THERE’S A Y IN EVERY FAMILY

BOOTHBAY REGION YMCA
2021 FALL II PROGRAMS
Nov. 1 – Dec. 18
Online Registration: 10/17

REGISTER ONLINE
boothbayregionymca.org
SESSION & REGISTRATION DATES
FALL II: November 1 – December 18
Online Registration: October 17, 12pm
In-House Registration: October 25, 5am

HOLIDAY CLOSURES
Monday, October 11 – Indigenous Peoples’ Day
Thursday, November 25 – Thanksgiving Day
Saturday, December 25 – Christmas Day

REFUND/CANCELLATION POLICY
If you need to cancel participation in a program due to personal reasons, we ask that you cancel before the session begins, as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel prior to attending the 2nd class. Refund will not be available after the second class, unless there is a medical reason that is supported with a doctor’s note. If a doctor’s note is provided, a prorated refund will be made.

HOURS OF OPERATION
Monday – Friday: 5:30am–6pm
Saturday: 7am–5pm
Sunday: Closed

POOL HOURS OF OPERATION
Monday – Friday: 5:30am–3pm
Saturday: 7am–11am
Sunday: Closed

MEMBERSHIP FOR ALL
Through the generosity of our donors, we are able to provide programs and services of a YMCA membership to those who may not otherwise be able to participate. Rates are available based on income. Proof of income will be required for Membership for All. If you cannot afford the full cost of a YMCA membership on the Membership for All sliding fee scale, you may apply for financial assistance. All Y members receive the same benefits, regardless of assistance.

EVIDENCE BASED HEALTH INITIATIVES
• YMCA Diabetes Prevention Program
• LIVESTRONG at the YMCA
• Boxing for Parkinson’s Program
• Blood Pressure Self-Monitoring
• Enhance Fitness
• Pedaling for Parkinson’s
• Tai Chi for Arthritis Part I
• Tai Chi for Arthritis Part II

Interested in learning more about our EBHI’s?
Contact Robin Maginn at rmaginn@clcyymca.org

Visit www.boothbayregionymca.org
or our Welcome Center for current schedules.
AQUATICS

<table>
<thead>
<tr>
<th>SWIM LESSON LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>COST: F/M/NM</th>
<th>SESSION</th>
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</thead>
<tbody>
<tr>
<td>LEVELS 1 &amp; 2:</td>
<td>TUE.</td>
<td>4pm-4:4pm</td>
<td>6+ YEARS</td>
<td>$60/$80/$120</td>
<td>FALL II</td>
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<tr>
<td>WATER ACCLIMATION &amp; MOVEMENT</td>
<td></td>
<td></td>
<td></td>
<td>NOV. 1 - DEC. 18</td>
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<tr>
<td>LEVELS 4–6:SWIM STROKES &amp; MORE!</td>
<td>WED.</td>
<td>4pm-4:45pm</td>
<td>6+ YEARS</td>
<td>$60/$80/$120</td>
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<tr>
<td>LEVELS 2 &amp; 3:</td>
<td>THU.</td>
<td>4pm-4:45pm</td>
<td>6+ YEARS</td>
<td>$60/$80/$120</td>
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<tr>
<td>WATER STAMINA &amp; STROKE INTRODUCTION</td>
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<tr>
<td>A/B</td>
<td>PRE SCHOOL (Hesitant Swimmers)</td>
<td>TUE.</td>
<td>3:30pm-4pm</td>
<td>3–5 YEARS</td>
<td>$50/$70/$100</td>
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<tr>
<td>1/2</td>
<td>PRE SCHOOL (Comfortable)</td>
<td>WED.</td>
<td>3:30pm-4pm</td>
<td>3–5 YEARS</td>
<td>$50/$70/$100</td>
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<tr>
<td>3/4</td>
<td>PRE SCHOOL (Try things independently)</td>
<td>THU.</td>
<td>3:30pm-4pm</td>
<td>3–5 YEARS</td>
<td>$50/$70/$100</td>
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<tr>
<td>WATER ACCLIMATION &amp; MOVEMENT (LEVELS 1–2)</td>
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<tr>
<td>PRE SCHOOL A/B (BRAND NEW!)</td>
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This class is designed for children ages 3–5 years who are hesitant to get their heads/ears wet, need assistance from an instructor (rather than assistance from equipment, like a noodle), and who are hesitant to slide in/jump in.

PRE SCHOOL 1/2 (BEGINNER) | | | |
This class is designed for children ages 3–5 years who have not yet taken swim lessons and/or are not comfortable in the water. Skills include blowing bubbles, bobbing, kicking, and arm movement.

PRE SCHOOL 3/4 (COMFORTABLE) | | | |
This class is designed for children ages 3–5 years who have taken swim lessons with the Y in the past or are very comfortable in the water (being able to submerge with no assistance). Skills include kicking, arm movement, jumping, sitting dives, submerging for sinky toys, and more!

WATER ACCLIMATION & MOVEMENT (LEVELS 1–2) | | | |
Students learn personal water safety and achieve basic swimming competency by learning to swim, float, swim and jump, push, turn and grab.

WATER STAMINA & STROKE INTRODUCTION (LEVELS 2–3) | | | |
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

SWIM STROKES & MORE! (LEVELS 4–6) | | | |
Having mastered the fundamentals, students will work on stroke development on front crawl, back crawl, breaststroke, butterfly, sidestroke, and elementary backstroke. Other swim techniques will be introduced such as flip turns, starts, and submerging!

PRIVATE SWIM LESSONS | | | |
Contact Samantha Aho for more information at saho@brymca.org or 207.633.2855 EXT. 250

WATER AEROBIC CLASSES

WATER AEROBICS: M/W/F 8am-8:45am
T/TH 8am-8:45am ($25 Fee)
T/TH 5:30am-6:30am

STRETCH & BALANCE:
T/TH 8:45am-9:15am ($20 Fee)
We welcome you back into the therapy pool for a relaxing 30 minutes of stretching-- and more! Instructors will focus on balance exercises, stretching and agility by bringing back an all-time favorite program!

NOT SURE WHICH LEVEL TO SIGN UP FOR?

SCHEDULE AN EVALUATION WITH SAMANTHA TO FIND OUT!

*If signing up online before an evaluation has been completed or you’ve been in contact with Samantha, please note that the instructor might suggest an alternative class, dependent on your swimmer’s abilities & comfort level.

Lindsey Senecal, Assistant Aquatics Director, lsenecal@brymca.org or 633-2855 ext.255
Samantha Aho, Swim Lesson Coordinator, saho@brymca.org or 633-2855 ext.250
CHILD ENRICHMENT
Our child care programs for children six weeks to 3 years are designed to allow children to explore and create independently. Through observation, teachers design creative activities that teach skills needed to move your child to the next developmental stage.
Hannah Wayda, Child Enrichment Director
hwayda@brymca.org 633-2855 ext.400

HARBOR MONTESSORI
We believe that a child from three to six years of age is an avid learner and we strive to foster creativity, curiosity and exploration within a Traditional Montessori setting. The classroom is student-led while teachers take on a passive role, observing and providing guidance and lessons as opportunity arises.
Hannah Wayda, Child Enrichment Director
hwayda@brymca.org 633-2855 ext.400

FIT KIDS
Fit Kids will be held at Camp Knickerbocker this year. Fit Kids is a program designed to help support working families in our community. Your child will enjoy all that Camp K has to offer with a focus on cognitive, social, and physical development, all while enjoying the Maine outdoors.
Lindsey Senecal, Program Director
lsenecal@brymca.org 633-2855 ext.250
Erin Gray, Senior Program Director
egray@brymca.org 633-2855 ext.255
PERSONAL TRAINING

Whether you want to prepare for a trip, train for an athletic event, improve your golf or tennis game, or are simply looking for a customized and guided workout, personal training at the YMCA is for you. Contact our Welcome Center or check out our website for more information, scheduling, and prices.

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<thead>
<tr>
<th></th>
<th>1 Hour Session</th>
<th>5 Session Pack</th>
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<tr>
<td>Members</td>
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<td>$275</td>
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<tr>
<td>Non-Member</td>
<td>$120</td>
<td>$450</td>
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GROUP PERSONAL TRAINING

Not motivated to workout solo? Grab three friends or family members and sign up for group personal training sessions at the Y! Each session lasts 1 hour-- buy a package of 4 sessions to allow each member to receive more personal attention while getting their sweat on!

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FITNESS CLASSES (25 ARE INCLUDED IN YOUR BRYMCA MEMBERSHIP!)

- Aerobics for All
- Aqua Aerobics
- Bootcamp
- Cycling
- Enhance © Fitness
- Pilates/Yoga Stretch
- Seniors in Motion
- Sit & Stretch
- Tai Chi (Fee-based)
- TRX
- Yoga
- Zumba®

NEW MEMBER ORIENTATION

As a new member, your free wellness center orientation provides you with an opportunity to become comfortable in our YMCA. During your orientation, we will guide you through our cardio and strength training machines, as well as our fitness programs and resources. We will discuss your interests and goals to get you on the right track with your Y membership.

Y VIRTUAL

- Aerobics
- Interval Training
- Strength Training
- Tai Chi
- Yoga
- Zumba®

Check out this platform for Zoom classes and virtual content. To access this content, you will need to be a member of the YMCA. To learn more about how to access please visit boothbayregionymca.org

To view current schedules and class descriptions visit boothbayregionymca.org
Y-ARTS

We ask that parents stay outside of the building during all our Fall Y Arts classes. Participants will be asked to wear a mask when in the Annex. We will continue to perform a temperature check prior to admitting a student to the building. Please help us support a creative and safe environment for our Y Arts students.

For those participating in any of the Y Arts Dance Classes OR the Polar Express, the performance date for these programs is December 18 at 1pm at the Boothbay Region YMCA.

DANCE

ITY BITTY BROADWAY DANCE
Mondays, 3:00-3:45pm
Ages: 3-6
Ballet & Tap for our youngest dancers, join dance teachers Emerson and Emily for a combination dance class. Participants will learn basic ballet and tap techniques in a fun and supportive environment. Please bring ballet shoes and tap shoes to class each week. Ballet or athletic attire is considered appropriate for this class.
SESSION COST: $40/$50/$67

BEGINNER BALLET/TAP/JAZZ
Mondays, 3:45-4:45pm
Ages: 7-10
This class is intended for students new to tap and ballet dancers of the appropriate age with previous tap and/or ballet experience. Participants will practice technique and learn combinations for various tap and jazz routines. Please bring tap shoes and ballet slippers and wear athletic attire for this class. Jazz shoes or sneakers are appropriate for the jazz portion of this class.
SESSION COST: $47/$57/$72

INTERMEDIATE-ADVANCED TAP/JAZZ
Mondays, 4:45-5:45pm
Ages: 11-15
This class is intended for students with previous tap experience. Participants will practice technique and learn combinations for various tap and jazz routines. Please bring tap shoes and ballet slippers and wear athletic attire for this class. Jazz shoes or sneakers are appropriate for the jazz portion of this class.
SESSION COST: $47/$57/$72

HIP HOP DANCE CLASS
Wednesdays, 4:15pm-5:15pm
Ages: 8-18
Join Ejaye Landry for the Y Arts Hip Hop dance class! Participants will meet weekly in the YMCA Annex and will learn new choreography along with the fundamental hip hop values to express themselves with a new attitude.
SESSION COST: $45/$55/$70

DANCE AROUND THE WORLD:
Dance for all Ages!
Wednesdays, 5:30-6:30pm
This class combines movement, music, and community in a high-energy, cross-cultural dance party packed with kid-friendly routines and all the music kids love from all over the world! This class will inspire kids to express themselves through movement and play while effectively improving their overall health and well-being, increasing their focus and self-confidence, boosting their metabolism, and enhancing their coordination. Come dance with us! Bring the whole family and have a blast!
INDIVIDUAL COST: $35/$45/$60
FAMILY PACKAGE: $50/$60/$75

INTERMEDIATE MUSIC THEATER DANCE
*Pre-requisite: Fall I participation
Thursdays, 3:30-4:30pm
Ages: 6-10
5, 6, 7, 8, DANCE! Join Emily Mirabile for our Fall Music Theater Class! Participants will learn new choreography and routines from various Broadway style musicals and movies. Come join the fun at the Annex!
SESSION COST: $40/$50/$65

ADVANCED MUSIC THEATER DANCE
*Pre-requisite: Fall I participation
Thursdays, 4:30-5:30pm
Ages: 11-18
5...6...7...8... DANCE! Join Emily Mirabile for our Fall Music Theatre Dance Class! Participants will learn new choreography and routines from various Broadway Style musicals and movies. This advanced class will include more difficult steps and routines for the seasoned dancer.
SESSION COST: $40/$50/$65
ART

COMIC BOOK ART
Tuesdays, 3:00-4:00pm
In this 7 week class, students will work on developing characters and setting up a multi-page comic book. We will work on drawing skills and inking comics along with working in Illustrator on the computer.
SESSION COST: $55/$65/$80

DRAWING & PAINTING
Tuesdays, 4:00-5:00pm
In this 7 week class, students will work on pencil sketching and drawing along with painting. We will learn to draw and paint what we see.
SESSION COST: $55/$65/$80

MIXED MEDIA
Thursdays, 4:30-5:30 (Ages 6-12)
In this 7 week class, students will work in several mediums such as glass fusion, sea glass art, fabric painting, and printmaking.
SESSION COST: $55/$65/$80

START THE ARTS EARLY: Mixed Media
Thursdays, 3:30-4:30 (Ages 3-6)
In this 7 week class, students will work in several mediums such as glass fusion, sea glass art, fabric painting, and printmaking. Class will be led by Kathy Faass with Y Arts teen mentors to assist.
SESSION COST: $55/$65/$80

ACTING

CURTAIN UP ACTING: THE POLAR EXPRESS
Wednesdays, 3:00-3:45 (Ages 4-10)
Join Y Arts Director, Emily Mirabile for a fun trip on the Polar Express. Participants will work with Emily and teen Y Arts mentors to create a reader’s theatre production of this classic holiday tale. The performance will be a part of the Y Arts Holiday Spectacular on December 18th at the Boothbay Region YMCA.
SESSION COST: $45/$55/$70

ADULT ART WORKSHOPS

HOLIDAY GLASS FUSION WORKSHOP
Date: Thursday, November 18
10am-12pm in the Annex
In this workshop, we will make holiday plates in a design of your choice. The glass is food safe. They make a great gift or something new to use at your holiday gathering. The glass will be processed in the kiln and available for pick-up within ten days of the class. Beginners to advanced participants are welcome!
Cost: $30

GIFT TAGS & ORNAMENTS
Thursday, December 2
10am-12pm in the Annex
Come have fun creating glass ornaments and gift tags. Beginners to advanced participants are welcome!
Cost: $30

HOLIDAY HAND PAINTED SCARF WORKSHOP
Thursday, December 10
10am-1pm in the Annex
Come create a fabulous one-of-a-kind holiday scarf! We design the scarf and then go through the process of hand painting it. Beginners to advanced participants are welcome!
Cost: $30

Upcoming LIVE Performances!
Y Arts Voice & Violin Rehearsal ~ November 18, 5:30pm, YMCA Gymnasium
Seussical Junior! ~ December 3-5, Lincoln Theater
Y Arts Holiday Spectacular ~ December 18, 1:00pm, YMCA Gymnasium

Emily Mirabile, Y-Arts Director, emirabile@brymca.org
As lifelong residents of the Boothbay region, we never once thought of living anywhere else. This area holds a special place in our hearts; and we wanted our children Ella, an eighth grader at Boothbay Region Middle School, and Kayla, a fourth grader at Southport Central School, to have some of the same experiences we had as children growing up in this great community.

After a challenging 2020, now it’s time for everyone to come Back Together! We cannot think of a better theme for this year’s Annual Fund drive to celebrate our successes and find the silver linings to what has been an unprecedented time in our lives. The YMCA needs our support as it moves forward with planned improvements to facilities and programs, projects derailed by COVID-19.

As a new member of the BRYMCA Board, I am learning the importance of the Annual Fund drive and how it supports the short- and long-term goals of our Y. Without the generosity and dedication of our community, we would not be so fortunate to have had the great YMCA experiences we all have had for so long.

As we come Back Together, please consider joining us in donating to this year’s Annual Fund. Together as a community we can help our Y continue to do great things.

Thank you! —The Watts Family
UNLIMITED TENNIS: OCT – DEC
Members: $120, Non-Member: $170

PRIVATE & GROUP LESSONS
By Appointment
Member: $48, Non-Member: $58
Contract court times are available quarterly for $25 per person. Maximum 6 people per contract; all must be unlimited tennis players.

BEGINNER/INTERMEDIATE PICKLEBALL
Tuesdays, 9am-10am, Thursdays 12pm-1pm
No sign up required. Doubles is welcome and no reservations are required at this time.
Non-Member Drop In: $10

INTERMEDIATE/ADVANCED PICKLEBALL
Tuesdays, Thursdays & Saturdays: 10am-12pm
Intermediate/advanced friendly pickleball.
No sign up required.
Non-Member Drop In: $10

NEW! CARDIO TENNIS
Tuesdays, 5pm-6pm ($10 Drop-in fee)
Cardio Tennis is fast paced fun! Music, easy to hit balls, and crazy games make this a great way to work out without knowing you’re working out! No tennis experience or equipment necessary.

NEW! TENNIS 101
Thursdays, 5pm-6pm (Nov. 11, 18 & Dec. 2, 9)
Join in for a weekly lesson on tennis basics. Each week will focus on a different stroke. Format will include a short lesson and drills to work on the stroke of the day.
SESSION COST: $40/$50/$70

NEW! LEARN TO PLAY PICKLEBALL
Thursdays, 12pm (Nov. 11, 18 & Dec. 2, 9)
Pickleball is a safe, fun way to get exercise. This four week class will teach you all the basics, shots, and how to play the game!
SESSION COST: $40/$50/$70

SQUASH & RACQUETBALL
Reservations can be made at yourcourts.com

TENNIS & PICKLEBALL COURT FEES
Members: $8/hr/person or $12/1.5 hr/person

YOUTH SESSIONS

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<th>LEVEL</th>
<th>DAY</th>
<th>TIME</th>
<th>AGE</th>
<th>COST: FM/M/NM</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>PLAY</td>
<td>MON &amp; WED</td>
<td>3:15-4pm</td>
<td>5-8</td>
<td>$75/$85/$105 (Max. 8)</td>
<td>Nov. 8 – Dec. 15</td>
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<tr>
<td>MIDDLE/HIGH SCHOOL</td>
<td>MON &amp; WED</td>
<td>4-5:30pm</td>
<td>12+</td>
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<tr>
<td>SPIN</td>
<td>TUE &amp; THUR</td>
<td>3-4pm</td>
<td>8-10</td>
<td>$75/$85/$105 (Max. 12)</td>
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<tr>
<td>REACH/SPEED</td>
<td>TUE &amp; THUR</td>
<td>4-5pm</td>
<td>11-14</td>
<td>$75/$85/$105 (Max. 12)</td>
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PLAY
Red balls on a 36’ court. Participation and learning with a great attitude for developing youth players.

SPIN
Orange balls on a 60’ court. Support each other to play and imagine the fun in learning new concepts.

REACH
Skills and games for non-tournament level players. Respect each other with an encouraging attitude and gain confidence through hard work.

SPEED
Training, strategy and matchplay for tournament level players. Support each other and perform to gain experience and endurance through dedication.
YOUTH SPORTS

PEE WEE BASKETBALL
Mondays, 4-4:45pm
Grades: Pre-K / Kindergarten
Location: BRYMCA Gymnasium
The goal of this program is to teach youth players the fundamentals of basketball through progressive skills and small sided games that help develop technical skills. Focusing on hand/eye coordination, footwork, dribbling, and ball movement is key to this program.
SESSION COST: $30/$40/$70

ROOKIES BASKETBALL
Saturdays, 8am-9am
Grades: 1-3
Location: BRYMCA Gymnasium
This co-ed beginner league is for future basketball players to learn the fundamentals of the sport through practice and play on Saturday mornings. Healthy competition through the sport will help develop good sportsmanship and skills.
SESSION COST: $40/$50/$75

ROOKIES FLOOR HOCKEY
Wednesdays, 5pm-5:45pm
No program 11/24
Ages: 5-12
Location: BRYMCA Gymnasium
Develop hockey skills, teamwork, and learn the basics of hockey with volunteer coach Dylan Murphy. In each class, your athlete will learn shooting, passing, stick handling, and defense in a fun, age-appropriate way. Families can view the practices and join in when the time is appropriate. Recommended parent participation with youth ages 5-6 years. Min. 6, max. 14.
SESSION COST: $30/$40/$55

YOUTH BASKETBALL
Practice Times: TBD based on schedules
No games 11/27, 12/25, 1/1)
Grades 4–6
Tip – Off Clinic: November 13 at 9:20 – 10:20am
Playoffs: January 22, 2022
The league will be co-ed this season. Games will be played at the Boothbay YMCA’s Gymnasium on Saturday mornings. Team will have a 1-hour practice weekly. Practices will begin the week of November 13. Volunteer coaches will communicate their practice times with families of their players. Please make sure cell phone numbers and e-mail addresses are up to date in the YMCA’s system. Register in advance under your child’s graded level.

Interested in volunteering as a coach? Please reach out to Ed Crocker:
crockered2001@yahoo.com
SESSION COST: $45/$55/$75
NEW! BATON TWIRLING
Mondays, 4-4:45pm
Ages: 5-12
Location: Coastal Club Room
Combine your love of athletics and performing.
Baton twirling is a sport that encourages teamwork, hand eye coordination, and confidence.
Participants will meet weekly to learn a mix of baton twirling skills, as well as perform a routine to music.
SESSION COST: $20/$30/$40

NEW! PARENT & ME BOOTCAMP
Mondays, 5:15-6pm
Ages: 5-8, PLUS designated adult
Location: Yoga Studio
Sign up for a bootcamp class-- participants will use equipment such as 1-3 pound hand weights, the agility ladder, jump ropes, body weight, steps, bosu balls, TRX straps, and exercise balls to complete circuit training-- all with their designated adult! The class is charged per child, and adults come for free to ALSO get in a workout!
SESSION COST: $20/$30/$40

ITTY BITTY GYMNASTICS
Wednesdays, 3pm-3:45pm
No class 11/10 or 11/24
Ages: 3-5
Location: Coastal Club Room
Children ages 3–5 years will be introduced to different equipment and movements in a structured environment. Parent involvement is encouraged. Parents of this level should be on-site when the class is in session. Min. 3, max. 8
SESSION COST: $43/$47/$54

BEGINNER GYMNASTICS
Wednesdays, 4pm-5pm
No class 11/10 or 11/24
Ages: 5-8
Location: Coastal Club Room
This program focuses on orienting students with equipment and balancing each participant’s level with each class visit. Participants will begin to develop body awareness and fundamental skills. Min. 3, max. 8
SESSION COST: $47/$50/$61
The Boothbay Region YMCA is looking for staff to fill both part-time and full-time positions. Interested? Apply online or pick up an application at the Welcome Center’s front desk!

Aquatics • Maintenance • Front Desk • Teachers • Fitness Instructors