



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER YOUR BEST SELF

2020
Winter II
Programs

Mar. 2 – Apr. 25

Registration Begins Feb. 17

CENTRAL LINCOLN COUNTY YMCA

BOOTHBAY REGION YMCA

**REGISTER
ONLINE**

boothbayregionymca.org
clcyymca.org

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.

**CHANGING LIVES,
STRENGTHENING
OUR COMMUNITY**



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 MEANS MORE

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.**

ADULT SPORTS

IT'S NOT JUST KID STUFF

PICKUP BASKETBALL

(BR YMCA & CLC YMCA)

Every Monday (BR YMCA)

5:00pm-8:00pm

Every Mon, Wed, Fri 12-2pm (CLC YMCA)



GET BACK IN THE GAME

PICKUP VOLLEYBALL

(CLC YMCA)

Every Thursday 6-8pm



ADULT SPORTS NIGHT

(CLC YMCA)

Every Thursday 5:30-6:30pm



PICKLE BALL

(BR YMCA & CLC YMCA)

We offer an array of different adult Pickle Ball programs. See Racquet Sports for more info.



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 @clcymca and @boothbayregionymca

AQUATICS

BOOTHBAY REGION YMCA

SWIM LESSON LEVEL	DAY	TIME	AGE	COST: F/M/NM	SESSION
PARENT/CHILD	TUES.	10:30-11am	6-36 months	\$50/\$70/\$100	WINTER II MAR. 2 - APR. 25 (Check Session Dates for Break Week pg. 2)
PRE-SCHOOL 1-4 LEVEL	SAT.	8:30-9am	3-5 years	\$50/\$70/\$100	
PRE-SCHOOL 1-4 LEVEL	SAT.	9-9:30am	3-5 years	\$50/\$70/\$100	
PRE-SCHOOL 1-4 LEVEL	TUE.	10-10:30am	3-5 years	\$50/\$70/\$100	
PRE-SCHOOL 1-4 LEVEL	TUE.	3:30-4pm	3-5 years	\$50/\$70/\$100	
SCHOOL AGE 1-3 LEVEL	SAT.	9:45-10:30am	6+ years	\$60/\$80/\$120	
SCHOOL AGE 1-3 LEVEL	TUE.	4:15-5pm	6+ years	\$60/\$80/\$120	
SCHOOL AGE 1-3 LEVEL	WED.	4:15-5pm	6+ years	\$60/\$80/\$120	
SCHOOL AGE 4-6 LEVEL	SAT.	10:30-11:15am	6+ years	\$60/\$80/\$120	
SCHOOL AGE 4-6 LEVEL	WED.	3:30-4:15pm	6+ years	\$60/\$80/\$120	

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

MASTERS SWIM PROGRAM

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

Erin Gray, Aquatics Director, egray@brymca.org or 633-2855 ext.255

Dan Parrott, Swim Lesson Coordinator, dparrott@brymca.org or 633-2855 ext.250

Janelle Munson-McGee, Masters Swim Coach, jmunson-mcgee@brymca.org or 633-2855 ext.252

CHILD CARE & FIT KIDS AFTER SCHOOL PROGRAM

BOOTHBAY REGION YMCA

CHILD ENRICHMENT

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,
lsenecal@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

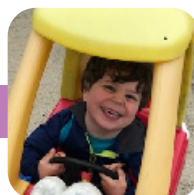
FARMS
At
The Y

Additional
Space
Dedicated to
Programming

STEM and
Homework
Time

CATCH
(Coordinated
Approach to Child
Health)

Wednesday
Field Trips



EVIDENCE BASED HEALTH INITIATIVES

EBHI'S ARE OFFERED IN PARTNERSHIP WITH LINCOLNHEALTH

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

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

(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

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

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

(CLC 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

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

HEALTH & WELLNESS PERSONAL TRAINING

BOOTHBAY REGION YMCA

& CENTRAL LINCOLN COUNTY YMCA

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



NEW MEMBER ORIENTATION

As a new member, your free wellness center orientation provides you with an opportunity to become comfortable in our YMCA. During your orientation, we will guide you through our cardio and strength training machines, as well as our fitness programs and resources. We will discuss your interests and goals to get you on the right track with your Y membership.

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.

	1 Hour Session	5 Session Pack
Family Member	\$60	\$275
Member	\$60	\$275
Non-Member	\$100	\$450

PERSONAL TRAINERS-HEALTHY LIVING



Robin Maginn
Healthy Living
Specialist & Personal
Trainer



Nikki Tibbetts
Personal Trainer



Becky Drum
Personal Trainer
& Instructor



Cayce Begin
Personal Trainer
& Instructor



Tate Sandrock
Personal Trainer
& Instructor



Sarah Nuemann
Personal Trainer
& Instructor



Hannah Meneses
Personal Trainer
& Instructor



Abby Jones
Healthy Living
Coordinator/
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
(CLC YMCA)



Jim Stevens
WED-8:30-9:30am
(BR YMCA)



Jared Tucker
TUES-8:30-9am
(CLC YMCA)



LincolnHealth
MaineHealth

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

(CLC 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, kettle-bells, 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

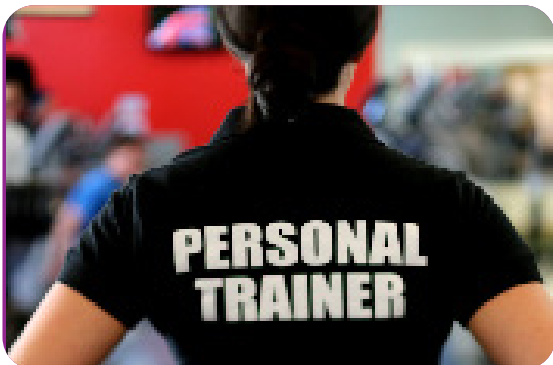
- Aqua Combo
- Deep Water Aerobics
- Aquatic Stretch, Tone and Balance
- Aqua Zumba



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



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

boothbayregionymca.org clcymca.org

HEALTH & WELLNESS

GROUP EXERCISE SCHEDULE

BOOTHBAY REGION YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM Total Body Challenge (TBC) Meagan Gym	7-8 AM Yoga Pam Studio	5:30-6:30 AM Total Body Challenge (TBC) Meagan Cycling Studio	8AM-9AM ROMEES Cardio Clas- sic! Romee Studio \$	5:30-6:30 AM Total Body Challenge (TBC) Meagan Track	8-9 AM Cycling Abby Cycling Studio
8-9 AM Aerobics for All Abby Gym	8-9 AM Tai Chi One for Strength & Balance Robin CC Room \$	8-9 AM Aerobics for All Abby Gym	8-9 AM Tai Chi One for Strength & Balance Robin CC \$	8-9 AM Aerobics for All Abby Gym	8-9 AM Zumba Sarah B. CC Room
8-9 AM Zumba Sarah H. CC Room	8-9 AM Cycling Lolly Cycling Studio	8-9 AM Zumba Sarah H. CC Room	8-9 AM Cycling Tara Cycling Studio	8-9 AM Zumba Sarah H CC Room	9-10 AM Core Strength Stretch Tara Studio
9-10:15 AM Yoga Romee Studio	9-10:15 AM Pilates Yoga Stretch Lori Studio	9-10:15 AM Yoga Romee Studio	9-10:15 AM Pilates Yoga Stretch Lori Studio	9-10:15 AM Yoga Romee Studio	
9:15-10:15 AM Sit n Stretch Judy & Abby CC Room	9-10 AM Tai Chi 2 for Strength & Balance Robin CC Room \$	NEW 9:15 - 10:05 Qi Gong Judy CC Room \$	9-10 AM Tai Chi 2 for Strength & Balance Robin CC Room \$		
NEW 9:15-10AM Pedaling for Parkinson's Lolly Studio \$	9:15-10:15 AM Seniors in Motion Abby GYM	NEW 9:15-10AM Pedaling for Parkinson's Lolly Studio \$	9:15-10:15 AM Seniors in Motion Abby GYM		
10:15-11:15AM Enhance Fitness Abby CC Room \$	10:30-11:30 AM Rock Steady for Parkinson's Abby Studio	10:15-11:15AM Enhance Fitness Abby CC Room \$	10:30-11:30 AM Rock Steady for Parkinson's Abby & Robin Studio	10:15-11:15AM Enhance Fitness Abby CC Room \$	
11:15 AM-12 noon Cycling Lolly Cycling Studio	10:30-12noon LIVESTRONG Lori & Deb CC Room April & Sept. 2020	11:15 AM-12:10 PM Cycling Bill Cycling Studio	10:30-12noon LIVESTRONG Lori & Deb CC Room April & Sept. 2020	11:15 AM-12 noon Cycling Abby Cycling Studio	
12-12:30 PM TRX Lolly Studio		4PM - 5PM Yoga Steph Studio		12-12:30 PM TRX Abby Studio	
5-5:30 PM TRX Abby or Lolly Studio	5:15-6:15 PM Step Strength Stretch Bonnie Studio	5:15-6 PM TRX Abby or Lolly Studio	5:15-6pm Step, Strength, Stretch Bonnie Studio		
5:30-6 PM Cardio Kickboxing Barre Circuit Studio w/Abby or Lolly	5:15-6:15 PM ZUMBA Nancy CC Room	5:15-6:15PM Yoga Sculpt CC Room w/Steph			
6- 6:45 PM Yoga Studio w/Abby			NEW 5:15-6:15pm Throwback Thursday ZUMBA Nancy CC Room \$		\$ = Paid class for members and non members.

HEALTH & WELLNESS

GROUP EXERCISE SCHEDULE

CENTRAL LINCOLN COUNTY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Kettlebells Tammy Fitness Studio	6:30-7:30am Gentle Yoga Courtney Fitness Studio	6:00-6:45am Kettlebells Tammy Fitness Studio	6:30-7:30am Gentle Yoga Courtney Fitness Studio	6:00-6:45am Kettlebells Tammy Fitness Studio	7:30-8:30am Cycling Tate Cycling Studio
6:30-7:15am Cycling Sarah P. Cycling Studio	8-9am Pilates Cynthia Fitness Studio	6:30-7:15am Cycling Sarah P. Cycling Studio	7-8am Cardio Tennis Various Instructors Tennis Center	6:30-7:15am Cycling Sarah P. Cycling Studio	8-9am Vinyasa Yoga Steph Fitness Studio
8-9am Strength & Cardio Sarah N. Court 4	8-9am SYNRGY Casey Location	8-9am Strength & Cardio Sarah N. Fitness Studio	8-9am Pilates Cynthia Fitness Studio	8-9am Strength & Cardio Sarah N. Cycling Studio	SUNDAY
8-9am HIIT Becky Cycling Studio	8-9am TRX Becky Cycling Studio	8-9am Total Body Challenge Hannah Cycling Studio	8-9am TRX Barre Becky Cycling Studio	8-9am Exercise Ball Class Becky Court 4	
8-9am Living Fit Robin Fitness Studio	9:15-10:15am Forever Fit Hannah Fitness Studio	8-9am Living Fit Robin Court 4	9:15-10:15am Forever Fit Hannah Fitness Studio	8-9am Living Fit Robin Fitness Studio	9:15-10:15am TBC Hannah Fitness Studio
NEW 9:15-10:15am Track Workout Cayce Track	9:15-10:15am Cycling Cynthia Cycling Studio	9:15-10:15am Pilates Jan Fitness Studio	9:15-10:15am Cycling Cynthia Cycling Studio	9:15-10:15am Barre Becky Fitness Studio	
9:15-10:15am Moderate Yoga Courtney Fitness Studio	10:00-11:00am Boxing For Parkinsons Sarah N Gymnasium \$	NEW 10-11am Pedaling For Parkinson's Tate Cycling Studio \$	9:15-10:15am Tai Chi Becky/Jan Multi-Gen \$	NEW 10-11am Pedaling For Parkinson's Tate Cycling Studio \$	
9:15-10:15am Tai Chi Becky/Jan Multi-Gen \$	10:30-11:30am Strength & Core Cynthia Cycling Studio	10:30-11:30am Enhance@Fitness Robin Fitness Studio \$	10:00-11:00am Boxing For Parkinsons Sarah N Gymnasium \$	10:30-11:30am Enhance@Fitness Robin Fitness Studio \$	
NEW 10-11am Pedaling For Parkinson's Tate Cycling Studio \$	12:15-12:45pm Kettlebells & Core Sarah Fitness Studio	12:15-1pm TRX Sarah N. Cycling Studio	10:30-11:30am Strength & Core Cynthia Fitness Studio		
10:30-11:30am Enhance@Fitness Robin Fitness Studio \$	4:15-5pm Cycling Sarah P. Cycling Studio	4:15-5:00pm Yoga Sarah P. Fitness Studio	5:15-6:15pm Yoga Abi Cycling Studio		
12:15-12:45pm Spin and Core Tate Cycling Studio	5-6pm ZUMBA Julie Fitness Studio	5-6pm Cardio Tennis Various Instructors Tennis Center	5-6pm TBC Melissa Fitness Studio		
12:30-1:30 Cardio Tennis Various Instructors Tennis Center	6:15-7pm Barbell HIIT Hannah Cycling Studio	5-6pm TBC Cayce Cycling Studio	6:30-8:00pm Karate Nancy Fitness Studio \$		
5-6pm Tabata & TRX Melissa Cycling Studio	6:30-8pm Karate Nancy Fitness Studio \$	NEW 6-7pm PiYo Tanya Fitness Studio			
6:15-7:00pm Spin & Strength Cayce Cycling Studio					\$ = Paid class for members and non members.

SOCIAL RESPONSIBILITY

BOOTHBAY REGION YMCA

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 your 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

COURSE	DATE	TIME	AGE	COST	LOCATION
COMMUNITY LEVEL CPR	March 17	9-11 am	12+	\$75	CLC YMCA
COMMUNITY LEVEL CPR	April 21	9-11 am	12+	\$75	BR YMCA

Contact Dan Parrott at dparrott@brymca.org/207.633.2855 ext 252

SOCIAL RESPONSIBILITY

CENTRAL LINCOLN COUNTY YMCA

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@clcymca.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

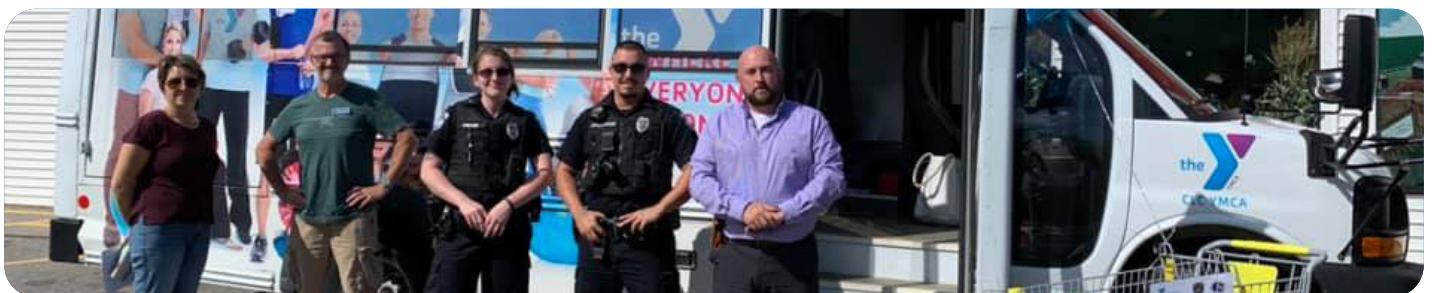
Monies raised will benefit

Diabetes Education & Prevention at LincolnHealth and the CLC YMCA

DATE: Sunday, April 5th

TIME: 1:00 PM

PLACE: The FIRST in Damariscotta



SPECTRUM GENERATIONS



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

FARMS AT THE Y

CENTRAL LINCOLN COUNTY YMCA

FARMS AT THE Y YOUTH

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

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 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.

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 TENNIS & RACQUET SPORTS

BOOTHBAY REGION YMCA

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

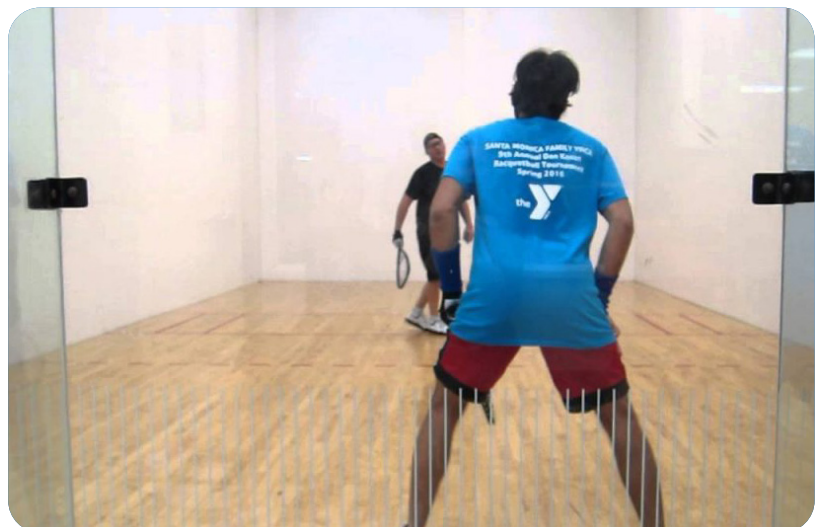
Members: \$8/hr/person

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

ADULT TENNIS					
LEVEL	DAY	TIME	COST: M/NM	DROP IN COST M/NM	SESSION
GREEN BALL (RRR)	TUE	11am-12pm	\$40/\$70	\$12/\$20	MONTHLY
ADV BEGINNERS	WED	12:30-1:30pm	\$40/\$70	\$12/\$20	
ADV SINGLES	MON	9-10am	\$40/\$70	\$12/\$20	
ADV DOUBLES	MON	8-9am	\$40/\$70	\$12/\$20	
HITS & GIGGLES	THUR	8-9am	\$40/\$70	\$12/\$20	
TENNIS IN 30 MINUTES	WED	12-12:30pm	FREE TO MEMBERS		

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

TRIPLES

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

TENNIS COURT FEES

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

FRIDAY NIGHT TRIPLES

MARCH 13 - 5:30-7pm
M: \$10 NM: \$18

STROKE OF THE WEEK

Drop In M: \$12 NM: \$20
TUES 12-1pm

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



FAST 4

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

PICKLE BALL				
LEVEL	DAY	TIME	COST: M/NM/PER CLASS	SESSION
GENTLE PICKLEBALL	WED	9-11am	FREE/\$5	ON GOING
REC PLAY	MON/WED/FRI	5:30-6:30am	FREE/\$5	
INTERMEDIATE	MON	9am-12pm	FREE/\$5	
REC PLAY	TUE & THUR	9am-12pm	FREE/\$5	

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



Y-ARTS

Emily Mirabile, Y-Arts Director, emirabile@brymca.org

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!



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



Y-ARTS

Emily Mirabile, Y-Arts Director, emirabile@brymca.org

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.



Y-ARTS

VISUAL ARTS CLASSES

BOOTHBAY REGION YMCA

COURSE	LOCATION	DAY/TIME	AGE	COST: F/M/NM	SESSION
MIXED MEDIA	BR YMCA	TUES/3-4pm	8+	\$45/\$55/\$70 + \$15	MAR 1-APR 5
GLASS FUSION	BR YMCA	TUES/4-5pm	8+	\$45/\$55/\$70 + \$15	MAR 2-APR 7

CENTRAL LINCOLN COUNTY YMCA

COURSE	LOCATION	DAY/TIME	AGE	COST: F/M/NM	SESSION
MIXED MEDIA	CLC YMCA	MON/3-4pm	8+	\$45/\$55/\$70 + \$15	MAR 2-APR 6
GLASS FUSION	CLC YMCA	WED/3-4pm	8+	\$45/\$55/\$70 + \$15	MAR 3-APR 8

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.



YOUTH DEVELOPMENT

CENTRAL LINCOLN COUNTY YMCA

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.



YOUTH GYMNASTICS

BOOTHBAY REGION YMCA

CLASS	DAY/LOCATION	TIME	AGE	COST: F/M/NM	SESSION
ITTY BITTY GYMNASTICS	FRI. IN ANNEX	3-3:45pm	2-5 YEARS	\$70/\$75/\$100	WINTER II MAR. 6 - APR. 25 (Check Session Dates for Break Week)
ITTY BITTY GYMNASTICS	SAT. IN ANNEX	9-9:45am	2-5 YEARS	\$70/\$75/\$100	
BEGINNER GYMNASTICS	FRI. IN ANNEX	4-5pm	5-8 YEARS	\$90/\$100/\$125	
BEGINNER GYMNASTICS	SAT. IN ANNEX	10-11pm	5-8 YEARS	\$90/\$100/\$125	
ADVANCED GYMNASTICS	FRI. IN ANNEX	5-6pm	5-8 YEARS	\$90/\$100/\$125	

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

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

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.

WE PARTNER WITH



YOUTH TENNIS

BOOTHBAY REGION YMCA

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

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

LEVEL	DAY	TIME	AGE	COST: F/M/NM	SESSION
RED BALL	MON & WED	3-3:45pm	5-8 yrs.	FREE	MONTHLY
ORANGE BALL	MON & WED	3:45-4:45pm	8-12 yrs.	\$75/\$85/\$150	
GREEN BALL	TUE & THUR/FRI	3-4:30pm	11-14 yrs.	\$75/\$85/\$150	
ADV. TRAINING	TUE & THUR/FRI	4-5:30pm	11-18 yrs.	\$75/\$85/\$150	

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



FREE busing from Nobleboro and Montessori Schools to the Y for programs!
Call the Y 563-9622 FMI.

YOUTH SPORTS

BOOTHBAY REGION YMCA

Joe Clark, Youth Sports Director, jclark@clcymca.org

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



BLASTERS TOURNAMENT

Grades 5 – 6 Boys & Girls

March 13, 14, & 15

Entry Fee: \$175

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

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.



YOUTH SPORTS

CENTRAL LINCOLN COUNTY YMCA

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

YOUTH SPORTS RECREATIONAL SPORTS

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 notarized and fill out emergency contact info at the front desk. Please email Joe Clark once the forms are finalized at jclark@clcyma.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

For information on how to sign up for these programs Contact Joe Clark at the CLC YMCA. Joe Clark at jclark@clcyma.org



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)

YOUTH SPORTS RECREATIONAL SPORTS

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**