ENSURE A BRIGHTER FUTURE

CENTRAL LINCOLN COUNTY YMCA
2020 FALL I PROGRAMS
Aug. 31 – Oct. 24
Registration Begins Aug. 28
SESSION & REGISTRATION DATES
Fall I: August 31 – October 24
Registration Begins: August 28

HOLIDAY CLOSURES
Monday, September 7 – Labor Day
Monday, October 12 – Indigenous Peoples Day
Thursday, November 26 – Thanksgiving Day
Friday, December 25 – Christmas Day

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.

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.

HOURS OF OPERATION
Monday – Friday 5am-8pm
Saturday: 7am-4pm (Sept. only 7am-12pm)
Sunday: Closed
Mon-Fri. Senior Hour Starting Sep. 8 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
• 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.

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

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. On going 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.

BOXING FOR PARKINSON’S
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.

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.

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.

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.

PEDALING FOR PARKINSON’S
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.

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

FITNESS CLASSES

- Barre
- Boot-camp
- Cardio Kickboxing
- Cardio Tennis
- Cycling
- Enhance Fitness
- Forever Fit
- Fusion
- Gentle Yoga
- HIIT/HIIT Circuit Training
- Moderate Yoga
- PiYO
- Tai Chi
- Karate

- 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

To learn more about classes and view current class schedules please visit clcymca.org

LOSE IT WITH THE Y
BECAUSE IT’S TIME TO SET GOALS AND REACH THEM!

An 8-week personal training program for teams of 4. Teams will need the same availability for workouts during the week. Don’t have a team? We’ll help you find one! Open to members or nonmembers regardless of fitness level. Pre-registration is encouraged, though participants can also sign up at orientation. We have virtual and in person options.

8/31 - 10/19
Family Member: $100 Member: $105 Nonmember: $260

ORIENTATION
Monday, Aug. 31 at 5pm
Under Tent

PUT IN THE WORK
Week 2-7
Weekly weigh-ins and 1 hour team trainings

CELEBRATE
Monday, Oct 19 at 5pm

WHY LOSE IT WITH THE Y

- Group and trainer support will help with accountability to help meet your goals
- Your personal trainer will monitor your weekly weight loss to keep your workouts on track
- Nonmembers receive use of the Y facility for the duration of the program
- You will experience a variety of workouts to challenge your body.

For more information about the program, please contact Robin Maginn, Healthy Living Coordinator at rmaginn@clcymca.org
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.

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.

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

PERSONAL TRAINERS—HEALTHY LIVING

Robin Maginn  
Healthy Living Specialist & Personal Trainer

Cayce Begin  
Personal Trainer & Instructor

Hannah Meneses  
Personal Trainer & Instructor

Becky Drum  
Personal Trainer & Instructor

PERSONAL TRAINING COST AND OPTIONS

<table>
<thead>
<tr>
<th></th>
<th>1 Hour Session</th>
<th>5 Session Pack</th>
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<tbody>
<tr>
<td>Family Member</td>
<td>$60</td>
<td>$275</td>
</tr>
<tr>
<td>Member</td>
<td>$60</td>
<td>$275</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$100</td>
<td>$450</td>
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</tbody>
</table>
# HEALTH & WELLNESS
## GROUP EXERCISE SCHEDULE

### FALL I - August 31st - Oct 25th

<table>
<thead>
<tr>
<th>TIME</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>EARLY MORNING</strong></td>
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<tr>
<td>6:00-6:45am</td>
<td><strong>KETTLEBELLS (O)</strong> Mary Snow</td>
<td>6:00-6:45am <strong>KETTLEBELLS (O)</strong> Mary Snow</td>
<td>6:00-6:45am <strong>KETTLEBELLS (O)</strong> Mary Snow</td>
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<tr>
<td>6:00-7:00am</td>
<td><strong>FIT FOR LIFE (Z)</strong> Sarah Plummer</td>
<td>6:00-7:00am <strong>FIT FOR LIFE (Z)</strong> Sarah Plummer</td>
<td>6:00-7:00am <strong>FIT FOR LIFE (Z)</strong> Sarah Plummer</td>
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<tr>
<td>8:00-8:45am</td>
<td><strong>LIVING FIT</strong> Robin Maginn</td>
<td>8:00-8:45am <strong>LIVING FIT</strong> Robin Maginn</td>
<td>8:00-8:45am <strong>LIVING FIT</strong> Robin Maginn</td>
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<tr>
<td>9:00-10:00am</td>
<td><strong>BARRE (O)</strong> Becky Drum</td>
<td>8:00-9:00am <strong>PILATES (I)</strong> Cynthia</td>
<td>8:00-9:00am <strong>PILATES (I)</strong> Cynthia</td>
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<tr>
<td>9:15-10:15am</td>
<td><strong>BOOTCAMP (O/FL)</strong> Hannah Meneses</td>
<td>9:15-10:15am <strong>CYCLING (I)</strong> Cynthia</td>
<td>9:15-10:15am <strong>CYCLING (I)</strong> Cynthia</td>
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<td><strong>LATE MORNING</strong></td>
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<tr>
<td>10:30-11:30am</td>
<td><strong>ENHANCE FITNESS (I)</strong> Robin Maginn</td>
<td>10:30-11:30am <strong>STRENGTH TRAINING</strong> Cynthia</td>
<td>10:30-11:30am <strong>ENHANCE FITNESS (I)</strong> Robin Maginn</td>
<td>10:30-11:30am <strong>STRENGTH TRAINING</strong> Cynthia</td>
<td>10:30-11:30am <strong>ENHANCE FITNESS (I)</strong> Robin Maginn</td>
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<td><strong>AFTERNOON</strong></td>
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<tr>
<td>12:15-12:45pm</td>
<td><strong>Cardio &amp; Core (I or O)</strong> Lauren Ober</td>
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<td>2:00-2:45pm</td>
<td><strong>TAI CHI (I)</strong> Robin Maginn</td>
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<td>4:15-5:00pm</td>
<td><strong>CYCLING (I)</strong> Sarah Plummer</td>
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<tr>
<td><strong>EVENING</strong></td>
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<tr>
<td>4:30-5:30pm</td>
<td><strong>ZUMBA (Z)</strong> Sarah Brewer</td>
<td>6:00-7:00pm <strong>PiYo</strong> Tanya Albert</td>
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<tr>
<td>6:30-7:30pm</td>
<td><strong>TOTAL BODY CHALLENGE</strong> Hannah Meneses</td>
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</tbody>
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**Location Key:**
- I - Indoor
- O - Outdoor
- Z - Zoom
- FB - Facebook Live

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

<table>
<thead>
<tr>
<th>AT OUR CLC FACILITY</th>
<th>TWO DAY</th>
<th>THREE DAY</th>
<th>FIVE DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>525 Main Street, Damariscotta</td>
<td>$94</td>
<td>$130</td>
<td>$180</td>
</tr>
<tr>
<td>PRE-K (8:15am-2:30pm)</td>
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<tr>
<td>BEFORE CARE (starts 6:30am)</td>
<td>$100</td>
<td>$140</td>
<td>$190</td>
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<tr>
<td>ADD THRIVE (Until 5:30PM)</td>
<td>$106</td>
<td>$145</td>
<td>$195</td>
</tr>
<tr>
<td>ADD BEFORE &amp; THRIVE</td>
<td>$110</td>
<td>$155</td>
<td>$205</td>
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</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>AT OUR CC FACILITY</th>
<th>THREE DAY</th>
<th>FIVE DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Sand Hill Drive, Nobleboro</td>
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</tr>
<tr>
<td>INFANT (6:30am-5:30pm)</td>
<td>$155</td>
<td>$205</td>
</tr>
<tr>
<td>TODDLER (6:30am-5:30pm)</td>
<td>$147</td>
<td>$195</td>
</tr>
<tr>
<td>PRESCHOOL (6:30am-5:30pm)</td>
<td>$140</td>
<td>$185</td>
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</table>
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: Karen-Ann Hagar: khagar@clcymca.org

<table>
<thead>
<tr>
<th>THRIVE AT THE Y</th>
<th>MEMBER</th>
<th>NON MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 DAY 1ST CHILD</td>
<td>$35</td>
<td>$55</td>
</tr>
<tr>
<td>2 DAY 2ND CHILD</td>
<td>$25</td>
<td>$45</td>
</tr>
<tr>
<td>3 DAY 1ST CHILD</td>
<td>$45</td>
<td>$65</td>
</tr>
<tr>
<td>3 DAY 2ND CHILD</td>
<td>$38</td>
<td>$55</td>
</tr>
<tr>
<td>5 DAY 1ST CHILD</td>
<td>$55</td>
<td>$75</td>
</tr>
<tr>
<td>5 DAY 2ND CHILD</td>
<td>$45</td>
<td>$65</td>
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BEFORE CARE

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

POWER HOUR

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

<table>
<thead>
<tr>
<th>AT OUR CLC FACILITY</th>
<th>MEMBER</th>
<th>NON MEMBER</th>
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<tbody>
<tr>
<td>GSB BEFORE CARE (6:30am-School)</td>
<td>$15</td>
<td>$25</td>
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<tr>
<td>POWER HOUR</td>
<td>$25</td>
<td>$35</td>
</tr>
<tr>
<td>VACATION DAY</td>
<td>$36</td>
<td>$36</td>
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</table>
FARMS AT THE Y YOUTH

OUTDOOR FOOD EXPLORERS (3RD THROUGH 5TH GRADE)
Time: 3:00pm-4:30pm
Dates: Wednesdays, September 9 - October 14th

This outdoor gardening and cooking class is designed for children in grades 3-5th grade. Children will learn a variety of gardening and cooking skills with an emphasis on enjoying and appreciating nature and the food it provides. We will also integrate art projects into our outdoor exploration. Classes will be held exclusively outside.

Family Member $115 Member $120 Nonmember $240

YOUTH VIRTUAL COOKING CLASSES (3RD THROUGH 9TH GRADE)
Wednesdays, 1:00pm-2pm (Sept. 9-Oct. 21)
Saturdays, 9am-10am Sept. 12 & 19 and October 3 & 17

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. 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? Contact Karen at kkleinkopf@clcymca.org for more information.

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

FARMS AT THE Y ADULT

ADULT VIRTUAL COOKING CLASSES
Time: 5:30pm-6:30pm
Dates: September 10 & 24, October 1, 15 & 22

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

October 1 & 22 we will have Elizabeth Perreault as a guest chef. She has a degree in Hotel & Restaurant Mgmt from the Univ. of Denver and has worked in the food industry in various positions for ~ 20 years. Elizabeth has taught professional pastry and culinary arts for 6 years at the Culinary School of the Rockies (now the Escoffier School of Culinary Arts) in Boulder. She has become more and more interested in nutrition and recently became a Nutritional Therapy Consultant through the Nutritional Therapy Association. Elizabeth loves food and all aspects of it - from growing it to cooking to eating.

Per class: Family Member $10 Member $15 Nonmember $20
ADULT TENNIS & RACQUET SPORTS

All adult tennis classes begin September 7, 2020

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>COST: M/NM</th>
<th>DROP IN COST M/NM</th>
<th>SESSION</th>
</tr>
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<tbody>
<tr>
<td>GREEN BALL (RRR)</td>
<td>TUE</td>
<td>11am-12pm</td>
<td>$15/$25</td>
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<td>SEPT. 8 - OCT. 24</td>
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<tr>
<td>ADV BEGINNERS</td>
<td>WED</td>
<td>12:30-1:30pm</td>
<td>$15/$25</td>
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<tr>
<td>ADV SINGLES</td>
<td>MON</td>
<td>TBD</td>
<td>$15/$25</td>
<td></td>
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<tr>
<td>ADV DOUBLES</td>
<td>MON</td>
<td>TBD</td>
<td>$15/$25</td>
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<tr>
<td>HITS &amp; GIGGLES</td>
<td>THUR</td>
<td>8-9am</td>
<td>$15/$25</td>
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<tr>
<td>TENNIS IN 30 MINUTES</td>
<td>WED</td>
<td>12-12:30pm</td>
<td>FREE TO MEMBERS</td>
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TENNIS COURT FEES
$32/pr hour
Please see Member Services or book at yourcourts.com

STROKE OF THE WEEK
Drop In M: $15 NM: $25
TUES 12-1pm

TENNIS 1-2-3
Monday at 5:00, Wednesday at 12:00, or Thursday at 5:30 pm
Learn the game of tennis in 3 weeks. It’s safe and fun!
Session 1 starts September 8th,
Session 2 starts October 5th.
Free for all essential care givers
$15 for three weeks for members
$25 for non members

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

Reservations are required, space is limited to 8 per class

21st ANNUAL BREAST CANCER TOURNAMENT
OCT. 15
Luck of the draw-Women’s Doubles, auction, tennis, food, prizes and more. Registration $25 All proceeds support the fight to end breast cancer.
GLASS FUSION
Ages 7-12
Wednesday 3–4pm (9/9, 9/16, 9/23, 9/30, 10/7, 10/14)
Thursdays. 10 – 11am (9/10, 9/17, 9/24, 10/1, 10/8, & 10/15)

In this 6 week glass fusion class we will learn safety skills in working with glass and glass design to create plant stakes, wind chimes, plates, hanging pieces, and seasonal pieces. Location: TBD. Parents will receive advanced email prior. Please have the participant bring a mask.

Family Member $60, Member $70, & Nonmember $85 (Supply fee is included in total fee)

MIXED MEDIA
Ages 7–12
Monday 3–4pm (9/14, 9/21, 9/28, 10/5, 10/19, 10/26)
Tuesdays. 10 – 11am (9/15, 9/22, 9/29, 10/5, 10/13, 10/20, & 10/27)

In this 6 week mixed media class we will explore drawing skills and use them in painting, printmaking, collaging, and illustration. Location: TBD. Parents will receive advanced email prior. Please have the participant bring a mask.

Family Member $60, Member $70, & Nonmember $85 (Supply fee is included in total fee)
YOUTH GYMNASTICS

WE PARTNER WITH

NORTH ATLANTIC GYMNASTICS ACADEMY

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.

SEAGULLS I & II
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.

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.

MIDDLE SCHOOL CLASS
Separate class offered each day.

TEAM (SEPT–AUG)
For girls interested in the opportunity to focus their gymnastics skills with the potential to compete. Total monthly cost $100. Fee drafted the 1st of each month.

Any participants interested in joining team, contact Jonas at northatlanticgym@gmail.com
Tuesday & Thursday: 4-6pm

Currently only TEAM is being offered due to scheduling restrictions around NAGA and Covid-19. All other classes could be available as early as October. Please check in with the Y, visit our website, or social media accounts for updates.
Y HIGH SCHOOL TEEN LEADERS CLUB
Lincoln Academy students in grades 9-12
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
Trunk or Treat

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

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.

Family Members $120 Members $125 Nonmembers $250

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 this fall 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 both inside and outside our Y all while staying safe during Phase 2 of our reopening. Teens in grades 6, 7 and 8 must sign up and check in for the “Teens at the Y” programming. Registration is on-going 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. There is currently no indoor pick up basketball available.

CHECK OUT OUR KIDS AT THE Y SCHEDULE FOR MORE PROGRAMS AT CLCYMCA.ORG

NEED A PLACE TO CHILL?
The Y has designated tables under the tent for homework, reading, and socializing. 3:00 – 5:30pm

*Must do check in with Y staff upon arrival

TEEN OUTDOOR INTRAMURALS START SEPTEMBER 8th
6th-8th Graders 3:00pm – 5:30pm
Come to the Y with your friends afterschool and enjoy an afternoon of your favorite competitive activity. Basketball, floor hockey, kickball, volleyball, pickleball, and much more. Register now at the Y or online. Free for members.

Questions? Contact Karen-Ann Hagar at the Y or khagar@clcymca.org

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 SCHOOL OPEN GYMNASIUM
Recreational gym time is currently NOT available to middle school students without parental supervision due to COVID 19 restrictions.

HIGH SCHOOL OPEN GYMNASIUM
Available for basketball shooting by reservation only. Must adhere to CDC guidelines for social distancing.
YOUTH SPORTS

YOUTH LAX CLINIC
September 14 – October 20
(No program 10/12)
Monday, 4-4:50pm
Ages 8 – 12

Led by volunteer coach Liza Hall and Nick Krunkkala, this clinic offers an introduction to the sport of lacrosse. A low – pressure developmental opportunity for players who want to learn and/or continue to grow in the sport. Emphasis will be on fundamentals, instructions, mini games, movement, and fun!

Coach Nick was a four-time state champion and all American at Cape Elizabeth. His attended New York Institute of Technology in Long Island and won a National Championship.

Coach Liza Hall has coached girls lax with Pen Bay. Also, Liza has had the opportunity to assist with the Midcoast Lax program and coached CLC Y clinics for four years.

What is needed? If players have their own stick, please bring. The Y does have a limited supply. This program will be held on the CLC Y Sports Field.

Minimum to run program: 8 Participants. Maximum 14 participants.

Family Members $20, Members $30, Nonmembers $60

ITTY BITTY SOCCER
TUESDAY – 11:00 – 11:45AM (September 8 – October 13)
TUESDAY – 4:00 – 4:45PM (September 8 – October 13)
THURSDAY – 4:00 – 4:45PM (September 10 – October 15)
Ages 4 – 6

Soccer fundamentals, footwork, team play, and fun are the emphasis at the clinic. The clinic will start with skill development, followed by mini games to grow the player’s skills. Held at the CLC Y Sports Field. Minimum to run program: 8 Participants. Maximum 14 participants.

Family Members $50, Members $60, Nonmembers $80

YOUTH SOCCER LEAGUE
Kickoff Clinics Dates / Times
September 5 & 12
Grade 1 (9 – 10am) at CLC Y
Grade 2 (9 – 10am) at GSB
Grade 3 (10:30 – 11:30am) at CLC Y
Grade 4 (10:30 – 11:30am) at GSB
Grade 5 & 6 (12 – 1pm) at CLC Y

Season Length – September 5 – October 17 (Make up weekend, October 24).

Please register in advance for the league. It is important to register so coaches have an accurate count when picking teams.

Teams will be chosen on Saturday September 12.
Grades 1 & 2 will practice Mondays and play games Wednesdays 5-6pm
Grades 3 & 4 will practice Tuesdays and play Thursdays 5-6pm.
Grades 5 & 6 will practice Fridays 5-6pm and at this time look to play local teams.

I.E. Wiscasset Community Center teams. Note: Grades 5 & 6 may have some mid-week games.

Note: If one grade level does not have enough to play games. That level will look to combine with the grade above or below. Please look for emails regarding Covid precautions and guidelines in which the CLC Y will be following.

Family Members $65 Members $75, Nonmembers $95

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.
**MT. BIKING**

September 16 – October 21  
**WEDNESDAYS**  
3:45 – 4:45pm  
Ages 9 – 14

During this program, riders will travel to Midcoast Conservancy Hidden Valley Nature Center (HVNC) to focus on Mountain Biking riding on all FAT BIKES. This class will educate riders on hill climbing, distance riding, bike maintenance, and overall safety. Students can bring their own helmets, although these are provided through HVNC for the class.

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

**Bus Capacity:** Due to transportation restrictions the Y can only transport 6 participants on the Y bus, unless siblings from the same household are registered therefore, they can sit in the same seat and could accommodate more riders. If parents wish to transport their own children to HVNC for the program, we can then accommodate more students in the program other than the 6 total riders on the bus.

**Maximum 14 participants.**

Please email Joe Clark at jclark@clcymca.org to check in if program is full to check in on registering additional riders.

Family Members $80, Members $95, Nonmembers $110

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**WAWENOCK GOLF CLINIC**

September 14 – October 26  
(9/14, 9/21, 9/28, 10/5, 10/19, 10/26)  
(No Clinic on October 12).  
**MONDAYS**  
3:30 – 4:30pm  
Ages 7 – 12

The CLC YMCA and Wawenock Golf Club will look to offer youth golf lessons afterschool this fall. Wawenock golf staff and Joe Clark will teach kids the fundamental of the game by spending time on the driving range, putting green, and time on the course.

**Bus Schedule**
Depart CLC Y: 3:10 – 3:15PM  
Program: 3:30 – 4:30pm  
Arrive at CLC Y 4:45 – 4:50pm

**Bus Capacity:** Due to transportation restrictions the Y can only transport 6 participants on the Y bus, unless siblings from the same household are registered therefore, they can sit in the same seat and could accommodate more riders. If parents wish to transport their own children to Wawenock for the program, we can then accommodate more students in the program other than the 6 total riders on the bus. Max 8 Participants.

Please email Joe Clark at jclark@clcymca.org to check in if program is full to check in on registering additional riders.

Family Members $60, Members $70, Nonmembers $90

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

Pending numbers and Covid-19 restrictions scheduling and programs may change.
### 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
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
Starts Oct. 3rd. 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
Starts Oct. 3rd
Every Saturday from 10- 11am

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<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>DROP IN M/NM</th>
<th>SESSION</th>
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<tr>
<td>RED BALL</td>
<td>MON &amp; WED</td>
<td>3-3:45pm</td>
<td>5-8 yrs.</td>
<td>FREE</td>
<td>SEPT. 8 – OCT. 24</td>
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<td>ORANGE BALL</td>
<td>MON &amp; WED</td>
<td>3:45-4:45pm</td>
<td>8-12 yrs.</td>
<td>$10/$15</td>
<td>SESSION COST $105</td>
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<td>GREEN BALL</td>
<td>TUE &amp; THUR/FRI</td>
<td>3-4:30pm</td>
<td>11-14 yrs.</td>
<td>$10/$15</td>
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<tr>
<td>ADV. TRAINING</td>
<td>TUE &amp; THUR/FRI</td>
<td>4-5:30pm</td>
<td>11-18 yrs.</td>
<td>$10/$15</td>
<td>$105</td>
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All classes will be limited to 12 children/ 3 pros, so sign up early.

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

**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**
Every Tuesday 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**
- Sat. 9/26 – 8am – 3:30pm
- Fri. 10/23 – 10am – 5:30pm
- Fri. 11/27 – 9am – 4:30pm
- Saturday 11/19 8–3:30pm

**DOG OBEEDIENCE CLASSES**
- Tuesday, Monthly Sessions
- September 8 – 29
- October 6 – 27
- Beginner Dog Obedience 5:00 – 6:00pm
- Intermediate 6:00 – 7:00pm
- Canine Good Citizen 7:00 – 8:00pm
- Location: Court 4 (Extra tennis court off the basketball court)
- Family Member $60, Member $65, Nonmember $75

**FREE COMMUNITY HALLOWEEN PARTY**
- Oct. 31 at GSB School
- Grades K–8
- A collaboration of the CLC YMCA, Damariscotta Police Department and GSB School.
- This event will be run pending Covid regulations.

**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. Six grade and above at this time are allowed to be at the Y without being enrolled in a program.
A GREATER IMPACT
2020 ANNUAL FUND

“Today, a gift to the Y could provide nutritious groceries and supplies for an isolated older adult as they stay-at-home safely. Tomorrow, your donation could support a working family so their child can spend their days swimming in the lake, learning to fish, and playing tennis at summer camp. Together, our gifts ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Your support provides opportunities for kids to develop, for people to improve their health, and for our most vulnerable to get the care and support they need.” - The Cawthon-Taft Family

$20 helps the Y assist a family in need with a Y Family Membership
$30 sends an adult to a cooking class at FARMS at the Y
$40 helps a youth member participate in Youth Basketball

$100 helps 5 families in need, receive assistance
$150 helps 5 adults attend a class
$200 helps 5 kids play basketball

DONATE TODAY
clymca.org