



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registration begins:
Monday 10/10

Programs run:
Sunday 10/23 to
Saturday 12/17

Central Lincoln County YMCA

PROGRAM GUIDE

2022 FALL II

REGISTER ONLINE: clcymca.org



Spend fall at
Central Lincoln
County YMCA!



ADULT PROGRAMS

FM = Family Member

M = Member

NM = Non-Member

REGISTER ONLINE: clcymca.org

GROUP FITNESS

The classes described below are available to adult YMCA members (14+) for FREE! Nonmembers can drop in for \$10. See the back cover of this guide or visit our website (clcymca.org) for updated schedules, class details, and to become a member.

BARRE BURN

Build longer, leaner, and stronger muscles! Barre combines the movements of Pilates, yoga, and ballet to focus on your alignment, posture, and stretching.

CYCLING

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

GREET THE DAY 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.

HATHA YOGA

Gain strength, flexibility, balance, mental focus, and emotional calm. We'll explore classic Hatha yoga postures from different systems both with and without the use of props and with provisions for modifications and advancing variations. Breath work and relaxation bookend every class.

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.

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.

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.

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.

PIYO

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

REST & RECOVERY

Restore your body as you use foam rollers and straps to stretch. This class helps you alleviate muscle soreness and improve flexibility.

STRENGTH & CARDIO

Get a total-body, heart-pumping, strength-conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind before you start your busy day!

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.

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.

TRX

Using a system of ropes and webbing, our trainers will lead you to work against your own body weight. Suspension training develops your physical strength through functional movements and dynamic positions.

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.

YOGA FLOW

Try Vinyasa, a dynamic yoga style that means "flowing with breath." You'll match physical postures with inhales and exhales, creating a steady internal rhythm. Deepen your practice both mentally and physically with this fluid class, building on strength, flexibility, and transitions.

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



HEALTH MANAGEMENT

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: \$50 • M: \$50 • NM: \$100

With blood pressure monitor:

FM: \$100 • M: \$100 • NM: \$150

DIABETES PREVENTION PROGRAM

Sign up day: FRI 12/9, 10am–12pm or 5–6pm
Begins in Feb 2023 • Participant min 4 max 12

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

Sign up day: FRI 12/9, 10am–12pm or 5–6pm
Begins in Jan 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

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: \$25 • M: \$25 • NM: \$25

ENHANCE[®] FITNESS RESEARCH STUDY

In collaboration with the University of Washington, the Y offers additional free Enhance[®] Fitness classes for qualifying participants with arthritis, fibromyalgia, gout, or lupus. Receive up to \$125 in compensation for attending four months of classes. Contact Robin Maginn at rmaginn@clcymca.org for more information.

BOXING FOR PARKINSON'S

MON & WED 12–12:45pm, 10/24–12/14
Participant min 3 max 8

Improve your functional movement and overall quality of life! Research shows that exercise is an important component in the management of Parkinson's Disease. Advanced registration required.

FM: \$65 • M: \$85 • NM: \$130

STAY STRONG

Every WED at 12pm • 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

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

MINDFULNESS • ENERGY WELLNESS • STRESS REDUCTION

Ages 14+ • TUE 6:30–7:30pm, 10/25, 11/1, 11/8, 11/15 • Participant min 3 max 12

Drawing upon techniques from brain gym, energy medicine, acupressure, and somatic movements, you'll explore what it feels like to stay in balance, reduce stress, manage chronic stresses, and feel more joyful! Registration required.

Free to ages 14–24 • FM: \$20 • M: \$30 • NM: \$40

TENNIS AND PICKLEBALL

DRILL NIGHT

TUE 5:30–6:30pm, 10/25–12/13
Participant max 12

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

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

DRILLS AND SKILLS

THU 8–9am, 10/27–12/15 (except 11/24)
Participant max 12

Start your day working on your game. Strokes, strategies, point play, and mental toughness will all be part of your hour. Basic tennis knowledge is required.

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

BEGINNERS AND BEYOND

MON 12:30–1:30pm, 10/23–12/12
Participant min 2 max 12

Learn basic tennis techniques and scoring through casual play. All are welcome, regardless of skill level!

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

ADVANCED DOUBLES

MON 8–9am, 10/23–12/12
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.

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

TRIPLES

THU 5:30–6:30pm, 10/23–12/15 (except 11/24)
Participant max 15

Imagine three people on a side, using the transitional orange balls, changing positions after every point, while the music plays oldies! Transitional orange balls allow even the most hesitant beginner to feel like a superstar! No experience is necessary, all levels are welcome, and equipment is provided.

Session: FM: \$80 • M: \$80 • NM: \$160
Drop in: FM: \$10 • M: \$10 • NM: \$20

CARDIO TENNIS

TUE 12–1pm, 10/25–12/13
WED 5–6pm, 10/26–12/14

Play, run, and laugh with music and games. A tennis professional will guide you and make sure you feel the burn. Drop in to play; no experience or equipment needed.

FM: Free • M: Free • NM: \$10/class

UTR NIGHT IS BACK!

WED 6–8pm, 10/26–12/14

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! Sign up weekly and learn more at www.universaltennisrating.com.

FM: \$20 • M: \$20 • NM: \$20

STAY AND PLAY

SAT 11am–1pm, 10/29–12/17 (except 11/12 & 11/26)
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.

Free for all

FAST FOUR MATCH PLAY

TUE 6:30–8pm, 10/25–12/13
Participant min 4 max 12

Compete quickly as you switch opponents and partners and enjoy another round. This is a unique opportunity to work on your focus, your ability to shift strategies constantly, and adapt to new partners. A basic understanding of tennis is required.

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

RUSTY, RUSTED AND RECOVERING

TUE 11am–12pm, 10/25–12/13
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.

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

USTA ADULT LEAGUE TENNIS



For more information, contact Georgia Ahlers at gahlers@clcymca.org.

LEARN TO PLAY PICKLEBALL

TUE 10–11am, 10/25–12/13
All ages • Participant min 3 max 8

Become part of the fastest-growing sport in the country! In just four weeks, you'll learn the fundamentals of pickleball, including serves, returns, dinks, third shots, and scoring. Paddles and balls provided. Great for all ages and simple to learn.

Drop-in: FM: \$15 • M: \$15 • NM: \$25
Session: FM: \$80 • M: \$80 • NM: \$160

PICKLEBALL PROGRAM OPEN LEVEL

MON, WED, FRI 6:30–8am and MON, TUE, WED, THU 12–2:30pm, 10/23–12/17 (except 11/11 and 11/24) • All ages

Join us for an hour and a half of guaranteed continuous play on three hard courts.

**FM: \$50 • M: \$50 • NM: \$100
Drop in: FM: \$5 • M: \$5 • NM: \$10**

SOCIAL PICKLEBALL OPEN PLAY

MON, TUE, WED, FRI 8am–12pm, 10/23–12/17 (except 11/11) • All ages

Only one court available. Come sit and be social while you take your turn to play.

Drop in: FM: Free • M: Free • NM: \$10

23rd ANNUAL BREAST CANCER WOMEN'S DOUBLES TENNIS and PICKLEBALL TOURNAMENT

THU 9am–1pm, 10/20 • Participant min 4 max 24

Celebrate women's health by joining our women's doubles tennis or pickleball tournaments. Draw your partner from a hat and enjoy raffle baskets and food afterward. Proceeds support breast cancer research.

FM: \$25 • M: \$25 • NM: \$25

FARMS AT THE Y

JOYFUL SEASONAL COOKING MADE EASY

**FRI 6–7:30pm, 12/2
Participant min 4 max 10**

Join us for hands-on, group-based cooking. We'll share strategies to make meal planning easier, explore recipes utilizing local, seasonal produce, and bring joy back to cooking.

FM: \$30 • M: \$36 • NM: \$60

FITNESS

Please contact our Welcome Center at 207-563-9622 or membership@clcymca.org to schedule an appointment or free consultation.

PERSONAL TRAINING

Get a personalized, guided workout at the Y! Experienced trainers provide individual attention, motivation and workouts structured to your specific goals to show measurable progress.

**1 one-hour session: FM: \$60 • M: \$60 • NM: \$120
5 one-hour sessions: FM: \$275 • M: \$275 • NM: \$450**

SMALL GROUP TRAINING

Choose from among heavy bag training, core and flexibility, speed and agility, newbie fitness, and beginner weightlifting in this 8-week program.

FM: \$120 • M: \$125 • NM: \$250

VIRTUAL PERSONAL TRAINING

Get one-on-one coaching and a personal fitness plan from a certified trainer, who will maximize your workout with the tools and personal connection you need.

**1 one-hour session: FM: \$60 • M: \$60 • NM: \$120
5 one-hour sessions: FM: \$275 • M: \$275 • NM: \$450**

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

OTHER PROGRAMS

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

Ages 12+ • Participant min 4 max 10
WED 5:30–7:30pm, 10/26 and 11/23

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: \$75 • M: \$90 • NM: \$150

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.

ACTIVE OLDER ADULT POTLUCK LUNCHES

WED 11:30am–12:30pm, 11/2 and 12/7

Eat, socialize, and learn at our potluck lunches! Bring a shareable dish and join us on the first Wednesday of the month, starting in October, 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

2023 MEDICARE ADVANTAGE WORKSHOPS

SAT 10–11am, 10/29, 11/5, 11/19, or 12/3



FAMILY INSURANCE ADVISORS

Come learn about how Martin's Point and the YMCA can help you live out a healthy and happy lifestyle.

Reed Family Insurance Advisors will be hosting Martin's Point Generations Advantage workshops this fall to present the new 2023 Medicare Advantage plans. Reserve your spot by calling 207-563-1990.

Free for all

DOG OBEDIENCE CLASSES

All K9 Ages • Participant min 3 max 7
TUE 11/1–11/29 and 12/6–12/27

Beginner (5–6pm): Train your dog using effective communication and basic commands like “come,” “sit,” and “stay.” We recommend that you and your dog complete this class twice before advancing.

Intermediate (6–7pm): Expand and build consistency on all introductory skills and learn how to reinforce good behaviors in situations involving more distance, duration, and distractions.

Canine Good Citizen (7–8pm): Strengthen the bond between you and your dog by teaching obedience and good manners. Dogs who pass are awarded an official Canine Good Citizen certificate.

Please email proof of rabies vaccination to Jean Conte at jconte1956@gmail.com prior to first class.

Each level: FM: \$70 • M: \$75 • NM: \$90

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
TUE & THU 6:15–7:45pm, 10/25–12/15

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

FM: \$80 • M: \$96 • NM: \$160

COMMUNITY NAVIGATION

The Y offers services that help you access local community and state resources, benefits, and assistance programs. Our Community Navigator, Karen-Ann Hagar, 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
- Vehicle Repair
- And More

Email Karen-Ann Hagar at khagar@clcymca.org to get started!



CENTRAL LINCOLN COUNTY YMCA'S 41ST ANNUAL HOLIDAY BAZAAR

**SATURDAY, NOVEMBER 19, 2022
9:00AM - 3:00PM**



Central Lincoln County YMCA
525 Main Street
Damariscotta, ME
www.clcymca.org

**TO REGISTER FOR A SPACE:
EMAIL MEMBERSHIP@CLCYMCA.ORG OR STOP IN
THE Y FOR AN APPLICATION**

YOUTH PROGRAMS

FM = Family Member

M = Member

NM = Non-Member

REGISTER ONLINE: clcymca.org

TENNIS

RED BALL

Ages 5–8 • Participant min 4 max 24
MON & WED 3–3:45pm, 10/24–12/14

Hop, skip, jump, throw, run, catch, and play games to music! Your child will be encouraged to move in this physical tennis activity sized appropriately for them. Equipment is provided and registration is required. Start time is dynamic, come whenever you can.

Free

ORANGE BALL

Ages 8–12 • Participant min 4 max 24
MON & WED 4–5pm, 10/24–12/14

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

FM: \$90 • M: \$110 • NM: \$150

ACEING AUTISM

Ages 8–20 • Participant min 4 max 12
SAT 9–10am, 10/15–12/3 (except 11/5 & 11/12)

Get individualized tennis instruction for children with autism, who will develop and benefit from social connections and exercise through tennis.

FM: \$120 • M: \$120 • NM: \$120

GREEN BALL

Ages 11–14 • Participant min 4 max 20
TUE & THU 3–4:30pm; FRI 3–5pm, 10/18–12/16
(except 11/24)

Whether your child is playing for fun or looking to join a high school team, Green Ball will lift their physical and mental game. They will use transitional green balls on a regulation court with adult racquets and focus on technique and strategy under the guidance of pros. Beginner to intermediate players welcome.

FM: \$120 • M: \$140 • NM: \$250

GREEN AND YELLOW BALL TOURNAMENT TRAINING

Ages 11–14 • Participant min 4 max 12
TUE & THU 4:30–5:30pm; FRI 3–5pm, 10/25–12/15 (except 11/24)

Your child can take their game to the next level by focusing on stroke technique and developing their tennis IQ. 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.

FM: \$120 • M: \$140 • NM: \$250

HIGH SCHOOL TENNIS TRAINING

**Ages 14–18 • Participant min 4 max 12
MON and THU 6–8pm, 11/3–12/15 (except 11/24)**

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

FM: \$140 • M: \$160 • NM: 280

STAY AND PLAY

SAT 11am–1pm, 10/15–12/17 (except 11/5 & 11/26)

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.

Free for all ages

FAMILY TENNIS

All ages • SAT 10–11am, 10/23–12/17 (except 11/26)

Play with your kids. Play with your parents. Play with your grandparents! Tennis equipment like nets, racquets, and hula-hoops is available. Some gentle guidance from a pro or volunteer will help steer you in the right direction if you need it.

Free for all

**Our youth tennis programs are supported by the
USTA Foundation and the Sanford Open.**



FITNESS

YOUTH SMART START

Ages 11–13 • 1st and 3rd Mondays of the month

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 3–4:30pm, Monday–Friday, without a parent or guardian, and allows them to attend group exercise classes.

Free for members

TEEN PERSONAL TRAINING

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

Does your teen want to increase speed, get stronger, and prevent injuries during the season? Personalized and guided workouts in between sports seasons with our specialists will do all this and more. Contact our Welcome Center at 207-563-9622 or Lauren Ober at lober@clcymca.org for more information.

1 one-hour session: FM: \$35 • M: \$35 • NM: \$45

5 one-hour sessions: FM: \$175 • M: \$175 • NM: \$225

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.**

TEENS

AFTER-SCHOOL TABLE ACTIVITIES

Ages 12–15 • TUE 3:30–4:30pm

Your child can join other young teens for a rotating activity like journaling, crafts, puzzles, or card games. Registration required.

Free

BEGINNER EXERCISE BINGO CHALLENGE

Ages 11–16 • Participant max 15

Is your teen ready for a challenge? Teens can pick up a bingo challenge card from Y Teen Program Coordinator Molly Murphy and work to complete the challenges at their own pace. Teens need to complete fitness center training prior to enrollment.

Free

TEEN MENTORING

Ages 14–18 • Participant max 20

Connect with a trusted adult and find support in defining and reaching your goals, navigating your challenges, and thriving through regular life demands. You'll meet with a mentor as needed by email, appointment, or informally during after-school hours at the Y. Mentors will help you find professionals or experts as needed.

Free

TEEN COOKING CLASSES

**Ages 12–15 • Participant min 4 max 10
WED 3–4:30pm, 10/26–12/14**

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

Free

CREATIVE WRITING WORKSHOP

**Ages 12–18 • Participant min 2 max 8
MON 3:30–4:30pm, 10/24–11/28 (except 11/7)**

Your child will discuss various aspects of writing, like worldbuilding, poetry, and story construction. Facilitator Samuel Inman will provide constructive feedback and teach your child to expand their writing knowledge. Notebooks and writing utensils are provided; laptops and other devices are welcome.

Free

READING CHALLENGE

Ages 12–24 • Participant max 8

Your child can check out one of our two available reads: *Aristotle and Dante Discover the Secrets of the Universe* by Benjamin Alire Saenz (ages 12+) or *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid (ages 15+) from our front desk—and we'll help keep track of their reading!

Free

MINDFULNESS • ENERGY WELLNESS • STRESS REDUCTION

**Ages 14+ • Participant min 3 max 12
TUE 6:30–7:30pm, 10/25, 11/1, 11/8, 11/15**

Drawing upon techniques from brain gym, energy medicine, acupuncture, and somatic movements, you'll explore what it feels like to stay in balance, reduce stress, manage chronic stresses, and feel more joyful! Registration required.

Free to ages 14–24 • FM: \$20 • M: \$30 • NM: \$40

SPORTS

KARATE

Ages 8+ • Participant max 10
TUE & THU 6:15–7:45pm, 10/25–12/15

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

FM: \$80 • M: \$96 • NM: \$160

ITTY BITTY BASKETBALL

Pre-K & Kindergarten • Participant min 7 max 12
WED. 3:30–4:15pm, 11/2–12/7

Learn the fundamentals of basketball such as ball handling, dribbling, shooting and footwork with an emphasis on good sportsmanship and teamwork.

FM: \$50 • M: \$60 • NM: \$100

GYMNASTICS: TINY TUMBLERS

Ages 3–5 • Participant min 4 max 8 • TUE 3:30–4:15pm & 4:30–5:15pm, 11/1–12/6

Learn the basics of gymnastics while developing motor skills, and body awareness in a safe, fun structured environment. You must be present during your child's class and your involvement is highly encouraged.

FM: \$55 • M: \$66 • FM: \$110

YOUTH BASKETBALL LEAGUE

Grades 1–2 kickoff: SAT 11/19, 8–9am
Grades 3–4 kickoff: SAT 11/19, 9:15–10:15am
Grades 5–6 kickoff: SAT 11/19, 10:30–11:30am

Please register in advance according to your child's 2022–23 school year grade, so that coaches can choose teams accurately at the kickoff. Practices will begin the week of 11/21. All teams will have 1-hour practices during the week. Grades 1–2 will have guided game play on Saturdays. Grades 3–4 will compete against each other and/or local rec. programs. Grades 5–6 will compete against local rec. programs (locations and times TBD). Games will begin on 12/3–1/21 (no games 12/24 and 12/31).

FM: \$80 • M: \$96 • NM: \$160

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

SAVE THE DATE: TRUNK OR TREAT

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



STEAM

BIRD HOUSE BUILDING

Ages 8–13 • Participant min 7 max 13
WED. 3:00–4:45pm, 11/2–12/7 (except 11/23)

Build, learn and create with the staff from The Carpenters Boat Shop. Your child will learn the art of measuring, safe tool usage and basic hand tool use. At the end of the 5-week session, students will have a handcrafted birdhouse! Bus departs CLC at 3:00pm and will return at 4:45pm. Pick-up at GSB is offered. For transportation questions, contact Program Director, Morgan Perry mperry@clcymca.org

FM: \$70 • M: \$84 • NM: \$140

Y-ARTS: HOLIDAY MINI SESSION

Ages 6–13 • Participant min 4 max 10
MON 3–4pm, 10/24–11/21 (except 10/31)

Create art for the holidays, presents, and decorations. Your child will make glass ornaments, glass plates, cards, gift tags, and decorations.

FM: \$37 • M: \$44 • NM: \$73

FARMS AT THE Y

KIDS IN THE KITCHEN

Ages 8–12 • Participant min 4 max 10
TUE 3–4:30pm, 10/25–12/6

Experience kitchen-based activities in this interactive and fun class. Your child will learn cooperative cooking skills while meeting new friends.

FM: \$115 • M: \$138 • NM: \$230

YOUNG CHEFS

Ages 5–8 • Participant min 4 max 10
SAT 9–10:30am, 11/5 & 12/3

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

FM: \$15 • M: \$18 • NM: \$30

YOUTH VOLUNTEERING

AGES 15–24

Assist or mentor in a variety of group programs for younger students, including wellness, fitness, sports, childcare, cooking and nutrition, book clubs, and study support. Contact Molly Murphy at mmurphy@clcymca.org for more information.

CLC YMCA FITNESS MENTOR PROGRAM

High school and college students

Does your adolescent love working out? We are looking for volunteers to help our teens ages 11–13 who need a Y mentor in the fitness center to guide them through a workout after school. For more information, please contact Lauren Ober at lober@clcymca.org.

WHO, WHAT, WHERE, WHEN, Y

The Y puts Christian principles into practice through programs that build a healthy spirit, mind, and body for all. The CLC YMCA enriches lives, strengthens community, and drives social change.

FACILITY HOURS

Monday–Friday: 5am–8pm

Saturday: 7am–4pm

Sunday: 9am–1pm

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 AND REGISTRATION DATES

Fall II: Sunday, October 23rd to Saturday, December 17th • Registration begins October 10th

PROGRAM REGISTRATION

Online, phone and in-person registrations take place simultaneously. To register online, visit the Y's website prior to registration to confirm your family is properly linked in our membership database. If you receive financial assistance, you must register in person. All payments are due at registration. Balances due on Y accounts must be paid before registration. If you have any 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 the Y must close due to COVID-19, a refund will be credited to your account for the full or prorated portion of the program and can be used towards future programming. 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



CLC YMCA GROUP FITNESS

FALL II 2022: October 24th - December 23rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am KETTLEBELLS Mary Snow	6:00-7:00am GREET THE DAY YOGA Mary Snow	6:00-6:45am KETTLEBELLS Mary Snow	6:00-7:00am GREET THE DAY YOGA Mary Snow	6:00-6:45am KETTLEBELLS Mary Snow	
	6:00-6:45am TOTAL BODY CHALLENGE Becky Drum		6:00-6:45am TOTAL BODY CHALLENGE Becky Drum			
	7:00 - 7:45am HATHA YOGA Marcia Camino		7:45 - 8:45am YOGA FLOW Steph Winchenbach		7:00 - 7:45am HATHA YOGA Marcia Camino	9:00-10:00am HEAVY WEIGHT TRAINING Becky Drum
	8:00-9:00am LIVING FIT Robin Maginn	8:00-8:45am PILATES Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	8:00-8:45am PILATES Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	
	9:00-10:00am STRENGTH & CARDIO	9:00-10:00am STRENGTH & CARDIO Becky Drum	9:00-10:00am STRENGTH & CARDIO			
		9:15-10:15am CYCLING Cynthia Fort	9:00-10:00am BARRE BURN Becky Drum	9:15-10:15am CYCLING Cynthia Fort		
		10:30-11:30am STRENGTH TRAINING Cynthia Fort		10:30-11:30am STRENGTH TRAINING Cynthia Fort	9:00-10:00am REST & RECOVERY	
		12:00-1:00pm CARDIO TENNIS Georgia Ahlers				
	4:45-5:45pm PiYo Tanya Albert	4:15-5:00pm CYCLING Sarah Plummer		4:15-5:00pm CYCLING Sarah Plummer	FREE FOR MEMBERS Nonmembers: \$10/Class **Please register in advance online or at the Welcome Center	
	6:00-7:00pm TURN UP DANCE FITNESS Erica Genthner	5:45-6:45pm TOTAL BODY CHALLENGE Hannah Meneses	5:00-6:00pm CARDIO TENNIS Georgia Ahlers	5:00-6:00pm TABATA STRENGTH Melissa Howard	LOCATIONS: FITNESS STUDIO GYMNASIUM CYCLING STUDIO STUDIO ONE	

*****NO GROUP EX CLASSES BETWEEN 12/24-1/1*****