



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Lincoln County YMCA

PROGRAM GUIDE

SEP | OCT | NOV | DEC

Registration begins
8/21 for ALL NEW
monthly sessions:

SEP

Tue 9/5–Sat 9/30

OCT

Mon 10/2–Tue 10/31

NOV

Wed 11/1–Thu 11/30

DEC

Fri 12/1–Sat 12/30



REGISTER ONLINE: clcymca.org

Try new
experiences
at the Y!



ADULT PROGRAMS

FM = Family Member; M = Member; NM = Non-Member; details on back

REGISTER ONLINE: clcymca.org

GROUP EXERCISE

To see our current Group Exercise schedule, [visit clcymca.org/adult-programs](http://clcymca.org/adult-programs)

STRENGTH TRAINING

Get energized for the day with this high-intensity, full-body workout! Using a mixture of body weight, kettlebells and free weight exercises, you need to bring your all! Geared towards active adults who are looking for a challenge.

TABATA STRENGTH

Using a variety of exercises and methods for this training, you'll always be targeting major muscle groups for a whole-body workout. Tabata will make you lean and strong through short bursts of peak effort using the 2:1 work/rest ratio.

LIVING FIT

Combine elements of fitness with a total body workout for active older adults using free weights, kettlebells, bands, and balls. The instructor will emphasize work on your core, form, and posture.

KETTLEBELLS

Join us for a kettlebell workout that burns fat, builds muscle, and increases strength and stamina. Kettlebells uses dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility, and cardio endurance.

LIFT

Improve your strength, range of motion, balance, and endurance using weights. This intermediate strength workout includes body weight, balance, and postural exercises.

HOT VINYASA YOGA

Similar to a traditional vinyasa practice, heated vinyasa connects breath to movement with the twist of a heated room to strengthen and invigorate your muscles. Expect an active practice with dynamic movement. Modifications will be provided.

TURN UP DANCE FITNESS

Enjoy this dance-themed, high-intensity class that includes active recovery moments so that your body and mind are always challenged. You'll experience four components: Work, the high-intensity interval training; Shake, a medium-paced dance; Flex, the toning element; and Slay, the active recovery.

PILATES

Work on proper alignment, control, precision, centering, concentration, breathing, and movement. Strengthen your "core"—abdominals, pelvis, back, shoulders, and buttocks to tone your body.

YOGA

Start your day feeling calm and in control. Yin poses to begin followed by a flow connecting breath to movement. Relaxation and mudra meditation to close.

PIYO

Tone your muscles through a combination of yoga and Pilates. You'll focus on strength, flexibility, alignment, precision, centering, concentration, and breathing.

CYCLING

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes.

HEAVY WEIGHT TRAINING

A mix of challenging free weights combines with intervals of bodyweight cardio movements. Sandbags, heavy dumbbells, kettlebells and bars are utilized during this class.

TOTAL BODY CHALLENGE

Focus on balance, coordination, and cardiovascular endurance with this full-body workout. Challenge yourself with cycling, interval training, weights, body weight resistance moves, and track workouts.



Please contact our Welcome Center at 207-563-9622 or lober@clcyms.org for a free consultation.

SMART START COACHING

Get the results you want! Together, we'll create SMART goals and learn more about the equipment and programs at the Y.

Free for members

SMALL GROUP TRAINING

Participant min 2 max 4

Going it alone during your fitness journey can be difficult. Joining a small group means quicker results with your training while enjoying the camaraderie of teammates! Choose from among heavy bag training, core and flexibility, speed and agility, newbie fitness, beginner weightlifting, or "trainer's choice" in these monthly programs. Flexible scheduling with a personal trainer makes this a great option!

1x per week: FM/M: \$70 • NM: \$140

2x per week: FM/M: \$140 • NM: \$280

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. Half-hour sessions and virtual options are available to meet your needs and schedule.

1 one-hour session: FM/M: \$65 • NM: \$120

5 one-hour sessions: FM/M: \$285 • NM: \$475

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: FM/M: \$30 • NM: \$65

5 sessions: FM/M: \$150 • NM: \$225

10 sessions: FM/M: \$285 • NM: \$475

HEALTHY EATING

Meet with our nutrition coach in a group setting to discuss habits and goals and to create a plan for making small changes to improve your health.

Sessions: **OCT | NOV**
TUE 10–10:30am

FM/M: \$25 • NM: \$50

INJURY PREVENTION FOR PICKLEBALLERS

Ages 15+ • Participant min 2 max 12

Learn how to stay injury-free while playing pickleball. This class helps beginners and experienced “picklers” to avoid injury, move faster, and stay on the court!

Sessions: **SEP | OCT | NOV | DEC**
TUE 11–11:30am

FM/M: \$25 • NM: \$50

INJURY PREVENTION FOR TENNIS PLAYERS

Ages 15+ • Participant min 2 max 12

Learn to move more efficiently and become stronger so you can stay injury-free while playing tennis. This class can be the difference between staying on the court and being sidelined by an injury.

Sessions: **SEP | OCT | NOV | DEC**
TUE 11:30am–12pm

FM/M: \$25 • NM: \$50

TAI CHI FOR HEALTH & BALANCE

Ages 15+ • Participant min 2 max 12

Tai Chi for Health and Balance is an effective exercise program for improving health and wellbeing that’s proven to help prevent falls and relieve pain for those living with arthritis. You’ll focus on improving strength, balance, and mental health. This low-impact exercise is performed in slow, fluid movements that are easy on the joints and can be done either sitting or standing.

Sessions: **SEP | OCT**
MON & WED 9:15–10:15am

FM/M: \$50 • NM: \$100

INTRO TO BOXING

Ages 15+ • Participant min 2 max 8

Unleash your potential by learning the basics of boxing with Coach T. 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. Wraps available for purchase.

Sessions: **SEP | OCT | NOV | DEC**
TUE 5:15–5:45pm
THU 5:15–5:45pm

1x per week: FM/M: \$25 • NM: \$50

2x per week: FM/M: \$50 • NM: \$100

HEALTHY LIVING OFFICE HOURS

Need help figuring out where to begin your journey to better health? The CLC YMCA’s Healthy Living Director, Lauren Ober, 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.

Fridays from 9:00–10:30am • All ages

BOXING & STRENGTH

Ages 15+ • Participant min 2 max 8

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. Wraps available for purchase.

Sessions: SEP | OCT | NOV | DEC

TUE 6–6:50pm

THU 6–6:50pm

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

BOXING & SPEED

Ages 15+ • Participant min 2 max 8

Take your boxing up a level! You’ll use hand and foot coordination to generate power through your entire body and learn advanced techniques to become a more efficient boxer, combining rope and footwork drills, plyometrics, and ladders with both heavy and speed bags. Wraps and gloves available for purchase.

Sessions: SEP | OCT | NOV | DEC

TUE 7–7:50pm

THU 7–7:50pm

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

HEALTH MANAGEMENT

BOXING FOR PARKINSON’S

Participant min 3 max 8

Improve your functional movement and overall quality of life through boxing! Research shows that exercise is an important component in the management of Parkinson’s Disease. Must register in advance.

Sessions: SEP | OCT | NOV | DEC

MON & WED 12–12:45pm

FM/M: \$50 • NM: \$100

FALLS PREVENTION CLINIC

FRI 9–10:30am, 10/13 • Participant min 3 max 16

Learn about ways to prevent falls with LincolnHealth physical therapists at the Y. Falls can lead to injuries that can cause loss of mobility, function, independence, and quality of life. Fortunately, falling can be prevented! Includes a presentation, assessments, and information on programs to prevent falls.

FM/M: \$10 • NM: \$15

DIABETES PREVENTION PROGRAM

Next class begins 11/2 • Participant min 4 max 12
Pre-registration and approval required

Join a trained lifestyle coach for this yearlong group-based program. In 16 core sessions, followed by monthly maintenance sessions, you’ll discuss topics like healthy eating, increasing physical activity, reducing stress, and problem solving. Classes are scheduled based on participant availability. Program offered in partnership with LincolnHealth.

Fee covered by reduced-rate YMCA membership
(FM: \$25/mo • M: \$35/mo)

LIVESTRONG AT THE YMCA

Next class: Fall 2023 • Participant min 4 max 12

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.

Free

STAY STRONG

MON 9–10am • Participant min 3 max 12

Continue to reclaim your physical health and well-being after surviving cancer and graduating LIVESTRONG at the Y. You and your fellow alumni will join LIVESTRONG coaches for weekly small group meetings and workouts.

Free

CAREGIVER SUPPORT GROUP

2nd FRI of each month, 9–10am

When caring for a loved one, knowing that you're not alone is an integral part of coping with the situation. Join us monthly to support, ask, and share in a caring and supportive environment. Open dialogue, laughing, and exchanging ideas will be encouraged.

Free

ENHANCE[®] FITNESS

MON, WED, and FRI 10:30–11:30am
Ages 55+ • Participant min 4 max 24

Using wrist and ankle weights, this 16-week evidence-based class helps you become more active, energized, and empowered to sustain an independent life. Both chair-based and standing versions of the exercises are demonstrated to ensure you get an individualized workout! Pre and post program surveys are required.

FM/M: \$30 • NM: \$30

LIFESTYLE 365 WEIGHT LOSS PROGRAM

Ages 15+ • Participant min 4 max 12

Get the diet and exercise support you need to establish healthy new habits that support sustainable weight loss in a small group setting. You'll receive weekly workouts with a personal trainer, weekly cooking sessions with a FARMST[™] at the Y educator, and regular communication and encouragement to implement new lifelong strategies and changes that help you manage your weight.

Sessions: SEP | OCT | NOV | DEC
DAYS AND TIMES TBD

FM/M: \$100 • NM: \$200

BLOOD PRESSURE SELF-MONITORING

By appointment only

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, and attend optional nutrition education seminars. **Are you a first responder? You could qualify to take this class for FREE! Contact Lauren at lober@clcymca.org.**

Without blood pressure monitor:

FM/M: \$25 • NM: \$50

With blood pressure monitor:

FM/M: \$50 • NM: \$100

INTRODUCING: MY Y TIME

Enjoy your workout with peace of mind! Caring staff are now available to keep your child engaged while you're at the Y. Sign up online (for up to two hours) at least 24 hours in advance. You must remain reachable and on site.

FM: \$5/hr/child

M: \$5/hr/child

NM: \$10/hr/child

WEEKDAYS 8:45–10:45am; TUE & THU 4–6pm • Infants to 5th graders

PICKLEBALL AND TENNIS

SOCIAL PICKLEBALL OPEN PLAY

All ages

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

Sessions: **SEP | OCT | NOV | DEC**

WEEKDAYS 9am–12pm

NO CLASS: 9/4, 10/9, 11/10, 12/25

Drop in: FM/M: Free • NM: Free w/day pass

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: **SEP | OCT | NOV | DEC**

THU 5:30–6:30pm • NO CLASS: 11/23, 12/28

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

3.5 PICKLEBALL LEAGUE PLAY

Play pickleball matches on six courts. More skillful players as well as intermediate players wishing to test themselves in league play. Join our league and register online at www.pickleballbrackets.com.

Sessions: **SEP | OCT**

THU 6:30–8pm

FM/M: \$50 • NM: \$100

PICKLEBALL PROGRAM OPEN LEVEL

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

Sessions: **SEP | OCT | NOV | DEC**

MON, WED, FRI 6–9am*

***only Court 4 is available 8–9am**

NO CLASS: 9/4, 10/9, 12/25

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$5 • NM: \$10

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.

Sessions: **SEP | OCT | NOV | DEC**

MON 6–8pm • NO CLASS: 9/4, 10/9, 12/25

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$20

CARDIO TENNIS

Participant min 3 max 30

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: **SEP | OCT | NOV | DEC**

TUE 12–1pm & WED 5–6pm • NO CLASS: 11/22

Drop in: FM/M: Free • NM: \$10/class

FAST FOUR

Participant min 3 max 12

Enjoy fast and fun organized match play for all levels under the guidance of a pro. First to four games wins each match; winners are split up to play new people.

Sessions: SEP | OCT

TUE 6:30–8pm • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

ADVANCED SINGLES

Participant min 3 max 12

Take your game to another level as you meet new people. A play-based teaching style will have you hitting balls, playing points, and learning strategies constantly. You must have a basic command of the game to register.

Sessions: SEP | OCT | NOV | DEC

MON 9–10am • NO CLASS: 9/4, 10/9, 12/25

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

ADVANCED DOUBLES

Participant min 3 max 12

Take your game to another level as you meet new people. A play-based teaching style will have you hitting balls, playing points, and learning strategies constantly. You must have a basic command of the game to register.

Sessions: SEP | OCT | NOV | DEC

MON 8–9am • NO CLASS: 9/4, 10/9, 12/25

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

RUSTY, RUSTED AND RECOVERING

Participant min 3 max 12

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: SEP | OCT | NOV | DEC

TUE 11–12pm

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

DRILL NIGHT

Participant min 3 max 12

Hone your consistency under the guidance of a pro. A basic command of core strokes, forehand, backhand, volley, and serve are required.

Sessions: SEP | OCT

TUE 5:30–6:30pm • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

LIVE BALL 4.0+

Participant min 3 max 8

Play quick points fed in by a pro to fun music.

Sessions: SEP | OCT | NOV | DEC

TUE 6–7am • NO CLASS: 12/26

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$10 • NM: \$15

LIVE BALL ALL LEVELS

Participant min 3 max 8

Play quick points fed in by a pro to fun music.

Sessions: **SEP | OCT | NOV | DEC**

THU 7–8am • NO CLASS: 11/23, 12/28

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$10 • NM: \$15

UTR NIGHT IS BACK!

Participant min 3 max 12

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! Learn more at www.universaltennisrating.com.

Sessions: **SEP | OCT | NOV | DEC**

WED 6–8pm • NO CLASS: 11/22, 12/27

FM/M/NM: Singles: \$30 • Doubles Team: \$30

INTERMEDIATE PICKLEBALL & OPEN PLAY

Participant min 3 max 12

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: **SEP | OCT | NOV | DEC**

THU 11am–1pm • NO CLASS: 11/23, 12/28

FM/M: \$130 • NM: \$175

Drop in: FM/M: \$35 • NM: \$50

COOPERATIVE SKILLING & DRILLING

Participant min 3 max 8

Join this fun but focused tennis session to work one skill at a time. Using a cooperative playing approach, you'll hit many balls—to not only develop consistency and focus but also to enhance particular skills or shots. Basic tennis knowledge is required.

Sessions: **SEP | OCT | NOV | DEC**

THU 8–9am • NO CLASS: 11/23, 12/28

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$25

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 to begin!

OTHER PROGRAMS

BEGINNER BRIDGE

WED 12:30–2:30pm, 9/6–10/25
Participant min 8 max 16

Exercise your mind in this series of eight classes for beginners. You'll learn duplicate bridge concepts and review or improve modern techniques and bidding in a logical and progressive fashion. You must purchase a textbook from the Y and read pages 2–17 before the first class. Email mperry@clcymca.org to pre-register and reserve a book. For more information, please contact Jane Wallace at jbwbridge@gmail.com.

FM/M: \$80 • NM: \$100

ACTIVE OLDER ADULT POTLUCK LUNCHES

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

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 or by emailing Robin Maginn at rmaginn@clcymca.org.

Free, and open to the community

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

Ages 12+ • Participant min 4 max 10
TUE 10/17, 1–3pm OR TUE 11/16, 5–7pm

Get certified through our blended learning option that allows you to complete the classroom portion of the course ahead of time in the comfort of your home. After 2–3 hours of online work, you will advance to the 2-hour in-person skill session with an instructor.

FM: \$85 • M: \$95 • NM: \$160

Interested in CPR/First Aid training for a group? Please contact Lauren Ober at lober@clcymca.org to schedule a full-day, in-person class or a blended learning class for your group.

MAHJONG GROUP

THU 1pm in the CLC YMCA lobby

Join the tile-based game of mahjong, which was developed in 19th-century China and has spread throughout the world since the early 20th century.

Free for all

KARATE

Ages 8+ • Participant max 10

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: SEP | OCT | NOV | DEC

TUE & THU 6:15–7:45pm

NO CLASS: 11/23

FM: \$85 • M: \$102 • NM: \$170



YOUTH PROGRAMS

FM = Family Member; M = Member; NM = Non-Member; details on back

REGISTER ONLINE: clcymca.org

TENNIS

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

RED BALL

Ages 5–8 • Participant min 4 max 24

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: **OCT | NOV | DEC**

MON & WED 3–3:45pm

NO CLASS: 10/9, 11/22, 12/25, 12/27

Free for all; registration required

ORANGE BALL

Ages 8–12 • Participant min 4 max 24

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 red or orange ball!

Sessions: **OCT | NOV | DEC**

MON & WED 4–5pm

NO CLASS: 10/9, 11/22, 12/26, 12/27

FM: \$50 • M: \$60 • NM: \$100

GREEN BALL

Ages 11–14 • Participant min 4 max 20

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

Sessions: **OCT | NOV | DEC**

TUE & THU 3–4:30pm; FRI 3–5pm

NO CLASS: 10/9, 11/23, 11/24, 12/26–29

FM: \$100 • M: \$110 • NM: \$150

GREEN AND YELLOW BALL TOURNAMENT TRAINING

Ages 11–14 • Participant min 4 max 12

Your child can take their game to another level by focusing on stroke technique and tennis IQ development. Players training for tournaments are encouraged to participate. Approval from the Youth Tennis Coordinator is required to register, and monthly matches outside of program time are expected. Includes Friday afternoon Davis Cup play with Green Ball group.

Sessions: **OCT | NOV | DEC**

TUE & THU 4:30–5:30pm; FRI 3–5pm

NO CLASS: 10/9, 11/23, 11/24, 12/26–29

FM: \$100 • M: \$110 • NM: \$150

HIGH SCHOOL TENNIS TRAINING

Ages 14–18 • Participant min 4 max 12

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: NOV | DEC

TUE & THU 6:30–8pm

NO CLASS: 11/23, 12/26, 12/28

FM: \$100 • M: \$110 • NM: \$150

ACEING AUTISM

Ages 8–20 • Participant min 4 max 12

Get individualized tennis instruction for children with autism. For more information, contact Georgia Ahlers at gahlers@clcymca.org.

Sessions: OCT | NOV

SAT 9–10am • NO CLASS: 11/11, 11/25

Free for all

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: OCT | NOV | DEC

SAT 10am–1pm

NO CLASS: 10/7, 11/11, 11/25, 12/23, 12/30

Free for all

SPORTS

MID-DAY MOMENTS

Ages 2–5 • Participant min 4 max 8

Join Morgan and Georgia in this new mid-day program. You and your little ones will focus on different subjects each week together, such as tennis, balance, tumbling, food exploration, and art! Caregivers must attend.

Sessions: SEP | OCT | NOV | DEC

MON 10–10:30am

FM/M: \$25 • NM: \$50

ITTY BITTY SPORTS

Ages 4–6 • Participant min 8 max 12

Your young child will play, learn, and have fun with these age-appropriate sports! September and October sessions will focus on soccer skills like shooting, footwork, and teamwork. November and December sessions will focus on basketball skills like ball handling, dribbling, and passing. Bristol and Nobleboro participants can ride the bus to the Y, where staff will receive them. GSB participants can be walked over from school with Y staff.

Sessions: SEP | OCT | NOV | DEC

MON 3:15–4pm • NO CLASS: 9/4, 10/9, 12/25

FM/M: \$25 • NM: \$50

SOFTBALL CLINIC

Ages 7–12 • Participant min 6 max 12

Your child will play, learn, and have fun while working on infield/outfield drills, hitting, bunting, pitching, and catching techniques, and proper baserunning! Bristol and Nobleboro participants can ride the bus to the Y, where staff will receive them. GSB participants can be walked over from school with Y staff.

Sessions: OCT

THU 3–4:15pm

FM/M: \$25 • NM: \$50

BASEBALL CLINIC

Ages 7–12 • Participant min 6 max 12

Your child will play, learn, and have fun while working on infield/outfield drills, hitting, bunting, pitching, and catching techniques, and proper baserunning.

Sessions: **OCT**
THU 4–5:15pm

FM/M: \$25 • NM: \$50

JUMPROPE!

Ages 6+ • Participant min 6 max 12

As your child jumps to the beat of music, they'll learn basic rope skills, work with others on partner skills, and gradually learn advanced skills such as the rump jump, the weeble, various crosses, double under, and more! This fun and energetic clinic is led by Bristol Air Devil Assistant Coach Morgan Perry!

Sessions: **SEP**
TUE 3–4pm

FM/M: \$25 • NM: \$50

YOUTH SOCCER LEAGUE

Grades 1–2 kickoff: SAT 9/9, 8:30–9:30am
Grades 3–4 kickoff: SAT 9/9, 9:45–10:45am
Grades 5–6 kickoff: SAT 9/9, 11am–12pm

Please register in advance according to your child's 2023–24 school year grade, so that coaches can choose teams accurately at the kickoff.

Each team will have one-hour weekly practices, with time TBD by the coach. Grades 1–2 and 3–4 will meet on Saturdays (location and time TBD). Grades 5–6 will compete against other local recreational programs (location and time TBD). Games will take place 9/23–10/28, except for 10/7.

FM/M: \$75 • NM: \$150

Interested in volunteer coaching? Please email Morgan Perry at mperry@clcymca.org.

YOUTH BASKETBALL LEAGUE

Grades 1–2 kickoff: SAT 12/2, 9–10am
Grades 3–4 kickoff: SAT 12/2, 10:15–11:15am
Grades 5–6 kickoff: SAT 12/2, 11:30am–12:30pm

Please register in advance according to your child's 2023–24 school year grade, so that coaches can choose teams accurately at the kickoff.

Each team will have one-hour weekly practices, with time TBD by the coach. Grades 1–2 and 3–4 will meet on Saturdays (location and time TBD). Grades 5–6 will compete against other local recreational programs (location and time TBD). Games will start SAT 12/9 and will run through January.

FM/M: \$75 • NM: \$150

Interested in volunteer coaching? Please email Morgan Perry at mperry@clcymca.org.

SWIMMING

Ages 11+ • Participant min 6 max 12

A certified lifeguard will fill your child's afternoon with swimming at Camp Knickerbocker or Boothbay Region YMCA. Scholarships available.

Sessions: **SEP | OCT | NOV | DEC**
THU 3–5:30pm

FM/M: \$30 • NM: \$60

ROCK CLIMBING

Ages 11+ • Participant min 6 max 12

Fill your child's afternoon with rock climbing. Scholarships available.

Sessions: **SEP | OCT | NOV | DEC**
TUE 3–5:30pm • NO CLASS: 9/4, 10/9

FM/M: \$30 • NM: \$60

TINY TUMBLERS

Ages 3–5 • Participant min 4 max 8

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

Sessions: NOV | DEC

THU 3:30–4:15pm • NO CLASS: 11/23

FM/M: \$25 • NM: \$50

SPORTS, COOPERATIVE GAMES, & MORE!

Ages 11+ • Participant min 4 max 12

Your child will play various sports and cooperative games such as volleyball, pickleball, basketball, kickball, dodgeball, capture the flag, obstacle courses, and more! Scholarships available.

Sessions: SEP | OCT | NOV | DEC

THU 3–4pm

FM/M: \$25 • NM: \$50

FARMS AT THE Y

KIDS IN THE KITCHEN

Ages 8–12 • Participant min 4 max 10

Your child will learn cooperative cooking skills while meeting new friends in this fun, interactive class.

Sessions: SEP | OCT | NOV | DEC

TUE 3–4pm • NO CLASS: 12/26

M: \$50 • NM: \$100

PUMPKIN PARTY

Come as a family • Participant min 4 max 10

SEP 30: SAT 9–10am

Bring the whole family out to help cut, peel, roast, and purée pumpkins to take home in preparation for Pumpkinfest's Dessert Contest.

Free

YOUNG CHEFS

Ages 5–8 • Participant min 4 max 10

Your child will love our fun, hands-on cooking classes in our teaching kitchen.

Sessions: SEP | OCT | NOV | DEC

**SAT 9/16 9–10am; SAT 10/21 9–10am;
SAT 11/18 9–10am; SAT 12/9 9–10am**

M: \$15 • NM: \$30

TEEN COOKING CLASSES

Ages 12–16 • Participant min 4 max 10

Through hands-on and group learning, your child will cook healthy meals for themselves and become a knowledgeable and confident cook.

Sessions: SEP | OCT | NOV | DEC

WED 3–4pm

NO CLASS: 11/22, 12/27

M: \$25 • NM: \$50

FITNESS

YOUTH SMART START

Ages 11–13 • By appointment

Enroll your child in our fitness center orientation so they can learn to use our equipment safely and properly. Upon completion, they'll receive a wristband that grants them fitness center access from 3–4:15pm, Monday–Friday, without a parent or guardian, and allows them to attend group exercise classes.

Free for members

YOUTH BOXING

Ages 7–11 • Participant min 2 max 8

Your child can unleash their potential through boxing. Coach T. makes it fun! 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. Wraps available for purchase.

Sessions: SEP | OCT | NOV | DEC

MON 3:45–4:15pm

WED 3:45–4:15pm

1x per week: FM/M: \$25 • NM: \$50

2x per week: FM/M: \$50 • NM: \$100

Y FIT FOR GIRLS

Ages 7–11 • Participant min 2 max 8

Your child can get moving and improve her fitness without playing sports! This class guides girls through dynamic lessons on confidence, joy, optimism, and strength, which will get them laughing and moving while they play games.

Sessions: SEP | OCT | NOV | DEC

MON 3–3:45pm

WED 3–3:45pm

1x per week: FM/M: \$25 • NM: \$50

2x per week: FM/M: \$50 • NM: \$100

BOXING CLUB FOR MIDDLE SCHOOLERS

Ages 12–14 • Participant min 2 max 8

Your child can unleash their potential through boxing. Coach T. makes it fun! Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. This club is for beginners, so no experience is necessary. Wraps available for purchase.

Sessions: SEP | OCT | NOV | DEC

MON 4:30–5pm

WED 4:30–5pm

1x per week: FM/M: \$25 • NM: \$50

2x per week: FM/M: \$50 • NM: \$100

TEEN FITNESS CENTER PRIVILEGES

After completing Youth Smart Start (above), kids can access the fitness center at the Y using their special wristband.

- **Ages 12 and 13 may access the fitness center:** Monday through Friday from 3pm to 4pm OR at any time when accompanied by a parent or guardian.
- **Ages 14+ may access the fitness center:** Any time the fitness center is open.

TEEN PERSONAL TRAINING

Ages 11–19 • By appt. only, with free consultation

Your teen can increase their speed, get stronger, and prevent injuries during the offseason with personalized and guided workouts with our specialists. Contact our Welcome Center at 207-563-9622 or Lauren Ober at lober@clcymca.org for more information.

1 one-hour session: FM: \$40 • M: \$40 • NM: \$60
5 one-hour sessions: FM: \$175 • M: \$175 • NM: \$225

KARATE

Ages 8+ • Participant max 10

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: SEP | OCT | NOV | DEC
TUE & THU 6:15–7:45pm • NO CLASS: 11/23
FM/M: \$50 • NM: \$100

OTHER PROGRAMS

YOUTH AND GOVERNMENT™

Grades 9–12

Give your student the opportunity to practice democracy in state-organized, model government programs. Your teen will meet locally to discuss and debate issues and propose legislation. For more information, contact Teen Coordinator Abi Iverson at aiverson@clcymca.org.

Y-ARTS & MORE!

Ages 7–11 • Participant min 5 max 8

Your child will create seasonal artwork and gifts in this creative program. September and October sessions will focus on outdoor art like leaf pressing, chalk art, and Halloween-themed creations. November and December sessions will focus on holiday-themed crafts, gift-making, and winter-based activities. Bristol and Nobleboro participants can ride the bus to the Y, where staff will receive them. GSB participants can be walked over from school with Y staff.

Sessions: SEP | OCT | NOV | DEC
TUE 3–4pm • NO CLASS: 12/26
FM/M: \$25 • NM: \$50

MIDDLE SCHOOL Y-TEEN LEADERS

Grades 6–8

Leaders Clubs connect young people with adult advisors to develop their leadership potential while fostering a culture of service. With the help of role models and mentors, your teen will develop the skills they need to lead positive change in their communities. [Read more about these programs here.](#)

Sessions: SEP | OCT | NOV | DEC
MON & FRI 3:30–4pm • NO CLASS: 12/25
Free

HIGH SCHOOL Y-TEEN LEADERS

Grades 9–12

Your high schooler will enjoy various volunteerism activities, social interactions, and community service projects with Teen Coordinator Abi, such as Sticker Shock, mentoring the Middle School Y-Teen Leaders, and assisting with community events.

Sessions: SEP | OCT | NOV | DEC
WED 2:30–3pm
Free

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 5/28/23 to 10/8/23)

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, Veterans Day, Thanksgiving, and Christmas

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

SESSION	START DATE	END DATE	REGISTRATION BEGINS
SEP	Tue, Sep 5th	Sat, Sep 30th	Mon, Aug 21st
OCT	Mon, Oct 2nd	Tue, Oct 31st	Mon, Aug 21st
NOV	Wed, Nov 1st	Thu, Nov 30th	Mon, Aug 21st
DEC	Fri, Dec 1st	Sat, Dec 30th	Mon, Aug 21st

PROGRAM REGISTRATION

Online, phone, and in-person registrations take place simultaneously. To register online, visit our website before registration to confirm you're properly linked in our membership database. If you receive financial assistance, you must register in person. All payments are 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. Questions? Contact our Welcome Center at 207-563-9622 or 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

Y MEMBERSHIP

Questions? Email membership@clcymca.org

Join online at clcymca.org

MEMBERSHIP BENEFITS

- FREE unlimited group exercise classes
- FREE Smart Start Coaching
- Special program rates for family members
- Nationwide YMCA access (some exclusions may apply)
- 2 Guest passes/member/year
- Access to YMCA360, Zoom, and Facebook Live classes

Abbreviations:

M = Member: one active member on the account is eligible for member pricing/benefits

FM = Family Member: each family member on the account is eligible for family 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 \$48,000, 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 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+)	Senior Couple	YMCA 360 Only
\$48k or more	\$65	Annual	\$888	\$648	\$396	\$276	\$564	\$888	\$240
		Monthly	\$74	\$54	\$33	\$23	\$47	\$74	\$20
\$38-48k	\$58	Monthly	\$59	\$45	\$26	\$17	\$39	\$59	\$20
\$28-38k	\$52	Monthly	\$56	\$44	\$24	\$16	\$36	\$56	\$20
\$18-28k	\$45	Monthly	\$51	\$39	\$22	\$15	\$33	\$51	\$20
\$18k or less	\$39	Monthly	\$46	\$34	\$20	\$14	\$29	\$46	\$20