



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Central Lincoln County YMCA

# PROGRAM GUIDE

MAY | JUN | JUL | AUG

Registration begins  
8am, 4/15/24 for new  
monthly sessions:

## MAY

Wed 5/1–Fri 5/31

## JUN

Sat 6/1–Sat 6/29

## JUL

Mon 7/1–Wed 7/31

## AUG

Thu 8/1–Sat 8/31



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

Try new  
experiences  
at the Y!



# 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

**MAY**

Wed, May 1st

Fri, May 31st

Mon, Apr 15th, 2024 at 8am

**JUN**

Sat, Jun 1st

Sat, Jun 29th

Mon, Apr 15th, 2024 at 8am

**JUL**

Mon, Jul 1st

Wed, Jul 31st

Mon, Apr 15th, 2024 at 8am

**AUG**

Thu, Aug 1st

Sat, Aug 31st

Mon, Apr 15th, 2024 at 8am

## PROGRAM REGISTRATION

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

## PROGRAM CANCELLATIONS

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

## WITHDRAWING FROM A PROGRAM

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

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

# ADULT PROGRAMS

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

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

## FITNESS

### LEARN & BURN

Are you feeling a little less motivated and energetic? The Y has you covered! This monthlong program focuses on weight loss, nutrition, increasing strength, balance, and stamina. Get a jump start on summer with energy, new knowledge, and a stronger body.

Sessions: **MAY**

**MON & WED 4:30–6pm; NO CLASS 5/27**

**FM/M: \$110 • NM: \$220**

### SMALL GROUP TRAINING

**Participant min 2 max 4**

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.

**1x per week: FM/M: \$75 • NM: \$150**

**2x per week: FM/M: \$145 • NM: \$290**

### 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.

**One 30-minute session: FM/M: \$35**

**Five 30-minute sessions: FM/M: \$150**

**Ten 30-minute sessions: FM/M: \$300**

### PERSONAL TRAINING

Get a personalized, guided workout at the Y! Expert trainers provide individual attention, motivation, and workouts structured to your specific goals to show measurable progress. Half-hour sessions and virtual options are available to meet your needs and schedule.

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

**5 one-hour sessions: FM/M: \$300**

### ULTIMATE BOOTCAMP

**Ages 14+ • Participant min 4 max 24**

Looking for the ultimate challenge? Join us for a high-energy, dynamic workout! Plan on burning calories in this highly motivating and challenging class. If you are looking for weight loss, muscle gain, or to advance your overall fitness level, this class is for you!

Sessions: **MAY**

**SUN 9:30–10:45am**

**Drop in: FM/M: \$15 • NM: \$20**





## INTRO TO BOXING

**Ages 16+ • Participant min 2 max 8**

Unleash your potential by learning the basics of boxing in this beginner class with Coach T. Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. No experience is necessary. Wraps and gloves available for purchase.

**Sessions: MAY | JUN**  
**TUE & THU 5:15–5:45pm**

**1x per week: FM/M: \$25 • NM: \$50**  
**2x per week: FM/M: \$50 • NM: \$100**

## BOXING & STRENGTH

**Ages 16+ • Participant min 2 max 8**

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

**Sessions: MAY | JUN**  
**TUE & WED 11–11:45am**  
**TUE & THU 5:45–6:30pm**

**1x per week: FM/M: \$50 • NM: \$100**  
**2x per week: FM/M: \$100 • NM: \$200**  
**3x per week FM/M: \$150 • NM: \$300**

## SMART START COACHING

Get the results you want! Together, we'll create SMART goals and learn about the equipment and programs at the Y. Stop by the Welcome Center to sign up!

**Free for members**

# HEALTH MANAGEMENT

## TAI CHI FOR HEALTH & BALANCE II

Improve balance, relieve pain and improve health and the ability to do things. It is a slow exercise and easy to learn. The essential principals of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Prerequisites: Tai Chi basics or have taken Tai Chi I.

**Sessions: MAY & JUN (8-week class)**  
**TUE & THU 9:45–10:30am**

**FM/M: \$100 • NM: \$175**

## SEATED TAI CHI

Improve upper body movement, relieve pain and improve health and the ability to do things. It is a slow exercise and easy to learn for all ability levels. The essential principals of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration.

**Sessions: JUN & JUL (8-week class)**  
**TUE & THU 9–10am**

**FM/M: \$100 • NM: \$175**

## ENHANCE®FITNESS

### 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.

**Sessions:** MAY | JUN | JUL | AUG

**MON, WED, FRI 10:30–11:30am; NO CLASS 5/27**

**FM/M/NM: \$30 for 8 weeks**

## DIABETES PREVENTION PROGRAM

**Next class starts in May**

**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. Scholarships available. Program requires referral and includes individual membership.

**FM: \$25/mo • M: \$35/mo**

## 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.

**Without blood pressure cuff: FM/M: \$25 • NM: \$50**

**With blood pressure cuff: FM/M: \$50 • NM: \$100**

## WALK WITH EASE

Put on your walking shoes and join us for this walking experience. You'll improve your overall health and increase your flexibility, strength, and walking stamina through this program from the Arthritis Foundation. Opportunities for both indoor and outdoor walking this spring and summer!!!

**Sessions:** MAY | JUN | JUL | AUG

**TUE & THU 10:30–11:30am**

**FM/M: \$15 • NM: \$30**

## CAREGIVER SUPPORT GROUP

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

**Sessions:** MAY | JUN | JUL | AUG

**2<sup>ND</sup> and 4<sup>TH</sup> FRI 9–10am**

**Free for all**

## 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:** MAY | JUN | JUL | AUG

**MON & WED 12–12:45pm; NO CLASS 5/27**

**FM/M: \$50 • NM: \$100**



# TENNIS

## FOCUS HITTING CAMP

Learn activation strategies to develop focus while you hit many practice balls from everywhere on court. Must join with a hitting partner of similar ability.

**MON–FRI 1–3pm, 7/15–19**

**FM/M: \$125 • NM: \$250**

## 3.0–3.5 LADIES TENNIS CAMP

Focus on a combination of skill building and tactics in doubles and singles play. Each day, hone your focus using mindful drills, tactical games, and rituals of practice. And most importantly, have fun!

**MON–FRI 1–4pm, 7/8–12**

**FM/M: \$175 • NM: \$350**

**Drop in: FM/M: \$40 • NM: \$50**

## TENNIS SKILLS OF THE DAY CAMP

Focus on one tennis skill per session. After drilling each skill, you'll build upon your technique and add tactical elements in both cooperative and competitive play.

**MON–FRI 1–4pm, 7/22–26**

**FM/M: \$175 • NM: \$350**

**Drop in: FM/M: \$40 • NM: \$50**

## MASTERS CAMP

Learn to play Masters Tennis on a 60ft court with no alleys. Practice moving forward and perfecting your short game.

**MON–WED 1–3pm, 7/29–31**

**FM/M: \$105 • NM: \$210**

**Drop in: FM/M: \$30 • NM: \$40**

## LUNCH BUNCH

**Participant min 4 max 8**

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

**Sessions: MAY**

**MON 12–1:30pm; NO CLASS 5/27**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## MEMBER ONLY SPECIAL

**6/1–8/31 • Ages 15+**

Members only. Join for unlimited court time access for tennis and pickleball. Check the Your Courts website for availability.

**FM/M: \$145**



## HEAVY HITTERS TENNIS

**Ages 16 + • Participant min 4 max 8**

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](mailto:gahlers@clcmca.org). High school players who fit the description are welcome to play.

**Sessions:** MAY

**MON 6–8pm; NO CLASS 5/27**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$20**

## RUSTY, RUSTED AND RECOVERING

**Participant min 3 max 12**

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

**Sessions:** MAY

**TUE 11am–12pm**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## ADVANCED DOUBLES

**Participant min 3 max 12**

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

**Sessions:** MAY

**MON 8–9am; NO CLASS 5/27**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## LADIES TEAM CLINIC

**Participant min 4 max 8**

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 of 3.0–3.5.

**Sessions:** MAY

**WED 12–2pm**

**FM/M: \$100 • NM: \$200**

**Drop in: FM/M: \$30 • NM: \$50**

## FOCUS HITTING

**Participant min 3 max 12**

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:** MAY

**MON 9–10am, TUE 1–2pm, THU 6–7am  
NO CLASS 5/27**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## UTR NIGHT IS BACK!

**Ages 13+ • Participant min 3 max 12**

The Universal Tennis Rating removes obstacles like age and gender from your search for a good match. Play competitive singles or doubles every Wednesday night and see your UTR rating change with each match! Learn more at [www.universaltennisrating.com](http://www.universaltennisrating.com).

**Sessions:** MAY

**WED 6–8pm**

**FM/M/NM: Singles: \$35 • Doubles Team: \$35**

## LEARN TO PLAY TENNIS

**Participant min 4 max 8**

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

**Sessions:** **MAY**

**FRI 8–9am**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## CARDIO TENNIS

**Ages 13+ • Participant min 3 max 30**

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

**Sessions:** **MAY**

**TUE 12–1pm**

**WED 5–6pm**

**Drop in: FM/M: Free • NM: \$10/class**

**Aug 16th–17th**



## SCRAMBLERS

**Participant min 3 max 15**

Play and take your turn in this social style of tennis. Email Don Loprieno at [donloprieno@yahoo.com](mailto:donloprieno@yahoo.com) for more information.

**Sessions:** **MAY**

**THU, FRI, & SUN 11am–12:30pm**

**Drop in: FM/M: \$13 • NM: \$23**

# PICKLEBALL

## LEARN TO PLAY PICKLEBALL

**Participant min 3 max 10**

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

**Sessions:** **MAY**

**TUE 10–11am**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## PICKLEBALL DRILLS AND SKILLS

**Participant min 4 max 8**

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:** **MAY**

**THU 5:30–6:30pm (drills)**

**THU 6:30–8pm (open play on court 4)**

**FM/M: \$50 • NM: \$100**

**Drop in: FM/M: \$15 • NM: \$25**

## PICKLEBALL CAMP 3.0 AND BELOW

Level up and create a game plan against the bangers using this game-based approach to improving your pickleball techniques and frameworks. You'll complete 90 minutes of focused, fast-paced drilling followed by 90 minutes of coached play. Bring your water bottle!

**MON–WED 9am–12pm, 6/3–5**

**FM/M: \$105 • NM: \$210**

**Drop in: FM/M: \$40 • NM: \$50**

## PICKLEBALL CAMP 3.0 AND ABOVE

Reduce your mistakes, gain consistency, and make every shot purposeful. Game-based instruction will help you focus on your 3rd, 5th, and 7th shots. Work on moving as a team and creating a comprehensive game plan. You'll complete 90 minutes of focused, fast-paced drilling followed by 90 minutes of coached play. Bring your water bottle!

**TUE–THU 9am–12pm, 6/11–13**

**FM/M: \$105 • NM: \$210**

**Drop in: FM/M: \$40 • NM: \$50**

## PICKLEBALL PROGRAM OPEN LEVEL

**Ages 13+ • Participant min 4 max 16**

Play pickleball to your heart's content on three hard courts: court 1 of the tennis facility and court 4 next to the gym! All levels welcome. Rules: All players must wait in the tennis/pickleball lobby for their turn. Doors to the tennis facility must remain shut.

**Sessions: JUN | JUL | AUG**

**MON/WED/FRI 6–9am**

**FM/M: \$25/month • NM: \$50/month**

**Drop in: FM/M: \$5 • NM: \$10**

## INTERMEDIATE PICKLEBALL & OPEN PLAY

**Participant min 3 max 12**

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

**Sessions: MAY**

**THU 11am–12:30pm**

**FM/M: \$60 • NM: \$120**

**Drop in: FM/M: \$15 • NM: \$25**

## SOCIAL PICKLEBALL OPEN PLAY

**Ages 13+ • Participant min 4 max 20**

Everyone welcome regardless of level. Play and be social while you take your turn playing pickleball. Available spaces will vary.

**Sessions: MAY | JUN | JUL | AUG**

**MON & FRI 9am–12pm**

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

## FIT PICKLE

**Participant min 3 max 8**

Run, hit, and play in this new class that will help you get fit while you have fun playing pickleball points. The first 15 minutes are dedicated to agility and footwork; during the last 20, a pro will feed you balls for different strokes.

**Sessions: MAY**

**TUE 7–8am**

**FM/M: \$25 • NM: \$50**

**Drop in: FM/M: \$15 • NM: \$25**

## MEMBER ONLY SPECIAL

**6/1–8/31 • Ages 15+ • FM/M: \$145**

Become a member for unlimited tennis and pickleball court time. Availability listed on the Your Courts website.

# OTHER PROGRAMS

## AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

**THU 1:30–3:30pm, 5/16; WED 5:30–7:30pm, 6/19**  
**Ages 12+ • Participant min 4 max 10**

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/M: \$90 • NM: \$180**

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

## MAHJONG GROUP

**THU 1pm in the CLC YMCA lobby**

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

**Free for all**

## KARATE

**Ages 8+ • Participant max 10**

Learn self-defense techniques and discipline from Black Belt Nancy Ault, Sensei. You're encouraged to register for all four sessions below and continue this class for the entire year. There will be an abbreviated schedule in July and August. To inquire about the program or to register, please email Sam Inman at [sinman@clcymca.org](mailto:sinman@clcymca.org).

**Sessions: MAY | JUN | JUL | AUG**  
**TUE & THU 6:15–7:45pm**

**FM/M: \$80 • NM: \$160**

## ACTIVE OLDER ADULT POTLUCK LUNCHES

**WED 11:45am–12:45pm on 5/1, 6/5, and 7/3**

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](mailto:rmaginn@clcymca.org).

**Free for all**

## COMMUNITY NAVIGATION

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

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

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

# YOUTH PROGRAMS

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

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

## SPORTS

### TINY TUMBLERS

**Ages 2–5 • Participant min 4 max 6**

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:** MAY | JUN

**Ages 2–3: TUE 10:30–11am**

**Ages 4–5: THU 10:30–11am**

**FM/M: \$25 • NM: \$50**



### KARATE

**Ages 8+ • Participant max 10**

Your child will learn self-defense techniques and discipline from Black Belt Nancy Ault, Sensei. You're encouraged to register for all four sessions below and continue this class for the entire year. There will be an abbreviated schedule in July and August. To inquire about the program or to register, please email Sam Inman at [sinman@clcymca.org](mailto:sinman@clcymca.org).

**Sessions:** MAY | JUN | JUL | AUG

**TUE & THU 6:15–7:45pm**

**FM/M: \$80 • NM: \$160**

## MY Y TIME

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

**FM: \$5/hr/child**

**M: \$5/hr/child**

**NM: \$10/hr/child**

**WEEKDAYS 8:30–10:30am • Infants to 5th graders**

# TENNIS

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

## ORANGE BALL

**Ages 8–12 • Participant min 4 max 24**

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

**Sessions:** **MAY**

**MON & WED 4–5pm; NO CLASS 5/27**

**FM: \$50 • M: \$60 • NM: \$100**

## GREEN BALL

**Ages 11–14 • Participant min 4 max 20**

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

**Sessions:** **MAY**

**TUE & THU 3–4:30pm; FRI 3–5pm  
NO CLASS 5/27**

**FM: \$100 • M: \$110 • NM: \$150**

## ACEING AUTISM

**Ages 8–20 • Participant min 4 max 12**

Get individualized tennis instruction for children with autism. This 6-week course meets once a week. Visit [www.aceingautism.org](http://www.aceingautism.org) to register. For more information, contact Georgia Ahlers at [gahlers@clcmca.org](mailto:gahlers@clcmca.org).

**SAT 9–10am MAY–JUN**

**FM/M/NM: \$120**

## FREE FAMILY TENNIS & 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:** **MAY**

**SAT 10am–12pm**

**Youth Tennis Camps can be found in  
the Summer Camp Guide**



# FITNESS

## YOUTH STRENGTH ACADEMY

**Grades 6–12 • Participant min 4 max 16**

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

**Sessions:** **JUL | AUG**

**TUE 5–6pm**

**FM/M: \$110/month • NM: \$240/month**

## YOUTH NINJAS

**Grades 3–5 • Participant min 4 max 10**

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, speed, and flexibility. Each session is crafted to enhance physical fitness while fostering teamwork, resilience, and determination.

**Sessions:** **MAY**

**TUE 3:15–4pm**

**FM/M: \$25 • NM: \$50**

## MINI NINJAS

**Ages 2 ½–5 • Participant min 4 max 10**

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:** **MAY | JUN**

**FRI 10:30–11:15am**

**FM/M: \$25 • NM: \$50**

## FRIDAY FAMILY FUN GROUP

**Ages 0–Pre-K | ALL Welcome**

Bring your children to join other families in non-facilitated Y playtime. Each week families can get together and have fun using the Y space.

**Sessions:** **MAY | JUN | JUL | AUG**

**FRI 11:15am–12pm**

**M: Free • NM: \$5/Family**

## YOUTH SMART START

**Ages 11–13 • By appointment**

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

**Sessions:** **MAY | JUN | JUL | AUG**

**MON 3–4pm; NO CLASS 5/27**

**Free for members**

## Y FIT FOR GIRLS

**Grades 2–5 • Participant min 4 max 12**

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. Y staff can pick up your child from GSB or meet their NCS/BCS bus at the YMCA.

**Sessions:** **MAY | JUN**

**MON & WED 3–3:45pm**

**NO CLASS 5/27, 6/24, 6/26**

**1x per week: FM/M: \$25 • NM: \$50**

**2x per week: FM/M: \$50 • NM: \$100**

## YOUTH BOXING

**Grades 2–5 • Participant min 4 max 12**

Your child can unleash their potential in this beginner boxing class with Coach T. They'll learn the many important elements of boxing, like mental and physical discipline. Gloves and wraps available for purchase.

**Sessions:** MAY | JUN

**MON & WED 3:45–4:15pm; NO CLASS 5/27**

**1x per week: FM/M: \$25 • NM: \$50**

**2x per week: FM/M: \$50 • NM: \$100**

## YOUTH INTERMEDIATE BOXING

**Grades 2–5 • Participant min 2 max 8**

Your child will challenge their mind and muscles as they take the next step in boxing, using punch bags, speed bags, weights, gloves, and mirrors for shadowboxing. Gloves and wraps available for purchase.

**Sessions:** MAY | JUN

**TUE 3:15–3:45pm**

**1x per week FM/M: \$25 • NM: \$50**

**2x per week FM/M: \$50 • NM: \$100**

## TEEN PERSONAL TRAINING

**Grades 6–12**

Your teen can get a personalized, guided workout at the Y! Experienced trainers provide individual attention, motivation, and workouts structured to their specific goals to show measurable progress. Half-hour sessions and virtual options are also available to meet your teen's needs and schedules.

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

**5 one-hour sessions: FM/M: \$300**

## BOXING CLUB FOR MIDDLE SCHOOLERS

**Grades 6–8 • Participant min 2 max 8**

Your child can unleash their potential through boxing, and Coach T makes it fun! Boxing has many important elements, like physical and mental discipline. This is a beginner class, so no experience is necessary. Gloves and wraps available for purchase.

**Sessions:** MAY | JUN

**MON & WED 4:20–5pm; NO CLASS 5/27**

**1x per week: FM/M: \$25 • NM: \$50**

**2x per week: FM/M: \$50 • NM: \$100**

## TEEN/ATHLETE/TEAM SMALL GROUP TRAINING

Your student athlete will get quicker fitness results while enjoying the camaraderie of teammates. Choose from speed and agility, weight training, powerlifting, or injury prevention in these monthly programs with flexible scheduling. Pricing per registrant.

**1 weekly session/month: FM/M: \$75 • NM: \$150 | 2 weekly sessions/month: FM/M: \$145 • NM: \$290**

# TEEN FITNESS CENTER PRIVILEGES

After completing Youth Smart Start (previous page), 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.

# FARMS AT THE Y

## COOKING BIRTHDAY PARTY

**PreK–Grade 12 • Participant min 2 max 12**

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

**Sessions: MAY | JUN | JUL | AUG**

**1.5 hours on any available SAT**

**FM/M: \$200 • NM: \$250**

## KIDS IN THE KITCHEN

**Grades 3–5 • Participant min 4 max 9**

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

**Sessions: MAY**

**TUE 3–4:30pm**

**M: \$75 • NM: \$150**

## YOUNG CHEFS

**Grades 1–2 • Participant min 4 max 6**

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

**Sessions: MAY**

**THU 3–4pm**

**M: \$50 • NM: \$100**

## TEEN COOKING CLASSES

**Grades 6–12 • Participant min 4 max 10**

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

**Sessions: MAY**

**WED 3–4:30pm**

**M: \$25 • NM: \$50**

## OTHER PROGRAMS

### LEGO CREATIONS

**Grades 1–8 • Participant min 5 max 12**

Your child will use their imagination to build various LEGO buildings, bridges, and more!

**Sessions: MAY**

**THU 3:15–4pm**

**FM/M: \$25 • NM: \$50**



# GROUP EXERCISE

FREE for members • \$10/class for non-members

Become a member online at [www.clcymca.org](http://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](mailto:membership@clcymca.org)