



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Registration begins  
at 8am on 12/22 for  
monthly sessions:

**JAN**

Sun 1/4–Sat 1/31

**FEB**

Sun 2/1–Sat 2/28

**MAR**

Sun 3/1–Sat 3/28

**APR**

Sun 3/29–Sat 5/2

# Central Lincoln County YMCA

# PROGRAM GUIDE

**JAN | FEB | MAR | APR**



REGISTER ONLINE: [clcymca.org](http://clcymca.org)

Try new  
experiences  
at the Y!



# Adult Adventure Club

**JAN. - Snowshoe/ski & cocoa bonfire!**

**FEB. - Sauna & Beach Exploration!**

**MAR. - Maine Maple Sunday Tours!**

**APR. - Lighthouse Tour up the Coast!**

**\$75 per person to reserve your spot on the bus.  
Additional costs vary by trip.**

**Ready to get outside, try something new, and meet great people along the way? Join our NEW Adult Adventure Club - a year-round series of monthly trips, designed for those who crave fresh air, new experiences and a little Maine magic!**

CENTRAL LINCOLN COUNTY YMCA

**Scan here to register!**



# ADULT PROGRAMS

M = Member; NM = Non-Member

REGISTER ONLINE: [clcymca.org](http://clcymca.org)

## FITNESS

### FIT FOUNDATIONS

This complimentary orientation is designed to help you make the most of your YMCA membership.

**FREE to members**

### PERSONAL TRAINING

Get a personalized, guided workout at the Y! Expert trainers provide individual attention, motivation, and workouts structured to your specific goals to show measurable progress. Choose from 30, 45, or 60 minute sessions. Virtual options are available to meet your needs and schedule!

### SMALL GROUP TRAINING

Grab your family or fitness crew and train together! Designed for 3–5 people, these sessions give you the best of both worlds—personalized attention from a trainer with the energy of a group. Classes are capped at 5 for maximum focus and flexibility—you can structure it like a group fitness class, personal training, or however your team wants. Choose from 45 or 60 minute sessions and 4, 8, 12, or 16 session packages. Start your fitness journey today! Book your consultation at the Welcome Desk or email Cynthia at [chfort@clcymca.org](mailto:chfort@clcymca.org).

### SEMI-PRIVATE GROUP TRAINING

Grab a friend, partner, or favorite workout buddy and get personalized training—just the two of you! Enjoy the focused coaching of a personal trainer at a lower price than 1-on-1 training, with all the motivation of training as a team. Choose from 45 or 60 minute sessions, and pick the package that fits your goals: 4, 8, 12, or 16 sessions. Ready to get started? Book your FREE member consultation at the Welcome Desk or email Cynthia at [chfort@clcymca.org](mailto:chfort@clcymca.org).

### ADULT MACHINE ORIENTATIONS

**By appointment only**

Designed to help you feel confident, safe, and successful in our fitness center. In this guided session, a certified staff member will walk you through the proper setup and use of our strength and cardio machines, demonstrate correct form, and help you understand how to adjust equipment for your body and goals. Whether you're new to the Y or returning to fitness, this orientation ensures you get started with the knowledge you need to make the most of your workouts.

**FREE for members**

## ASK THE PERSONAL TRAINER

Have questions about form, equipment, or how to start a fitness routine? Drop in during our "Ask the Personal Trainer" hours to get expert guidance from one of our certified trainers. Whether you're looking to refine your technique, troubleshoot an exercise, or simply get advice on reaching your wellness goals, we're here to help—no appointment needed. Weekly rotating schedule. See the front desk for details.

## HEALTH COACHING

Focus on whole-body wellness with an emphasis on sustainable, real-life solutions—no quick fixes. Each 45-minute session is personalized to meet you where you are, providing supportive, results-driven guidance to help you build lasting habits and achieve your long-term health goals.

**Sessions: JAN | FEB | MAR | APR**

**45-minute sessions, by appointment only**

**M: \$65 • NM: \$130**

## 1-ON-1 NUTRITION COACHING

Meet with our nutrition coach for expert advice and personal attention, either virtually or in-person. You'll discuss your individual nutrition needs and create a plan for a healthier diet, in half-hour sessions.

**1 session: M: \$45 • NM: \$90**

**4 sessions: M: \$160 • NM: \$320**

**8 sessions: M: \$312 • NM: \$624**

## ADULT DROP-IN SOCCER

Stay active this winter with a fun, energetic league designed for all experience levels. Players will enjoy exciting, fast moving games that build teamwork, confidence, and sill - without the pressure of competition.

**Sessions: JAN | FEB | MAR | APR**

**WED 6:45–8pm**

**Drop in: M: Free • NM: FREE w/day pass**

## ADULT DROP-IN BASKETBALL

Dribble, pass, shoot, and join the fun! This recreational league welcomes players of all skill levels looking to stay active, sharpen their game, and enjoy some friendly, fast-paced competition. Whether you're returning to the court or just love the game, you'll find a great workout and great community here. Lace up and let's play!

**Sessions: JAN | FEB | MAR | APR**

**MON, WED, FRI 12:30–2pm**

**Drop in: M: FREE • NM: FREE w/day pass**

## ADULT DROP-IN VOLLEYBALL

Bump, set, spike—and join the fun! This recreational league is perfect for players of all skill levels who want to stay active, improve their game, and enjoy friendly competition in a supportive environment. Whether you're dusting off your skills or diving in for the first time, you'll find great energy and great people on the court. Grab your sneakers and get ready to play!

**Sessions: JAN | FEB | MAR | APR**

**THU 7–8pm**

**Drop in: M: FREE • NM: FREE w/day pass**

## BOXING & STRENGTH

Learn the basics of boxing by "knocking out" head-to-toe strength and bodyweight circuits that challenge your muscles. In this intermediate to advanced class, you'll use punch bags, speed bags, weights, gloves, and mirrors for shadowboxing. Gloves available for purchase.

**Sessions: JAN | FEB | MAR | APR**

**MON & WED 11–11:45am | MON & WED 5–5:45pm**

**1x per week: M: \$55 • NM: \$110**

**2x per week: M: \$110 • NM: \$220**

**3x per week: M: \$165 • NM: \$330**

**Adult drop in: M: \$15 • NM: \$30**

**Teen drop in: M/NM: \$10**

# ● ● ● **HEALTH MANAGEMENT** ● ● ●

## HEALTHY FAMILIES

**Ages 7-13 + Adult**

A 4-month program meeting twice weekly, designed to support parents and children in building healthy habits together through fun, hands-on nutrition education and physical activity. Pre-registration and physician or school nurse referral required. Session begins in February.

**FREE**

## BLOOD PRESSURE SELF-MONITORING

Join this 4-month program to get personalized support in developing good blood pressure monitoring habits. You'll take and record your blood pressure at least twice per month, attend two consultations per month with a Healthy Heart Ambassador. This program partners with FARMS at the Y kitchen for a monthly cooking and nutrition seminar on the first Monday of each month from 5–6 PM. Participants will learn practical nutrition tips and tricks, along with healthy eating habits that support heart health.

**FREE**

## LIVESTRONG AT THE YMCA

**Next session begins Jan 6, 2026**

Reclaim your health after surviving cancer in this research-based 12-week physical activity and well-being program. You'll meet with your small group twice a week to regain your physical, emotional, and spiritual strength. Program includes a 3-month Y membership.

**TUE & THU 10:30–11:30am**

**FREE**

## FALLS PREVENTION CLINIC

Join us at the CLC YMCA for a falls prevention session designed to help you stay active, independent, and safe. Falls are one of the leading causes of injury in older adults—but the good news is, most falls can be prevented! Each session includes an expert-led presentation, personalized balance and mobility assessments, and practical information about local programs that can help reduce your risk of falling. Whether you've experienced a fall, had a close call, or simply want to stay steady on your feet, this is a great opportunity to learn, connect, and take charge of your well-being!

**Sessions: JAN | FEB | MAR | APR**  
**M: \$15 • NM: \$30**

## HEALTH MANAGEMENT CONSULT HOURS

Not sure where to start with managing a chronic condition or improving your long-term health? We're here to help. The CLC YMCA's Health Program Manager, Meredith Spratt, offers dedicated office hours to support individuals navigating chronic disease prevention, management, and evidence-based wellness programs. Stop in to get your questions answered, sign up for programs, and find the best options for you!

**Mondays 12 to 1pm • All ages**

## WALK WITH EASE

Step into better health this winter! Join us for the Arthritis Foundation's walking program, where you'll boost flexibility, build strength, and increase your walking stamina—all while enjoying our comfortable indoor track. Lace up, get moving, and feel stronger with every step!

**Sessions: JAN | FEB | MAR | APR**

**TUE & THU 10:30–11:30am**

**M: \$20 • NM: \$40**

## ENHANCE®FITNESS

**Ages 55+ • Next session begins Jan 26, 2026**

Build strength, boost your energy, and stay independent with this 16-week, evidence-based fitness program! Using wrist and ankle weights, you'll follow a personalized workout with both chair-based and standing options, so it's tailored to your needs and abilities. Feel stronger, more confident, and energized as you track your progress through pre- and post-program surveys. Discover just how much you can achieve!

**MON, WED, AND FRI 10:30–11:30am**

**M/NM: \$40/8-week session**



## DIABETES PREVENTION PROGRAM

**Next session begins Jan 12, 2026**

Join a trained lifestyle coach and a supportive group of peers for a powerful, yearlong journey toward better health! Through 16 engaging core sessions and ongoing monthly check-ins, you'll learn how to: eat healthier, move more, manage stress, overcome barriers and build lasting habits. This group-based program is designed to help you prevent type 2 diabetes by making small, meaningful changes that stick—all with the encouragement and accountability you need to stay on track.

Pre-registration and a physician referral is required, or take our quick risk quiz at the Y. Individual Y membership included in the program.

**MON 3:30–4:30pm**

**M: \$425 • FREE for those on Medicare**

## BOXING FOR PARKINSON'S

Fight back against Parkinson's and boost your quality of life with the power of boxing! This dynamic program focuses on improving balance, coordination, and functional movement—helping you stay strong and confident. Backed by research, exercise is a key part of managing Parkinson's, and this fun, empowering class lets you train like a fighter while building skills for everyday life. Advanced registration required.

**Sessions: JAN | FEB | MAR | APR**

**MON & WED 12–12:45pm**

**M: \$80 • NM: \$160**

**Drop in M: \$15 • NM: \$30**

# PICKLEBALL

## LEARN TO PLAY PICKLEBALL

Become part of the fastest growing sport in the country! In four weeks you'll learn the fundamentals of pickleball, including serves, returns, dinks, and scoring. Paddles and balls provided.

**Sessions: JAN**

**FRI 8–9am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## PICKLEBALL DRILLS AND SKILLS

Practice your pickleball skills with a partner under the guidance of a pro, who will lead you through several drills to help improve your game. All skill levels welcome; register with a partner of your level.

**Sessions: JAN | FEB | MAR | APR**

**TUE 10–11am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## SOCIAL PICKLEBALL OPEN PLAY

**All ages**

Socialize in a relaxed atmosphere while rotating in and out of pickleball games on one court.

**Sessions: JAN | FEB | MAR | APR**

**MON, TUE, WED, FRI 9am–12pm**

**NO CLASS: 1/20**

**Drop in: M: FREE • NM: FREE w/day pass**

## FIT PICKLE

Run, hit, and play in this new class that will help you get fit while you have fun playing pickleball points to 80s cardio music. Practice drills, footwork, and pickleball. Following the first hour of play you can join Pickleball Program Open Level for no additional fee.

**Sessions: JAN | FEB | MAR | APR**

**TUE 7–8am**

**THU 7–8am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## PICKLEBALL PROGRAM OPEN LEVEL

Play pickleball on three hard courts to your heart's content. All levels welcome.

**Sessions: JAN | FEB | MAR | APR**

**TUE & THU 6–9am**

**M: \$30 • NM: \$60**

**Drop in: M: \$5 • NM: \$10**

## INTERMEDIATE PICKLEBALL CLINIC

Exercise your brain and body with play-based drills that require concentration, skill, and a sense of humor. Last 30 min are open play. Recommended skill level 3.5+.

**Sessions: JAN | FEB | MAR | APR**

**THU 12:30–2pm**

**M: \$60 • NM: \$120**

**Drop in: M: \$20 • NM: \$35**

## INTERMEDIATE PICKLEBALL PLAY

Join other intermediate players rated 3.0–3.5 on Court 4 for some pickleball fun!

**Sessions: JAN | FEB | MAR | APR**

**THU 9am–12pm**

**Drop in: M: FREE • NM: FREE w/day pass**

# TENNIS

## ULTIMATE TENNIS WORKOUT

This cardio yellow ball workout starts with 20 minutes of footwork and 20 minutes of tennis drills, then ends with 50 minutes of Live Ball, a fun, fast-paced game where a pro feeds the ball in and players battle it out to become the champion.

**Sessions: JAN | FEB | MAR | APR**

**THU 11am–12:30pm**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## RUSTY, RUSTED, AND RECOVERING

Get back in the game! Haven't played in 20 years? Knee surgery left you hesitant? Whatever it is, we want you back and this is the class to get you started! To help ease you back in, you'll use the transitional green ball, which plays like a clay court and moves a bit slower. Focus is on fun, friendships, and feeling like a kid again.

**Sessions: JAN | FEB | MAR | APR**

**TUE 11–12pm**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## MASTERS TENNIS

Join us to play on a 60ft court with the green ball. Play first to four points and four games and rotate to play with new partners and opponents. For intermediate beginners and players who are looking to cover less court.

**Sessions: JAN | FEB | MAR | APR**

**THU 10–11am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## LEARN TO PLAY TENNIS

Learn all the basic strokes of tennis in four weeks using adaptive equipment while keeping score and having fun meeting new people.

**Sessions: JAN**

**FRI 9:30–10:30am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## SINGLES SKILLS AND STRATEGY

Elevate your singles game by improving your stroke mechanics and develop strategic court positioning and shot selection.

**Sessions: JAN | FEB | MAR | APR**

**FRI 1:30–3pm**

**M: \$85 • NM: \$170**

**Drop in: M: \$23 • NM: \$46**

## SCRAMBLERS

Play and take your turn in this social style of tennis. All players are required to contact Liz Burnham at [lizburnham@live.com](mailto:lizburnham@live.com) prior to playing.

**Sessions: JAN | FEB | MAR | APR**

**WED 11am–12:30pm, SUN 10:30am–12pm,**

**FRI 10:30am–12pm**

**Drop in only: M: \$13 • NM: \$26**

## CARDIO TENNIS

Play, run, and laugh with music and games. A tennis pro will guide you and make sure you feel the burn. No experience or equipment needed.

**Sessions: JAN | FEB | MAR | APR**

**TUE 12–1pm & WED 5–6pm**

**Drop in: M: FREE • NM: \$10/class**

## HEAVY HITTERS

Enjoy some organized match play under the guidance of a pro. USTA level 3.5+ for men and 4+ for women. Want to join but don't fit this description? Please email Georgia at [gahlers@clcymca.org](mailto:gahlers@clcymca.org).

**Sessions: JAN | FEB | MAR | APR**

**MON 6–8pm**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## UTR

The Universal Tennis Rating removes obstacles like age and gender from your search for a good match. Play competitive singles or doubles every Wednesday night and see your UTR rating change with each match!

**Sessions: JAN | FEB | MAR | APR**

**FRI TBD**

**Singles: \$37 • Doubles team: \$18.50/player**

## RED BALL FOR ADULTS

Discover tennis in this fun, social, and beginner-friendly tennis class. Start hitting and rallying with instruction and modified gear that gets you playing right away.

**Sessions: JAN | FEB | MAR | APR**

**MON 5–6pm**

**Drop in: M: FREE • NM: \$10**

## LIVE BALL

Join us for this fun, fast-paced game where a pro feeds the ball in and players battle it out to become the champion.

**Sessions: JAN | FEB | MAR | APR**

**WED 1–2:30pm**

**FRI 12:30–2pm**

**M: \$80 • NM: \$180**

**Drop in: M: \$18 • NM: \$28**

## DOUBLES CLINIC 3.0–3.5

Improve your chemistry with your doubles partner using mindful drills and tactical games. You'll focus on a combination of skill-building and tennis strategy for doubles teams.

**Sessions: JAN | FEB | MAR | APR**

**MON 12–1:30pm**

**M: \$85 • NM: \$170**

**Drop in: M: \$23 • NM: \$46**

## FAST FOUR MATCH PLAY

Enjoy fast and fun organized match play for all levels under the guidance of a pro. After four games, players split up to face new opponents with different partners.

**Sessions: JAN | FEB | MAR | APR**

**WED 6–8pm**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## FOCUS HITTING

Improve your consistency, depth, variety, placement, and pace. Sign up with a partner for an hour's worth of guided hitting led by a pro. Must join with a hitting partner of similar ability.

**Sessions: JAN | FEB | MAR | APR**

**TUE 1–2pm, THU 9–10am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

## STROKE OF THE WEEK

Practice your backhand, forehand, top-spin, slice serve and volley techniques. Each week you will focus on a different stroke and use your skills in games and drills!

**Sessions: JAN | FEB | MAR | APR**

**MON 9:30–10:30am**

**M: \$55 • NM: \$110**

**Drop in: M: \$15 • NM: \$30**

# OTHER PROGRAMS

## ACTIVE OLDER ADULT POTLUCK LUNCHES

Eat, socialize, and learn at our potluck lunches! Bring a shareable dish and join us on the first Wednesday of the month to catch up with old friends and meet new ones! Sign up at the Welcome Center.

**Sessions:** JAN | FEB | MAR | APR

**1ST WED of each month, 11:45am–12:45pm**

**FREE, and open to the community**

## KARATE

**Ages 8+**

Learn self-defense techniques and discipline, taught by Black Belt Nancy Ault Sensei. You're encouraged to continue this class for the whole year.

**Sessions:** JAN | FEB | MAR | APR

**TUE & THU 6:15–7:45pm**

**M: \$100 • NM: \$150**

## FARMS AT THE Y

### COOKING WITH THE LOCALS

In this unforgettable cooking experience with local guest chefs, you'll explore unique flavors, learn professional techniques, and create seasonal dishes that celebrate Maine's harvest. For more information, email FARMS at the Y Director Leslie Wicks at [lwicks@clcymca.org](mailto:lwicks@clcymca.org).

**Sessions:** JAN | FEB | MAR

**DATES: TBA**

**FRI 5:30–8pm**

**M: \$45 • NM: \$60**



## COMMUNITY NAVIGATION

The Y offers services that help you access local community and state resources, benefits, and assistance programs. Our Community Navigator will listen to your needs and provide information and referrals to a wide array of professionals in particular specialties, all while keeping your information confidential.

- Housing
- Food Access
- Employment
- Vocational Support
- Recovery Support
- Fuel Assistance
- Child Care
- Transportation
- Home Repair
- And more

Email Karen-Ann Hagar-Smith at [khagar@clcymca.org](mailto:khagar@clcymca.org) to begin!

# PRIME TIME K-5 AFTERNOON PROGRAMMING

NEED AFTERNOON CARE FOR THE REST OF THE  
SCHOOL YEAR? JOIN US FOR THIS SCHOOL YEAR'S  
PROGRAMS AND ACTIVITIES!

K-2 Programs	Monday	Tuesday		Wednesday		Thursday		Friday
2:30-3:30	Prime Time	Prime Time		Prime Time		Prime Time		Friday Y Day! <b>*This program will require a minimum of 4 participants to run.*</b>
3:30-4:00	Red Ball (3:15-4pm)	Outdoor Adventures	JAN   FEB Baking Buddies MAR   APR Book Bites	Red Ball (3:15-4pm)	Art Creations	JAN   FEB Passport to Cooking MAR   APR Young Chefs		
4:00-4:30	Game Time!	Art Fun		Adventure Authors	Floor Hockey			

3-5 Programs	Monday	Tuesday		Wednesday		Thursday		Friday
2:30-3:30	Prime Time	Prime Time		Prime Time		Prime Time		Friday Y Day! <b>*This program will require a minimum of 4 participants to run.*</b>
3:30-4:00	Intro to Youth Boxing	Create & Build	Youth Boxing Academy	Kids in the Kitchen	Outdoor Adventures			
4:00-4:30	Adventure Authors				Art Creations			

Enroll your child in grade K-5 in these fun and healthy programs while you finish your day at work! We can pick up children at GSB or meet their bus from BCS or NCS. Kids will start their afternoon in our Prime Time program while they enjoy a healthy snack and prepare for their afternoon. Register them for the other monthly activities above to have care until at least 4:30 each weekday. No Prime Time or related programs if there is no school.

Additional youth programs are offered outside of the Prime Time model. Please reach out to Mark at [mgreenwald@clcymca.org](mailto:mgreenwald@clcymca.org) to find out how other programs can work for you!

**LOOK AT OUR PROGRAM GUIDE FOR FULL  
DESCRIPTIONS ON ALL OF OUR PROGRAMS!**

To sign up for Prime Time scan here:



To sign up for afternoon programs scan here:



# YOUTH PROGRAMS

M = Member; NM = Non-Member

REGISTER ONLINE: [clcymca.org](http://clcymca.org)

## TENNIS

Our youth tennis programs are supported by the USTA Foundation and the Sanford Open.  
Email Georgia Ahlers at [gahlers@clcymca.org](mailto:gahlers@clcymca.org) if your child needs a scholarship.

### YOUTH TENNIS ACADEMY

Your child will refine their strokes, footwork, and point construction, and elevate their consistency and shot selection. This class is for juniors who are ready to take their game to the next level.

**Sessions: JAN | FEB | MAR | APR**

**TUE & THU 4–5:30pm**

**M: \$125 • NM: \$250**

### RED BALL

#### Ages 5–8

Hop, skip, jump, throw, run, catch, and play games to music—your child will be encouraged to move in this physical tennis activity! Equipment is provided.

**Sessions: JAN | FEB | MAR | APR**

**MON & WED 3–4pm w/ dynamic start time from 3–3:15pm. Includes pick up from Great Salt Bay Elementary School at 2:45pm**

**FREE for all; registration required**

### RED BALL LEAGUE

#### Ages 8–10

Join your first tennis league. Play singles for your team once a month for 4 weeks on Saturday morning. Games will be guided and monitored by tennis coaches and tennis pros. Matches will be played on a court one fourth the size of a standard court, with adapted size racquets and adapted tennis balls that are 50% slower and less bouncy than regular balls.

**Sessions: APR**

**SAT 9–10am**

**M: \$25 • NM: \$50**

### ORANGE BALL

#### Ages 8–12

Your child will become a real tennis player while emphasizing effort, sportsmanship, and respect! Orange ball tennis uses age-appropriate balls and courts designed for your child to play tennis successfully. All Thrive at the Y kids enjoy free orange ball!!

**Sessions: JAN | FEB | MAR | APR**

**MON & WED 4–5pm**

**M: \$100 • NM: \$200**

## GREEN BALL

### Ages 11–14

Elevate your child's game with technique and strategy feedback from a pro that will make them a confident player.

**Sessions: JAN | FEB | MAR | APR**

**TUE & THU 3–4:30pm; FRI 3–5pm**

**M: \$125 • NM: \$250**

## HIGH SCHOOL TENNIS TRAINING

### Ages 14–18

Prepare for high school tennis season with a tennis pro! This class focuses on technique, conditioning, and strategy. Basic tennis knowledge required to register.

**Sessions: JAN | FEB | MAR**

**TUE & THU 6:30–8pm**

**M: \$110 • NM: \$150**



## FREE FAMILY TENNIS AND STAY AND PLAY

### All ages

Enjoy a healthy meal or snack, play some gently guided tennis, and work with your hands at our art table. This is a safe space to be you, in whatever form you want.

**Sessions: JAN | FEB | MAR | APR**

**SAT 10am–12pm**

**FREE for all**

# YOUTH SPORTS

## MINI MASTERS YOUTH SPORTS CLINICS

### Grades 1–5

One day a week, young athletes focus on mastering the fundamentals! Each session highlights a single sport, helping participants build skills, confidence, and a love for the game in a fun, supportive environment.

**Sessions:** **FEB | MAR | APR**

**Grades 1–2:** **TUE 4:30–5pm**

**Grades 3–5:** **TUE 5–6pm**

**Grades 1–2:** **M: \$25 • NM: \$50**

**Grades 3–5:** **M: \$55 • NM: \$110**

## FLOOR HOCKEY

### Grades K–2

Kids learn stick handling, passing, and shooting in a fun, supportive setting—building teamwork, coordination, and a love for the game!

**Sessions:** **JAN | MAR | FEB | APR**

**THU 4–4:30pm**

**M: \$25 • NM: \$50**

## ITY BITTY SOCCER

### Ages 3–5

Your child will be introduced to the basic skills of soccer such as dribbling, passing, and shooting with a focus on developing social skills and having fun through age-appropriate games and activities.

**Sessions:** **FEB | APR**

**MON 4:45–5:30pm**

**M: \$35 • NM: \$70**

## ITY BITTY BASKETBALL

### Ages 3–5

Your child will be introduced to the basic skills of basketball such as dribbling, passing, and shooting with a focus on developing social skills and having fun through age-appropriate games and activities.

**Sessions:** **JAN | MAR**

**MON 4:45–5:30pm**

**M: \$35 • NM: \$70**

## MINI MOVERS

### Ages 3–5

Your child will explore fun activities that build body awareness, social skills, and movement—through dancing, jumping, and running!

**Sessions:** **FEB | APR**

**TUE 4:45–5:30pm**

**M: \$35 • NM: \$70**

## TINY TUMBLERS

### Ages 3–5

Your young child will learn the basics of gymnastics while developing motor skills and body awareness in a safe, fun structured environment. Parent/guardian is required to interact and assist during your child's class.

**Sessions:** **JAN | MAR**

**TUE 4:45–5:30pm**

**M: \$35 • NM: \$70**



# YOUTH SPORTS PROGRAMS

## GRADES 3-4 TRAVEL TEAM BASKETBALL

### (Girls and Boys)

Travel teams provide a more competitive game play than regular youth league. There will be an emphasis on advanced skills, positive competition, and teamwork. Each team will practice during the week and compete against other travel teams in the area. Each team will participate in maximum of 3 weekend tournaments. Players must try out as there will be cuts. Registration can be completed after a successful try-out.

**TRYOUTS:** Tryout dates and times TBD.

**M: \$165 • NM: \$230**

## GRADES 5-6 TRAVEL TEAM BASKETBALL

### (Girls and Boys)

Travel teams provide a more competitive game play than regular youth league. There will be an emphasis on advanced skills, positive competition, and teamwork. Each team will practice during the week and compete against other travel teams in the area. Each team will participate in maximum of 3 weekend tournaments. Players must try out as there will be cuts. Registration can be completed after a successful try-out. Players must register for free tryout. Payments will be completed for children who make the travel teams.

**TRYOUTS:** Tryout dates and times TBD.

**M: \$165 • NM: \$230**

If you have any questions, please reach out to our Youth and Young Adult Program Coordinator, Mark Greenwald, at [mgreenwald@clcymca.org](mailto:mgreenwald@clcymca.org).



# F FARMS AT THE Y

## KIDS IN THE KITCHEN

### Grades 3–5

Your child will build essential cooking skills, practice teamwork, and develop a deeper appreciation for nutritious eating all in a fun and supportive environment.

**Sessions:** JAN | FEB | MAR | APR

**WED 3:30–5pm**

**M: \$75 • NM: \$150**

## BAKING BUDDIES

### Grades K–2

Your child will whisk, measure, and bake their way through nutritious and kid-friendly recipes, all while growing essential kitchen skills in a supportive small-group environment.

**Sessions:** JAN | FEB

**TUE 3:30–4:30pm • NO CLASS: 2/17**

**M: \$50 • NM: \$100**

## TEEN COOKING

### Grades 6–12

Chop, sizzle, and serve confidence! Teens learn to cook healthy meals and build kitchen skills through fun, hands-on group activities. They leave ready to create tasty dishes at home and beyond!

**Sessions:** JAN | FEB | MAR | APR

**MON 3–4:30pm**

**NO CLASS: 1/19, 2/16, 4/20**

**M: \$25 • NM: \$40**

## BOOK BITES

### Grades K–2

Your child will bring literacy and culinary skills together by preparing recipes based on a book, then reading the book aloud.

**Sessions:** MAR | APR

**TUE 3:30–4:30pm**

**M: \$50 • NM: \$100**



# FARMS AT THE Y BIRTHDAY PARTIES

• **Celebrate your child's birthday with a hands-on interactive cooking party. Choose from a variety of menus and themes or customize your own party.**

• **Pre-K to Grade 12 | 2 hours on any available SAT or SUN from January to June**  
**Participant min 2 max 12 | M/NM: \$200**

## PASSPORT TO COOKING

### Grades K-2

Your child will travel the globe bite by bite, making dishes inspired by cultures around the world and gaining confidence with every skill they learn.

**Sessions: JAN | FEB**

**THU 3:30–4:30pm • NO CLASS: 1/1, 2/19**

**M: \$50 • NM: \$100**

## YOUNG CHEFS

### Grades K-2

Your child will explore new flavors, learn real cooking techniques, and make a variety of delicious dishes all in our hands-on teaching kitchen.

**Sessions: MAR | APR**

**THU 3:30–4:30pm**

**M: \$50 • NM: \$100**

## FITNESS

## INTRO TO BOXING

### Grades 3–5

Learn the basics of boxing while building strength, focus, and confidence. No experience needed—gloves provided!

**Sessions: JAN | FEB | MAR | APR**

**MON 3:30–4pm**

**M: \$25 • NM: \$50**

## BOXING ACADEMY

### Grades 3–5

Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. This class is for beginners or those interested in trying out the sport, so no experience is necessary. Gloves available for class.

**Sessions: JAN | FEB | MAR | APR**

**WED 3:30–4:30pm**

**M: \$50 • NM: \$100**

## CLIMBING AT KIEVE!

### Grades 3–8

Spend the afternoon reaching new heights! Head to Kieve's indoor climbing facility to learn basic skills, try fun challenges, and climb routes suited for all levels. Guided by Kieve's experienced staff, participants will build confidence, strength, and have a great time with friends. Bus leaves the CLC YMCA at 3pm sharp and returns at 4:45pm.

**Sessions: FEB | MAR**

**WED 3–4:45pm**

**M: \$110 • NM: \$220**



## MACHINE ORIENTATION—TEENS

### Ages 11+

Enroll your child in our fitness center orientation so they can learn to use our equipment safely and properly. This session teaches proper form, equipment use, and safe workout habits tailored for youth ages 11–17.

**By appointment ONLY**

**FREE for members**

## TEEN FITNESS CENTER PRIVILEGES

- After completing Machine Orientation—Teens (above), kids can access the fitness center at the Y under the following conditions:
  - Ages 11–13 may access the fitness center:** Monday through Friday from 3pm to 4pm OR at any time when closely supervised by a parent or guardian.
  - Ages 14+ may access the fitness center:** Any time the fitness center is open.

# YMCA TEEN PROGRAMMING

## ACORN PRODUCTIONS

### Grades 6-8

Bring your imagination to life with Acorn Productions! This theater program for grades 6-8 gives teens the chance to explore acting, improv, and stage performance in a supportive and fun environment. Participants will build confidence, teamwork, and creativity while bringing stories to life on stage. No experience needed—just come ready to play, learn, and have fun!

**Sessions: 4 Weeks, Jan 9th - 30th**

**FRI 3-5pm**

**Free**



## CAMDEN SNOW BOWL

### Grades 5-8

Your child will enjoy skiing and snowboarding! They must have prior experience and be able to navigate chairlifts independently to participate. Each individual will need to sign up for an account and purchase the RFID card (lift ticket/lift ticket and rental) through the Camden Snow Bowl. Email Mark Greenwald at [mgreenwald@clcymca.org](mailto:mgreenwald@clcymca.org) for more information. Y price only includes transportation and Y staff supervision.

**Sessions: 6 Weeks, Jan 8th -Feb 12th**

**THU 3-7pm**

**M: \$125 | NM: \$250**

## MIDDLE SCHOOL MONOLOGUE WORKSHOP

Work with a theater director to write a short monologue about anything you want!



With teacher Laura Morris

## Teen Vacation Adventures

### Grades 6-8

During school vacations, join us for an exciting adventure around the state! Teens will enjoy trips to the outdoors, mini golf, the mall, and more. Each outing is full of fun, friends, and new experiences, all in a safe and welcoming YMCA environment.

**Sessions: FEB Vacation | APR Vacation**

**M: \$25 | NM: \$50**



# ● ● ● OTHER PROGRAMS ● ● ●

## ADVENTURE AUTHORS

### Grades K–5

Your child will unlock their creativity in this engaging, story-based program. Young authors will explore the basics of storytelling through fun, guided activities that help them create characters, imagine worlds, and share their ideas through simple stories, drawings or poems. Our team will lead participants through each session, teaching new storytelling techniques each week. All materials are provided.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**Grades K–2:** WED 4–4:30pm

**Grades 3–5:** MON 4–4:30pm

**M:** \$25 • **NM:** \$50

## OUTDOOR EXPLORERS

### Grades K–5

Your child will discover the wonders of the outdoors in this engaging, nature-based program. Young explorers will learn about local plants and animals through fun activities, from identifying chickadees to spotting tracks, paired with simple hands-on projects or trail adventures. Our team will guide participants each week as they build confidence, curiosity, and a love for exploring outdoors!

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**Grades K–2:** TUE 3:30–4pm

**Grades 3–5:** THU 3:30–4pm

**M:** \$25 • **NM:** \$50

## ART FUNDAMENTALS

### Grades K–2

Paint, clay, pencils, and more. Your young artists will learn the fundamentals of art with a focus on FUN. All materials are provided.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**TUE** 4–4:30pm

**M:** \$25 • **NM:** \$50

## CREATE & BUILD

### Grades 3–5

Unleash creativity and engineering skills in our exciting Create and Build Program! Your child will develop their problem-solving abilities, teamwork, and creativity all while bringing their imaginative ideas to life.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**TUE** 3:30–4:30pm

**M:** \$50 • **NM:** \$100

## LESS STRESS, MORE SUCCESS!

Struggling to get through math problems or book reports? We create a calm, supportive space where students can tackle assignments, ask questions, and get the tools they need to thrive—available by scheduling in advance. Please contact Molly at [mcooper@clcymca.org](mailto:mcooper@clcymca.org).



## ART CREATIONS

### Grades K–5

Your child will learn the basics of art through this hour-long, project-based class. Your artist will create masterpieces using their creativity and art skills. Our team will lead your children through projects, teaching new skills each week. All materials are provided.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**Grades K–2:** THU 3:30–4pm

**Grades 3–5:** THU 4–4:30pm

**M:** \$25 • **NM:** \$50

## GAME TIME!

### Grades K–2

Your child will embark on an exciting journey into the world of games! This program introduces classic board games and tabletop sports that encourage critical thinking and build coordination and teamwork with friendly competition!

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**MON** 4–4:30pm

**M:** \$25 • **NM:** \$50

## FRIDAY Y DAY

### Grades K–5

Your child will experience everything the Y has to offer—arts and crafts, movement, gym games, and more! Each Friday brings a fun-filled mix of creative activities and active play designed to keep kids engaged, social, and having a blast to end the week.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**FRI** 2:30–4:30pm

**M:** \$80 • **NM:** \$160

## KARATE

### Ages 8+

Learn self-defense techniques and discipline, taught by Black Belt Nancy Ault Sensei. You're encouraged to register for all four sessions below and continue this class for the entire year.

**Sessions:** [JAN](#) | [FEB](#) | [MAR](#) | [APR](#)

**TUE & THU** 6:15–7:45pm

**M:** \$50 • **NM:** \$100

# WHO, WHAT, WHERE, WHEN, Y

The CLC YMCA enriches lives, strengthens community, and drives social change.

## **FACILITY HOURS**

**Monday–Friday:** 5am–8pm

**Saturday:** 7am–4pm

**Sunday:** 9am–1pm (closed 5/24/26 to 10/8/26)

## **WELCOME CENTER BUSINESS HOURS**

Have a question about billing? Need to change your membership? The Welcome Center can assist you Monday through Friday from 9am to 4pm.

## **HOLIDAY SCHEDULE**

**We are closed on:** New Years Day, MLK JR. Day, Easter, Memorial Day, Independence Day, Labor Day, Indigenous Peoples' Day, Thanksgiving, and Christmas

**We close at 1pm on:** Christmas Eve and New Year's Eve

<b>SESSION</b>	<b>START DATE</b>	<b>END DATE</b>	<b>REGISTRATION BEGINS</b>
<b>JAN</b>	Sun, Jan 4th	Sat, Jan 31st	Mon, Dec 22nd
<b>FEB</b>	Sun Feb 1st	Sat Feb 28th	Mon, Dec 22nd
<b>MAR</b>	Sun, Mar 1st	Sat, Mar 28th	Mon, Dec 22nd
<b>APR</b>	Sun, Mar 29th	Sat, May 2nd	Mon, Dec 22nd

## **PROGRAM REGISTRATION**

Online, phone, and in-person registration take place simultaneously. All payments due at registration. We will charge your account on file if it is not paid by the first class. Balances due on Y accounts must be paid before registration. To register online, visit our website before registration to confirm you're properly linked in our membership database. Those receiving financial assistance must register in person. We reserve the right to cancel programs that do not reach the minimum required number of participants. Questions? Contact our Welcome Center at 207-563-9622 or [membership@clcymca.org](mailto:membership@clcymca.org).

## **PROGRAM CANCELLATIONS**

We make every effort to run session programs as scheduled. In the event that we are forced to cancel a program due to uncontrollable factors such as weather, power outages, etc., no refunds will be given. All attempts will be made to offer make up sessions. If a program is canceled due to lack of enrollment, the Y will credit or refund your program fee in full.

## **WITHDRAWING FROM A PROGRAM**

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

Register for programs at [www.clcymca.org](http://www.clcymca.org)

# Y MEMBERSHIP

Questions? Email [membership@clcymca.org](mailto:membership@clcymca.org)

Join online at [clcymca.org](http://clcymca.org)

## MEMBERSHIP BENEFITS

- FREE unlimited group exercise classes
- FREE Fit Foundations Orientation
- Special program rates
- Nationwide YMCA access (some exclusions may apply)
- 2 Guest passes/member/year
- Access to YMCA360 and Zoom classes

### Abbreviations:

**M** = Member: ACTIVE members on the account are eligible for member pricing/benefits

**NM** = Non-Member: no reduced pricing/benefits

## MEMBERSHIP FOR ALL

Thanks to the generosity of our donors, we are able to provide YMCA membership on a sliding scale. If your annual income is less than \$58,000, you are eligible for a reduced-rate membership (proof of income required). If you cannot afford the price of membership on the sliding scale below, please visit the Welcome Center to apply for financial assistance. At the Y, we believe in membership for all and everyone is welcome to enjoy the full benefits of being part of our Y.

## 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 of most of our summer seasonal guests. Inquire at the Welcome Center or email [membership@clcymca.org](mailto:membership@clcymca.org) for more information.

**We now offer 1-day, 1-week, and 2-week passes! Inquire at the Welcome Center or email [membership@clcymca.org](mailto:membership@clcymca.org) for more information.**

## CLC YMCA Reduced-rate Membership Sliding Scale

Annual Income	Fee to Join	Fee Type	Family (2 adults + dependents)	Adult (26-64)	Young Adult (19-25)	Youth (0-18)	Senior (65+)
\$58k or more	\$70	Annual	\$1032	\$756	\$468	\$336	\$672
		Monthly	\$87	\$64	\$39	\$28	\$56
\$48-58k	\$56	Monthly	\$69	\$51	\$31	\$23	\$45
\$38-48k	\$53	Monthly	\$64	\$48	\$30	\$21	\$42
\$28-38k	\$50	Monthly	\$60	\$45	\$28	\$20	\$38
\$28k or less	\$42	Monthly	\$52	\$38	\$24	\$17	\$33

A 3% discount is offered to members who pay by EFT, cash, or check. To receive this discount on your monthly draft, payment must be made by EFT.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

FREE TO MEMBERS \$15/class for non-members & nationwide members  
PLEASE REGISTER MONTHLY FOR CLASSES YOU ARE ATTENDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>					
6:00-6:45am <b>TOTAL BODY CHALLENGE</b> w/ Becky		6:00-6:45am <b>TOTAL BODY CHALLENGE</b> w/ Becky			
7:00 - 8:00am <b>HATHA YOGA</b> w/ Elena		7:00 - 8:00am <b>HATHA YOGA</b> w/ Elena		7:00-8:00am <b>HATHA YOGA</b> w/ Carol	
8:15-9:15am <b>HATHA YOGA</b> w/ Justine	8:00-9:00am <b>PILATES</b> w/ Cynthia	8:15-9:15am <b>HATHA YOGA</b> w/ Justine	8:00-9:00am <b>PILATES</b> w/ Cynthia	8:15-9:15am <b>VINYASA YOGA</b> w/ Carol	8:00-8:45am <b>CYCLING</b> w/ Kristie
8:00-9:00am <b>LIVING FIT</b> w/ Cynthia Gymnasium		8:00-9:00am <b>LIVING FIT</b> w/ Cynthia Gymnasium		8:00-9:00am <b>LIVING FIT</b> w/ Sherry & Denise Gymnasium	
9:15-10:15am <b>ZUMBA® GOLD</b> w/ Debra Gymnasium	9:15-10:15am <b>CYCLING</b> w/ Meredith		9:15-10:15am <b>CYCLING</b> w/ Meredith		9:00-10:00am <b>TOTAL BODY CHALLENGE</b> w/ Becky
9:30-10:15am <b>STRENGTH &amp; CORE</b> w/ Anna		9:30-10:15am <b>STRENGTH &amp; CORE</b> w/ Anna		9:30 - 10:15am <b>LEGS &amp; CORE GALORE</b> w/ Anna	10:15-11:15am <b>ZUMBA®</b> w/ Ejaye
10:30-11:15am <b>CYCLING &amp; CORE</b> w/ Casey	10:30-11:30am <b>STRENGTH TRAINING</b> w/ Cynthia	12:00 - 12:45pm <b>TOTAL BODY REMIX</b> w/ Casey & Emily	10:30-11:30am <b>STRENGTH TRAINING</b> w/ Cynthia	10:30-11:15am <b>HIIT</b> w/ Casey	11:30-12:15pm <b>FLEX &amp; STRETCH</b> w/ Ejaye
<b>AFTERNOON CLASSES</b>					
4:45-5:45pm <b>PIYO</b> w/ Tanya	4:15-5:00pm <b>CYCLING</b> w/ Sarah	4:00-5:00pm <b>YIN YOGA</b> w/ Justine	4:15-4:55pm <b>CYCLING</b> w/ Sarah		2:00 - 3:00pm <b>FOUNDATIONS YOGA</b> w/ Elena
	5:45-6:45pm <b>TOTAL BODY CHALLENGE</b> w/ Hannah		5:05-6:00pm <b>TABATA STRENGTH</b> w/ Melissa		For more information: <a href="mailto:chfort@clcymca.org">chfort@clcymca.org</a>

## HEALTHY LIVING OFFICE HOURS

- Need help figuring out where to begin your journey to better health? The CLC YMCA's Healthy Living Coordinator, Cynthia H. Fort, offers office hours! Stop in to get your questions answered, sign up for programs, and find the best health options for you. No appointment necessary.

Tuesdays & Thursdays from 11:45 - 12:15pm

There will be "pop up" classes and "paid for" classes added to the schedule throughout January - April