



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Lincoln County YMCA

PROGRAM GUIDE

SEP | OCT | NOV | DEC

Registration begins
at 8am on 8/25 for
monthly sessions:

SEP

Tue 9/2–Sat 9/27

OCT

Mon 9/29–Sat 11/1

NOV

Sun 11/2–Sat 11/29

DEC

Sun 11/30–Tue 1/3



REGISTER ONLINE: clcymca.org

Try new
experiences
at the Y!



ADULT PROGRAMS

M = Member; NM = Non-Member

REGISTER ONLINE: 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-min, 45-min, or 60-minute sessions. Virtual options are available to meet your needs and schedule!

SMALL GROUP TRAINING

Crush your fitness goals faster while having fun with a team! Each month, mix up your routine with dynamic classes like Pilates, heavy bag training, core and flexibility, speed and agility, beginner weightlifting, newbie fitness, or a surprise 'trainer's choice' workout. With flexible scheduling and a supportive crew, you'll stay motivated, challenge yourself, and see results—all while keeping your workouts fresh and exciting! Email chfort@clcymca.org for more information or to sign up.

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: SEP | OCT | NOV | DEC

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

5 sessions: M: \$190 • NM: \$380

10 sessions: M: \$370 • NM: \$740



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

MON, WED, FRI 12:30–2pm

Drop in: M: FREE • NM: \$5

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: **SEP | OCT**

THU 5–6pm • NO CLASS: 11/27, 12/25

Drop in: M: FREE • NM: \$10

**ACHY &
SORE?**

ASK THE PT

Sore and achy muscles?

Pain in your joints?

Fear of falling?

Not sure of what to do next?



Fridays

8:30–9:30am

CLC YMCA Lobby

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

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

1x per week: M: \$50 • NM: \$100

2x per week: M: \$100 • NM: \$200

3x per week: M: \$150 • NM: \$300

Adult drop in: M: \$15 • NM: \$30

Teen drop in: M/NM: \$10

HEALTH MANAGEMENT

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, and attend nutrition education seminars.

FREE

LIVESTRONG AT THE YMCA

Next class begins September 16, 2025

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: **SEP | OCT | NOV | DEC**
11am on the second TUE of each month

M: \$10 • NM: \$15

WALK WITH EASE

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

Sessions: **SEP | OCT | NOV | DEC**
TUE & THU 10:30–11:30am

M: \$15 • NM: \$30

ENHANCE® FITNESS

MON, WED, and FRI 10:30–11:30am • Ages 55+

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!

M/NM: \$35/8-week session

DIABETES PREVENTION PROGRAM

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. Next class begins September 8th, 2025.

MON 9:15–10:15am

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. Advance registration required.

Sessions: **SEP | OCT | NOV | DEC**
MON & WED 12–12:45pm • NO CLASS: 10/13

M: \$50 • NM: \$100

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: **SEP | OCT | NOV | DEC**
TUE 10–11am

M: \$50 • NM: \$100
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: **SEP | OCT | NOV | DEC**
WEEKDAYS 9am–12pm • NO CLASS: 10/13, 11/11, 11/28, 12/25

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

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 6–8am • NO CLASS: 10/13
M: \$30 • NM: \$60
Drop in: M: \$5 • NM: \$15

INTERMEDIATE PICKLEBALL PLAY

3.0–3.5 players come play pickleball on Court 1.

Sessions: **SEP | OCT | NOV | DEC**
FRI 12–1:30pm
Drop in: M: \$8 • NM: \$16

PICKLEBALL COMPETITIVE PLAY

Looking to play with more advanced players? Join this USTA 3.5+ group.

Sessions: **SEP | OCT | NOV | DEC**
TUE & THU 6:30–9am • NO CLASS 11/27, 12/25
M: \$25 • NM: \$50
Drop in: M: \$5 • NM: \$15

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**
TUE 10–11am
M: \$50 • NM: \$100
Drop in: M: \$15 • NM: \$30



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. Includes a dynamic stretch, footwork, balls fed by a pro, and fun games.

Sessions: SEP | OCT | NOV | DEC

TUE 7–8am • NO CLASS: 11/11

THU 7–8am • NO CLASS: 12/25

M: \$50 • NM: \$100

Drop in: M: \$15 • NM: \$30



LUCK OF THE DRAW

Play pickleball matches on three courts in some fun round robin match play. Teams will be drawn from a hat at random for the evening.

Sessions: SEP | OCT

THU 6:30–8pm • NO CLASS: 11/27, 12/25

M: \$50 • NM: \$100

Drop in: M: \$15 • NM: \$30

INTERMEDIATE PICKLEBALL

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 12:30–2pm • NO CLASS: 11/27, 12/25

M: \$60 • NM: \$120

Drop in: M: \$20 • NM: \$35

● ● ● ● ● ● ● 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: SEP | OCT | NOV | DEC

THU 11–12:30pm • NO CLASS: 10/13

M: \$50 • NM: \$100

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: SEP | OCT | NOV | DEC

TUE 11–12pm

M: \$50 • NM: \$100

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 player's who are looking to cover less court.

Sessions: **SEP | OCT | NOV | DEC**
THU 10–11am • NO CLASS: 11/27, 12/25
M: \$50 • NM: \$100
Drop in: M: \$15 • NM: \$30

DOUBLES DRILLS & STRATEGY

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 9:30–10:30am
M: \$50 • NM: \$100
Drop in: M: \$15 • NM: \$30

Giving Tree applications available at our Welcome Center starting October 1st!



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: 10/13
M: \$50 • NM: \$100
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: **SEP**
FRI 9:30–10:30am
M: \$50 • NM: \$100
Drop in: M: \$15 • NM: \$30

SCRAMBLERS

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

Sessions: **SEP | OCT | NOV | DEC**
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: **SEP | OCT | NOV | DEC**
TUE 12–1pm & WED 5–6pm
Drop in: M: FREE • NM: \$10/class



LADIES TEAM CLINIC 3.0

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: SEP | OCT | NOV | DEC
MON 12–1:30pm • NO CLASS: 10/13
M: \$100 • NM: \$200

LADIES TEAM CLINIC 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: SEP | OCT | NOV | DEC
THU 12:30–2pm • NO CLASS: 11/27, 12/25
M: \$100 • NM: \$200

SINGLES SKILLS AND STRATEGY

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

Sessions: SEP | OCT | NOV | DEC
FRI 1–2pm
M: \$50 • NM: \$100
Drop in: M: \$15 • NM: \$30

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: SEP | OCT | NOV | DEC
MON 5–6pm
Drop in: M: FREE • NM: \$10

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!

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

WED 1–2pm

FRI 12–1pm

M: \$50 • NM: \$110

Drop in: M: \$15 • NM: \$30

FAST FOUR MATCH PLAY

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

M: \$50 • NM: \$100

Drop in: M: \$15 • NM: \$30

UTR NIGHT IS BACK!

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.universaltennisplay.com.

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

WED 6–8pm

M/NM: Singles: \$37 • Doubles team: \$37

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

TUE 1–2pm

THU 9–10am • NO CLASS: 11/27, 12/25

M: \$50 • NM: \$100

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

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

TUE & THU 6:15–7:45pm • NO CLASS: 11/27, 12/25

M: \$100 • NM: \$150

FARMS AT THE Y

HARVEST LUNCH

Enjoy a hands-on culinary experience where you'll prepare and share a fresh, seasonal lunch using locally grown vegetables. You'll learn simple, delicious recipes, explore cooking techniques that highlight Maine's harvest, and connect with others over a shared meal.

Sessions: SEP

MON: 11:30am–1:30pm

M: \$25 • NM: \$50

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.

10/24, 5:30–8pm: TAPAS

11/7, 5:30–8pm: PASTA

M: \$50 • NM: \$100



PRIME TIME K-5 AFTERNOON PROGRAMMING

NEED AFTERNOON CARE FOR THE SCHOOL
YEAR? JOIN US FOR PRIME TIME AND OTHER
PROGRAMS! REGISTRATION BEGINS 9/21!

K-2 Programs	Monday	Tuesday		Wednesday		Thursday		Friday
2:30-3:30	Prime Time	Prime Time		Prime Time		Prime Time		Friday Y Day! *This program will require a minimum of 4 participants to run.*
3:30-4:00 3:30-4:00	Red Ball	Youth Ninjas	Art Creations	Book Bites	Red Ball	Youth Ninjas	Young Chefs	
4:00-4:30	SEP NOV Game On! OCT DEC Table Sports	Y Fit Kids			SEP NOV Y Sports OCT DEC Floor Hockey	Art FUN		

3-5 Programs	Monday	Tuesday		Wednesday		Thursday	Friday
2:30-3:30	Prime Time	Prime Time		Prime Time		Prime Time	Friday Y Day! *This program will require a minimum of 4 participants to run.*
3:30-4:00	Create and Build	Kids in the Kitchen (ends at 5pm)	Fit 'N' Fun	Y Sports	Art Creations	Art FUN	
4:00-4:30			Youth Ninjas	SEP NOV Game On! OCT DEC Table Sports		Youth Ninjas	

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 Greenwald at 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

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.

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: **SEP | OCT | NOV | DEC**
TUE & THU 4–5:30pm • NO CLASS: 12/25

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: **OCT | NOV | DEC**
Session 1: MON & WED 3–3:30pm
Includes pick up from Great Salt Bay Elementary School at 2:45pm • NO CLASS: 12/23

Session 2: MON & WED 3:30–4:30pm
NO CLASS: 12/23

FREE for all; registration required

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: **SEP | OCT | NOV | DEC**
MON & WED 4:30–5:30pm • NO CLASS: 10/13
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: **SEP | OCT | NOV | DEC**
TUE & THU 3–4:30pm; FRI 3–5pm
NO CLASS: 10/13, 12/24–31
M: \$125 • NM: \$250

HIGH SCHOOL TENNIS CLINIC

Ages 14–18

Your child will be match-ready by the end of this fun, fast-paced clinic! Players will focus on perfecting their shots, improving their agility, and overall strategy.

Sessions: SEP | OCT | NOV | DEC

SAT 8:30–10am

M: \$60 • NM: \$100

Drop in: M: \$15 • NM: \$20

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: NOV | DEC

TUE & THU 6:30–8pm • NO CLASS: 12/25

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: OCT | NOV | DEC

SAT 10am–12pm

NO CLASS: 10/11, 11/8, 11/29, 12/27

FREE for all



YOUTH SPORTS

ITTY 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: SEP | OCT

MON 4:45–5:30pm • NO CLASS: 9/1, 10/13

M: \$35 • NM: \$60

ITTY 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: NOV | DEC

MON 4:45–5:30pm • NO CLASS: 9/1, 10/13

M: \$35 • NM: \$60

FIT 'N' FUN

Grades 3–5

Your child will be introduced to a variety of age-appropriate sports and activities in a fun and supportive environment. Our program focuses on developing fundamental motor skills, teamwork, and a love for physical activity through playful and engaging exercises.

Sessions: SEP | OCT | NOV | DEC

TUE 3:30–4pm

M: \$25 • NM: \$50

Y SPORTS

Grades K–5

Your child will play, learn, and have fun with these age-appropriate sports! Activities will have a fun twist to the basics of sports and competitive games.

Grades K–2 Sessions: OCT | DEC

WED 4–4:30pm

Grades 3–5 Sessions: SEP | OCT | NOV | DEC

WED 3:30–4pm • NO CLASS 12/24, 12/31

M: \$25 • NM: \$50



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 are required to interact and assist during your child's class.

Sessions: SEP | OCT | NOV | DEC

MON 10:30–11am • NO CLASS: 9/1, 10/13

M: \$25 • NM: \$50

SAVE THE DATE: TRUNK OR TREAT

Join us at Great Salt Bay Community School on Friday, October 31st (Halloween!) from 4–6pm for a community Trunk-or-Treat with the Damariscotta Police. Get your costumes and pillowcases ready!



YOUTH SPORTS LEAGUES

Registration opens 8/21 at 8am!

If you're interested in volunteer coaching for any of our youth sports leagues, please email Sr. Program Director Molly Cooper at mcooper@clcymca.org.

Our youth sports leagues are designed to help children develop life skills like confidence, perseverance, and teamwork—while teaching sports to children who have never played and improving the skills of those who have. Athletes will learn the fundamentals of soccer and basketball, with a focus on basic skills, rules and regulations, teamwork, good sporting behavior, and fair play.

SOCCER LEAGUE

Grades 1–2 kickoff: SAT 9/6, 8:30–9:30am

Grades 3–4 kickoff: SAT 9/6, 9:45–10:45am

Grades 5–6 kickoff: SAT 9/6, 11am–12pm

This 7-week league includes weekly one-hour practices (times and locations to be determined by the team's coach) and weekly Saturday games that will run from 9/20–11/1 with the exception of 10/11.

Grades 1–2 and 3–4 will play other CLC YMCA teams and grades 5–6 will travel to compete against other recreational programs. Game times and locations to be determined.

Please register in advance according to your child's 2025–26 school year grade, so that coaches can choose teams accurately at the kickoff.

M: \$75 • NM: \$155



BASKETBALL LEAGUE

Grades 1–2 kickoff: SAT 11/22, 9–10am

Grades 3–4 kickoff: SAT 11/22, 10:15–11:15am

Grades 5–6 kickoff: SAT 11/22, 11:30am–12:30pm

This 8-week league includes weekly practices (times and locations to be determined by the team's coach) and weekly Saturday games that will run from 12/6–1/26. There will be no practices or games the weeks of 11/23–11/29 and 12/21–12/27.

Grades 1–2 and 3–4 will play other CLC YMCA teams and grades 5–6 will travel to compete against other recreational programs. Game times and locations to be determined.

Please register in advance according to your child's 2025–26 school year grade, so that coaches can choose teams accurately at the kickoff.

M: \$85 • NM: \$165



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: **SEP | OCT | NOV | DEC**
TUE 3:30–5pm • NO CLASS: 11/11, 12/23
M: \$75 • NM: \$150

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! To register, contact FARMS at the Y Director Leslie Wicks at lwicks@clcymca.org.

Sessions: **SEP | OCT | NOV | DEC**
MON 3–4:30pm
NO CLASS: 9/1, 10/13, 12/22, 12/29
Suggested Donation: M: \$25 • NM: \$50

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: **SEP | OCT | NOV | DEC**
WED 3:30–4:30pm • NO CLASS: 11/26, 12/24, 12/31
M: \$50 • NM: \$100

YOUNG CHEFS

Grades K–2

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

Sessions: **SEP | OCT | NOV | DEC**
THU 3:30–4:30pm • NO CLASS: 11/27, 12/25
M: \$50 • NM: \$100



FITNESS

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

YOUTH NINJAS

Grades K–5

Unleash your child's inner warrior as they tackle obstacle courses inspired by the famous Ninja Warrior challenges. Through a series of fun and interactive activities, kids will learn essential ninja skills such as balance, coordination, and speed. Each session is crafted to enhance physical activity while fostering teamwork, resilience, and determination. Each session may change location based on skill development.

Sessions: SEP | OCT | NOV | DEC

Grades K–2: TUE & THU 3:30–4pm

Grades 3–5: TUE & THU 4–4:30pm

NO CLASS: 11/27, 12/25

M: \$25 • NM: \$50

Y FIT KIDS

Grades K–2

Get moving, build confidence, and have fun! This high-energy program helps kids boost their fitness through playful games and powerful lessons in confidence, joy, optimism, and inner strength. It's all about movement, mindset, and having a blast along the way.

Sessions: SEP | OCT | NOV | DEC

TUE 4–4:30pm

M: \$25 • NM: \$50

BOXING ACADEMY

Grades 3–6

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: SEP | OCT | NOV | DEC

MON & WED 3:30–4:30pm • NO CLASS: 10/13

M: \$100 • NM: \$150

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.

● ● ● ● ● TEEN PROGRAMS ● ● ● ● ●

YOUTH & GOVERNMENT™

Grades 9–12

Empower your teen to lead, debate, and make a difference! Through model government programs, students draft bills, debate real issues, and grow as leaders—from local meetings to statewide events. Contact Abi at aiverson@clcymca.org for more information!

FREE (donations welcome!)

TEEN LEADERS CLUB

Grades 9–12

Where teens lead, grow, and make an impact! This club blends fun, service, and adventure while building leadership, confidence, and teamwork. Teens shape their own club, give back through volunteer projects, and form lasting friendships. Contact Abi at aiverson@clcymca.org for more information!

FREE (donations welcome!)

TEEN VOLLEYBALL

Grades 6–12

Serve. Spike. Shine! Teen Volleyball is fast-paced, fun, and perfect for building skills, confidence, and friendships—whether you're new or skilled. Come ready to play, and have a blast!

Sessions: **SEP | OCT**

WED 4:45–5:30pm • NO CLASS: 12/24, 12/31

FREE (donations welcome!)

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! To register, contact FARMS at the Y Director Leslie Wicks at lwicks@clcymca.org.

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

MON 3–4:30pm

NO CLASS: 9/1, 10/13, 12/22, 12/29

Suggested Donation: M: \$25 • NM: \$50



TEEN TREK FRIDAYS

Grades 9–12

Kickstart your weekend—one trek at a time! Getting teens outside to hike local trails, give back through service projects, and connect with friends. Each week brings fresh air, adventure, and memories in the making.

Sessions: **SEP | OCT**

FRI 2:45–5pm

FREE (donations welcome!)



STRENGTH ACADEMY

Grades 6–8

Get ready to move, lift, and flourish! Kids build strength, balance, agility, and endurance through fun, age-appropriate workouts. All levels welcome—confidence and a love for fitness start here!

Sessions: **OCT | NOV**

TUE & THU 5–5:45pm • NO CLASS: 11/27

M: \$35 • NM: \$75

BOXING & STRENGTH

Ages 13+

Glove up and unleash your power! This class mixes strength training, bag work, and dynamic circuits in a fast-paced, motivating environment. Perfect for intermediate to advanced levels! Gloves available for purchase.

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

Adults: MON & WED 11–11:45am

Adults & teens: MON & WED 5–5:45pm

1x per week: M: \$50 • NM: \$100

2x per week: M: \$100 • NM: \$200

3x per week: M: \$150 • NM: \$300

Adult drop in: M: \$15 • NM: \$30

Teen drop in: M/NM: \$10

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.



OTHER PROGRAMS

ART FUNDAMENTALS

Grades K–5

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

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

Grades K–2: THU 4–4:30pm

Grades 3–5: THU 3:30–4pm

NO CLASS: 11/27, 12/25

M: \$25 • NM: \$50

ART CREATIONS

Grades 3–5

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

Grades K–2: TUE 3:30–4:30pm

Grades 3–5: WED 3:30–4:30pm

NO CLASS: 12/24, 12/31

M: \$50 • NM: \$100

CREATE & BUILD

Grades 3–5

Unleash your 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: **SEP | OCT | NOV | DEC**

MON 3:30–4:30pm • NO CLASS: 9/1, 10/13

M: \$50 • NM: \$100

GAME ON!

Grades K–5

Your child will embark on an exciting journey into the world of board games! This program introduces classic and modern games that encourage critical thinking, problem-solving, and social interaction.

Sessions: **SEP | NOV**

Grades K–2: MON 4–4:30pm

Grades 3–5: WED 4–4:30pm

M: \$25 • NM: \$50

TABLETOP SPORTS

Grades K–5

Your child will dive into the world of tabletop sports with games like ping pong, air hockey, foosball, and pool—building coordination, teamwork, and friendly competition.

Sessions: **OCT | DEC**

Grades K–2: MON 4–4:30pm

Grades 3–5: WED 4–4:30pm

M: \$25 • NM: \$50

FLOOR HOCKEY

Grades K–2

Fast-paced fun! Kids learn skills, teamwork, and sportsmanship through exciting drills and scrimmages—no ice, just action!

Sessions: **OCT | DEC**

WED 4–4:30pm

M: \$25 • NM: \$50



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

TUE & THU 6:15–7:45pm • NO CLASS: 11/27, 12/25

M: \$50 • NM: \$100

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

FRI 2:30–4:30pm

M: \$80 • NM: \$160



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 5/25 to 10/12/2025)

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 3rd	Sat, Sep 28th	Mon, Aug 24th
OCT	Mon, Sep 30th	Sat, Nov 1st	Mon, Aug 24th
NOV	Sun, Nov 3rd	Sat, Nov 30th	Mon, Aug 24th
DEC	Sun, Dec 1st	Tue, Dec 31st	Mon, Aug 24th

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.

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 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 for more information.

We now offer 1-day, 1-week, and 2-week passes! 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+)
\$58k or more	\$65	Annual	\$986	\$727	\$452	\$325	\$636
		Monthly	\$83	\$61	\$38	\$27	\$54
\$48–58k	\$52	Monthly	\$66	\$49	\$30	\$22	\$43
\$38–48k	\$49	Monthly	\$62	\$46	\$29	\$20	\$40
\$28–38k	\$46	Monthly	\$58	\$43	\$27	\$19	\$37
\$28k or less	\$39	Monthly	\$50	\$37	\$23	\$16	\$32

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.

GROUP EXERCISE

FREE for members

\$10/class for non-members & nationwide members

Become a member online at www.clcymca.org!

SCAN FOR CLASS
SCHEDULE



SCAN FOR CLASS
DESCRIPTIONS



525 Main Street
PO Box 787
Damariscotta, ME 04543
(207) 563-9622

Monday–Friday: 5am–8pm | Saturday: 7am–4pm
Sunday: 9am–1pm (closed Sundays from Memorial
Day weekend through Indigenous Peoples' Day)
membership@clcymca.org