



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registration begins:
Monday 2/13

Programs run:
Sunday 2/26 to
Saturday 4/22

Central Lincoln County YMCA

PROGRAM GUIDE

2023 WINTER II



REGISTER ONLINE: clcymca.org

Spend your
winter with
us!





CLC YMCA GROUP EXERCISE

WINTER II: February 26nd – April 22, 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|--|
| ***Mary Snow's classes are held via Zoom in the Fitness Studio.*** | 6:00–6:45am KETTLEBELLS Mary Snow | 6:00–7:00am YOGA Mary Snow | 6:00–6:45am KETTLEBELLS Mary Snow | 6:00–7:00am YOGA FOR STRENGTH 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 | | | 89:00–9:00am CYCLING Kristie Houghton |
| | | | 7:45 – 8:45am YOGA FLOW Steph Winchenbach | | | 9:00–10:00am HEAVY WEIGHT TRAINING Becky Drum |
| | 8:00–9:00am LIVING FIT Robin Maginn | 8:00–9:00am PILATES Cynthia Fort | 8:00–9:00am LIVING FIT Robin Maginn | 8:00–9:00am PILATES Cynthia Fort | 8:00–9:00am LIVING FIT Robin Maginn | |
| | 9:00–10:00am STRENGTH & CARDIO Becky Drum | 9150–10:15am BARRE BURN Becky Drum | | | 9:00–10:00am REST & RECOVERY Cayce Briggs | |
| | | 9:15–10:15am CYCLING Cynthia Fort | 9:00–10:00am TRX & STRENGTH 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 | | |
| | | 12:00–1:00pm CARDIO TENNIS Georgia Ahlers | | | | |
| | 4:45–5:45pm PiYo Tanya Albert | 4:15–5:00pm CYCLING Sarah Plummer | 5:00–6:00pm HOT YOGA Larissa Hannan | 4:15–5:00pm CYCLING Sarah Plummer | LOCATIONS: FITNESS STUDIO GYMNASIUM CYCLING STUDIO STUDIO ONE | |
| | 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 | | |

FREE FOR MEMBERS

**Nonmember & Nationwide Members:
\$10/class**

ADULT PROGRAMS

FM = Family Member

M = Member

NM = Non-Member

REGISTER ONLINE: clcymca.org

GROUP EXERCISE

These classes are available to YMCA members 14+ for FREE! Nonmembers can drop in for \$10. Visit our website (clcymca.org) for updated schedules, class details, and to become a member.

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.

PIYO

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

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.

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.

HOT VINYASA YOGA

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

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.

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.

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.

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.

REST & RECOVERY

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

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.

CYCLING

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



FITNESS

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

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: \$65 • M: \$65 • NM: \$120

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

1-ON-1 NUTRITION COACHING

Meet with our nutrition coach for expert advice and personal attention, either virtually or in-person. You'll discuss your individual nutrition needs and create a plan for a healthier diet.

1 half-hour session: FM: \$30 • M: \$30 • NM: \$65

5 sessions: FM: \$150 • M: \$150 • NM: \$225

10 sessions: FM: \$285 • M: \$285 • NM: \$475

SMALL GROUP TRAINING

Participant min 2 max 4

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

FM: \$125 • M: \$130 • NM: \$260

BOXING & STRENGTH

**Ages 16+ • 3/6–4/12 • Participant min 2 max 8
MON & WED 4–5pm • TUE & THU 1:15–2:15pm**

Learn the basics of boxing by “knocking out” head-to-toe strength and bodyweight circuits that challenge your muscles. This class utilizes punch bags, speed bags, and mirrors for shadowboxing. No experience necessary. Wraps available for purchase.

FM: \$125 • M: \$125 • NM: \$235

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@clcyma.org.**

Without blood pressure monitor:

FM: \$50 • M: \$50 • NM: \$100

With blood pressure monitor:

FM: \$100 • M: \$100 • NM: \$150

DIABETES PREVENTION PROGRAM

TUE 1–2pm, 3/1/23–2/28/24

Sign up day: MON, 2/27 • 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

TUE and THU 10:30am–12pm, 4/11–6/30
Sign up day: MON 2/27 • 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: \$30 • M: \$30 • NM: \$30

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, 2/27–4/19
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

1st & 3rd 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 EATING

MON & WED 10:30–11:30am, 3/6–4/12
Participant min 2 max 8

Meet weekly with nutrition coach Cayce Briggs and a small group to discuss nutrition and ideas for a healthier lifestyle. You will learn about foundations of a healthy diet, meal planning, emotional eating, chronic disease prevention, and behavior modification for long-term weight management.

FM: \$125 • M: \$125 • NM: \$235

LIFESTYLE 365 WEIGHT LOSS PROGRAM

Ages 16+ • 4/3–5/26
Workout times: TBD • Nutrition times: TBD

Get the diet and exercise support you need to establish healthy new habits that support sustainable weight loss in a small group setting. You'll receive regular communication and encouragement to implement new lifelong strategies and changes that help you manage your weight. See full description on page 9.

FM: \$175 • M: \$175 • NM: \$325

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

PICKLEBALL AND TENNIS

LEARN TO PLAY PICKLEBALL

TUE 10–11am, 1/3–2/28 • 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: \$77 • M: \$77 • NM: \$154

PICKLEBALL PROGRAM OPEN LEVEL

MON, TUE, WED, and FRI 6:30–8am, 3/4–4/21
MON and THU 12–2:30pm 3/6–4/20 • All ages

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

Drop in: FM: \$5 • M: \$5 • NM: \$10

FM: \$55 • M: \$55 • NM: \$110

SOCIAL PICKLEBALL OPEN PLAY

MON, TUE, WED, and FRI 8am–12pm, 3/6–4/21
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: Free with day pass

INTERMEDIATE PICKLEBALL & OPEN PLAY

THU 11am–2:30pm, 3/2–4/20

Exercise your brain and your body with play-based drills that require concentration, skill, and a sense of humor. The last two and a half hours are open play. Recommended skill level 3.0+.

FM: \$112 • M: \$112 • NM: \$176

LIVE BALL

WED 8–9am, 3/1–4/19 • Participant min 4 max 6

Join the newest tennis game—it's all the rage! This is an aerobics class that has the feel of cardio but is played with the regular yellow ball. No serving, just fast doubles points that are fed in by a pro. You must have a basic command of the game to register.

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

Session: FM: \$88 • M: \$88 • NM: \$176



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

FAST FOUR MATCH PLAY

TUE 6:30–8pm, 3/7–4/18

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: \$77 • M: \$77 • NM: \$154

ADVANCED SINGLES

FRI 8–9am, 3/3–4/21

Take your singles tennis 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.

FM: \$88 • M: \$88 • NM: \$176

ADVANCED DOUBLES

MON 8–9am, 3/6–3/17

Participant min 3 max 12

Take your tennis 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: \$77 • M: \$77 • NM: \$154

CARDIO TENNIS

TUE 12–1pm, 3/7–4/18 and WED 5–6pm, 3/1–4/19

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

TRIPLES

THU 5:30–6:30pm, 3/2–4/20

Participant min 6 max 20

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 tennis superstar! No experience is necessary, all levels are welcome, and equipment is provided.

Drop in: FM: \$15 • M: \$15 • NM: \$25

Session: FM: \$88 • M: \$88 • NM: \$176

DRILL NIGHT

TUE 5:30–6:30pm, 1/3–2/28

Participant max 12

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

FM: \$77 • M: \$77 • NM: \$154

DRILLS AND SKILLS

THU 8–9am, 3/7–2/23 • Participant min 4 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: \$77 • M: \$77 • NM: \$154

COOPERATIVE DRILLING AND SKILLING

THU 8–9am, 3/2–4/20 • Participant min 4 max 12

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

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

Session: FM: \$88 • M: \$88 • NM: \$176

RUSTY, RUSTED AND RECOVERING

TUE 11am–12pm, 3/7–4/18

Participant min 3 max 12

Get back in the game! Haven't played tennis 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: \$77 • M: \$77 • NM: \$154

USTA ADULT LEAGUE TENNIS



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

UTR NIGHT IS BACK!

WED 6–8pm, 3/1–4/19

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.universaltennisplay.com.

FM: \$20 • M: \$20 • NM: \$20

STAY AND PLAY

SAT 11am–1pm, 3/4–4/22 • 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

FARMS AT THE Y

**COOKING
MATTERS®**

**FOCUS ON FOOD
WORKSHOP SERIES**

SAT, 2/18–3/25

Join this cooking education series, presented by Healthy Lincoln County, at the CLC Y's FARMS at the Y teaching kitchen. You'll learn about fruits and veggies, making recipes work at home, and even some snack hacks that help you prep for your week. Cooking Matters™ for Parents and Caregivers is the perfect child friendly activity this winter.

To register, contact Lincoln County SNAP Educator Larissa Hannan at lhannan@healthylincolncounty.org or call (207) 622-7566 ext. 204.

FREE

The Focus on Food Workshop Series is made possible through funding from the John Andrews Fund and through partnerships with:



LIFESTYLE 365 WEIGHT LOSS PROGRAM

Ages 16+ • 4/3–5/26

Workout times: TBD • Nutrition times: TBD

Get the diet and exercise support you need to establish healthy new habits that support sustainable weight loss in a small group setting. You'll receive regular communication and encouragement to implement new lifelong strategies and changes that help you manage your weight. Lifestyle 365 includes:

- Pre and post assessments
- Weekly weigh-ins and goal check-ins
- One group workout with a personal trainer (1 hour)
- One group nutrition/cooking session with a nutrition coach and FARMS at the Y food educator (1 hour)
- A personalized exercise plan
- Nutrition tips and healthy recipes provided weekly
- Weekly food tracking reviewed by program trainer
- A water bottle

FM: \$175 • M: \$175 • NM: \$325

OTHER PROGRAMS

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

Ages 12+ • Participant min 4 max 10

TUE 1:30–3:30pm, 3/14

WED 5:30–7:30pm, 2/15

WED 5:30–7:30pm, 4/26

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: \$80 • 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.

ACTIVE OLDER ADULT POTLUCK LUNCHES

WED 11:45am–12:45pm, 2/1, 3/1, 4/5, and 5/3

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

ADULT INTRAMURAL SPORTS NIGHT

Every WED 6–7pm

Come play a variety of sports, such as basketball, cardio tennis, soccer, floor hockey, dodgeball, volleyball, and more! Each week, you'll vote on the next week's sport. Interested in helping to coordinate? Contact Program Director Morgan Perry at mperry@clcymca.org.

Drop-In Fee: \$5

MAHJONG GROUP

TUE 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, 2/28–4/20

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: \$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, 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!

YOUTH PROGRAMS

FM = Family Member

M = Member

NM = Non-Member

REGISTER ONLINE: clcymca.org

TENNIS

TINY TOTS TENNIS

Ages 3–5 • Participant min 4 max 8
FRI 10:30–11:15, 3/3–4/21

Introduce your child to tennis with fun games and exercises that will get them excited about the game.

FM: \$70 • M: \$80 • NM: \$100

GREEN BALL

Ages 11–14 • Participant min 4 max 30
TUE & THU 3:00–4:30pm; FRI 3–5pm, 3/7–4/14

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: \$126 • M: \$156 • NM: \$256

ORANGE BALL

Ages 8–12 • Participant min 4 max 24
MON & WED 4–5pm, 3/1–4/12

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: \$91 • M: \$111 • NM: \$211

RED BALL

Ages 5–8 • Participant min 4 max 24
MON & WED 3–3:45pm, 3/1–4/12

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

GREEN AND YELLOW BALL TOURNAMENT TRAINING

Ages 11–14 • Participant min 4 max 12
TUE & THU 4:30–5:30pm; FRI 3–5pm, 3/7–4/14

Your child can take their game to the next level by focusing on developing their strokes and tennis IQ. Players training for tournaments are encouraged to participate. Approval from 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: \$126 • M: \$156 • NM: \$256

STAY AND PLAY

SAT 11am–1pm, 3/4–4/22

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

HIGH SCHOOL TENNIS TRAINING

Ages 14–18 • Participant min 4 max 12
MON and THU 6–8pm, 2/27–4/13

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: \$260

FAMILY TENNIS

All ages • SAT 10–11am, 3/4–4/22

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

SPORTS

Scholarships are available for all sports programs. For more information, email mperry@clcymca.org.

SOFTBALL CLINIC

Ages 8–13 • Participant min 5 max 12
TUE & THU 5–6pm, 2/28–3/16

Prepare for the upcoming season with Bristol Softball Coach Morgan Perry. Your child will focus on proper mechanics, fielding, situational plays, batting, and bunting. Players are required to bring their own gloves.

FM: \$55 • M: \$66 • NM: \$110

DANCE AND CHEER

Ages 5–9 • Participant min 5 max 8
THU 4:30–5:15pm, 3/2–4/6

Learn the fundamentals of cheerleading with Coach Meridith. Your child will focus on jumps, gymnastics, stunts, dance, cheers and chants, motion technique, and of course, team spirit! The whole family is invited to watch the final routine on the last day. All participants will receive a matching team T-shirt.

FM: \$60 • M: \$72 • NM: \$120

JUMPROPE FOR ALL!

Ages 6+ • Participant min 5 max 12
TUE & THU 3–4pm, 2/28–3/16

Jump to the beat of music, learn basic rope skills, learn partner skills, and gradually learn advanced skills such as the rump jump, the weeble, various crosses, double under, and more! Come join Bristol Air Devil assistant coach Morgan Perry in this fun and energetic clinic!

FM: \$50 • M: \$60 • NM: \$100

BASEBALL CLINIC

Ages 10–13 • Participant min 5 max 10
WED 5–6PM & THU 6–7PM, 3/1–3/16

Prepare for the upcoming season with coaches Chris Perry and Allen Tomasello, who have 55+ years of combined experience. Your child will focus on proper mechanics, fielding, situational plays, batting, and bunting. Players are required to bring their own gloves.

FM: \$55 • M: \$66 • NM: \$110

LACROSSE (LAX) CLINIC

Ages 7–14 • Participant min 8 max 14
TUE & THU 4–5pm, 2/28–3/16

Join Lincoln Academy Varsity Coach Tom Farrell in the growing sport of lacrosse. Your child will learn stick skills, mechanics, scoring, and the rules of lacrosse. If your child has their own stick, please have them bring it.

FM: \$55 • M: \$66 • NM: \$110

KARATE

Ages 8+ • Participant max 10
TUE & THU 6:15–7:45pm, 2/28–4/20

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: \$85 • M: \$102 • NM: \$170

GYMNASTICS: TINY TUMBLERS

Ages 3–5 • Participant min 5 max 10
TUE 4:30–5:15pm, 2/28–4/4

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: \$60 • M: \$72 • FM: \$120

TINY TUMBLERS: MID-DAY STRETCH

Ages 3–5 • Participant min 4 max 8
MON & THU 10–10:45am, 3/6–3/23

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: \$50 • M: \$60 • FM: \$100

FITNESS

YOUTH SMART START

Ages 11–13 • Every MON 3–4:15pm

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

Free for members

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: \$40 • M: \$40 • NM: \$60

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

FARMS AT THE Y & OTHER PROGRAMS

KIDS IN THE KITCHEN

Ages 8–12 • Participant min 4 max 10
TUE 3–4:30pm, 2/28–4/11 (except 3/21)

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

FM: \$102 • M: \$122 • NM: \$205

YOUNG CHEFS

Ages 5–8 • Participant min 4 max 10
SAT 9–10:30am, 4/1 and 4/15

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

FM: \$15 • M: \$18 • NM: \$30

TEEN COOKING CLASSES

Grades 6–12 • Participant min 4 max 10
WED 3–4:30pm, 2/29–4/12 (except 3/22)

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

Free

FEBRUARY SPECIALTY VACATION CAMPS

Ages 6–12 • Participant min 6 max 12
9am–12pm

TUE 2/21—FARMS & Wizarding: Create a wand, bake wizard-themed food with FARMS At The Y, learn spells, play wizarding games, and create potions. Bring your own brown-bag snacks and water bottle.

WED 2/22—Tennis & FARMS: Bake wizard-themed food with FARMS At The Y, play wizarding games, learn tennis-themed Quidditch, and more! Bring your own brown-bag snacks and water bottle.

THU 2/23—Wizarding & Tennis: Create a wand, learn spells, play wizarding games, and learn tennis-themed Quidditch. Bring your own brown-bag snacks and water bottle.

\$35 per day

Y-ARTS: MIXED MEDIA

Ages 6–14 • Participant min 5 max 10
MON 3–4pm, 2/27–4/3

Your child will create artworks with glass, drawing, painting, and printmaking in this 5-week class. Make sure they wear clothes that can get messy!

FM: \$50 • M: \$60 • NM: \$100

TEEN FITNESS CENTER PRIVILEGES

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

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

WHO, WHAT, WHERE, WHEN, Y

The CLC YMCA enriches lives, strengthens community, and drives social change.

FACILITY HOURS

Monday–Friday: 5am–8pm

Saturday: 7am–4pm

Sunday: 9am–1pm (closed 5/28/23 to 10/8/23)

WELCOME CENTER BUSINESS HOURS

Have a question about billing? Need to change your membership? The Welcome Center can assist you Monday through Friday from 9am to 4pm.

HOLIDAY SCHEDULE

We are closed on: New Years Day, MLK JR. Day, Easter, Memorial Day, Independence Day, Labor Day, Indigenous Peoples' Day, Veterans Day, Thanksgiving, and Christmas

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

| SESSION | START DATE | END DATE | REGISTRATION DATE |
|-----------|------------------|--------------------|-------------------|
| Winter II | Sunday, Feb 26th | Saturday, Apr 22nd | Feb 13th |
| Spring | Sunday, Apr 23rd | Saturday, Jun 17th | Apr 10th |
| Summer | Monday, Jun 19th | Saturday, Aug 26th | Jun 5th |
| Fall I | Monday, Aug 28th | Saturday, Oct 14th | Aug 21st |
| Fall II | Monday, Oct 16th | Saturday, Dec 16th | Oct 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 a program is canceled due to lack of enrollment, the Y will credit or refund your program fee in full.

WITHDRAWING FROM A PROGRAM

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

Register for programs at www.clcymca.org

Y MEMBERSHIP

Questions? Email membership@clcymca.org

Join online at clcymca.org

MEMBERSHIP BENEFITS

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

MEMBERSHIP FOR ALL

Thanks to the generosity of our donors, we are able to provide YMCA membership on a sliding scale. If your annual income is less than \$48,000, you are eligible for a reduced-rate membership (proof of income required). If you cannot afford the price of membership on the sliding scale below, please visit the Welcome Center to apply for financial assistance. At the Y, we believe in membership for all and everyone is welcome to enjoy the full benefits of being part of our Y.

SHORT TERM MEMBERSHIPS

If you are visiting the area and would like to join for 1, 3, or 6 months, we have an option for you. Dues are paid in full upon joining. This category generally serves the needs of most of our summer seasonal guests. Inquire at the Welcome Center or email membership@clcymca.org for more information.

CLC YMCA Reduced-rate Membership Sliding Scale

| Annual Income | Fee to Join | Fee Type | Family (2 adults + dependents) | Adult (26–64) | Young Adult (19–25) | Youth (0–18) | Senior (65+) | Senior Couple | YMCA 360 Only |
|---------------|-------------|----------|-----------------------------------|------------------|------------------------|-----------------|-----------------|---------------|---------------|
| \$48k or more | \$65 | Annual | \$888 | \$648 | \$396 | \$276 | \$564 | \$888 | \$240 |
| | | Monthly | \$74 | \$54 | \$33 | \$23 | \$47 | \$74 | \$20 |
| \$38–48k | \$58 | Monthly | \$59 | \$45 | \$26 | \$17 | \$39 | \$59 | \$20 |
| \$28–38k | \$52 | Monthly | \$56 | \$44 | \$24 | \$16 | \$36 | \$56 | \$20 |
| \$18–28k | \$45 | Monthly | \$51 | \$39 | \$22 | \$15 | \$33 | \$51 | \$20 |
| \$18k or less | \$39 | Monthly | \$46 | \$34 | \$20 | \$14 | \$29 | \$46 | \$20 |