



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLC YMCA

FALL PROGRAM GUIDE

September 4-October 28



A Healthy You Makes a Stronger Us

OUR MISSION To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR IMPACT STATEMENT The CLC YMCA is a key collaborative leader improving the quality of life for all by being the champion for youth development, healthy living and social responsibility.

MEMBERSHIP

**HERE FOR OUR COMMUNITY—
CLC YMCA MEMBERSHIP FOR ALL**

MEMBERSHIP FOR ALL PROGRAM MFA is an income-based rate structure. Should an individual or family need additional assistance, we offer a scholarship program.

SCHOLARSHIP PROGRAM Individuals applying for assistance must attach a letter to the Membership for All application. Our MFA application can be found at the front desk or online at clcymca.org.

2018 Annual Membership Monthly Rates

Circle the rate that you are applying for	FAMILY	SENIOR 62+ COUPLE	ADULT	SENIOR 62+ INDIVIDUAL	YOUNG ADULT (19-25)	YOUTH
Annual Income						
\$44,000+ Plus \$40 activation fee	\$57	\$57	\$44	\$35	\$26	\$15
\$34,001-\$44,000	\$51	\$51	\$40	\$32	\$24	\$14
\$24,001-\$34,000	\$48	\$48	\$38	\$29	\$23	\$13
\$14,001-\$24,000	\$43	\$43	\$34	\$26	\$20	\$12
\$14,000 or Less	\$37	\$37	\$29	\$22	\$18	\$10

2018 Seasonal / Cottage Rates

Circle the rate that you are applying for	FAMILY	SENIOR 62+ COUPLE	ADULT	SENIOR 62+ INDIVIDUAL	YOUNG ADULT	YOUTH
SEASONAL 1 MONTH	\$200	\$200	\$160	\$115	\$145	\$120
SEASONAL 3 MONTH	\$385	\$385	\$280	\$270	\$175	\$160
SEASONAL 6 MONTH	\$450	\$450	\$350	\$320	---	---
COTTAGE (6 TAGS) 3 MONTH \$400.00			COTTAGE (6 TAGS) 6 MONTH \$500.00			

SEASONAL MEMBERSHIPS

Full benefits for seasonal visitors to Lincoln County.

COTTAGE MEMBERSHIPS

A YMCA Cottage Membership allows up to 6 individuals staying at your cottage - family, friends, renters - to use the YMCA at any time the Y is open. In addition, it also allows for reduced member rates when signing up for YMCA programs - camps, fitness classes, you name it!

YOUR MEMBERSHIP INCLUDES

- Free Group Exercise
- Trained staff ready to assist you in achieving your goals
- Two free orientations, which can be used whenever you'd like
- A variety of activities and classes for individuals and families
- Clean and well-maintained facilities
- Guest privileges for friends and family

PAYMENT OPTIONS

Pay-in-full or monthly memberships will be drafted from your checking account on the 15th of each month.

DID YOU KNOW?

- Your membership at the CLC YMCA is extended across the United States? Visit clcymca.org for details.
- Some insurance companies offer reimbursement for YMCA memberships. Check with your insurance company today to see if reimbursement is an option for you!

Birthday Parties

Host your next one at the Y!



We are pleased to make the Y available for party rentals by outside community organizations and individuals. Rent just the room for a birthday celebration or expand into the gymnasium for the ultimate in fun and games!

Reservations for a rental must be made at least **2 weeks in advance** and be accompanied by full payment and a completed rental agreement. Pricing for rentals in 2-hour increments. For more information and to check availability, contact Molly Saunders at 563-9622 or msaunders@clcymca.org.

Room Rental

Family Member/Member \$50 first hour; \$10 each additional hour

Nonmember \$75 first hour; \$10 each additional hour

Gymnasium Rental

Family Member \$50 first hour; \$150 per day

Member \$75 per hour, \$150 per day

Nonmember \$100 per hour, \$250 per day

CHILD WATCH IS BACK— AND FREE FOR FAMILY MEMBERS!

Let our caring staff watch your children while you workout at the Y.

Available in **2-hour increments**, for kids ages 6 weeks to age 12 (parents must remain in the building the entire time).

The program is an unstructured, basic babysitting service during the following hours:

WEEKDAY MORNINGS 8-11:30am

TUESDAY AND THURSDAY EVENINGS 4-7:30pm

SATURDAY MORNINGS 7-10am

Please preregister!

Family Member FREE

Member \$5/HOUR or \$45 punch card (10 visits)



PLAY. LAUGH. LEARN.

YOUTH DEVELOPMENT

Y CHILD CARE PRE-K AT THE Y

The Pre-K classroom will be located in the newly renovated YMCA and will specialize in working with the children that will be entering Kindergarten in the fall of 2019. The children will spend time preparing for Kindergarten with a curriculum that has been approved by the National Association for Education of Young Children (NAEYC), a national accreditation source for Early Childhood Education.

The Pre-K will run on the 2018-2019 AOS 93 calendar. The YMCA will offer before and after school care as well as care during vacation weeks (see page 5 for vacation camp details).

Pre-K Program \$175

With Before Care \$185 Runs 6:30-8am

With After Care \$190 Runs dismissal-5:30pm

With Before and After Care \$200

CLC YMCA PRE-K

525 Main Street, Damariscotta

(207) 563-9622



**ENROLL
NOW!**



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. That's why our child care program is staffed with people who understand the cognitive, physical, social and emotional development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

SCHEDULE

Monday-Friday 6:30am-5:30pm

In partnership with LincolnHealth and the "5-2-1-0 Let's Go!" program, our goal is to promote healthy eating and physical activity for children and families. Children enrolled in our program are provided a nutritious breakfast, lunch and afternoon snack.

Child Development Services offers onsite speech, occupational and physical therapy, along with developmental enhancement for children who qualify.

Program	3-Day	5-Day
Infant	\$145	\$195
Toddler	\$137	\$185
Preschool	\$130	\$175

CLC YMCA CHILD CARE CENTER
8 Sand Hill Road, Nobleboro
(207) 563-8871

FMI, contact Sally Romero at
sromero@clcymca.org

We are part of the CCDF
Voucher Program (excluding
Aspire and Transitional funding).
Families must apply with the
state prior to enrollment.



YOUTH DEVELOPMENT

CLC YMCA BEFORE AND AFTERSCHOOL PROGRAMS

Register NOW for School Year 2018-2019

BEFORE CARE

Held at the Y 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.

Weekly cost: Member \$15 Nonmember \$25

AFTERSCHOOL CARE

In YMCA Afterschool care at Great Salt Bay School, kids engage in physical, learning and imaginative activities that encourage them to explore who they are and what they can achieve. Small group activities include:

- * A healthy afternoon snack and time outside on the playground.
- * A combination of staff-led programs and free time for child exploration.
- * Daily focus on science/math, nutrition/wellness activities, arts and crafts, and more!
- * 30 minutes of homework/reading.
- * Theme months: each month has a theme focus with 3 days of activity and two days arts and crafts each week (e.g. Fire Safety, Food and nutrition, earth day).

Minimum of 8 students registered to run.



Do you enjoy designing, building and testing things that you make? Are you interested in hands-on learning in an informal setting?

Each Monday and Wednesday from 4-5pm, Kathryn Jensen from Knox/Lincoln counties 4-H will be offering STEM (Science Technology Engineering & Math) and Environmental Education-based activities, in partnership with the Central Lincoln County YMCA Afterschool Program!

AFTERSCHOOL PROGRAM

Great Salt Bay and Nobleboro Central* and Bristol Consolidated* Schools
Grades K-5

Monday-Friday, Dismissal-5:30pm

(*NC and BC School kids are bussed to GSB)

	MEMBER	NONMEMBER
FIRST STUDENT		
5-day week	\$50 per week	\$60 per week
3-day week	\$40 per week	\$50 per week
SECOND STUDENT		
5-day week	\$35 per week	\$42 per week
3-day week	\$28 per week	\$35 per week

Power Hour Dismissal-3:30pm

**Just \$15
per week**

- * For parents who can't get to school directly after dismissal
- * For youth attending afterschool programs at the school or Y (and Y staff will walk them over)
- * Includes snack provided by the Y

IN-SERVICE DAY CAMP October 5, 7:30am-5:30pm

When school is out, our program offers full-day activities for those enrolled. Advance registration two days prior. An email will be sent out the day before with what to pack. Minimum 8 to run. FMI, contact Molly Saunders, Afterschool Coordinator, at msaunders@clcymca.org.

Members \$30 per child/day
Nonmembers \$40 per child/day

Questions? Please contact Molly Saunders, Afterschool Coordinator, at msaunders@clcymca.org

YOUTH DEVELOPMENT

CENTRAL LINCOLN COUNTY YMCA FOOTBALL

Registration is open for the 2018 football league!

DIVISIONS

Pee Wee For players entering the first or second grades only. Exceptions may be made for incoming kindergarteners. Minimum 14 participants to run the program.

Junior Varsity For players entering third grade and fourth grade only. Minimum 14 participants to run program.

Varsity For players entering fifth grade and sixth grade only. Minimum 14 participants to run program.

Middle School For players entering seventh grade and eighth grade only. Minimum 18 participants to run program.

ELIGIBILITY

All youth in grades 3–6 are eligible to participate. Teams must be able to show proof of player's age if so required by the league. The date of the age limit is August 1.

- Varsity teams are made up of 5th & 6th grade players aging 10–13.
- Junior Varsity teams are made up of 3rd & 4th grade players 8–11 years.
- Residency – Kids must play for the team corresponding with the town in which they attend school. Kids that do not attend public school must play for the team that corresponds with their primary residence.

PRACTICES

The first day that players can practice is August 13. Practices and home games will take place at Great Salt Bay Community School.

Member \$80 Nonmember \$100

Interested in volunteering on game day or coaching? Please contact Joe Clark at jclark@clcymca.org. Mandatory volunteer coaches meeting August 19 at 5pm. Location TBD.



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 Member \$35 Member \$40 Nonmember \$80

After a one-month trial, there is an additional \$15 fee for a one-year membership required for students to join Goju Ryu Karate-do Koykai, an international organization that sanctions our ranks and training.

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流 - RYU

YOUTH DEVELOPMENT

MOUNTAIN BIKING

September 12–October 17

Wednesday, 2:30-5pm

Ages 9–14

BUY 2
GET 1
FREE!

During this program, riders will travel to Hidden Valley Nature Center (HVNC) to focus on the Mountain Biking riding on all FAT BIKES. Outdoor Sport Institute will lead the classes which will include instruction on hill climbing, distance riding, bike maintenance, and overall safety. Students can bring their own helmets, although these are provided through Outdoor Sport Institute. Minimum to run program 8, Maximum 14.

Bus Schedule

2:30pm – Pickup at Nobleboro Central School

2:45pm – Pick up at Montessori School

3:00pm – Pick up at Great Salt Bay Community School

3:05pm – Pick up at CLC Y if needed

3:30-4:30pm - Program Time

4:30pm - Depart HVNC

4:50pm - Arrive at CLC Y – 4:50pm

Family Member \$75 Member \$85 Nonmember \$100



WAWENOCK GOLF CLINIC

September 10–October 22 (no clinic October 8)

Mondays, 2:30-5pm

Ages 7 – 12

BUY 2
GET 1
FREE!

For the fourth season, the CLC YMCA and Wawenock Golf Club will partner together to offer youth the opportunity to receive golf lessons afterschool. Golf Pro RJ Ochs will lead the lessons with Joe Clark. The students will focus on the fundamentals of the game by spending time on the driving range, putting green, and out on the course! Minimum to run program 8, maximum 14 participants.

Bus Schedule

2:30pm – Pickup at Nobleboro Central School

2:45pm – Pick up at Montessori School

3:00pm – Pick up at Great Salt Bay Community School

3:05pm – Pick up at CLC Y if needed

3:30-4:30pm – Golf Program

4:35pm – Depart Wawenock

4:50pm – Arrive at CLC Y

Family Member \$50 Member \$60 Nonmembers \$80



YOUTH LAX CLINIC

September 13–October 25

Thursdays, 4–4:45pm

Grades 1 – 5

BUY 2
GET 1
FREE!

Led by Volunteer Coach Liza Hall, this clinic offers a low-pressure development opportunity for players who want to learn and/or continue to learn the game. Emphasis will be on fundamentals, instruction, mini games, and fun!

What is needed? If players have their own stick, please bring to the clinic. The Y does have a limited supply. This program will be held at the CLC Y Baseball Field. Minimum to run the program 8.

Family Member \$25 Members \$35 Nonmember \$55



YOUTH DEVELOPMENT

ITTY BITTY SOCCER

September 4–October 23

Tuesday 4–4:45pm

Ages 4–6

BUY 2
GET 1
FREE!

Soccer fundamentals, footwork, team play and far are the emphasis at this clinic. The clinic will start with skill development, followed by mini games to grow the player's skills. **Held at the CLC YMCA Baseball Field.** Students registered will receive a YMCA Size 3 or 4 soccer ball based on age. Minimum to run program 8, maximum 20.

Family Member \$50 Member \$60 Nonmember \$80

YMCA YOUTH SOCCER CLINIC & LEAGUE

Soccer Kickoff Clinic Saturday, September 8 at CLC YMCA (rain date September 15)

Grades 1 – 2 from 9–10am

Grades 3 – 4 from 10:30–11:30am

Grades 5 – 6 11:45am–12:45pm

BUY 2
GET 1
FREE!

Please register for the kickoff clinic. It is important to register so the coaches have an accurate count when picking teams. Teams will be chosen on Saturday, September 9. Practices are based on the volunteer coach's schedule.

League: Our sports programs develop more than skills – they develop character. Coaches, often volunteers and including many parents, emphasize teamwork, cooperation, and developing good values. At the Y, sports and recreational activities are something special. Friendly competition, lots of variety and supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two.

Note: Some travel and mid-week games for the grades 5 & 6 teams.

League Schedule: TBD

League Play: September 15–October 27; games held at CLC YMCA and Lincoln Academy's Clark turf field. **Thank you LA for hosting league games!**

Parents interested in becoming a volunteer coach, please contact Joe Clark at jclark@clcymca.org. Volunteer Coach's meeting on Wednesday, September 5 at 5pm.

Family Member \$60 Member \$70 Nonmember \$90



LEGO CLUB

October 4–25

Thursdays, 3:30–4:30pm

Grades 1–5

BUY 2
GET 1
FREE!

Students will receive exciting new building challenges each week. Collaboration, teamwork, and creativity, will help make their creations come to life. Students will test, and retest their creations while using a STEM approach. Example building challenges: Lego bridges, parachutes, catapults, boats, and more! Min. 8, max. 12.

Family Member \$30 Member \$40 Nonmember \$55

TRAILS AND TAILS

September 12–October 17

Wednesdays, 3:30–4:15pm

Grades 6 – 8

Join the CLC Y and Lincoln County Animal Shelter (LCAS) for a new collaborative this fall! Lincoln County Animal Shelter will transport a canine to the CLC Y. The CLC youth and teens will work together with the LCAS instructor to help socialize the dogs and enrich the LCAS's adoptable dogs. The dogs will be walked on the Joe Clark Trail and around our campus. Program will run pending weather conditions. Minimum 3 students to run. Max 8 students

Family Member FREE Member FREE Nonmember \$5



YOUTH DEVELOPMENT

GYMNASTICS September 4-October 28

PUFFINS with parent participation

Boys and girls ages 1-4

The Puffins class is for our youngest gymnasts from walking to 4 years of age. Parents are asked to stay and participate during the class as it allows an opportunity to discover the environment together. Each class has a motor and stimulation theme that is supplemented with music, props, and combination of gross and fine motor skills. During the class parents will discover new ways to interact with their young movers while they explore the world of gymnastics. Maximum 10 participants.

Tuesday, 9:15-10am

M \$75 NM \$100

SANDPIPERS

Boys and girls ages 2-5

The goal in the class is that our young gymnasts find success independently without parent participation. Each class has motor and stimulation theme that is supplemented with music, props, and a combination of gross and fine motor skills. The class provides an opportunity for both guided motor learning and free exploration where they will have the opportunity to learn rolls, cartwheels, jumps and swings. Maximum 8 participants.

Monday, 5-5:45pm

Tuesday, 10:15-11am and 11:15am-noon

M \$75 NM \$100

SEAGULLS

Girls ages 5-8

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. Children in this class will learn the fundamentals of floor exercise, balance beam, uneven bars and vault exercise outlined by USA Gymnastics. Maximum 8 participants.

SEAGULLS I: Girls ages 5-6

Monday 4-5pm

Wednesday 5-6pm

M \$100 NM \$125

SEAGULLS II: Girls ages 7-8

Monday 6-7pm

Wednesday 4-5pm

M \$100 N \$125



KESTRELS

Girls ages 9-12

Designed in such a way that both girls with previous experience and girls new to the sport will find success. Girls in the class will expand their knowledge of strength and flexibility as it applies to gymnastics and will learn both fundamentals and more advanced skills on the floor, balance beam, uneven bars and vault. Maximum 8 participants.

Tuesday 4-5pm

Wednesday 6-7pm

M \$100 NM \$125

PRE-TEAM, by invitation

Girls ages 6-12

For girls 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 on the floor, balance beam, uneven bars, and vault outlined by USA Gymnastics.

Thursday 4-5pm

M \$100 NM \$125

TEAM

Girls ages 5+

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.

Tuesday and Thursday 5-7pm

MEMBERS only. Monthly draft for this session on the first of the month. Monthly fee \$100, plus \$50 monthly competition fee



**All classes
except
Pre-Team
& Team**

For information on gymnastics programming,
contact Jonas Contakas at
northatlanticgym@gmail.com.



Contact Boothbay Region YMCA
for more gymnastics programs
offered in Boothbay.

207-633-2855
www.brymca.org

YOUTH DEVELOPMENT

BOOTHBAY SWIM LESSONS

SWIM LESSONS

September 4 - October 20 (Registration opens August 20)

PRICES:	Parent/Child & Pre-School	School Aged
Family Member	\$50	\$55
Member	\$60	\$65
Nonmember	\$85	\$90



Visit brymca.org for other aquatic programs and courses:

SWIM TEAM 2018 - 2019

AMERICAN RED CROSS
LIFEGUARD COURSES

CRP/AED/FIRST AID COURSES

REGISTER FOR THE CORRECT LEVEL!

Use the program descriptions in this guide, or contact Dan Parrott for guidance (dparrott@brymca.org, 633.2855 ext. 252). More info available online at boothbayregionymca.org.

LEVELS A & B (Parent/Child)

Location: Therapy Pool
Saturdays, 8:00-8:30am

LEVELS 1 & 2 (Preschool)

Location: Therapy Pool
Tuesdays, 9:30-10:00am
Tuesdays, 4:15-4:45pm
Saturdays, 8:30-9:00am

LEVELS 3 & 4 (Preschool)

Location: Therapy Pool
Tuesdays, 9:30-10:00am
Wednesdays, 4:15-4:45pm
Saturdays, 9-9:30am

LEVELS 1 - 3 (School-Aged)

Location: Emery Pool
Tuesdays, 3:30-4:15pm
Wednesdays, 3:30-4:15pm
Saturdays, 9:45-10:30am

LEVELS 4-6 (School-Aged)

Location: Emery Pool
Saturdays, 10:30-11:15am

PRIVATE SWIM LESSONS

Ages 5+ and Adults

FMI: contact Dan Parrott at 633-2855, or dparrott@brymca.org.

LET US COME TO YOU!

Full service, on site training of your staff conducted at your location by our Professional Rescue/Health Care Provider Level and Layman Level Red Cross certified instructors.

Using the blended learning format, this course allows participants to spend more time on the physical components of the materials and acting out likely scenarios based on your facility!

Contact Erin for more information.
ergray@brymca.org or 633-2855

YOUTH DEVELOPMENT

YOUTH TENNIS

Session begins October 1



We emphasize sportsmanship and fair play, as well as skills development. Our award-winning staff will strive to make sure all players are challenged, engaged and supported at all times.

The Youth Tennis Program participates in the Midcoast Jr. Orange Ball Tennis League, the Midcoast Green and Yellow Ball Competitions and the USTA Junior Tennis League. The program is also a certified provider of Net Generations—official youth tennis of the USTA—and partners with Great Salt Bay School, Nobleboro School and South Bristol school to bring free tennis to children throughout the area through the Sanford Open, donations and grants. Through its partnership with Net Generation and Karl's Kids, we provided over 40 children with free tennis equipment last year.

RED BALL

FREE FOR ALL!

Monday and Wednesday from 3:00-3:45. 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

FAMILY \$75 MEMBER \$85 NONMEMBER \$125

Monday and Wednesday from 3:45-5:00 ages 8-12. This program focus' 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.

GREEN BALL/MIDDLE SCHOOL

FAMILY \$75 MEMBER \$85 NONMEMBER \$125

Tuesday, Thursday & Friday from 3:00-4:00. This is for the beginner and advanced beginner 11-14 year old. 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.

HIGH PERFORMANCE YELLOW BALL

FAMILY \$75 MEMBER \$85 NONMEMBER \$125

Tuesday, Thursday and Friday from 4:00-5:30. This is for our experienced youth tennis players, ages 11-16. Focus will be on tournament preparation, strategic purpose, and advanced technique. These players will be encouraged and supported to participate in tournaments on weekends.

**FREE
MIDDLE SCHOOL PROGRAM
September 5-26
Registration Required**

Tuesday and Thursday, 3-4pm

Play will be against the Boothbay Region YMCA Middle School team, and possibly other programs as well.

The program is FREE, supported by donations to the Sanford Open Tennis Events and USTA New England grants.

The 2018 state Class B girls tennis champions, the Lincoln Academy Eagles—many of whom learned to play tennis at our Y!



**STAY AND PLAY
Begins Saturday, October 6
11am-1pm**

**FAMILY TENNIS
Begins Saturday, October 6
10-11am**

YOUTH DEVELOPMENT

Y ARTS

CHOIRS

KIDDIE CHOIR: Ages 3-6
Wednesdays, 3-3:45pm
BRYMCA

Whether you sing at church, with the TV, or just in the bathtub, singing can be fun! Learn how to put those pipes to good use with good technique and style. Come join the fun, dancing and singing in the YMCA Annex!

FREE for Members & Nonmembers

YOUTH CHORUS: Ages 7-14
Wednesdays, 4-5pm
BRYMCA

Our Y-Arts Youth Chorus outlines the fundamentals of music by identifying and teaching note values, pitches, the difference between melody and harmony and how to read music symbols. Learn to sing a new song and meet new friends. **FREE** for Members & Nonmembers

PRIVATE VOICE LESSONS

Tuesdays: half hour sessions 3-6:30pm at BRYMCA
Fridays: half hour sessions 5-7pm at the CLC YMCA

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 dictation, song expression, and lyrical interpretation. To sign up for a half hour lesson, reach Emily at emirabile@brymca.org.

Member \$25

Nonmember \$40

ARTS FOR ALL

First Workshop: Saturday, September 22, 10-11:30am
BRYMCA Annex

A workshop intended for Youth and Adults with Intellectual or Physical Disabilities. This Fall Arts for All participants will come together to learn a holiday dance routine and song to be performed following the final performance of ELF Junior at the Lincoln Theater.

Come join the fun! **FREE**

MUSIC THEATRE

MUSIC THEATRE DANCE: Ages 7-14
Wednesdays, 5-6pm
September 12-December 5

BRYMCA ANNEX

Step up to all of the basic techniques that will prepare you to take the stage. Participants will learn routines from Broadway musicals to perform in Y-Arts Concerts and Special Events. This class runs from September 12-December 5, with performances in December.

Family Member \$55

Member \$65

Nonmember \$80

ALL THE WORLD'S A STAGE: MUSIC, THEATRE AND DANCE FOR OUR YOUNGEST RISING STARS
Fridays, September 14-November 16, 3-4pm

CLC YMCA

Join Arts & Humanities Director, Emily Mirabile, for drama-based activities to help advance your child's ability to imagine new worlds, become incredible characters and share fantastic stories. Participants will sing, dance and act in this fun hour of music!

Family Member \$40

Member \$50

Nonmember \$70

**BUY 2
GET 1
FREE!**

IMAGINARIUM: Ages 6-12

Fridays, September 14- November 16 (4-5pm)

CLC YMCA

Awaken your imagination with dance and acting using well-known stories for the basis of imaginative play. Participants will work with a different story each week to explore characters, settings, and plot. Creativity, socialization and literary development will be encouraged in this fun hour of improv!

Family Member \$40

Member \$50

Nonmember \$70

**BUY 2
GET 1
FREE!**

FALL YOUTH MUSICAL: ELF THE MUSICAL JR! Ages 6-14
Mondays, 3:30-5pm at the Lincoln Theater First Rehearsal is 9/10

Join Arts & Humanities Director, Emily Mirabile, for the Y ARTS Holiday Musical, ELF THE MUSICAL JR! Youth performers meet weekly to rehearse this new Music Theatre International show! Based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity. Rehearsals will mainly be on Mondays at the Lincoln Theater, with two added Saturday rehearsals at the Boothbay Region YMCA and a dress rehearsal at the theater prior to opening over the weekend of December 1 (show times TBD). Busing to the theater is available for all Monday rehearsals from both the Boothbay and CLC YMCAs. Discover your inner elf and join us on this magical, musical holiday journey!

Family Member \$40 Member \$50 Nonmember \$70



YOUTH DEVELOPMENT

Y ARTS

BOOTHBAY DANCE CLASSES

All dance classes are located in the YMCA Annex and are instructed by Melissa Nein.

Fall I Session: September 4-October 20
Fall I Registration opens August 20

Family Member	\$45
Member	\$50
Nonmember	\$60

PRESCHOOL BALLET/CREATIVE MOVEMENT: 3-5 years **Tuesdays, 6 -7pm**

Students will learn to follow along with the teacher to work on basic Ballet steps, and play movement games to explore dancers' own creativity and sense of movement with the music. This class is an exciting mix of structure vs. creativity.

PRESCHOOL BALLET/TAP: 3-5 years **Thursdays, 2-3pm**

This class is for graceful ballerinas AND preschoolers who want to make some noise! We'll start with a circle warm-up followed by basic Ballet & Tap steps and combinations as well as a focus on learning to count to the beat and move to the rhythms of various types of music.

BEGINNER JAZZ/TAP: Grades K-3 **Tuesdays, 3-4pm**

A fun intro class to these two styles! We'll do a Jazz warm up followed by learning new steps, working on Jazz technique for kicks and turns, progressions across the floor, and a center combination. Then we'll put on our Tap shoes and learn how our feet can actually be used as a musical instrument!

INTERMEDIATE JAZZ: Grades 4-8 **Tuesdays, 4-5pm**

We'll explore a variety of styles including Broadway Jazz and Lyrical, as well as some contemporary and Hip Hop! Whenever necessary, we will divide the class into two groups so beginners can get a basic breakdown, and experienced dancers can be more challenged.

BEGINNER BALLET: Grades K-3 **Thursdays, 3-4pm**

In this class we'll learn the progression of a classical Ballet class: barre warm-ups, center technique, corner combinations, petite allegro combinations (small, quick jumps), and finally a reverence. We'll work on learning the names for steps, body positions, proper alignment, and improving our balance, strength, & flexibility as we have fun learning how Ballet technique can help you to be a better dancer in all the various styles of dance!



INTERMEDIATE BALLET: Grades 4-12 **Thursdays, 4-5pm**

This pre-pointe class is for dancers who have a grasp of basic ballet terms & technique. We will explore more challenging barre work, center combinations and choreography.

POINTE BALLET: **Thursdays, 5-6:30pm**

This ballet class is for experienced dancers who are ready to start pointe work as well as those who are already en pointe.

TEEN CONTEMPORARY: Grades 9-12 **Tuesdays, 5-6pm**

This class will explore a variety of styles including Broadway Jazz, Lyrical, Hip Hop, and Contemporary. Students' interests will determine which styles we'll focus on for the spring recital. Beginners welcome!

PRIVATE DANCE LESSONS **By Appointment**

Join Y Arts Dance Director,
Melissa Nein,
for private dance lessons.
Students can study a variety of
dance including tap, ballet,
modern, and jazz.

To sign up for lessons,
contact Melissa at
nein@zwi.net.

\$25 per half-hour lesson

YOUTH DEVELOPMENT

Y LEADERS CLUBS INCLUDED WITH YOUR MEMBERSHIP

Y HIGH SCHOOL TEEN LEADERS CLUB AT LINCOLN ACADEMY

**Lincoln Academy students in grades 9-12
Monday at 11:45am during lunch period on
September 10 and 24, October 8 and 22**

Upcoming Community Volunteer Opportunities:

- ◇ Monthly Parents Nights Out – September 7 and October 12
- ◇ Sticker Shock Initiative - September 26, 3-5pm
- ◇ Fill the Y Bus Food Drive - October 4, 1-6pm
- ◇ PumpkinFest Pumpkin Hunt - October 7, 1-4pm
- ◇ Y Leaders Club Autumn Rally in New Hampshire - October 26-28
- ◇ Community Collaboration Halloween Party - October 31, 4-6pm
- ◇ Open Door Café baking

◇ High School Junior and Senior chaperones for YMCA teen dances - September 15 and October 13 from 6-9pm

FMI, contact Y Teen Leaders Club Leader Schuyler Farrell at farrellse@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 service opportunities that allow them to give back to the community in tangible, community-building ways.

This engages minds in critical problem-solving skills, encouraging youth to develop creativity and learn more about their neighbors and community issues. In addition, participants have access to a range of valuable experiences that help them determine a life course for themselves, investigate issues they feel passionate about, explore potential careers, and cultivate their commitment to giving.

Y Leaders Club Activities

Members will coordinate and go out into our community to service areas under the guidance of our staff and adult volunteers.

Upcoming Community Volunteer opportunities (dates above):

Fill the Y Bus Food Drive, PumpkinFest Pumpkin Hunt, Teen Leader Rally Weekends, Community Collaboration Halloween Party, Monthly Parents Nights Out, Open Door Café baking.

**New meeting time! Hosted at GSB during every study hall/
lunch period on Wednesdays, 11:25am-12:10pm.**

FMI, contact Youth & Teen Program Coordinator, Karen-Ann Hagar, at khagar@clcymca.org.



YOUTH DEVELOPMENT

TEEN PROGRAMS

WEEKLY EVENTS FOR SEPTEMBER AND OCTOBER

Monday Teen Cooking Club

Tuesday Strength Training for Girls

Wednesday Intramural Sports on Court 4

Thursday Afterschool Workout & Orientations

Friday Board Game Challenges in the lounge

Something new and exciting each week: community volunteer opportunities, local sporting events, local hikes and more!

**BE INSPIRED
DEVELOP SKILLS
MAKE A DIFFERENCE**

BE BOLD

BE STRONG

BELONG

DISCOVER SOMETHING

NEW

Y Teen Leaders Club, p. 14

**YOUTH FITNESS SYNERGY360, Strength Training for Girls,
Afterschool Workout and Orientations, p. 23**

TEEN COOKING CLUB, p. 27

TEEN DANCES

September 15 and October 13 from 6-9pm

Grades 6-8

Cost \$5

Concession, pizza, snacks and water available.

Chaperone volunteers needed.

Contact Karen-Ann Hagar at khagar@clcymca.org.



The Y will be closed on Labor Day, September 3 and Columbus Day, October 8

HEALTHY LIVING

GROUP EXERCISE CLASSES: September 4-October 28

Joining a class at the Y is a great way to stay motivated and get fit, meet new people and have a blast! More than 60 classes a week with something for everyone and every fitness level. Not sure which class is right for you? Give us a call and our Healthy Living Director will help you find the right class for your goals.

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 Amanda Cycling Studio
7:00-7:45am Cycling Sarah Cycling Studio	8-9am Pilates Cynthia Fitness Studio	7:00-7:45am Cycling Sarah Cycling Studio	8-9am Pilates Cynthia Fitness Studio	7:00-7:45am Cycling Sarah Cycling Studio	9-11am Karate Nancy Fitness Studio
8-9am Fit for Life Sarah Fitness Studio	8-9am TRX Becky Cycling Studio	8-9am Fit for Life Sarah Fitness Studio	8-9am TRX Becky Cycling Studio	8-9am Fit for Life Sarah Cycling Studio	
8-9am HIIT Becky Cycling Studio	9:15-10:15am Forever Fit Robin Fitness Studio	8-9am Strength Training Becky Cycling Studio	9:15-10:15am Forever Fit Robin Fitness Studio	8-9am Tabata Circuit Court 4 Fitness Studio	
8-9am Living Fit Robin Court 4	9:15-10:15am Cycling Cynthia Cycling Studio	8-9am Living Fit Robin Court 4	9:15-10:15am Cycling Cynthia Cycling Studio	8-9am Living Fit Robin Fitness Studio	
9:15-10:15am Moderate Yoga Courtney Fitness Studio	10:30-11:30am BOSU Strength Cynthia Fitness Studio	9:15-10:15am Pilates Jan Fitness Studio	10:30-11:30am BOSU Strength Cynthia Fitness Studio	9:15-10:15am Barre Becky Fitness Studio	
10:30-11:30am Enhance@Fitness Robin Fitness Studio	12:15-12:45pm Fusion Casey Fitness Studio	9:15-9:45am TRX 30 Casey Cycling Studio	12:15-12:45pm Fusion Casey Fitness Studio	10:30-11:30am Enhance@Fitness Robin Fitness Studio	
12:15-12:45pm Barbell HIIT Casey/Amanda Cycling Studio	4-4:45pm Beginner Step Amanda Fitness Studio	10:30-11:30am Enhance@Fitness Robin Fitness Studio	5-6pm Cycling Amanda Cycle Studio	<div>GROUP EXERCISE FEES</div> <div>Members FREE Nonmembers \$10/class</div> <div>KARATE Monthly sessions FM \$35 M \$40 NM \$80</div>	
4-4:45pm Fit to Drum Chris Cycling Studio	5-6pm Cycling Amanda Cycling Studio	12:15-12:45pm Barbell HIIT Casey/Amanda Cycling Studio	5-6pm Total Body Challenge Melissa Fitness Studio		
5:00-6:00pm Tabata & TRX Melissa Cycling Studio	6:30-8:00pm Karate Nancy Fitness Studio	4-4:45pm Dance Cardio Molly C. Fitness Studio	6:15-7:15pm Fit to Drum Chris Cycling Studio		
		6-7pm Hot Yoga Beth Fitness Studio	6:30-8:00pm Karate Nancy Fitness Studio		

CHILDWATCH

GROUP EXERCISE FEES

Members FREE
Nonmembers \$10/class

KARATE
Monthly sessions
FM \$35 M \$40 NM \$80

CHILDWATCH

WEEKDAY MORNINGS 8-11:30am

TUESDAY AND THURSDAY

EVENINGS 4-7:30pm

SATURDAY MORNINGS 7-10am

FAMILY MEMBERS FREE

MEMBERS \$5/HOUR

or \$45 punch card (10 visits)

Room Key:

Fitness Studio
Cycling Studio
Court 4
Karate/Fitness Studio

HEALTHY LIVING

CLASS DESCRIPTIONS

-  **Barbell HIIT** Fire up your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout incorporates strength moves with calorie blasting cardio.
-  **Barre** With combined movements of Pilates, yoga, and ballet, this class focuses on alignment, posture, and stretching to develop strength, balance and flexibility using isometric exercises that incorporate equipment like light dumbbells, flat resistance bands, mini-balls, and more.
-  **Beginner Step** Learn basic step patterns and terminology in this low-impact aerobics class.
-  **BOSU Strength & Core** A unique exercise class utilizing a multi-dimensional training device that integrates core strengthening, functional training and balance work, along with hand weights and body weight exercises.
- Cycling** Experience an excellent cardiovascular workout as you pedal through hills, sprints, and many other challenging drills on our indoor cycling bikes. All levels welcome, workouts can be self paced.
-  **Dance Fitness** This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats.
-  **Enhance®Fitness** Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This is a full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated and chairs are available for balance and lower-body exercises.
- Fit for Life** A low impact, energetic workout that uses bikes, steps, exercise balls and hand weights that encourages participant improvement while being cautious of mobility and joint limitations.
-  **Fit to Drum** Using weighted fitness drumsticks and stability balls, this full body workout fuses strength and cardio conditioning for a unique high-energy and rhythmic class experience.
-  **Forever Fit** Similar to Living Fit, but with a modified routine and slower pace that is gentler on the body. The class offers a total body workout for active older adults combining all elements of fitness: cardio, muscle conditioning, balance and flexibility with an emphasis on core, form and posture.
-  **Fusion** Moves inspired by Pilates and yoga flow together for a high-energy, low-impact workout geared towards increasing strength, flexibility, balance, posture, and core stability.
-  **Gentle Yoga** Awaken your body and mind with gentle/moderate yoga. This one-hour class incorporates calm movement flows, standing, and floor postures linked with breath in progressive sequences focused on stretching and gently building strength.
- HIIT** High-intensity interval training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and accelerates conditioning.
-  **Hot Yoga** A vigorous, empowering, flowing vinyasa class practiced in a room heated to 80+ degrees. This class is not recommended for pregnant women or members with medical conditions.
- Kettlebells** Kettlebells are some of the most effective tools for improving your fitness level. The exercises train the entire body. This 45-minute class combines strength training and cardio.
- Living Fit** A class that offers a total body workout for active older adults using free weights, kettlebells, bands and balls combining all elements of fitness: cardio, muscle conditioning, balance and flexibility with an emphasis on core, form and posture.
-  **Moderate Yoga** A flow style vinyasa yoga practice with movement from pose to pose, linking breath, body and mind. Yoga postures and breathing techniques are used to help strengthen and tone the pelvic floor, diaphragm, lungs, heart, and mental functions as well as helps balance the five systems of the body.
- Pilates** Low-impact, deep-reaching workout for your "core" - your abdominals, pelvis, back, shoulders and buttocks. The secrets to working those deep layers of muscle and truly toning up are proper alignment, control, precision, centering, concentration, breathing, and flowing movement.
-  **Tabata Circuit** Tabata is high intensity interval training (HIIT) featuring a series of exercises that last 4 minutes each at 20/10 second intervals. Strength and cardio are both emphasized in this circuit-style class.
-  **Tabata & TRX** Intense cardio sequences broken into eight 20/10 intervals (20 seconds of work followed by 10 seconds of rest) alternating with functional TRX suspension moves for full body strengthening.
- Total Body Challenge** Focus on balance, coordination and cardiovascular endurance with full body strengthening moves and high energy cardio in a versatile class that includes various challenges, from cycling, interval training, weights, body weight resistance moves, track workouts, and more!
- TRX** Build functional strength in upper body, lower body and core with TRX suspension trainers. This workout will focus on proper form and is accessible for all levels of fitness.

HEALTHY LIVING

OUR HEALTHY LIVING TEAM

Y fitness professionals are well-trained in their areas of expertise with a variety of group exercise, personal training and specialty certifications to round-out the team. To ensure safe, effective and innovative classes, we support the continued education of new staff as they progress towards their individual certifications.



Becky Drum
Instructor & Personal Trainer

TRX, DVRT-certified weightlifting



Molly Cyr
Instructor

Dance Cardio



Chris Rowley
Instructor & Personal Trainer

Fit to Drum, SYNRGY 360, weight lifting, youth fitness



Melissa Howard
Instructor

HIIT training, TRX, total body fitness



Casey Clark Kelley
Healthy Living Director & Personal Trainer

Fusion, SYNRGY 360, running, cycling, cardio barbell fitness



Meagan Hamblett
CEO and Instructor

Cycling, endurance, core and strength training



Molly Saunders
Instructor

Strength training, total body fitness, cycling



Courtney Belolan
Instructor

Kripalu yoga, Child Light Yoga



Jan John
Instructor

Pilates, strength training, HIIT



Sarah Plummer
Instructor

Yoga, cycling, Barre, PiYo, active older adult aerobics, triathlon training



Tammy Plummer
Instructor

Kettlebells



Amanda Swanberg
Instructor & Personal Trainer

Strength training and weight lifting for women, cycling, kettlebells, Beginner Step



Robin Maginn
Healthy Living Specialist

Personal training, aerobics, EnhanceFitness, kettlebells, Tai Chi for Better Balance



Cynthia Fort
Instructor

Pilates, cycling, strength training



Tom Masters
Personal Trainer

HEALTHY LIVING

HEALTHY COMMUNITY PROGRAMS

Couch to 5K Program

Tuesday 5:15pm
September 11-November 6

NEW!

Participants will be coached on focused warm-up, cool-down, proper form and basic running tips with a focus on injury prevention. Each program participant will receive a training plan, log, and group support as they work towards a shared goal! This program will prepare you to join the millions of Americans who use running as a way to get and stay in shape. Each class meets at our new elevated track!

Family Member \$55 Member \$60 Nonmember \$120



Walk Across America

Let's walk together! Join us as we cumulatively walk the 3,248 mile distance from Damariscotta, Maine to San Francisco, California as a community.

How do you participate?

Enter your name on the mileage book at the track.
Each time you walk, record your mileage in the book.

The Y will collect the weekly mileage and move the pin across the U.S. map. We will celebrate milestones with participant drawings and prizes.

NO COST

CPR/AED/FIRST AID COURSES

Training location: CLC YMCA
Saturday, October 20, 9-11am

Using the blended learning format, this course allows the participant to spend more time on the physical components of the material. The classroom portion of the course is conducted online prior to the course date and allows the participants to read the material at their own pace. This certification is good for two years.

Check out the American Red Cross section of the Boothbay Region YMCA website for more information or contact Erin Gray at egray@brymc.org.

Course Fee \$75

PICKUP BASKETBALL

JOIN THE FUN!

Monday, Wednesday & Friday
12-2pm

MEMBERS FREE
NONMEMBERS \$5

GROUP EXERCISE CLASS DEMO DAY

Join us on Saturday, September 22 from 9-11am for **FREE** group exercise demos! Everyone is invited—you don't have to be a member of the Y. If you've ever wanted to try out a class but weren't sure if it was right for you, now is your chance to see. We will be offering a variety of classes on a 20-minute cycle to give you a taste of what the full class looks like. Come to work out or watch. We will offer membership deals, door prizes and more!

FREE FITNESS FRIDAYS IN SEPTEMBER!

All group exercise classes are open to the community at no cost every Friday in September! Bring a friend and try out something new!

HEALTHY LIVING

LOSE IT WITH THE Y

BECAUSE IT'S TIME TO SET GOALS

AND REACH THEM!

- WHAT:** 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 and nonmembers regardless of fitness level. Pre-registration is encouraged, though participants can also sign up at orientation.
- WHEN:** September 10-October 29
- COST:** Family Member \$100 Member \$105 Nonmember \$260
(includes membership to the Y for the 8-week period)

ROUND 2

WEEK 1

ORIENTATION

Monday, September 10 at 5:30pm
Multi-Gen space at CLC YMCA

WKS 2-7

PUT IN THE WORK

Weekly weigh-ins and
1-hour team training sessions

WEEK 8

CELEBRATE

Monday, October 29 at 5:30pm
Multi-Gen space for final weigh-in
and overall team results

WHY LOSE IT WITH THE Y?

- Group and trainer support will help with accountability to help you 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

**Commit to your goals and
register today!**

For more information about the program, please contact Casey Clark Kelley, Healthy Living Director, at 207-563-YMCA (9622) or by email at cclarkkelley@clcymca.org.

HEALTHY LIVING

ADULT PROGRAMS NUTRITION COUNSELING



Reaching and maintaining a healthy weight is important for your overall health and well-being. At the YMCA, we know that healthy living includes a balanced mix of physical exercise and healthy nutrition.

Reasons to Meet with Our Registered Dietitian

- You want to make healthier choices
- You want meal planning advice
- You want a personalized nutrition plan
- You want to gain or lose weight
- You want advice for your family
- You want to improve your performance in sports

**FREE 15-minute
introductory
consultation available
by appointment!**

1-Hour Individual Consultation (by appointment)

One-time support for general health and wellness guidance personalized to your specific goals.

Family Member \$45 Member \$50 Nonmember \$100

6-Week Package

Provides ongoing motivation, education and support to help you make permanent and lifestyle-appropriate dietary changes. Initial consultation is one hour in length followed by five 30-minutes sessions in the following weeks.

Family Member \$150 Member \$155 Nonmember \$310

Y WEIGHT LOSS

Monday 10-11am

September 10-November 29

An 8-week accountability-focused group program, facilitated and guided by Joan Atkinson, a Registered Dietitian and Health and Wellness Coach. The first session will begin with an organized participatory discussion identifying each individual's goals. Joan will tailor the group discussion to meet each participant's needs but will also cover key nutrition strategies for weight loss including 1) balancing macro nutrients; 2) portion size and control; 3) benefits of a fiber-rich diet; 4) sources of added sugar and the role sugar plays in our bodies; and 5) creating a balanced eating program that provides adequate sources of vitamins and minerals. Together we will celebrate successes, work through challenges and build camaraderie that motivates each participant to continue their wellness goals beyond the 8-week class! Min. 6 participants to run. **Family Member \$50 Member \$55 Nonmember \$110**

MEET THE DIETITIAN

Joan Atkinson, Registered and Licensed Dietitian

Monday 8-9am

Finding the right healthy diet can be tricky. If you've got nutrition roadblocks standing in the way of your healthy lifestyle, stop by the Y to get advice from our resident dietician and certified health & wellness coach.



ASK THE PT

Carly Scheid, Physical Therapist
Tuesday 8-9am

Carly Scheid, a Physical Therapist with LincolnHealth, will be on hand to answer any questions you may have related to your health and wellness.



HEALTHY LIVING

HEALTHY LIVING CENTER

The new Central Lincoln County Healthy Living Center offers exceptional cardiovascular and strength training equipment to keep our members active and healthy. Regardless of your level of fitness, we have the equipment to help you enhance your flexibility, balance and overall muscle strength.



WHAT'S NEW?

- * SYNRGY 360 Functional Trainer
- * Cybex Prestige Strength VRS Machines
- * Life Fitness Signature Series & Hammer Strength Free Weights, Benches & Strength Training Accessories
- * Close access to our new elevated 1/10th mile walking track!

Matrix, Cybex & Precor Cardio Equipment:

Treadmills	Ellipticals
ArcTrainers	Stationary Bikes
Recumbent Bikes	Stepper
ClimbMill	Rower
Recumbent Stepper	Theracycle
Sprint Bike	



PERSONAL TRAINING

Y Personal Training?

Personal training is the most effective way to achieve fitness program results. Experienced trainers provide individual attention, motivation, and workouts structured to your specific goals to show measurable progress. Each session is one hour and appointments must be scheduled prior to the training session.

Our personal training staff is trained to assist with:

Improved strength, balance, flexibility and cardiovascular endurance; injury recovery and prevention; physical limitations or concerns; enhanced performance; sport-focused conditioning; weight loss.

	1-Hour Session	5-Session Pack
Member	\$45	\$200
Nonmember	\$75	\$350

Interested? Contact Casey Clark Kelley, Healthy Living Director, at cclarkkelley@clcymca.org or 207-563-9622 to get matched with a personal trainer!

Small Group Personal Training (2-4 people per group)

Work towards goals with a group and the focused attention and direction of a personal trainer. Small group training will give you a support system and accountability as you attain measurable results. Goals based on group interest.

4-pack session per person: **Family Member \$55 Member \$60 Nonmember \$120**

Beginner's Weight Lifting This 8-week small group personal training program teaches you how to get started with weight lifting in the healthy living center. Core focus includes how to perform effective weight training exercises correctly, how to choose the right weight, and how to perform the correct number of sets and reps, as well as how to progress. Groups are scheduled based on participant availability.

Family Member \$120 Member \$125 Nonmember \$250

Body Fat Testing & Measurements Skin fold caliper testing (3-site formula), plus girth/tape measurements are available by private appointment. These establish a baseline for you to compare yourself to yourself over time, and are a good way to track inches lost beyond what the scale says! One-time fee allows you to come back and be re-tested (we recommend no more than every three months, at the most).

Family Member \$10 Member \$15 Nonmember \$30

HEALTHY LIVING

SYNRGY 360 PROGRAM



What is SYNRGY360?

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

PROGRAM FEES

ONE CLASS PER WEEK

Family Member

Draft: \$43/month
1 Month Only: \$55

Member

Draft: \$48/month
1 Month Only: \$60

Nonmember

Draft: \$96/month
1 Month Only: \$120

TWO CLASSES PER WEEK

Family Member

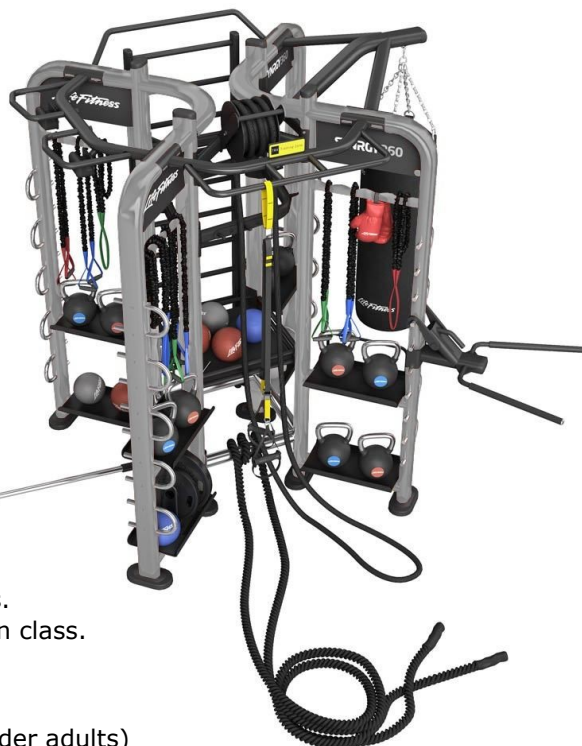
Draft: \$75/month
1 Month Only: \$90

Member

Draft: \$80/month
1 Month Only: \$96

Nonmember

Draft: \$160/month
1 Month Only: \$240



SYNRGY360 CLASS SCHEDULE

Classes run monthly, and space is limited to 12 participants per class. Register early to secure your preferred time slot. Minimum of 2 to run class.

Tuesday	5:15-6:15pm
Wednesday	8-9am
Thursday	8-9am (specialized routine for active older adults)
Thursday	5:15-6:15pm

YOUTH CLASSES



SYNRGY360

Ages 13-18

Friday 4-5pm

One Month **Family Member \$35 Member \$40 Nonmember \$80**

STRENGTH TRAINING FOR GIRLS

Ages 9-14

Tuesday 3-3:45pm

This 8-week-program teaches girls the fundamentals of strength training and weight lifting under the guidance of a personal trainer. Class uses barbells and meets in the Cycling Studio. Minimum 6 to run.

Family Member \$50 Member \$55 Nonmember \$110

AFTERSCHOOL WORKOUT & ORIENTATIONS

Ages 11 and up

Thursday 3-4pm

Schedule your orientation, which is a FREE benefit of your membership, for after school with a personal trainer at this time. After you've completed an orientation, you can work out under the supervision of a personal trainer (without parents present) during this time.

HEALTHY LIVING

ADULT PROGRAMMING

ACTIVE OLDER ADULTS GROUP EXERCISE and more!



Our Active Older Adult group exercise classes are a great way to meet new people as you work towards fitness goals under the guidance of safety-focused instructors. Our classes are suitable for all levels of fitness with low to moderate impact routines. Self-pacing is encouraged in all classes, but for suggestions on a good fit for your comfort level, see below.

Forever Fit (Gentle to Moderate Pace) Tuesday, Thursday 9:15-10:15am

Living Fit (Moderate Pace) Monday, Wednesday, Friday 8-9am

Fit for Life (Moderate to Vigorous Pace) Monday, Wednesday, Friday 8-9am

See Group Exercise class descriptions for further information, page 17.

Personal Training

Receive personalized guidance from experience trainers who will provide individual attention, motivation, and workouts structured to your specific goals. See Personal Training section for fees and how to schedule, page 22.

Enhance®Fitness (Gentle) Monday, Wednesday, Friday 10:30-11:30am

A 16-week fitness program focused on falls prevention and arthritis management proven to help older adults become more active, energized, and empowered. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood.

Functional Training

Thursday 8-9am

Experience our new SYNRGY360 functional trainer system in a modifiable circuit-style class led by Robin for a new and unique approach to fitness. See Functional Training section for fees and registration information, page 23.

Nutrition Counseling

Our registered dietician provides personalized nutrition consultations and guidance tailored to your specific general health and wellness goals. See Nutrition section for fees and further information, page 21.

Adult Cooking Classes

Join FARMS at the Y for adult cooking classes that offer an interactive experience where you prepare recipes and eat the results in our new kitchen. We offer delicious, locally inspired, healthy food in a social environment. For a listing of classes, see page 26.

Fall Foliage Day Trip

October 9 (rain date Oct. 23)
9am-2pm



Join us as we explore the Maine coast to the top of Mount Battie, overlooking Camden Harbor, to see the bountiful scenery of fall foliage. Our return trip will take us along Lake Megunticook, with a stop for lunch in Union at Come Spring Café (passengers will be responsible for their own lunch), then travel along the farm country of Union, Jefferson and Newcastle, back to the YMCA. Minimum 6 participants to run trip. Call the front desk to register, 563-9622. **Cost \$10**

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 Member \$35 Member \$40 Nonmember \$80

After a one-month trial, there is an additional \$15 fee for a one-year membership required for students to join Goju Ryu Karate-do Koykai, an international organization that sanctions our ranks and training.



HEALTHY LIVING



CHRONIC DISEASE MANAGEMENT & PREVENTION Improving our COMMUNITY through HEALTHY LIVING

New groups starting this fall in all evidence based health intervention (EBHI) programs! For more information or to see if you're eligible for any of the EBHI programs, please contact Casey Clark Kelley, cclarkkelley@clcymca.org or 207-350-7026.

Evidence-Based Health Intervention Information Sessions

Tuesday, September 11, 11:00 am
CLC YMCA Multi-Gen Room

Tuesday, September 18, 10:30 am
BR YMCA

Tuesday, September 18, 5:30 pm
CLC YMCA Multi-Gen Room

Learn more about the programs we offer to help manage and prevent chronic diseases. Programs include Diabetes Prevention Program, Blood Pressure Self-Monitoring, Livestrong at the YMCA for cancer survivors, and Enhance Fitness for falls prevention and arthritis management. **Program information will be provided followed by a Q&A session.**

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 total health. This 12-week program meets twice a week for 75 minutes in small groups and allows cancer survivors to regain their physical, emotional, and spiritual strength by way of safe and effective physical activities and a supportive environment that fosters unique and positive relationships. **Program starts September 4 at CLC YMCA and September 25 at BR YMCA.**

LIVESTRONG

AT THE YMCA

Enhance® Fitness

As a 16-week fitness program focused on **falls prevention and arthritis management** proven to help older adults become more active, energized, and empowered, Enhance® Fitness will address the need for arthritis management in our community through lifestyle intervention. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood. **Enrollment is every Monday starting September 10 at CLC YMCA.**

Enhance Fitness I - Monday, Wednesday, Friday, 10:30-11:30 am

Enhance Fitness II—Monday, Wednesday, Friday, 1:30-2:30 pm

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**. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure. Participants will take and record their blood pressure at least two times per month, attend two consultations a month with a Healthy Heart Ambassador, and attend monthly nutrition education seminars. **Program starts October 15 at CLC YMCA & BR YMCA**



Diabetes Prevention Program

If you're **at risk for developing type 2 diabetes**, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. This 12-month group-based program consists of 16 core sessions, followed by monthly maintenance sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Stay motivated to maintain progress towards program goals with group support. Classes are scheduled based on participant availability. **New class starting October 2018 at CLC YMCA and BR YMCA.**

Rock Steady Boxing

Rock Steady Boxing 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. No boxing experience is necessary and people of all ages are invited to participate. **Program session starts September 4 at BR YMCA and meets Tuesdays & Thursdays 10:30-12:00 pm.**



HEALTHY LIVING

ADULT RACQUET SPORTS TENNIS

Classes begin Monday, September 10 (unless noted otherwise)

The CLC YMCA Tennis Program, led by Tennis Pro Lisa Gilbride, is one of the best in Maine. We have programs for beginners to advanced. If you are not sure of your skill level, please contact Lisa and she will be happy to discuss your options and where you should begin in the Y's Tennis Program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ADVANCED DOUBLES 8-9AM MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18	GREEN BALL/RUSTED, RUSTY AND RECOVERING 11AM-12PM MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18	TENNIS IN 30 12-12:30PM Beginners welcome! FREE	CARDIO TENNIS ALL LEVELS WELCOME 7-8AM Begins in October— FREE
ADVANCED SINGLES 9-10AM MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18	STROKE OF THE WEEK 12-1PM DROPIN M \$11 NM \$18	ADVANCED BEGINNERS 12:30-1:30PM MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18	HITS & GIGGLES 8-9AM MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18
CARDIO TENNIS 3.0 AND ABOVE 12:30-1:30PM Begins in October— FREE	<div> TENNIS FEES Court time \$28/hour Contract time available, please see front desk or book your court online at yourcourts.com </div>	CARDIO TENNIS ALL LEVELS WELCOME 5-6PM Begins in October— FREE	ADULT CLASS WITH ALEX, 3.0 AND ABOVE 5:30-6:30PM Begins in October MONTHLY M \$40 NM \$70 DROPIN M \$11 NM \$18
			TRIPLES 7-8:30PM Begins in October MONTHLY \$20 (members only) DROPIN M \$8 NM \$15

CONTRACT SEASON Tuesday, September 4 through Saturday, May 26

Sign up now to reserve a court for the year!

All adult classes begin Monday, September 10
Mini-Session Pricing:
Member \$30 Nonmember \$50

REGISTER NOW!

12TH ANNUAL SANFORD OPEN September 14-15

Details on back cover

**FREE FAMILY TENNIS IS EVERY SATURDAY BEGINNING OCTOBER 6
FROM 10-11AM. BEGINNERS WELCOME, ALL AGES!**

PICKLEBALL SCRAMBLES

Equipment provided, come join the fun!

Monday, Tuesday, Thursday
9am-12pm (learn to play 9-10am)
After 10am, open play for all levels!

Monday, Wednesday, Friday
5:30-6:30am

Member FREE Nonmember \$5

Additional pickleball time available at regular court prices.



HEALTHY LIVING

FARMS at the Y Youth Cooking Classes

Kids in the Kitchen

Tuesday 3-4:30pm

September 4-October 16



This hands-on 7-week program is designed for kids Pre-K through 5th grade. Organized kitchen-based activities will take the mystery out of cooking in this interactive and fun learning experience. Kids will learn everything from cooking skills to knife skills to garden skills, while utilizing the new teaching kitchen and raised garden beds.

Family Member \$115 Member \$120 Nonmember \$240



Teen Cooking Club (6th-12th grade)

Monday 3-4:30pm

Begins September 10

Cooking is self-care; we want to give our teens a healthy start to their adulthood. 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. Leaving home doesn't have to mean leaving well balanced meals.

Dropins welcome! Member FREE NONMEMBERS \$5 day fee

Adult Cooking Classes

Food Preserving Class

Tuesday 11am-1pm

September 4 and 11

Ever wonder how to preserve all those great garden vegetables? Our guest instructor, Viña Lindley from University of Maine Cooperative Extension, will teach you the basics of canning. We will provide fresh produce and all equipment necessary. Two class series: the first class will be water bath canning, the second pressure canning. Join us for food, fun and learning. We will be serving lunch for all participants. Classes and workshops are for all levels. Only 8 spots available, register early to guarantee your spot! Minimum of 6 to run. **FREE**

Basic Cooking Skills

Thursday 5-7pm on September 20

Graduate of the Institute for Integrative Nutrition, Freida Hanlon feels the missing link between health and food is learning how to cook basic, simple—yet tasty—food. This class will include a nutritious and delicious meal and will be filled with information about how food affects health. Basic Cooking Skills will teach skills such as how to safely use a good knife and how to get food to your table using no-fail techniques.

Family Member \$30 Member \$35 Nonmember \$70

Gluten-Free Baking & Cooking

Thursday 5:30-7:30pm

September 27

Gluten free living can be a challenge. But with a little guidance, the gluten free world can be easy to negotiate. Guest instructor, Chef Mikael Andersson, will discuss everyday items that contain gluten and ingredients that can be substituted for gluten as well as lead us in through multiple recipes.

Mikael grew up in Sweden. After culinary school, he was a private chef to several ambassadors in Europe and South America. He worked in some of the best restaurants in New York City as a pastry chef. He was Executive Chef at Colby College. Currently, he lives in Wiscasset with his family and is Executive Chef at Lincoln Academy.

Family Member \$30 Member \$35 Nonmember \$70

SOCIAL RESPONSIBILITY



Monday Morning Munchies

9-9:45am in the Multi-Gen Room

Join old friends and make new ones while enjoying coffee and snacks!

Lunch & Learn every Wednesday

11:15am-1pm

(lunch 11:15am-12pm, program 12-1pm)

Reservations required, please call 563-1363

by noon on Monday. Suggested donation for those over 60 is \$5, all others \$6.50

Medicare 101: Medicare made easy!

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."

Reservations required, please call 563-1363.

Suggested \$15 donation.

SAGE (Services & Advocacy for the GLBT Elderly)

Meets the 1st & 3rd Wednesday of the month from 1-3pm. \$1 per meeting.

FMI: contact Paul Howe at hoffsesr@myfairpoint.net



Family Caregiver Support Group

Meets the 2nd Thursday of the month from 1-2:30pm

The Local Advisory Council

Meets the 2nd Monday of the month from 1-2:30pm

AARP Safe Driving Class

Saturday, October 12 from 10am-3pm in Multi-Gen Room

Take a no-test refresher course for mature drivers designed to learn defensive driving, new traffic laws and rules of the road. Keeping older drivers independent, safe and confident. Please bring your AARP membership card, a lunch and drink; half hour lunch break built in.

All participants receive a certificate upon completion.

Registration required, please call 563-1363.

FEE: AARP Member \$15 Nonmember \$20

Tai Chi for Health & Balance with Robin

Wednesday and Friday 1-2 pm in Fitness Studio
September 26-November 23

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. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

During the course of this evidence-based program, participants will focus on improving strength, balance, mental health and relieving stress. For More information or to register for the program, call Healthy Living for ME at 1-800-620-6036 or register on line at www.healthylivingforme.org

COST: \$80

**BODY
MIND
SOUL**



SOCIAL RESPONSIBILITY

DOG OBEDIENCE CLASS with Instructor Jean Conte

Tuesday
Monthly Sessions:
September 4-25
October 9-30

Beginner 5-6pm
Intermediate 6-7pm
Canine Good Citizen 7-8pm
Family \$60 Member \$65 Nonmember \$75

Register at www.clcymca.org;
FMI: jconte@myfairpoint.net



FILL THE Y BUS FOOD DRIVE

Join the Y, in partnership with Hannaford of Damariscotta, as we stock our bus and support Lincoln Academy Cubbies, Skidompha Teen Cupboard, and GSB Food for Thought Snack Program!

**Thursday, October 4 from 1-6pm
in front of Damariscotta Hannaford**

For more information or to volunteer, contact Karen-Ann Hagar at 536-9622 or khagar@clcymca.org.



SAVE THE DATE! FESTIVAL OF TREES DECEMBER 15-17



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, Tuesday 8:30-9:30am; Congregational Church of Boothbay Harbor, Tuesday 3-4pm; Damariscotta Town Office, Wednesday 8:30-9:30am.

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



JOIN OUR VOLUNTEER AMBASSADOR PROGRAM

The generosity of others is at the core of our existence. It is only through the support of our volunteers and public and private donors that we are able to give back to the communities we serve.

Volunteering is a great way to meet new people and help out your community. Regardless of your special talents, interests and schedule, you can help change someone's life. Share our commitment for the well being of our youth and the community, become a YMCA volunteer!

To volunteer, pick up a Volunteer Form at the front desk or download at clcymca.org, and return to the Y. FMI, contact Karen-Ann Hagar at khagar@clcymca.org.

SOCIAL RESPONSIBILITY



**FREE Every Saturday from 11am-1pm
beginning October 6**

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!**

The CLC YMCA Tennis Program is a chapter of the National Junior Tennis and Learning Program.

HUNTER SAFETY with Gunnar Gundersen

**Sunday, September 30 Skills Day
9am-4pm**

Register with YMCA, then email Gunnar at gunnarj@tidewater.net for information regarding online course prework. Prework must be completed prior to attending Skills Day. Minimum participants 10, maximum 20. Ages 13 and above, ages 10-12 with parent/guardian. **Fee: \$7**

FREE PumpkinFest Pumpkin Hunt

October 7
at DRA Round Top Field
Pre-Registration (all ages)
1-1:45pm
Ages 5 and younger:
hunt starts at 2pm
Ages 6 and older:
hunt starts at 2:30pm



PARENTS NIGHT OUT!

**October 12 Register by October 10
COST: \$25 first child/\$5 each additional sibling**

Enjoy an opportunity to get out while your kids, ages Pre-K through 5th grade, get a supervised night at the Y, including dinner and entertainment!

A sample schedule includes: 5-5:30pm arts and crafts, story time and board games; 5:30-6pm healthy dinner; 6-6:30pm gym games; and 6:30-8pm movie. Minimum 6 to run.

FREE COMMUNITY COLLABORATION HALLOWEEN PARTY

October 31
4-6pm at GSB School
Grades K-8

Sponsored by CLC YMCA,
Damariscotta Police Department
and GSB School



Great Salt Bay Community School

SOCIAL RESPONSIBILITY



19th ANNUAL BREAST CANCER TOURNAMENT

Thursday, October 18 from 9am-2pm

~ ~ ~

Luck of the Draw—Women's Doubles
Auction, tennis, food, prizes and more!

~ ~ ~

REGISTRATION \$25

All proceeds support the fight to end breast cancer—SPONSORED BY PLAY FOR P.I.N.K.
WWW.PLAYFORPINK.ORG

STUDENT BUSING FROM MONTESSORI SCHOOL



Students are invited to ride on the Y bus to participate in Y programs after school, shoot hoops, work out or hang out in our new community center!

Please RSVP the week prior by emailing Joe Clark at jclark@clcymca.org.

CLC YMCA 5K ZOMBIE RUN and Kids' FUN RUN, October 6 (Pumpkinfest Weekend)

Register as a human or a zombie for this event. Two laps around the Y trail and surrounding properties to complete the run. Small obstacles throughout the course for the extra added challenge. The zombies will be released to chase the humans and capture their lives!

Kids' Fun Run One lap around Joe Clark trail, then continued a modified route on the CLC Y property. Approximate distance is .75 of a mile.

5K Registration

5K Only (Age 10 and up) \$30
Kids' Fun Run (U18) \$10

Zombie Run Deals

School Group Team of 5 - \$125
5K & Kids' Fun Run - \$35

Soccer Incentive

Youth registered in CLC Y Soccer League Grades 1-6
(Inhouse Registration ONLY, by Friday, September 28)
Fun Run \$8 5K \$25 Fun Run & 5K \$30



Schedule

8-9am Registration
9:15am Kids' Fun Run
9:30am Adult 5K Zombie Run

See race rules online at
www.clcymca.org

**Supporting the
2018 Annual Fund**

Register online or at the CLC YMCA. School group registrations, please contact Joe Clark at jclark@clcymca.org

SOCIAL RESPONSIBILITY

JOIN US FOR A WEEKEND OF FUN!

12th ANNUAL SANFORD OPEN SEPTEMBER 14-15

**Friday Night Triples & Social at the Y,
catered by Seacoast Catering**

**Saturday tournament & Community Celebration including
live auction, culinary delights, music
and fireworks, at the home of Dru Sanford!**

\$50/pp for each event:

- * **Friday Triples & Social**
- * **Saturday Tournament & Evening Celebration**
- * **Saturday Evening Celebration only**

ANNUAL ONLINE AUCTION WITH PAST FAVORITES AND NEW ITEMS!

African Safari, Damariscotta Lake Cottage, Delray Beach Condo/Open tickets, Catered Lobster Boat Tour, Sugarloaf Condo and Tennis Camp, Tops'l Farm Stay and Scenic Flight, and MORE! Visit <https://www.auctria.com/auction/CLCYMCA-SanfordOpen> for details and START BIDDING!!

Proceeds benefit tennis projects and programs and the Y's mission-based programs and scholarships, including:

- FREE tennis for approximately 400 students from Great Salt Bay Community School each year
- FREE tennis and PE classes for fifth and sixth graders from Nobleboro Central School
- FREE family tennis
- FREE PE for kids at South Bristol School
- FREE Middle School Team Program for all
- Stay and Play program—providing a healthy snack, lunch, creative art projects, and tennis on weekends for youth and their families!
- Youth tennis scholarships
- Affordable tennis programs
- Maintain the high standard of the tennis facility
- FREE Red Ball for ages 5-8 for all 10 service towns



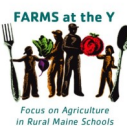
HOLIDAY CLOSURES

Labor Day, September 3

Columbus Day, October 8

The CLC YMCA is a smoke-free campus

Y-Fl provided by



HOURS

THROUGH COLUMBUS DAY

Monday - Thursday 5am-8pm

Friday 5am-7pm

Saturday 7am-4pm

Sunday CLOSED

AFTER COLUMBUS DAY

Monday - Thursday 5am-9pm

Friday 5am-8pm

Saturday 7am-4pm

Sunday 9am-2pm