



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER IS BETTER TOGETHER

CENTRAL LINCOLN COUNTY YMCA
2021 WINTER I PROGRAMS

Jan. 4 – Feb. 28

Registration Begins Dec. 21st

REGISTER
ONLINE

clcymca.org

YOU ARE WHY

SESSION & REGISTRATION DATES

Winter I: January 4– February 28

Registration Begins: December 21

HOLIDAY CLOSURES

Monday, January 18–Martin Luther King Jr. Day

REFUND/CANCELLATION POLICIES

WITHDRAWING FROM A PROGRAM

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

PROGRAM CANCELLATIONS

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

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

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.

HOURS OF OPERATION

Monday – Friday 5am–8pm

Saturday: 7am–1pm

Sunday: 9am–1pm

Mon-Fri Senior Hour 12:30–1:30pm

Operating hours are subject to change due to Covid-19. Please check with our Welcome Center.

NATIONWIDE MEMBERSHIP

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

SHORT TERM MEMBERSHIPS

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

MEMBERSHIP BENEFITS

- Nationwide YMCA access (currently suspended)
- Special program rates for family members
- FREE unlimited group exercise classes
- FREE fitness orientation

CHILD WATCH

Child watch hours Tuesdays and Thursdays 9 AM to 10 AM and 10 AM to 11 AM. Reservations are required by calling the Welcome Center \$10 per month charge. Available for family memberships.

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.

Visit www.clcymca.org
Or the Welcome Center for
current schedules.



PICK UP TENNIS
Wednesday 12:00pm
Players must wear masks 100% of
the time. Hand sanitizing stations
should be used frequently.

EVIDENCE-BASED HEALTH INITIATIVES

EBHI'S ARE OFFERED IN PARTNERSHIP WITH LINCOLNHEALTH

BLOOD PRESSURE SELF-MONITORING

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

Enrollment is ongoing, join anytime.

ENHANCE FITNESS

This 16-week fitness program focuses on falls prevention and arthritis management and is proven to help older adults become more active, energized, and empowered. Ongoing enrollment, join anytime.

HEALTHY WEIGHT AND YOUR CHILD

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits. Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle.



DIABETES PREVENTION PROGRAM

This 12-month group-based program consists of 16 core sessions followed by monthly maintenance sessions led by a trained lifestyle coach. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Classes are scheduled based on participant availability.

Virtual and in person classes starting in January.

TAI CHI FOR ARTHRITIS PART I & II

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.

LIVESTRONG AT THE YMCA

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

Starting January 2021

Virtual Parkinson's/Movement Disorder Program

Research has shown that exercise is an important component in the management of Parkinson's Disease. Significantly improving quality of life and execution of functional movement

For more information on EBHI's please contact Robin Maginn, Healthy Living Coordinator at rmaginn@clcymca.org

HEALTH & WELLNESS

PERSONAL TRAINING & GROUP EXERCISE

SMALL GROUP TRAINING

Small Group Training is an 8-week program that is available in all of the following categories and is scheduled based on participant availability. Cost per participant.

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 Center website for more information, scheduling, and prices.

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

VIRTUAL PERSONAL TRAINING

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

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

FOR INFORMATION ON PERSONAL TRAINING CONTACT:



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



Robin Maginn
Healthy Living Coordinator
rmaginn@clcymca.org

BRING YOUR GAME TO THE NEXT LEVEL!

YOUTH ATHLETIC PERFORMANCE CLASSES

- PRINCIPLES OF SPORTS PERFORMANCE
- SPEED, AGILITY AND QUICKNESS
- POWER

FMI see page 12



For more information about Personal Training & Group Exercise, please contact Robin Maginn, Healthy Living Coordinator at rmaginn@clcymca.org

HEALTH & WELLNESS

GROUP EXERCISE SCHEDULE

WINTER I - Jan 4th - Feb 27th

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---|--|--|--|--|--|---|
| EARLY MORNING | | 6:00-6:45am KETTLEBELLS (I) Gymnasium | | 6:00-6:45am KETTLEBELLS (I) Gymnasium | | 6:00-6:45am KETTLEBELLS (I) Gymnasium | |
| | | 6:00-6:45am KETTLEBELLS (Z) Mary Snow | | 6:00-6:45am KETTLEBELLS (Z) Mary Snow | | 6:00-6:45am KETTLEBELLS (Z) Mary Snow | 7:30 - 8:30am CYCLING varied instructors 4th Court |
| | | 7:45-8:45am YOGA (Z) Steph Winchenbach | | 7:45-8:45am YOGA (Z) Steph Winchenbach | | | |
| | | 8:00-8:45am LIVING FIT Robin Maginn Gymnasium | 8:00-9:00am PILATES (I/FL) Cynthia Fitness Studio | 8:00-8:45am LIVING FIT Robin Maginn Gymnasium | 8:00-9:00am PILATES (I/FL) Cynthia Fitness Studio | 8:00-8:45am LIVING FIT Robin Maginn Gymnasium | |
| LATE MORNING | 9:00-10:00am YOGA (Z) Steph Winchenbach | 9:00-10:00am BARRE (O) Becky Drum Patio | | | | | |
| | 9:15-10:15am BOOTCAMP (I/FL) Hannah Meneses | | 9:15-10:15am CYCLING Cynthia 4th Court | | 9:15-10:15am CYCLING Cynthia 4th Court | | |
| | | 10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium | 10:30-11:30am STRENGTH TRAINING Cynthia Fort Fitness Studio | 10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium | 10:30-11:30am STRENGTH TRAINING Cynthia Fort Fitness Studio | 10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium | |
| LUNCH | | 12:15-12:45pm HIIT Lauren Ober Fitness Studio | | 12:15-12:45pm HIIT Lauren Ober Fitness Studio | | | |
| EVENING | | | 4:15-5:00pm CYCLING (I) Sarah Plummer 4th Court | | 4:15-5:00pm CYCLING (I) Sarah Plummer 4th Court | | |
| | | | 4:30-5:30pm ZUMBA (Z) Sarah Brewer | 4:00-5:00pm PiYo (Z) Tanya Albert | | | Location Key: I - Indoor O - Outdoor Z - Zoom FB - Facebook Live |
| | | | 5:45-6:45pm TOTAL BODY CHALLENGE Hannah Meneses | | | | |

***Selected/additional classes will be available via Virtual Y on www.clcymca.org in January.

Classes with \$ are programs with an additional fee.

ZOOM CLASSES

Tuesday Zumba at 4:30pm Meeting ID:568 528 5325

Sunday Yoga at 9am Meeting ID: 821 0742 7231 Password: YOGA

FACEBOOK LIVE CLASSES

Group Page: CLC YMCA GROUP EXERCISE (<https://www.facebook.com/groups/1380162472295168/>)

For descriptions of group ex classes please visit our website at clcymca.org

ONE-ON-ONE YOGA INSTRUCTION

WITH STEPHANIE WINCHENBACH

Steph's mindfulness journey began in 2016 when she immersed herself in exploring the healing powers of yoga, reiki, and nutrition. In 2017, Steph completed the 'Foundations for the Mindful Teacher' 200-hour program at Kodawari Studios in Tampa, FL. Simultaneously, she received level III attunement to become an Usui Reiki Master Healer.

In 2019, Steph achieved her certification as a Functional Nutritional Therapy Practitioner.

Please contact CLC YMCA to set up an appointment at lober@clcymca.org

**CLC YMCA
NEW PROGRAM**

LOSE IT WITH THE Y

ITS TIME TO SET GOALS AND REACH THEM!

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.

Orientation Date: 1/6, 5:30pm

Family Member:

\$100 Member: \$105

Nonmember: \$260

(Includes membership to the Y for the 8 week period)

**WEEK 1
ORIENTATION**

**WEEK 2-7
PUT IN THE WORK**

**WEEK 8
CELEBRATE**

For more information about this program contact Lauren Ober at lober@clcymca.org

**CLC YMCA
NEW PROGRAM**

spectrum generations

MEDICARE OPEN ENROLLMENT

By appointment only. For more information please call 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

To learn more about Spectrum Generations programs please call 563-1363

ADULT TENNIS & PADDLE SPORTS

Registration is required for all tennis programs and space is limited. Walk-ins are welcome if there is space. Registration can be done online.

| ADULT TENNIS | | | | | |
|--------------------|------|-----------|-----------|-------------------|---------|
| LEVEL | DAY | TIME | M/NM | DROP IN COST M/NM | MONTHLY |
| ADV DOUBLES | MON | 8am | \$40/\$70 | \$15/\$25 | |
| ADV SINGLES | MON | 9am | \$40/\$70 | \$15/\$25 | |
| GREEN BALL (RRR) | TUE | 11am-12pm | \$40/\$70 | \$15/\$25 | |
| STROKE OF THE WEEK | TUE | 12-1pm | \$40/\$70 | \$15/\$25 | |
| HITS & GIGGLES | THUR | 8-9am | \$40/\$70 | \$15/\$25 | |

TENNIS COURT FEES

\$32/per hour

Please see Member Services or book at yourcourts.com

TENNIS 1-2-3 LEARN TO PLAY

(FREE FOR ESSENTIAL WORKERS)

Mon. 5-6pm, Thur. 5-6 pm

Wed. 12-1pm

Learn the game of tennis in 4 weeks.

It's safe and fun!

Sessions are monthly.

M \$25 NM \$40

FAST FOUR

Tues. 6:00-7:30pm

Registration required.

Monthly: \$40

M: \$12 NM: \$20 (Per Time)

DRILL NIGHT

Wed. 6-7pm

M \$40 NM \$70

Drop In: M \$15 NM \$25

SCRAMBLES

Fri/Sun 11am-12:30pm

Starts Nov. 1

M \$10 NM \$18

PICK UP TENNIS

Wed. 12-1pm FREE

Missing Basketball? Try tennis!! Equipment and how to keep score is provided.

SINGLES DRILL SESSION

Limit 6 people

2 courts

Monday 5pm

Drop in: M \$15 NM \$25

Monthly: M \$40 NM \$70



FUZZY BALLS TENNIS TOURNAMENT

12-5pm

Friday, February 19th

All proceeds of this even go to support Prostate Cancer research.



STEPPING STONES TENNIS TOURNAMENT: SERVING TO END HOMELESSNESS

MAR 6, 12-4pm

Social Tennis Tournament

Entrance Fee: \$25

PICKLEBALL

M-W-F

6:30-7:30am

9-11am

Registration Required

Singles only until state mandate is changed.



TENNIS FOOT WORK & CARDIO

Thursday 6-7pm

2 Courts

Limit of 8 people

Monthly: \$40

Drop in: NM \$25 M \$15

Monthly M \$40 NM \$70

CHILD CARE

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

PRE-K AT THE Y

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

| AT OUR CLC FACILITY 525 Main Street, Damariscotta | TWO DAY | THREE DAY | FIVE DAY |
|---|---------|-----------|----------|
| PRE-K (8:15am-2:30pm) | \$94 | \$130 | \$180 |
| BEFORE CARE (starts 6:30am) | \$100 | \$140 | \$190 |
| ADD THRIVE (Until 5:30PM) | \$106 | \$145 | \$195 |
| ADD BEFORE & THRIVE | \$110 | \$155 | \$205 |



INFANT, TODDLER, PRESCHOOL (Ages 6 weeks to 4 years old)

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. Our Child Care program is staffed with people who understand the cognitive, physical, social, and emotional development of children.

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

| AT OUR CC FACILITY 8 Sand Hill Drive, Nobleboro | THREE DAY | FIVE DAY |
|--|-----------|----------|
| INFANT (6:30am-5:30pm) | \$160 | \$210 |
| TODDLER (6:30am-5:30pm) | \$152 | \$200 |
| PRESCHOOL (6:30am-5:30pm) | \$145 | \$190 |



THRIVE AT THE Y

THRIVE AT THE Y (AFTER SCHOOL PROGRAM)

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

FMI on our Thrive at the Y program contact: Risa Fruchter: rfruchter@clcymca.org

| THRIVE AT THE Y | MEMBER | NON MEMBER |
|-----------------|--------|------------|
| 2 DAY 1ST CHILD | \$35 | \$55 |
| 2 DAY 2ND CHILD | \$25 | \$45 |
| 3 DAY 1ST CHILD | \$45 | \$65 |
| 3 DAY 2ND CHILD | \$38 | \$55 |
| 5 DAY 1ST CHILD | \$55 | \$75 |
| 5 DAY 2ND CHILD | \$45 | \$65 |

All Thrive at the Y participants can be part of the tennis program at no additional cost



BEFORE CARE

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

POWER HOUR

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



| AT OUR CLC FACILITY | MEMBER | NON MEMBER |
|---------------------------------|--------|------------|
| GSB BEFORE CARE (6:30am-School) | \$15 | \$25 |
| POWER HOUR | \$25 | \$35 |
| VACATION DAY | \$36 | \$36 |



FARMS AT THE Y

YOUTH VIRTUAL COOKING CLASSES (3RD THROUGH 9TH GRADE)

Wednesdays, 1:00pm-2pm

- January 13: Warming Soups
- January 20: Baking 101: Introduction to baking basics
- January 27: Getting creative with winter vegetables
- February 3: Chinese New Year
- February 10: Valentine's meal
- February 17: Grains & Greens
- February 24: One pot supper

Saturdays, 9am-10am

- January 16: Kitchen 101: Learning your way around the kitchen
- January 30: Chinese New Year
- February 20: Grains & Greens

Join FARMS at the Y for this series of virtual cooking classes for kids. We offer delicious, locally inspired, healthy food in the comfort of your own home. Ingredient list will be provided in advance. A step-by-step guided instruction will be available for your child to follow along. Each class will focus around a theme or ingredient. Classes are open to kids ages 8+ to take alongside an adult at home (kids 13+ are welcome to join independently). Each interactive 60-minute class is limited to 10 households. Interested in a private one-on-one or private group class for your child or their friends? Contact Karen at kkleinkopf@clcymca.org for more information.

Per class: Family Member \$10 Member \$15 Nonmember \$20

ADULT VIRTUAL COOKING CLASSES

FRIDAY, 5:30pm-6:30pm

- January 15: Winter Soups
- January 29: Chinese New Year
- February 5: Nourishing Yourself with Food
- February 12: Valentine's meal

Join FARMS at the Y for this series of adult virtual cooking classes. We offer delicious, locally inspired, healthy food in the comfort of your own home. Ingredient list will be provided in advance. A step-by-step guided instruction will be available. Each class will focus around a theme or ingredient. Interested in a private one-on-one or private group class? Contact Karen at kkleinkopf@clcymca.org for more information.

Family Member \$10 Member \$15 Nonmember \$20

PRIVATE VIRTUAL COOKING CLASSES

We are happy to offer private virtual cooking classes for you, your family or family & friends (local or from away). We offer delicious, locally inspired, healthy food in the comfort of your own home. Ingredient list will be provided in advance. A step-by-step guided instruction will be available. Classes run 1.5hrs and we can work with your schedule to pick a date and time that works best. Contact Karen at kkleinkopf@clcymca.org for more information.

Family Member \$40 Member \$50 Nonmember \$55

Interested in a private one on-one or a private group class for your child or their friends? Contact Karen at kkleinkopf@clcymca.org for more information.



Y-ARTS



GLASS FUSION

Ages 7-12

Wednesday 3-4pm

January 6 - February 10

In this 4-week Glass Fusion class students will learn the basics of glass safety and will then create plates and Christmas ornaments.

Family Member \$40, Member \$46, & Nonmember \$60
(Supply fee is included in total fee)
Min. 3 Max. 6 to run program

Students are required to wear a mask during class



GRAPHIC DESIGN AND COMIC BOOK DESIGN

Ages (all)

Mondays 3 - 4pm

January 4 - February 22 (No classes 1/18 or 2/15)

In this 6-week class students will learn the basics of Graphic Design including sketching, color theory, Principles and elements of design and transferring hand drawn designs onto the computer to create them digitally. This class will also cover comic book and character design. Minimum to run 3, maximum 8 participants.

Family Member \$45, Member \$55, & Non-Member at \$70
(Supply fee included in total fee)

Students are required to wear a mask during class



YOUTH TENNIS

All tennis sessions are monthly



Red Ball

Age: 6-8

Racket: Up to 23"



Court:

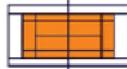
36' x 18'



Orange Ball

Age: 7-10

Racket: Up to 25"



Court:

Singles 60' x 21'

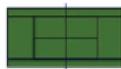
Doubles 60' x 27'



Green Ball

Age: 7-10

Racket: Up to 29"



Court:

Singles 78' x 27'

Doubles 78' x 36'

RED BALL - FREE TO ALL

Mon. & Wed. 3-3:45pm, Grades K-2

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. (Max 12 participants)

ORANGE BALL

Mon. & Wed. 4-5pm 8-12 Yrs Old

This program focuses on becoming part of a team, learning to win and lose graciously, and the importance of effort, sportsmanship and respect. Thrive at the Y participants can be part of the Y tennis program thanks to The Sanford Open as well as the USTA Foundation. We are a National Junior Tennis and Learning Chapter. (NJTL) (Max 18 participants)

Drop In:

M: \$10 NM:\$15

Monthly:

FM: \$60 M: \$70 NM: \$100

GREEN BALL (Beginners - Intermediate)

Tues/Thur 3-4:30pm, Friday 3-5pm 11-14 Yrs Old

This is for the beginner through intermediate 11-14 year olds looking to play more tennis, learn some technique, and strategy. Fridays will be Davis Cup match play. Giving kids an opportunity to play matches and expand their skills. (Max 18 participants)

Drop In:

M: \$10 NM:\$15

Monthly:

FM: \$75 M: \$85 NM: \$125



STAY AND PLAY- FREE

FREE Every Saturday from 11am-12pm.

A place for families to spend time together on the weekend. Come and take part in creative art projects and of course, PLAY TENNIS! (No program Nov. 21)

FREE FAMILY TENNIS

Starts Oct. 3rd

Every Saturday from 10- 11am

Registration required



HIGH SCHOOL TENNIS

Monday 6-7pm

Thursday 6-7pm

- Discover Tennis learn how to play, keep score, and compete! No experience or equipment necessary
- Team Practice Get ready for High School tennis now! Improve all your strokes, and your strategy.

High School and Discover tennis will run concurrently:

Mondays and Thursdays from 6:00 pm to 7:00pm

The High School programs, Team Tennis and Discover Tennis, strive to be a safe place for high school kids to have fun, get moving, and be social. Two pros will allow us to differentiate playing levels, while still allowing friends to enjoy each other.

Space is limited to 12 on Mondays, 8 on Thursdays, registration is required.

Per Class Drop In:

M: \$15 NM:\$25

Monthly: Monday or Thursday:

FM: \$40 M: \$50 NM: \$75

Monthly: Monday & Thursday

FM: \$80 M: \$100 NM: \$150



FREE bussing from Nobleboro and Montessori Schools to the Y for programs!

Call the Y 563-9622 FMI.

YOUTH ATHLETIC PERFORMANCE TRAINING

ALL CLASSES ARE FOR AGES 12-18
SESSION 1: JAN 4 - FEB 26TH
(LAST WEEK IS A MAKE UP WEEK)



PRINCIPLES OF SPORTS PERFORMANCE

Assessing your body's functional movements is the perfect way to get started on the path to elite athletic performance. This assessment class will diagnose strengths and weaknesses allowing us to then add to the strengths and eliminate the weaknesses. The class also teaches fundamental functional movements, balance, coordination, flexibility, injury prevention and prepares you for our speed, agility and power classes.

Coach: Brady Fergola

TIMES & DATES ARE BASED ON CLIENT AVAILABILITY
COST: \$150 INCLUDES 8 WEEK YOUTH MEMBERSHIP (\$32)

SIGN UP FOR PRINCIPLES & RECEIVE A 25% DISCOUNT ON SPEED OR POWER CLASS

SPEED, AGILITY & QUICKNESS

This 6-week program will be dedicated to increasing speed & quickness and decreasing reaction time by creating efficient movement patterns to enhance overall performance. Will work on basic mechanics using plyometric drills, agility ladders strength bands and boxes. Injury prevention techniques will also be taught.

Coach: Maggie Dewane

TRAINING ON WEDNESDAYS & FRIDAYS

5:00-6:00PM

COST: \$120 M \$150 NM DROP IN: \$15/class



POWER

This 6-week program will help athletes build confidence as they learn the principles of lifting and importance of strength training. The focus will be on technique, types of lifts, muscular strength and injury prevention techniques.

Coach: Lauren Ober

TRAINING ON TUESDAYS & THURSDAYS 6:00-7:00PM

COST: \$120 M \$150 NMDROP IN: \$15/Class

Inability to pay will not exclude anyone from obtaining a YMCA membership or from participating in programs at the CLC YMCA. Please contact Lauren Ober, Director of Member Services & Healthy Living for more information about Performance Programs and financial assistance at lober@clcymca.org

YOUTH DEVELOPMENT

Y HIGH SCHOOL TEEN LEADERS CLUB

Lincoln Academy students in grades 9-12
Wednesdays, 3-4pm at the Y

Upcoming Community Volunteer Opportunities:

Monthly Kids Night Out
Fill the Y Bus Food Drives
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 BOOK WARRIORS

YMCA Teen Book Warriors is a book club designed by teens for teens. Each 6-week session, teens will collectively vote on a book or two of interest. The readers will meet weekly outside the Y to explore the chosen book

Wednesdays, 3-4pm
Grades 6-12
Member: FREE
Non Member: \$20

LEGO CLUB

January 6 – 27

Ages 5-10

Wednesdays 3:00 – 4:00pm, Gymnastics Area

Join Addie Vermillion each week and receive new LEGO STEAM building challenges and activities. Each hour session Addie will unveil a new challenge for the students to conquer. Activities range from LEGO zip lines, parachutes, and catapults! Minimum to run program 3 participants & maximum 6 participants.

Family Member: \$30

Member: \$35

Non Member: \$50

ATTENTION PARENTS & COACHES! TEEN TRAINING

Team up with our expert staff of Personal Trainers to give your group of student athletes the best performance training available! Get a group together and we will provide you with the day and time you need.

Contact Lauren Ober at lober@clcymca.org for details

YOUTHFUL NOISE

This program works with LCTV and is open to high school aged residents of Lincoln County. Members of Youthful Noise are invited to become important collaborators, decision makers, and producers at the studio by learning telecommunications technology, serving on our Youth Advisory Board, and creating their own original programs.

Youthful Noise is partnering with CLC YMCA to film cooking shows at the FARMS kitchen. Later at the LCTV studio, teens will learn how to edit and broadcast the shows on television and the internet. We are looking for teens who are ready and able to make a commitment to hands-on learning and working as a team. Please contact Camden, Youth Leader at the YMCA, or Karen-Ann Hagar, Youth, Teen and Outreach Director khagar@clcymca.org

YOUTH DEVELOPMENT

MIDDLE SCHOOL (GRADES 6-8)

Our goal is to provide boys and girls in sixth, seventh and eighth grade with a foundation for healthy living through fitness and nutrition. Teen members will have the opportunity to participate in programs inside the Y all while staying safe by following set Covid-19 Guidelines. "Teens at the Y" will have space in the lobby for unprogrammed social time to play games or do homework and will be offered a FREE healthy snack. Teens will be asked to follow Covid-19 guidelines including wearing a mask and physically distancing. Teens in grades 6, 7 and 8 must sign up and check in for the "Teens at the Y" programming. Registration is ongoing and must be completed in person at the Y with a parent or guardian. Questions? Contact Karen-Ann Hagar at khagar@clcymca.org

HIGH SCHOOL (GRADES 9-12)

Teens aged 14 and older may enter and use the Y facilities by reservation with a Youth or Family membership. Teen must schedule by calling the Welcome Center and is limited to one hour.

Fitness Center: Teen members 14+ may use the equipment after having an orientation with a YMCA staff member.

Gymnasium: Teen members 14+ may reserve a space in the gym to shoot hoops or workout.

ALL BY MYSELF FITNESS CLASSES

MON, TUES, THUR & FRI 11-11:45AM

- **TINY TENNIS:** (Ages 3-6) w/ Georgia
We focus on having fun and promote teamwork. Activities are designed to encourage a love of sports and movement while learning fundamental tennis skills.
- **CREATIVE MOVEMENT:** (Ages 3-6) w/ Addie
Children that love rhythm and movement and feel safe participating in a class. Students will use ribbons, scarves and more as they combine imagination with music to learn body control, develop fine motor skills and improve social skills.
- **MUSCLES IN MOTION:** (Ages 3-6) w/ Hannah
Boys and Girls, come join the fun! High energy, child friendly sports conditioning class set to music - learn to exercise like mom and dad. We will focus on safe movements, having fun, teamwork and confidence building.

4-Day Pricing:

FM: \$80/Month/Child

NM: \$120/Month/Child

Drop In: \$10/CLASS

2-Day Pricing:

FM: \$40/Month/Child

NM: \$60/Month/Child

Drop In: \$10/CLASS

TEEN FITNESS CENTER PRIVILEGES

Ages 11-13:

Open for use after completing a special teen orientation AND by reservation with a parent or guardian. Free teen orientations are held on the first Tuesday of the month at 3:15 p.m. email lauren Ober to reserve your spot lober@clcymca.org

Ages 14 and older:

Open anytime with a reservation and a completed orientation

PERSONAL TRAINING FOR TEENS

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

MIDDLE & HIGH SCHOOL OPEN GYMNASIUM

Mon-Fri, 3-5:30pm

Recreational gym time can be set up by reservation.

All participants are required to follow all set Covid-19 restrictions including mask wearing.

Walk-ins will be welcome but space is limited due to Covid-19 restrictions so a spot is not guaranteed without a reservation.



PICK UP BASKETBALL

Available to all teens at the Y by reservation only. Contact the Y Welcome Center for more information.

YOUTH SPORTS

ITTY BITTY BASKETBALL

Tuesday 4 – 4:45pm

Jan. 5 - Feb. 9

The goal of this program is to teach the youth players the fundamentals of basketball through progressive drills and skills. Focusing on teamwork, hand/eye coordination, listening, and sportsmanship. Hand sanitizing will be done throughout practice and masks will be worn for practices.

Minimum amount to run program 6, Maximum 10.

Only one parent can be in attendance due to Covid-19 restrictions. Parent must be wearing mask while in the building.

Family Member \$50

Member \$60

Non-Member \$80

YOUTH BASKETBALL CLINIC

Grades 1-2

Thursday 4 – 5pm

Jan. 7 - Feb. 11

The goal of this program is to continue to develop the grade 1 – 2 players skills on the court through progressive skills and drills. Focusing on hand eye coordination, footwork, and basketball fundamentals. Hand sanitizing will be done throughout practice and masks will be worn for practices.

Minimum to run clinic 6, Maximum 10

Only one parent can be in attendance due to Covid-19 restrictions. Parent must be wearing mask while in the building.

Family Member \$55

Member \$65

Nonmember \$85

TRAVEL BASKETBALL

Travel basketball details will be coming soon pending Covid-19 and state guidelines.

YOUTH BASKETBALL LEAGUE

January 9 – February 20

Register in advance to secure your spot as space is limited. Hand sanitizing will be done throughout practices and masks are required at all times during practice.

Kickoff Clinic: January 9 - Players Only

Grades 3 – 4 from (9:00 – 10:00am)

Grades 5 – 6 from (10:30 – 11:30am)

Grades 3 – 4 & 5 – 6 will have a one-hour practice weekly and then clinic / intra – squad play on Saturdays. Practices will be based on the volunteer coaches schedule. Players only at practices. At this time only 1 parent will be allowed to spectate on Saturday. This program did not get to start at its regular scheduled date due to updated guidelines per the DECD on November 6 & December 4. Masks will always be worn, and hand sanitizing will be done periodically throughout practices.

Family Member \$60

Member \$65

Non-Member \$80

Grades 3 – 4 (Maximum 16 participants)

Grades 5 - 6 (Maximum 16 participants)

SOFTBALL

Session I – January 10 – 24

Session II – February 7 – 28

Grades 7 – 12

Sundays, 9:30 – 10:45am

Join Volunteer Coaches Lauren Guptill, Desiree Benner, and Meghan Connelly to get a jump on the spring season. Sessions will take place at the CLC YMCA in gymnasium. Masks will be worn during program. Hand sanitizing will be done periodically throughout the practices. Minimum to run 6, maximum participants 14. Hand sanitizing will be done periodically throughout the practices. Minimum to run 6, maximum participants 20.

Family Member \$25

Member \$30

Non-Member \$55

Volunteer coaches needed if you are interested in serving as a volunteer coach, contact Joe Clark at jclark@clcymca.org

Pending numbers and Covid-19 restrictions scheduling and programs may change.



YOUTH SPORTS

CAMDEN SNOW BOWL

Grades 5-8

Enjoy skiing or snowboarding with friend's afterschool! Skiers / Snowboarders must have prior experience and must be able to board and exit chairlifts independently. Equipment may be dropped off at the Y the morning of the program. An area in the gym will be marked for drop off location. Please label all equipment with your child's name as this will be pre-loaded on the bus in their own seat. Masks must be worn on the bus and while skiing. Program participants will sit in their own seat on the bus unless they are accompanied by a sibling.

In order to run this program, it must be full with 7 registered participants. Bus capacity is 7 unless siblings attend. Spots can be opened if seats do become available due to sibling registrations. Please reach out to Joe Clark at jclark@clcymca.org with any questions.

Schedule

Wednesdays

January 6 – February 10

3:15pm – Depart CLC Y

4:00 – 6:45pm – Ski / Snowboard

7:00pm – Mount Closes

7:30 – 7:40pm – Arrive at CLC

Registration will open at 8am on Dec. 21

Family Member \$190

Member \$200

Non-Member \$250



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

ROCK CLIMBING WITH KIEVE

Mondays, Jan. 25-Feb. 22

No climbing Jan 15. or February Vacation

3:30 – 4:30pm

Grades 3 – 6

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. Our courses are supervised by certified professional who's number one goal is safety. Minimum 4 participants, Maximum 7.

Challenge Course Protocols

- Masks must be worn at all times by clients and facilitators when using KWE Challenge Course elements, whether indoors or outdoors
- Hands must be sanitized prior to using any element and masks must be left on throughout climbing
- Hands must be sanitized after climbing
- Clients and facilitators must use the same harness and helmets for the duration of their time at a KWE Challenge Course
- All client and facilitator equipment must be sanitized after it is used

Bus departs CLC YMCA at 3:10pm

Bus arrives at CLC YMCA at 4:50pm

Family Member \$60

Member \$65



COMMUNITY NAVIGATION

The navigator helps people access local community and state resources, benefits and assistance programs. The navigator provides information and referrals to a wide array of professionals in particular specialties.



Karen-Ann Hagar
Director of Outreach &
Community Navigation
khagar@clcymca.org
207-403-4116

- EMPLOYMENT
- FOOD ACCESS
- HOUSING
- TRANSPORTATION
- RECOVERY SUPPORT
- FINANCIAL ASSISTANCE
- FUEL ASSISTANCE
- VEHICLE REPAIR
- HOME REPAIR
- HOLIDAY ASSISTANCE
- CHILD CARE
- CLOTHING
- MENTORSHIP
- CHRONIC DISEASE SUPPORT
- TAX ASSISTANCE
- VOCATIONAL SUPPORT

**IF YOU NEED HELP.
CALL OUR HELP LINE.
207-403-4166**

DISCOVERY DAYS AT THE Y



- Remote Learning Support
- FARMS at the Y Cooking Classes
- Tennis
- Fitness
- Volleyball
- Nature Trail Exploration
- Playground Fun!

Grades K-5th

With some days being potential remote learning days for students, have your child spend the day at the Y. Staff will provide remote learning support and engage your child in activities, to include, outdoor games, fitness activities, tennis, and FARMS cooking classes.

Discovery Days at the Y program hours:
7:30am – 3:00pm
Minimum to run Discover Days: 8 participants. Maximum 16 participants.

Fees: Family Member \$50, Member \$55, Non-Member \$75
If already in Thrive Program: Family Member \$35, Member \$40, Non-Member \$80

If you are interested in learning more about this program please call our Welcome Center at 207-563-9622

SOCIAL RESPONSIBILITY

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.

Lincoln County Peer to Peer Recovery Groups for people in recovery:

- Tuesday 8:00-9:00am former VFW Post in Waldoboro
- Tuesday 3-4pm Harbor Peer and Wellness Center
- Wednesday 8:30-9:30am Damariscotta Baptist Church
- Wednesday 7:00-8:00am Men's Group, Lincoln County Regional
- Commission, Wiscasset
- Thursday 8:30-9:30am Harbor Peer and Wellness Center

FMI: contact Angie Musto at amusto@midcoasthealth.com or 207-295-5324.

FILL THE Y BUS FOOD DRIVES

Every Tuesday 10am-2pm

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.



AMERICAN RED CROSS BLOOD DRIVES

Thur. 1/28 – 1 – 6pm

Thur. 2/25 – 1 – 6pm

Thur. 3/25 – 1 – 6pm

MONTESSORI SCHOOL BUSSING

Montessori bussing will take place daily if there are students who need transport to the Y. At this time the Y can only seat six students on the bus. Although if students are siblings and are in the same household, more students can be transported. A mask is mandatory to ride the bus. Students will have temperatures checked and hands sanitized prior to boarding. Parents must RSVP by emailing Joe Clark at jclark@clcymca.org. Providing the day of the week that the student would be riding.

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

DOG OBEDIENCE CLASSES

Tuesday, Monthly Sessions

Jan. 5-26

Feb. 2-23

Beginner Dog Obedience 5:00 – 6:00pm

Intermediate 6:00 – 7:00pm

Canine Good Citizen 7:00 – 8:00pm

Location: Multi-Gen room

Mask required at all times

Family Member \$60, Member \$65, Nonmember \$75

VACATION CAMP

Spend your days off from school enjoying STEAM projects, hikes, tennis, gym games, field Games, fairy house creations, volleyball, crafts, cooking and playground play time!! If your child is not enrolled in THRIVE at the Y please fill out paperwork at the front desk with our Welcome Center staff.

Feb. 15-19

Hours: 7:30-5:30

Cost: \$36.00

Min: 8 participants

Max: 20 Participants

STEPPING STONES TENNIS TOURNAMENT: SERVING TO END HOMELESSNESS

MAR 6, 12-4pm

Social Tennis Tournament

Entrance Fee: \$25

FUZZY BALLS TENNIS TOURNAMENT

Friday, February 19th

12-5pm

All proceeds of this even go to support Prostate Cancer research.



CPR & FIRST AID TRAINING

Times and dates will be available soon. Training cost is \$75 per participant.

VIRTUAL PARKINSONS PROGRAM

Coming January 2021



**Together,
We Can Help You Thrive With Parkinson's.**

Improve your mobility and strength in the comfort of your own home while participating in the live-streaming of our virtual fitness classes specifically designed for those with Parkinson's.

For more information on how we can help you thrive with Parkinson's, email Robin Maginn, Healthy Living Coordinator, at rmaginn@clcymca.org