



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Lincoln County YMCA

PROGRAM GUIDE

SEP | OCT | NOV | DEC

Registration begins
8/19 for ALL NEW
monthly sessions:

SEP

Tue 9/3–Sat 9/28

OCT

Mon 9/30–Sat 11/1

NOV

Sun 11/3–Sat 11/30

DEC

Sun 12/1–Tue 12/31



REGISTER ONLINE: clcymca.org

Try new
experiences
at the Y!



ADULT PROGRAMS

FM = Family Member; M = Member; NM = Non-Member

REGISTER ONLINE: clcymca.org

FITNESS

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. Stop by the Welcome Center to sign up today!

Free for 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. 30-, 45-, or 60-minute sessions and virtual options are available to meet your needs and schedule.

INTRO TO BOXING

Ages 13+

Unleash your potential by learning the basics of boxing. 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 purchase.

**Intro to Boxing I: 9/7–10/26
SAT 10–10:30am**

FM/M: \$25 • NM: \$50

**Intro to Boxing II: 11/3–12/29
SUN 10–10:30am**

FM/M: \$25 • NM: \$50



**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 FOR LIFE

Become more energized and empowered with Coach T in this seated boxing class! Learning to box is for EVERYONE!

Sessions: SEP | OCT | NOV | DEC

THU: 12:30-1:15pm

FM/M: \$25 • NM: \$50

BOXING & STRENGTH

Ages 13+

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

TUE, WED, & FRI 11-11:45am

MON & WED 5-5:45pm

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

3x per week: FM/M: \$150 • NM: \$300

Adult drop in: FM/M: \$15 • NM: \$30

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

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

SMALL GROUP TRAINING

Get quicker fitness results while enjoying the camaraderie of teammates. Choose from among Pilates, heavy bag training, core and flexibility, speed and agility, newbie fitness, beginner weightlifting, or “trainer’s choice” in these monthly classes with flexible scheduling. Email tfudge@clcymca.org for more information or to sign up.

**GOT
QUESTIONS?**

ASK THE TRAINER

- Training Tips
- Spotter
- Equipment Orientations
- Exercise Ideas
- Gym Etiquette



**“Trainer On Duty”
schedule will be
posted in the
CLC YMCA Fitness Center**

HEALTH MANAGEMENT

TAI CHI FOR HEALTH & BALANCE I & II

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.

Tai Chi I: 9/10–10/31
TUE & THU 9:15–10am
FM/M: \$50 • NM: \$100

Tai Chi II: 11/5–12/31
TUE & THU 9:15–10am
FM/M: \$50 • NM: \$100

DIABETES PREVENTION PROGRAM

Next class begins September 2024
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. Program requires referral and includes individual Y membership.

FM/M: \$25/mo

FALLS PREVENTION CLINIC

FRI 9–10:30am, 10/4 and 11/1

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

WALK WITH EASE

Put on your walking shoes and start improving your overall health. You'll increase your flexibility, strength, and walking stamina through this program from the Arthritis Foundation. Opportunities for both indoor and outdoor walking this fall!

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

FM/M: \$15 • NM: \$30

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 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

ENHANCE®FITNESS

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

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

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

LIVESTRONG AT THE YMCA

Next class begins September 2024

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

BOXING FOR PARKINSON'S

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

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

FM/M: \$50 • NM: \$100

Drop in: FM/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: 11/28

Drop in: FM/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

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$5 • NM: \$15

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

SAT 6:30–8:30am

FM/M: \$25 • NM: \$50

Drop in: FM/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

THU 5:30–6:30pm • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/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

THU 7–8am • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$10 • NM: \$30

PICKLEBALL LEVEL UP

Between beginner and intermediate? This class is for you! You'll improve your dinks, drops, volleys, serves, and strategy with fun games and drills led by a pro.

Sessions: SEP | OCT | NOV | DEC

TUE 11–12pm

THU 10–11am • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/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: 11/28, 11/26

FM/M: \$50 • NM: \$100

Drop in: FM/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 11am–12:30pm • NO CLASS: 12/26

FM/M: \$60 • NM: \$120

Drop in: FM/M: \$20 • NM: \$35



TENNIS

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 | OCT | NOV | DEC

FRI 9–10am

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

SCRAMBLERS

Play and take your turn in this social style of tennis. Email Don Loprieno at donloprieno@yahoo.com for more information.

Sessions: SEP | OCT | NOV | DEC

THU, FRI, & SUN 11–12:30pm

Drop in only: FM/M: \$13 • NM: \$23

LUNCH BUNCH

Brush up on your ground strokes and learn some new strategies in this fun afternoon of intermediate tennis. One hour of drills with 30 minutes of open play.

Sessions: SEP | OCT | NOV | DEC

MON 12–1:30pm

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

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 5:30–6:30pm

Drop in: FM/M: Free • NM: \$10/class

LADIES TEAM CLINIC

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. For players with USTA rating 3.0–3.5

Sessions: SEP | OCT | NOV | DEC

THU: 12:30–2:30pm • NO CLASS: 12/26

FM/M: \$100 • NM: \$200

Drop in: FM/M: \$30 • NM: \$55

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

TUE 9–10am

FM/M: \$50 • NM: \$100

Drop in: FM/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

THU 10–11am

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

GRIP AND RIP

Join us for an evening of tennis drills that will up your level, then end with some fun match play for players intermediate level and up.

Sessions: SEP | OCT

TUE 5:30–6:30pm

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

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@clcmca.org.

Sessions: SEP | OCT | NOV | DEC

MON 6–8pm • NO CLASS: 9/2, 10/14, 11/11

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

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: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/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.universaltennising.com.

Sessions: SEP | OCT | NOV | DEC

WED 6:30–8:30pm

FM/M/NM: Singles: \$37 • Doubles Team: \$37

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

FM/M: \$50 • NM: \$100

Drop in: FM/M: \$15 • NM: \$30

FOCUS HITTING

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

Sessions: SEP | OCT | NOV | DEC

TUE 1–2pm

THU 9–10am • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

Drop in: FM/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 or by emailing Robin Maginn at rmaginn@clcymca.org.

Sessions: SEP | OCT | NOV | DEC

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

Free, and open to the community

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

Ages 12+ • 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. For more information, please contact Nick Menice at nmenice@clcymca.org.

Free for all

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

FM: \$85 • M: \$102 • NM: \$170

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!

PRIME TIME K-5 AFTERNOON PROGRAMMING

K-2 Programs	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:30	Prime Time	Prime Time	Prime Time	Prime Time	Prime Time
3:30-4:00	Red Ball Tennis	Youth Ninjas	Red Ball Tennis	Young Chefs	Sports FUNdamentals
4:00-4:30		Art FUNdamentals			Outdoor Explorers



Grade 3-5 Programs	Monday		Tuesday		Wednesday		Thursday		Friday	
	Prime Time		Prime Time		Prime Time		Prime Time		Prime Time	
	Y Fit for Girls	Fit N' Fun	Youth Boxing	Kids in the Kitchen	Y Fit for Girls	Fit 'N' Fun	Youth Boxing	Art Creations	Outdoor Explorers	Orange Ball League
	Youth Boxing	Create & Build	Youth Ninjas		Youth Boxing	Art FUNDamentals	Youth Ninjas		Sports FUNDamentals	
	Orange Ball					Orange Ball				

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.

To sign up for Prime Time scan here:



To sign up for afternoon programs scan here:



YOUTH PROGRAMS

FM = Family Member; 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.

RED BALL LEAGUE

Grades 1–2

Play on a team! Get a uniform and a racquet! Will make up to 6 teams, with 5 kids per team. Matches will be short and fun in a tie-breaker format. Each week will be dedicated to one day of skill building and one day of match play. Join us for this fun pilot program supported by the USTA Foundation!

Sessions: **SEP**

MON & WED 3:30–4:30pm

FM: \$50 • M: \$60 • NM: \$100

ORANGE BALL LEAGUE

Grades 3–4

Play on a team! Get a uniform! Will make up to 6 teams, with 5 kids per team. Matches will be short and fun in a tie-breaker format. Join us for this fun pilot program supported by the USTA Foundation!

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

FRI 3:30–4:30pm

FM: \$50 • M: \$60 • NM: \$100

GREEN AND YELLOW BALL TOURNAMENT TRAINING

Ages 11–14

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 Georgia is required to register, and monthly matches outside of program time are expected. Includes Friday afternoon Davis Cup play with Green Ball group.

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

TUE & THU 4:30–5:30pm; FRI 4–6pm

NO CLASS: 12/26–27

FM: \$100 • M: \$110 • NM: \$150

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**

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 red or orange ball!

Sessions: SEP | OCT | NOV | DEC
MON & WED 4:30–5:30pm

FM: \$50 • M: \$60 • NM: \$100

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: 10/9, 12/24–31

FM: \$100 • M: \$110 • NM: \$150

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

FM: \$50 • M: \$60 • NM: \$100
Drop in: FM: \$10 • 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: 12/26

FM: \$100 • 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: 10/12, 11/9, 11/30, 12/28

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

FM/M: \$25 • NM: \$50

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: 12/23, 12/30

FM/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

TUE & THU 10:30–11am • NO CLASS: 12/26

FM/M: \$50 • NM: \$100

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

MON & WED 3:30–4pm

NO CLASS: 11/27, 12/23, 12/30

FM/M: \$50 • NM: \$100

FAMILY FIT 'N' FUN

Ages 2–5 and their caregiver

You and your child will have fun with circuit training while playing games that develop skills and increase strength, balance, and cardio capacity.

Sessions: SEP | OCT | NOV | DEC

MON & WED 10:30–11am

NO CLASS: 11/27, 12/23, 12/30

FM/M: \$50 • NM: \$100

SPORTS FUNDAMENTALS

Your young 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.

Sessions: SEP | OCT | NOV | DEC

Grades K–2: FRI 3:30–4pm

Grades 3–5: FRI 4–4:30pm

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

FM/M: \$25 • NM: \$50

YOUTH SPORTS LEAGUES

If you're interested in volunteer coaching for any of our youth sports leagues, please email Program Director Nick Menice at nmenice@clcymca.org.

Developing life skills like confidence, perseverance, and teamwork is a key component in youth sports programs at the Y—they help build strong kids and effective changemakers! Our youth sports leagues are designed to build these life skills while teaching the basic skills of sports to children who have never played the game, and improve the skills of those who have. Athletes will learn the fundamentals of soccer and basketball, with a focus placed on basic skills, rules and regulations of the game, team work, sportsmanship, and fair play.

SOCCKER LEAGUE

Grades 1–2 kickoff: SAT 9/7, 8:30–9:30am

Grades 3–4 kickoff: SAT 9/7, 8:45–10:45am

Grades 5–6 kickoff: SAT 9/7, 11am–12pm

This 8-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 9/21–10/26 with the exception of 10/12.

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 2024–25 school year grade, so that coaches can choose teams accurately at the kickoff.

FM/M: \$80 • NM: \$160



BASKETBALL LEAGUE

Grades 1–2 kickoff: SAT 11/23, 9–10am

Grades 3–4 kickoff: SAT 11/23, 10:15–11:15am

Grades 5–6 kickoff: SAT 11/23, 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 12/14–1/27. There will be no practices or games the weeks of 11/24–11/30 and 12/22–12/28.

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 2024–25 school year grade, so that coaches can choose teams accurately at the kickoff.

FM/M: \$80 • NM: \$160

FARMS AT THE Y

KIDS IN THE KITCHEN

Grades 3–5

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

Sessions: SEP | OCT | NOV | DEC

TUE 3:30–5pm

M: \$75 • NM: \$150

TEEN COOKING CLASSES

Grades 6–8

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 3–4:30pm • NO CLASS: 11/27

M: \$25 • NM: \$50

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: 12/26

M: \$50 • NM: \$100



FITNESS

YOUTH NINJAS

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 1–2: TUE 3–3:30pm

FM/M: \$25 • NM: \$50

GRADES 3–5: TUE & THU 4–4:30pm

FM/M: \$50 • NM: \$100

INTRO TO BOXING

Ages 13+

Unleash your potential by learning the basics of boxing. 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 purchase.

Intro to Boxing I: 9/7–10/26

SAT 10–10:30am

FM/M: \$25 • NM: \$50

Intro to Boxing II: 11/3–12/29

SUN 10–10:30am

FM/M: \$25 • NM: \$50

YOUTH BOXING

Grades 3–5

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

Sessions: SEP | OCT | NOV | DEC

MON & WED 4–4:30pm

TUE & THU 3:30–4pm

FM/M: \$50 • NM: \$100

BOXING & STRENGTH

Ages 13+

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

TUE, WED, & FRI 11–11:45am

MON & WED 5–5:45pm

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

3x per week: FM/M: \$150 • NM: \$300

Adult drop in: FM/M: \$15 • NM: \$30

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

TEEN PERSONAL TRAINING

Grades 6–12

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. Experienced Y trainers provide individual attention, motivation and workouts structured to your teens specific goals to show measurable progress. Multiple options and pricing available. Sign up at the Welcome Center for a consultation with a trainer today!

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

5 one-hour sessions: FM: \$300

YOUTH SMART START & ORIENTATIONS

Grades 6–8

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

MON & TUE 3–4pm or by appointment

Free for members

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.

OUTDOOR EXPLORERS

Calling all young adventurers! If your child loves nature, excitement, and discovering new things, this program is for them! Each month will focus on different concepts, including gardening, hiking, and nature-based activities. Be prepared for an outdoor learning environment each class.

Sessions: SEP | OCT | NOV | DEC

Grades K–2: FRI 4–4:30pm

Grades 3–5: FRI 3:30–4pm

NO CLASS: 11/29, 12/27

M: \$25 • NM: \$50

STRENGTH ACADEMY

Grades 6–8

Your child will learn a combination of functional and athletic movements including strength, balance, coordination, agility, and cardiovascular endurance. Class will include developmental lifting skills. They'll fall in love with fitness—it's fun and accessible to all levels!

Sessions: OCT | NOV

TUE & THU 4:30–5:30pm

FM/M: \$50 • NM: \$100

Y FIT FOR GIRLS

Grades 3–5

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 & WED 3:30–4pm

FM/M: \$50 • NM: \$100

MINI NINJAS

Ages 2½–5

Unleash your child's inner mini-warrior as they tackle obstacle courses. Kids will learn essential ninja skills such as balance and coordination through a series of fun and interactive activities. Each session is crafted to enhance physical fitness while fostering teamwork, resilience, and determination.

Sessions: OCT | NOV | DEC

FRI 10:30–11am

FM/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

FM/M: \$50 • NM: \$100



OTHER PROGRAMS

ART FUNDAMENTALS

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: TUE 4–4:30pm

Grades 3–5: WED 4–4:30pm

NO CLASS: 11/27, 12/24, 12/31

FM/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

THU 3:30–4:30 • NO CLASS: 12/26

FM/M: \$25 • NM: \$50

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 4–4:30pm • NO CLASS: 12/23, 12/30

FM/M: \$50 • NM: \$100

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 or Program Director Nick Menice at nmenice@clcymca.org.

HIGH SCHOOL TEEN LEADERS

Grades 9–12

Leaders Club is a fun, active social and service club for ages 12–18 that focuses on preparing youth for life after high school. Guided by Nick and Abi, teens learn and practice leadership, determining rules of engagement for their club and participating in multiple volunteer service projects throughout the year. Teens also stay active together and participate in fun adventure activities. Teens develop self-confidence, independence, and cooperation. For more information, contact Nick Menice at nmenice@clcymca.org or Abi Iverson at aiverson@clcymca.org

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 5/26/24 to 10/13/24)

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 19th
OCT	Mon, Sep 30th	Sat, Nov 2nd	Mon, Aug 19th
NOV	Sun, Nov 3rd	Sat, Nov 30th	Mon, Aug 19th
DEC	Sun, Dec 1st	Tue, Dec 31st	Mon, Aug 19th

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 Smart Start Coaching
- Special program rates for family members
- Nationwide YMCA access (some exclusions may apply)
- 2 Guest passes/member/year
- Access to YMCA360 and Zoom 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.

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+)	Senior Couple
\$48k or more	\$65	Annual	\$939	\$692	\$430	\$309	\$606	\$888
		Monthly	\$79	\$58	\$36	\$26	\$51	\$74
\$38–48k	\$58	Monthly	\$63	\$48	\$28	\$19	\$41	\$59
\$28–38k	\$52	Monthly	\$60	\$47	\$26	\$18	\$36	\$56
\$18–28k	\$45	Monthly	\$55	\$42	\$24	\$16	\$35	\$51
\$18k or less	\$39	Monthly	\$49	\$36	\$22	\$15	\$31	\$46

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

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