a template, and creating a Fall plate or Christmas plate, wind chimes, and Christmas ornaments.

MIXED MEDIA
Participants will start by exploring the basics of drawing through various techniques such as still lifes, shading, and perspective drawing. From there, those drawing skills will be used to create art through watercolor, acrylic painting, printmaking, and glass fusion.
Y HIGH SCHOOL TEEN LEADERS CLUB
Lincoln Academy students in grades 9–12
Tuesdays during lunch period.

Upcoming Community Volunteer Opportunities:
Monthly Kids Night Out
Fill the Y Bus Food Drives
High School Junior and
Senior chaperone’s for YMCA teen dances

For more information, contact Y Teen Leaders Club Leader, Riley Stevenson at stevensonra@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 Youth, Teen and Outreach Director Karen-Ann Hagar, at khagar@clcymca.org.

TEEN DANCE SOCIAL
March 21, April 18th
Grades 6–8
Cost $5
Concession, pizza, snacks and water available.
Chaperone volunteers needed.
Contact Karen-Ann Hagar Youth, Teen and Outreach Director at khagar@clcymca.org.
ITTY BITTY GYMNASTICS
Children ages 2–5 years will be introduced to a variety of equipment in a structured environment. Children ages 2–3 require parent participation; 4–5 years, parent involvement is encouraged, but not required.

BEGINNER GYMNASTICS
Focuses on orienting students with equipment and balancing participant’s comfort level with each event the class visits. Participants will begin to develop body awareness and fundamental skills.

ADVANCED BEGINNER GYMNASTICS
In this class, the participant will take the basics and fundamentals learned in the beginner level and use them as building blocks to learn more complex skills on floor, beam, and bars.
# YOUTH GYMNASTICS

## CENTRAL LINCOLN COUNTY YMCA

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>COST: FM/M/NM</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SANDPIPERS</td>
<td>MON</td>
<td>10:30-11:15 am, 5-5:45pm, 6-6:45pm</td>
<td>2-5 YEARS</td>
<td>$45/$45/$75</td>
<td>WINTER II</td>
</tr>
<tr>
<td>SEAGULLS</td>
<td>MON/WED</td>
<td>3-4pm/4-5pm</td>
<td>5-8 YEARS</td>
<td>$88/$88/$69</td>
<td>FEB. 24 - APR. 19</td>
</tr>
<tr>
<td>KESTRELS</td>
<td>WED</td>
<td>5-6pm</td>
<td>9-12 YEARS</td>
<td>$88/$88/$110</td>
<td>NO CLASSES</td>
</tr>
<tr>
<td>PRE TEAM</td>
<td>MON</td>
<td>4-5pm</td>
<td>5-7 YEARS</td>
<td>$88/$88/$110</td>
<td>MAR.30-APR.6</td>
</tr>
<tr>
<td>TUMBLE</td>
<td>WED</td>
<td>6-7pm</td>
<td>12-15 YEARS</td>
<td>$88/$88/$110</td>
<td></td>
</tr>
<tr>
<td>TEAM</td>
<td></td>
<td></td>
<td>5+</td>
<td></td>
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</tr>
</tbody>
</table>

### SANDPIPERS
The goal in this class is that our young gymnasts find success independently with parent participation. Each class has a motor and stimulation theme that is supplemented with music, props, and a combination of gross and fine motor skills. Maximum 10 participants.

### SEAGULLS
Although many of the same themes are present from Puffins and Sandpipers classes, the focus shifts from general motor learning to a more specific gymnastics motor learning. Maximum 8 participants.

### PRE TEAM (By Invitation)
For youth who are looking for more focused gymnastics experience. Participants in this class will expand their knowledge of strength and flexibility as it applies to gymnastics and will learn more advanced skills. Maximum 8 participants.

### TEAM
For girls interested in the opportunity to focus their gymnastics skills with the potential to compete. Any participants interested in joining team, contact Jonas at northatlanticgym@gmail.com

### KESTRELS
Designed in such a way that youth with previous experience and new to the sport will find success. They will also expand their knowledge of strength and flexibility as it applies to gymnastics. Maximum 8 participants.

### TUMBLE
Tumbling classes are based on a progression learning system, emphasizing safety and success while having fun. Participants will be guided through step by step skill progressions and specific drills/exercises, providing the opportunity to effectively achieve and refine gymnastics tumbling skills. Maximum 8 participants.

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We partner with [North Atlantic Gymnastics Academy](#).
YOUTH TENNIS

BOOTHBAY REGION YMCA

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
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<th>COST: F/M/NM</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>PLAY</td>
<td>TUE &amp; THUR</td>
<td>3:15-4pm</td>
<td>5-9 yrs.</td>
<td>$70/$80/$125</td>
<td>WINTER SESSION II</td>
</tr>
<tr>
<td>RISE</td>
<td>MON &amp; WED</td>
<td>2:30-3pm</td>
<td>3-5 yrs.</td>
<td>$70/$80/$125</td>
<td>MAR. 2 - APR. 25</td>
</tr>
<tr>
<td>SPIN</td>
<td>TUE &amp; THUR</td>
<td>4-5pm</td>
<td>10 yrs. &amp; under</td>
<td>$90/$100/$140</td>
<td>(Check Session Dates for Break Week pg.2)</td>
</tr>
<tr>
<td>REACH</td>
<td>TUE &amp; THUR</td>
<td>5-6pm</td>
<td>14 yrs. &amp; under</td>
<td>$90/$100/$140</td>
<td></td>
</tr>
<tr>
<td>SPEED</td>
<td>MON &amp; WED</td>
<td>3-4pm</td>
<td>14 yrs. &amp; under</td>
<td>$90/$100/$140</td>
<td></td>
</tr>
<tr>
<td>HIGH SCHOOL</td>
<td>MON &amp; WED</td>
<td>4-5pm</td>
<td>14+ yrs.</td>
<td>$90/$100/$140</td>
<td></td>
</tr>
</tbody>
</table>

PLAY
Red balls on a 36’ court. Participation and learning with a great attitude for developing youth players.

RISE
Ready and interested in the game of tennis. Players will develop balance and motor skills while having fun and learning the sport.

SPIN
Orange balls on a 60’ court. Support each other to play and imagine the fun in learning new concepts.

REACH
Skills and games for non-tournament level players. Respect each other with an encouraging attitude and gain confidence through hard work.

SPEED
Training, strategy and matchplay for tournament level players. Support each other and perform to gain experience and endurance through dedication.

HIGH SCHOOL
Prepare to compete for high school tennis season and train to play on a college team.
# YOUTH TENNIS

## CENTRAL LINCOLN COUNTY YMCA

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<thead>
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<th>LEVEL</th>
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<th>TIME</th>
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<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>MONTHLY</td>
</tr>
<tr>
<td>ORANGE BALL</td>
<td>MON &amp; WED</td>
<td>3:45-4:45pm</td>
<td>8-12 yrs.</td>
<td>$75/$85/$150</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/$150</td>
<td></td>
</tr>
<tr>
<td>ADV. TRAINING</td>
<td>TUE &amp; THUR/FRI</td>
<td>4-5:30pm</td>
<td>11-18 yrs.</td>
<td>$75/$85/$150</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.

**ORANGE BALL – FREE TO ALL THRIVE KIDS**
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. Thrive at the Y Kid’s can do orange ball as part of the program thanks to NITL grant.

**STAY AND PLAY – FREE**
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!

**GREEN BALL**
This is for the beginner and advanced beginner 11-14 year olds. Not quite ready for competitive play, but looking to play more tennis, learn some technique, and strategy. Green ball tournaments on weekends will be offered for this group to expand their experience. Fridays will be Davis Cup.

**ADVANCED TRAINING**
This is for our experienced youth tennis players, ages 11-18. Focus will be on tournament preparation, strategic purpose, and advanced technique. These players will be encouraged and supported to participate in tournaments on weekends. Includes cross training with Synergy Machine, strength training, and footwork.

**FREE FAMILY TENNIS**
Every Saturday from 10–11am

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**AN NJTL CHAPTER SUPPORTED BY**

**USTA FOUNDATION**

FREE busing from Nobleboro and Montessori Schools to the Y for programs!
Call the Y 563-9622 FMI.
MIDCOAST LACROSSE
Registration begins March 2 Through the Boothbay YMCA
Session begins April 20 (weather permitting)
FM $80  M$90  NM $110
Boys & Girls Teams Grades 3 – 8
Lacrosse is an exhilarating, fast paced game which combines many of the skills youth have learned in hockey, soccer, basketball, and other competitive sports. There are separate teams for boys and girls grouped by Grades 3/4, 5/6, & 7/8. Due to numbers, teams may be co-ed. Please register early so schedules can be planned out. Practice times and locations are TBD. The Y will provide uniforms and helmets. Parents are responsible for the stick, mouth guard, cleats, cup, shoulder pads, and elbow pads, (the Y has limited pads; check

BOOTHBAY LAX CLINIC
Monday – March 2 – 23
Grades 3-8 Boys and Girls
5 – 6pm
Location: Field House Court 2
Join High School Coaches Scott Hardwick and Bill Goldenberg for a pre season lax clinic. Work on your passing, ground balls and shooting. Helmets can be provided. Other equipment needed are a stick and gloves. Pads are optional.
Session Fees
FM $20  M$25  NM$40
Drop in Fees
FM$7  M$8  NM$15

BLASTERS TOURNAMENT
Grades 5 – 6 Boys & Girls
March 13, 14, & 15
Entry Fee: $175

MINI BLASTERS TOURNAMENT
Grades 3 – 4 Boys & Girls
March 20, 21, & 22
Entry Fee: $175

TENNIS
We offer an array of different tennis related programs for youth. You can see more information about these programs on pages 24–25.
CABIN FEVER RELIEVER
BASKETBALL TOURNAMENT
Grades 5/6: MAR 20, 21 & 22
Team Entry Fee: $175
Contact Joe Clark at jclark@clcymca.org for entry.

TENNIS
We offer an array of different tennis related programs for youth. You can see more information in Youth Racquet Sports.

MIDCOAST LACROSSE
Registration begins March 2 Through the Boothbay YMCA
Session begins April 20 (weather permitting)
FM $80  M$90   NM $110
Boys & Girls Teams Grades 3 – 8
Lacrosse is an exhilarating, fast paced game which combines many of the skills youth have learned in hockey, soccer, basketball, and other competitive sports. There are separate teams for boys and girls grouped by Grades 3/4, 5/6, & 7/8. Due to numbers, teams may be co-ed. Please register early so schedules can be planned out. Practice times and locations are TBD. The Y will provide uniforms and helmets. Parents are responsible for the stick, mouth guard, cleats, cup, shoulder pads, and elbow pads, (the Y has limited pads; check availability).

KARATE
KARATE (Goju Ryu)
Learn self-defense techniques and discipline. Taught by Black Belt Sensei Nancy Ault. For Ages 8 to adult.

SCHEDULE
Tuesday & Thursday 6:30-8pm
Saturday (optional) 9-11am

MONTHLY SESSIONS
Registration first Tuesday of each month
Family Members: $35    Members: $40    Non-Members: $80
After a one-month trial, there is an additional $15 fee for a 1-year membership required for students to join Goju Ryu Karate-do Koykai, an international organization that sanctions our ranks and training.

Volunteer coaches needed if you are interested in serving as a volunteer coach, contact Joe Clark at jclark@clcymca.org
BOOTHBAY SKATE & RIDE
(BR YMCA)
Thursday March 5 - March 26
Program-3:45-4:45pm
Ages 8-15

FM: $65 M: $75 NM: $90

This program will take the youth to Maine’s largest indoor skate park offering more than 6,000 SQ FT. The park in Bath has scooter and helmet rentals available. All is included in the registration. If you would like to attend, please fill out a waiver form and have it notorized and fill out emergency contact info at the front desk. Please email Joe Clark once the forms are finalized at jclark@clcymca.org. Documents can be found at the Y welcome center or at www.bathskatepark.com/waivers. Busing is available and schedule will be provided at sign up.

Depart Boothbay Y at 3:00pm
Parent pickup at (BR YMCA) 5:30pm-5:40pm

CANDLEPIN BOWLING AT ALL PLAY
(CLC YMCA)
Mondays 3:30-4:30pm
MAR 2- APR 6
Grades 2-6
FM: $60 M: $65 NM: $85

Youth bowling is a great sport combining team play and individual skills which help build confidence in our youth. Participants can bowl up to 2 games per visit. Minimum of 8 participants required. Maximum of 14.

Busing is provided and schedule will be given at sign up.

4:50 Parent pickup at (CLC YMCA)
5:30 Parent pickup at (BR YMCA)

For information on how to sign up for these programs Contact Joe Clark at the CLC YMCA.
Joe Clark at jclark@clcymca.org
CAMDEN SNOW BOWL
SKI AND SNOWBOARD PROGRAM
(CLC YMCA)
February 26 & March 4
Grades 3–8 (Parents with 2nd graders with experience contact Joe Clark)

Enjoy Skiing or snowboarding with friends after school! Skiers and snowboarders must be independent and have prior experience. Must be able to board/exit chairlifts as well as be aware of their surroundings.

Minimum to run Wednesday program Min 18, Max 26
Minimum to run Thursday program Min 8, Max 13

Registration Opens February 17th at 8:00am
Lift Ticket Only
FM $80   M $90   NM $120

BUS SCHEDULE – WEDNESDAY
CLC YMCA Departure 4pm
CLC YMCA Return 8:30 – 8:45pm

BUS SCHEDULE – THURSDAY
CLC YMCA Departure 3:00pm
CLC YMCA Return 7:00pm

Students will be dropped off for parent pick up at CLC YMCA

CAMDEN SNOW BOWL CONT...
Important: If renting equipment, rentals must be completed and sent to Camden Snow Bowl by the Thursday prior to the trip date. It is the parents’ responsibility to email the rental form to Barbara Goos at bgoos@camdensnowbowl.com
You can find the rental form at clcymca.org

GEAR DROP OFF
Gear may be dropped off at the Y the morning of the program. Gear will be stored in the gym until loaded.

ROCK CLIMBING WITH KIEVE
(CLC YMCA)
March 3 – April 7
Tuesdays 3:30 – 4:30pm
Grades 3–8
FM $55   M$65   NM $85

The adventure courses and indoor climbing wall at Kieve – Wavus are noted as some of the best challenge courses in the country. Rest assured your child will engage in the very best high and low ropes course team – building and individual learning experience available today. Kieve’s course is supervised by certified professionals whose number one goal is safety. Minimum to run program: 8 participants, Maximum 14.
Y SUMMER CAMPS
2020

REGISTRATION BEGINS
MARCH 2nd