



BOOTHBAY REGION YMCA REGISTRATION GUIDE

FALL I PROGRAMMING

September 14 - October 23, 2026

Online registration: August 23, 2026 @ 12PM

In House registration: September 8, 2026 @ 7AM

<https://boothbayregionymca.org> | 207.633.2855

261 Townsend Ave. Boothbay Harbor, ME 04538

**REGISTER
ONLINE!**



WELCOME!

SWIM TEAM INFO

SESSION & REGISTRATION DATES

- FALL I: September 14 - October 23
- Online Registration: 8/23/26, NOON
- In House Registration: 9/8/26, 7:00am
- Break Week: 10/26-10/30

HOURS OF OPERATION

Monday - Thursday: 5:30am-8:00pm
Friday: 5:30am-7:00pm
Saturday: 7:00am-5:00pm
Sunday: Closed

Pool Hours- Weekends
Saturday: 7:00am-11:00am
Sunday: Closed

FULL TIME AQUATIC SPECIALIST & SWIM INSTRUCTOR

Join the team FULL TIME as an Aquatic Specialist & Swim Instructor-- this position is a 40-hour a week plus benefits and paid time off. Must be or willing to train to be a certified American Red Cross lifeguard. Other training opportunities include group exercise instructor, swim lesson instructor, certified pool operator, and/or lifeguard instructor.

Interested or have questions? E-mail David Washburn for details at dwashburn@brymca.org or call 207-633-2855.

PART TIME PROGRAM INSTRUCTORS

We're looking for more program instructors to join our team! From Youth Sports to Cooking Courses, Arts Classes and Swim Instructors-- we want YOU! Programs typically run 1-2 times per week in either 30 or 45 minute sessions and follow the Y's session dates (usually 7-8 weeks per session) with summers off for summer camp programming!

Contact Adam Taylor for more information at ataylor@brymca.org to share what you have to offer!

FULL TIME CUSTODIAL STAFF

We're looking to hire a full-time custodian on our occupancy team! With three buildings to focus on keeping clean and safe for our members, participants and volunteers, we're looking for a bit more help!

Contact Rose Mooney for more information at rmooney@brymca.org to share what you have to offer!

PART TIME AFTER-SCHOOL PROGRAM STAFF

Looking for a part-time gig working with children? Our Fit Kids After-School program is looking for a couple more folks to work with our students grades K-5. Hours are Monday, Tuesday, Thursday & Friday from 2pm-5pm; Wednesdays are 1pm-5pm. Must be fingerprinted through the State of Maine, or be willing to become fingerprinted per licensing requirements. Our after-school program will be held at the YMCA this year due to renovations at Camp K. We provide a snack each day, have different activities for students to choose from each day, and ensure students are escorted safely to their after-school activities such as swim, dance, sports, etc.

Contact Lindsey Senecal for more information at lsenecal@brymca.org to share what you have to offer!

SCHEDULES

- Pool Schedule can be found online or at our Welcome Center.
- Pickleball Schedule can be found online or at our Welcome Center.
- Gymnasium Schedule can be found online or at our Welcome Center.

HOLIDAY CLOSURES

- Labor Day (9/7): CLOSED
- Indigenous People's Day (10/12): CLOSED

Which group should your swimmer join for swim club and/team? Choose which description fits your swimmer best.

Sharks: veteran swimmers who can swim all 4 strokes, looking to improve technique, turns, dives, and racing strategies. Most of our 10+ swimmers are sharks.

Porpoises: swimmers who know how to swim all four strokes but still struggle with the more challenging butterfly and breaststroke. Focus on improving strokes, flip turns and dives, and becoming more proficient with the pace clock and reading the workout board.

Sailfish: swimmers who are excited to learn how to perfect their freestyle and backstroke while learning the basics about reading a workout and the pace clock.

SWIM CLUB

September 14 - October 8

\$65/\$75/\$85; Ages: 5+ (passed swim test)

Perfect all swimming level skills and endurance. This program offers swimmers the opportunity to learn to swim laps, read a pace clock, and build confidence in their swimming abilities. This program also offers swim team members the opportunity to prepare for the upcoming swim season. Swimmers must have passed the swim test in order to participate in the program.

	MONDAY	THURSDAY
SHARKS	4:00PM-5:30PM	4:00PM-5:30PM
PORPOISES	4:15PM-5:15PM	4:30PM-5:30PM
SAILFISH	4:30PM-5:15PM	4:45PM-5:30PM



SWIM TEAM

FREE TRIAL WEEK: 10/13 - 10/16

SWIM SEASON: 10/13 - 03/02

SHARKS: \$365 / \$390 (Day/Time TBD)

PORPOISES: \$325 / \$350 (Day/Time TBD)

SAILFISH: \$340 / \$365 (Day/Time TBD)

The Dolphins Swim Team builds lifelong swimming skills for all levels- whether you want to compete or just swim faster! Beyond pool time, team members will enjoy dinners, group events, and community activities. Join us and give it your best shot. Scholarships and payment plans are available.

There are no practice times yet; see below for how many practices each level would commit to:

Sharks: practice 4 times a week

Porpoises: practice 3 times a week

Sailfish: practice 2 times a week



Y ARTS

FALL I: ART & MUSIC CLASSES

SENSORY & TEXTURE PAINTINGS

Wednesdays, 3:00pm–3:30pm

Ages 3–5

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Gretchen

Students will use unconventional painting tools (i.e., toy cars, balls, bubble wrap, and shaving) to strengthen fine motor skills and develop hand-eye coordination.

PLAY-DOH PRETEND PLAY

Tuesdays, 2:30pm–3:00pm

Age: 3–5

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Gretchen

Little hands will use their creativity by using Play-doh to build 3-D figures, pretend foods, and ocean animals, while engaging in imaginative play through pretend activities like creating a restaurant or aquarium.

THE ART CLUB

Wednesdays, 4:00pm–5:00pm

Ages: 6–13

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Gretchen

Students will work on individual projects utilizing collage, paints, and recycled materials to encourage innovative thinking.

CREATIVE MOVEMENT

Wednesdays, 3:30pm–4:00pm

Ages: 2–3

Location: Y Arts Center

Price: \$30/\$40/\$55

Instructor: Gretchen

This play-based class focuses on coordination, balance, and pre-dance movements.



FALL I: DANCE CLASSES

ITTY BITTY BALLET CLASS

Tuesdays, 3:00pm–3:30pm

Ages 3–8

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Imij

Learn the basics of ballet in a safe and supportive environment. Participants will learn stretches, ballet terms & movements, play dance games, and learn basic ballet combinations.

TAP CLASS

Tuesdays, 3:30pm–4:00pm

Ages 4–6

Location: Y Arts Center

Price: \$45/\$55/\$70

Join Imij in the Y Arts Center for a fun tap class! No experience necessary but please do bring your own tap shoes! Students will work on basic steps and combinations.

BEGINNER BALLET

Tuesdays, 4:00pm–4:30pm

Ages 7–10

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Imij

Intended for slightly older dancers but no experience is required to participate. Learn combinations and stretches, and continue to grow their ballet skills with positions and across the floor exercises.

MUSIC THEATER DANCE

Tuesdays, 4:30pm–5:15pm

Age: 10–16

Location: Y Arts Center

Price: \$45/\$55/\$70

Instructor: Imij

Each week students will learn combinations from favorite Broadway Musicals! Come dance with us!

PRIVATE MUSIC LESSONS

The Y offers private lessons in piano and violin. Contact: Lisa McIntosh Lmcintosh@brymca.org

YOUTH PROGRAMMING

YOUTH PROGRAMMING

INTRO TO VOLLEYBALL

Mondays, 4:15pm–5:00pm

Ages: 7–9

Location: Russel Gymnasium

Price: \$40/\$50/\$60

Learn the basics of volleyball while having fun and staying active! This beginner-friendly class introduces players to skills like passing, setting, serving, and teamwork through fun drills, games and activities. Players will build confidence, improve coordination, and learn the fundamentals of the game in a positive and encouraging environment.

PE FOR PEEWEES

Tuesday, Thursdays, 10:30am–11:00am

Ages: 3–5

Location: Russel Gymnasium

Price: \$20/\$30/\$40

This fun and active PE class is designed to help children build confidence, coordination, and a love for movement. Through games, activities, and age-appropriate challenges, students will develop balance, teamwork, motor skills, and problem solving– each class encourages independence, creativity, and positive sportsmanship.

FLAG FOOTBALL

Tuesday 3:00pm–4:00pm

Location: Baldwin Center

(Bus from YMCA @3pm)

Ages 7–10

Price: \$40/\$50/\$60

Get ready to run, throw, catch, and have fun! This class is a great way for participants to learn the basics of flag football while staying active and making new friends. Players will practice skills like passing, catching, running, with the ball, and pulling flags through fun drills and games. We'll also focus on teamwork, sportsmanship, and building confidence. No experience is needed just bring a positive attitude and be ready to play!

LEARN TO COOK

Wednesdays, 2:00pm–3:00pm

Ages: 7+

Location: Yale Teaching Kitchen

Price: \$40/\$50/\$60

This hands on cooking class introduces young chefs to the basics of cooking. Participants will learn kitchen safety, food preparation techniques, measuring skills, and how to follow recipes to create a variety of delicious dishes.

MIDDLE SCHOOL & HIGH SCHOOL VOLLEYBALL

Wednesday, 4:00pm–4:45pm

Location: Russell Gymnasium

Ages: 10+

Price: \$40/\$50/\$60

Get ready to bump, set, and spike your way through a fun and competitive volleyball class! Players will work on improving their passing, serving, hitting, defense, and sportsmanship.

KICKBALL

Fridays,

Ages 10+: 3:00pm–3:45pm

Ages 7–9: 4:15pm–5:00pm

Location: Baldwin Center

(Bus Transportation from YMCA available)

Price: \$40/\$50/\$60

Come kick, run, and have a blast! This fun and active class introduces participants to the basics of kickball with games and activities. Players practice kicking, throwing, catching, running the bases, and working together as a team. No experience needed!



YOUTH TENNIS & SWIM

YOUTH TENNIS

PLAY (RED BALL)

Wednesdays, 3:15pm-4:00pm
Ages 5-7, Location: South Courts
Price: \$50/\$60/\$70

We use special red foam or felt balls that are bigger, softer, and bounce lower. They move slowly through the air, making it easier for young players to get into position and take a good swing. Perfect for learning the basics and having fun!

REACH (GREEN BALL)

Tuesdays & Thursdays, 3:00pm-4:00pm
Ages 8-12, Location: South Courts
Price: \$90/\$100/\$110

Green balls are slightly softer than traditional yellow balls, but they bounce higher and travel faster than orange balls. They're the final step before using yellow tennis balls, helping players get comfortable with full-court play.

SPIN (ORANGE BALL)

Tuesdays & Thursdays, 4:00pm-5:00pm
Ages 7-10, Location: South Courts
Price: \$90/\$100/\$110

Orange felt balls bounce a little higher and move a bit faster than red balls, but they're still softer and slower than green balls. They help players build skills and get ready for the next level, while keeping the game exciting and manageable.

SPEED (YELLOW BALL)

Tuesdays & Thursdays, 5:00pm-6:00pm
Ages 10-12, Location: South Courts
Price: \$90/\$100/\$110

Develop matchplay strategy, point play focus, and work on technique in a fun and energized class!



YOUTH SWIM LESSONS

PRESCHOOL 1/2

Tuesdays, 9:30am-10:00am
Ages: 3-5
Price: \$65/\$75/\$85

Welcome to the water! This swim lesson will focus on being in the water as well as a little bit of movement. Comfort in and under the water will allow for the next steps- movement away from the wall. We will be paring the skills together, like swimming and floating. Max 6, Instructor: David

PRESCHOOL 1/2

Thursdays, 3:30pm-4:00pm
Ages: 3-5

Price: \$60/\$70/\$80

Welcome to the water! Lessons will focus on being comfortable in the water and water movement. Comfort in and under the water will allow for the next steps- movement away from the wall. We will be combining the skills together, like swimming and floating. Max 6.

SCHOOL AGE 1/2

Tuesdays, 3:30pm-4:15pm
Ages: 6+
Price: \$75/\$85/\$95

Welcome to the water! Lessons will focus on being comfortable in the water and water movement. Comfort in and under the water will allow for the next steps- movement away from the wall. We will be pairing the skills together, like swimming and floating. Max 6.

SCHOOL AGE 3/4

Wednesdays, 4:15pm-5:00pm
Ages: 5+
Price: \$75/\$85/\$95

Learn more about the strokes that move us through the water. Freestyle, backstroke, and breaststroke. We work on building up to swimming multiple lengths of the pool as well as treading, jumping, and diving. We will also prioritize the skills you need to pass the swim test.

WATER WIGGLERS

Mondays 10:00AM-10:30AM
Ages 2 only
Prices \$45/55/65

We will mostly play games. We are looking to build confidence in the water, and increase the ability to move around. Yes, some of the basic things will be covered (close your mouth in the water, kick your feet) with assistance.



ADULT PROGRAMMING

ADULT PICKLEBALL

ADULT PICKLEBALL LEAGUE

Wednesdays, 5:30PM-7:00pm
September 30-October 21 (4 weeks)
\$30 Members

Our 3.0+ Pickleball League is designed for intermediate and advanced players seeking fun, competitive match play in a welcoming environment. Players should have consistent fundamental skills, understand basic strategy, and be ready to challenge themselves while enjoying great competition. 25 people minimum.

LEARN TO PLAY PICKLEBALL

Saturdays, 11:00am-12:00pm
Dates: 9/12, 10/3, 11/7
\$10 Drop in fee

Learn to play is offered on the first Saturday of each month, led by Tennis Pro and Pickleball instructor, Susan Kirby.

NEW PICKLEBALL 102

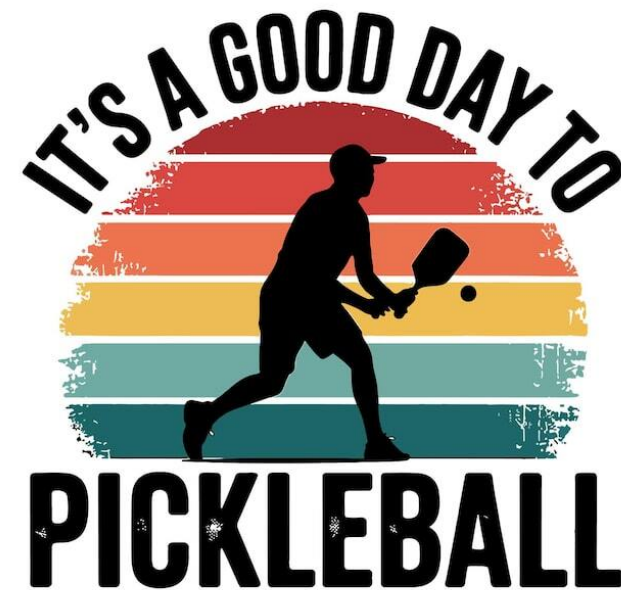
Tuesdays, 6:00PM-7:00PM
Dates: September 15-October 6 (4 Weeks)
\$30 Members

Pickleball 102 is the next step for players who know the basic rules, can keep score, and want to improve their dinking, third-shot drops, and court strategy. Registration is required. 4 minimum, 8 maximum.

INTERMEDIATE/ADVANCED SKILLS & DRILLS

Wednesdays, 11:00AM-12:30PM (Begins 9/16)
\$15 Drop-In Fee

Work on skills to perfect your game, and challenge yourself against other people working on their game. Pickleball pro Instructor approval needed to join.



AQUATICS

AQUA BOOTCAMP

Mondays & Wednesdays, 5:15pm-6pm
\$30 Members; \$60 Non-Members
Ages 16+

Join David & Erin in the pool twice a week to end your day with a great aqua workout! This class changes things up each session; from HIIT workouts to games that utilize the whole length of the pool, there's always fun, sweat, and smiles!

AQUA STRETCH & BALANCE

Mondays & Wednesdays, 8:50am-9:30am
\$25 Members; \$50 Non-Members

Join Lolly in the Ann Leach Pool twice a week to work on toning, stretching, balance, and water comfort in this 30 minute class. Class takes place in chest deep water, which limits enrollment to 10 participants total.

AQUA FIT

Tuesdays & Thursdays, 8am-8:45am
\$25 Members; \$50 Non-Members

Join David & Erin in the pool twice a week to start your day with a great aqua workout! This class changes things up; from HIIT workouts to games that utilize the whole length of the pool, there's always fun, sweat, and smiles!

AQUA COMBO

Monday, Wednesday, Friday 8:00-8:45
Price: Included with membership
Ages: 16+

Join a variety of instructor in the Emery Lap Pool for toning, cardio, and balance. Classic aerobic style Tabata, or HIIT style classes. Primarily a stationary class with occasional traveling.

BOATING SAFETY CLASS

Saturday, October 17th 7:30am-5:00pm

The most comprehensive in-person course available, America's Boating Course gives you the skills to enjoy being on the water with confidence. This boaters safety class is taught by certified teachers and meets most states' certification requirements. An NASBLA given at the end of time is included. See website address for registering:

<https://www.usps.org/index.php/sss-home>

Cost is \$55, which included materials and refreshments.

The Boothbay Region YMCA is only providing space for the Boating and Safety class.



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