



BOOTHBAY REGION YMCA REGISTRATION GUIDE

SPRING PROGRAMMING

APRIL 27 - JUNE 5, 2026

Online registration: April 12, 2026 @ NOON

In House registration: April 20, 2026 @ 7 AM

<https://boothbayregionymca.org> | 207.633.2855
261 Townsend Ave. Boothbay Harbor, ME 04538

REGISTER
ONLINE!



WELCOME!

WELCOME
SPRING



FINANCIAL ASSISTANCE

Our YMCA is here to serve people of all ages, backgrounds, abilities, and incomes. We believe our programs and services should be available to everyone, regardless of ability to pay. Thanks to the many supporters of our YMCA, we are able to provide financial assistance based on a sliding scale rate that is designed to fit each individual's financial situation.

GENERAL INFORMATION

HOLIDAYS

Memorial Day: Closed
Juneteenth: Open

MONTHLY MEMBERSHIP RATES

- Youth: \$29
- Young Adult: \$39
- Adult: \$64
- Senior: \$57
- Senior Couple: \$74
- Family: \$84

* \$65 Activation Fee

GUEST FEES

- Adults: \$15 (19+)
- Youth: \$10 (13-18)
- Youth: \$5 (0-12)

HOURS OF OPERATION

Facility Hours
Mon-Thrs: 5:30 AM - 8:00 PM
Fri: 5:30 AM - 7:00 PM
Sat: 7:00 AM - 2:00 PM
Sun: 8:00 AM-11:00 AM (Through May 17th)

Pool Hours- Weekend
Sat: 7:00 AM - 11:00 AM
Sun: Closed

NATIONWIDE MEMBERSHIP

Beginning January 1, 2026, the Boothbay Region YMCA will be implementing new policies related to the Nationwide Membership Program.

After thoughtful consideration, our Board of Trustees approved this change to support a stable and sustainable financial foundation, enabling us to continue providing high-quality programs, services, and a welcoming environment that our community values.

Starting January 1, visiting members from other YMCAs must:

- Verify Membership using Nationwide
- Register (1 per unit) with a punch pass
- Pay a daily guest fee of \$15, or
- Purchase a punch card, or
- Purchase a 1, 3, or 6 month

If your membership is active at another YMCA we will waive the \$65 activation fee for those who choose a short-term membership.

We truly appreciate your understanding and continued support.

SCHEDULES

All schedules can be found online or at our Welcome Center.

ADULT PROGRAMMING

ADULT HEALTHY LIVING

Y-ROX/ Lauren

Wednesdays, 8:00-8:45am

Location: Track

\$25 Members; \$50 Non-Members

Join Lauren for this 45-minute hybrid fitness class inspired by her new found love of HYROX training and races! You'll be on the track for this class which combines medicine balls, sandbags, bodyweight exercises and more. Bring a water and sneakers and be prepared to sweat!

TRX Pilates w/Caroline

Thursdays, 3:45-4:30PM

Location: Lower Studio

\$25 Members; \$50 Non-Members

Join Caroline for this 45-minute TRX fusion class where she'll blend suspension-based training exercises with Pilates-inspired training. Feel the burn, challenge your muscles, and strengthen your core!



WATER AEROBICS

AQUA BOOTCAMP (Ends 5/27)

Mondays & Wednesdays, 5:15-6:00pm

\$25 Members; \$50 Non-Members

Join David or Erin in the pool twice a week to end 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 STRETCH & BALANCE (Ends 5/27)

Mondays & Wednesdays, 8:50-9:30am

\$20 Members; \$40 Non-Members

Join Lolly in the Ann Leach Pool twice a week to work on toning, stretching, balance, and water comfort in this 40 minute class. Class takes place in chest deep water, which limits enrollment to 10 participants total.

AQUA FIT (Ends 5/28)

Tuesdays & Thursdays, 8:00-8:45am

\$25 Members; \$50 Non-Members

Join David & Lolly 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!

ADULT INTRAMURAL

Adult Pickup Basketball

Mondays 5:00-8:00

\$0 Members; \$5 Non-Member drop in

Indoor Adult Soccer

Tuesdays 6:00-8:00pm

\$0 Members; \$5 Non-Member drop in

Adult Indoor Volleyball

Wednesdays 6:00-8:00pm

\$0 Members; \$5 Non-Member drop in

Contact: Adam Taylor at ataylor@brymca.org



Y ARTS

The Y-Arts Center (formerly the Annex) is undergoing a transformation!

We'll be closed from April 20th - May 3rd while our floors get a fresh, professional resurfacing. All classes will run a short session for the spring. Please note class times and discounted prices.

Spring Dance Classes

All classes will meet three times prior to performing in a recital on June 1 in the YMCA Gymnasium.

WEEKLY CLASSES

MUSIC WITH MAURA

Thursdays, 3:30-4:00pm

Class Dates: May 7, 12, 21, 28

Ages: 3-8

Location: Y-Arts Center

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

Join Maura for a playful, engaging music class that sparks creativity, builds confidence, and fosters social connection. Through singing, movement, and games, children will boost self-expression, memory, and coordination, all while having fun with friends in a warm, supportive setting.

SQUISH, SPLATTER & CREATE

Fridays, 3:00-3:30pm

Class Dates: May 8, 15, 22, 29, & June 5

Ages: 3-5

Location: Y-Arts Center

Price: \$35/\$45/\$60

Little artists will experience a fun, messy, sensory-rich art class that sparks creativity.

THE YOUNG ARTIST'S CLUB

Fridays, 3:00-4:00pm

Dates: May 8, 15, 22, 29, & June 5

Ages: 6-13

Location: Y-Arts Center

Price: \$40/\$50/\$75

Join the fun each Friday as participants find their creative side with various art projects and activities. Participants will have the opportunity to choose from a series of projects and work on them weekly in a safe and supportive atmosphere.

ITTY BITTY BALLET CLASS

Mondays, 3:00-3:30pm

Ages: 3-6

Class Dates: May 4, 11, 18

Location: Y-Arts Center

Price: \$30/\$45/\$60

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

TAP CLASS

Mondays, 3:30-4:00pm

Ages 3-8

Class Dates: May 4, 11, 18

Location: Y-Arts Center

Price: \$30/\$45/\$60

Join Imij for a fun tap class! No experience necessary but please do bring TAP SHOES! Students will work on basic steps and combinations.

BEGINNER BALLET

Mondays, 4:00-4:30pm

Ages: 7-12

Class Dates: May 4, 11, 18

Location: Y-Arts Center

Price: \$30/\$45/\$60

This class is intended for a slightly older dancer but no experience is required to participate. Students will learn combinations and stretches, and continue to grow their ballet skills with positions and across the floor exercises.

MUSIC THEATER DANCE

Mondays, 4:30-5:15pm

Age: 8-15

Class Dates: May 4, 11, 18

Location: Y-Arts Center

Price: \$30/\$45/\$60

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

PRIVATE MUSIC LESSONS

The Y offers private lessons in Piano, Voice, and Violin. Please contact Emily Mirabile at emirabile@brymca.org for more information or availability.

Y ARTS

SPRING PERFORMANCES

9 TO 5 JUNIOR

Show Dates: April 16 & 17

Time: 5:00 PM

Location: Lincoln Theater, Damariscotta

9 to 5 JR. is about teamwork and finding the courage to stand up for what's right. It is a joyful reminder that you can take care of business with the support of those around you.

DOT AND THE KANGAROO JUNIOR

Show Dates: May 21 & 22

Time: 5:00 PM

Location: Lincoln Theater, Damariscotta

A charming tale full of quirky Aussie-native characters, Dot and the Kangaroo transforms this endearing story into a fresh, new adventure for generations to come!

THE WIZARD OF OZ, ITTY BITTY PERFORMERS

Show Dates: May 27

Time: 4:00 PM

Location: Y Arts Center, Boothbay Region YMCA

Join us on our journey down the yellow brick road! This Wizard of Oz Reader's Theater Musical is a sweet, playful adaptation designed especially for our youngest rising stars. Perfect for preschool and early elementary students, this production builds confidence, encourages imagination, and celebrates teamwork in a fun, low-pressure performance.

PREMIERE PERFORMANCES OF: TIME ADRIFT

Thu June 18 at 7PM

Fri June 19 at 7PM

Sat Jun 20 at 2PM & 7PM

Written by Emily and Nick Mirabile, this NEW MUSICAL will PREMIERE at the Lincoln Theater!

Time Adrift is a whimsical new musical adventure where the sea has a mind of its own and home is closer than it seems. A portion of Time Adrift ticket sales will benefit The Shaw Fund for Mariner's Children.



FINANCIAL ASSISTANCE

Our YMCA is here to serve people of all ages, backgrounds, abilities, and incomes. We believe our programs and services should be available to everyone, regardless of ability to pay. Thanks to the many supporters of our YMCA, we are able to provide financial assistance based on a sliding scale rate that is designed to fit each individual's financial situation.



YOUTH SWIM

YOUTH SWIM LESSONS

PRESCHOOL 2/3

Tuesday, 9:30-10:00am

Ages: 3-5

Price: \$45/\$55/\$65

Ideally participants can already push off the wall and swim a short distance, as well as jumping in and returning to the wall independently. Work on coordinating arms and legs to go farther away from the wall, and travel to the deep end to learn how to tread water!

DUE TO A LIFEGUARD SHORTAGE IN THE AFTERNOONS WE WILL NOT BE ABLE TO PROVIDE SWIM LESSONS. REACH OUT TO DWASHBURN@BRYMCA.ORG

WATER WIGGLERS

Monday, 10:00-10:30am

Ages: 2 years

Price: \$25/\$35/\$45

This class is designed for children who are 2 years old who want to get acclimated to the water. While this class is not a lesson, we will still focus on basic fundamentals of being in the water such as closing your mouth in the water & kicking your feet. Guardians are not required to be in the water with their children but are encouraged to. We will mostly play games and wear a personal flotation device for free play.

RED CROSS BABYSITTING TRAINING

Monday, 4:00-5:30pm

Ages: 11-16

Price: \$50

Building a community of responsible and confident caregivers. Built by science experts and trusted by parents. It equips learners with real-life readiness skills they need to handle any situation with confidence and competence. 12 Maximum participants.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOW HIRING!

LIFEGUARDS

- PART-TIME
- VARIETY OF WEEKDAY AND WEEKEND SHIFTS
- AGE: AT LEAST 15 YEARS OLD
- 1 SHIFT A WEEK EARNS YOU A FREE ADULT MEMBERSHIP

JOB DESCRIPTION:

Lifeguards and swim instructors must monitor pool activities and ensures member safety. Lifeguards need to possess knowledge of rescue, and emergency medical procedures. To help prevent incidents, lifeguards must enforce all safety guidelines as outlined by the YMCA.

BOOTHBAY REGION YMCA

boothbayregionymca.org



YOUTH PROGRAMMING

YOUTH TENNIS

PLAY (RED BALL)

Tuesdays & Thursdays, 3:15–4:00pm

Ages: 5–7

Location: South Courts

Price: \$80/\$90/\$100

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.

SPIN (ORANGE BALL)

Tuesdays & Thursdays, 4:00–5:00pm

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.

REACH (GREEN BALL)

Monday & Wednesday, 3:00–4:00pm

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.

SPEED & MIDDLE SCHOOL (YELLOW BALL)

Mondays & Wednesdays, 4:00–5:00pm

Ages: 10–14 , Location: South Courts

Price: \$90/\$100/\$110

A "yellow ball" in a youth tennis class refers to the standard, faster, and bouncier yellow tennis ball used in adult play. It is played on a full-sized court to help skilled young players develop high-level movement, footwork, and reactions suitable for match play and competitive tennis.

YOUTH PROGRAMMING

LEARN TO COOK

Wednesdays, 2:00–3:00pm

Location: Yale Teaching Kitchen

Ages: 9+; Price: \$40/\$50/\$60

In this fun, hands-on class, kids will earn the essential cooking skills they will need when they're older. We'll practice kitchen safety, how to use basic tools, how to follow recipes, and how to make simple, healthy meals from scratch.

RACQUETBALL

Tuesdays, 3:00–3:45pm

Location: Meet in Front Lobby

Ages: 8+; Price: \$40/\$50/\$60

This fun and active class introduces kids to the basics of racquetball in a safe and supportive YMCA environment. Participants will learn simple skills, practice hand-eye coordination, and enjoy games that keep them moving and smiling. No experience needed—just bring energy and a willingness to try something new!

WALLYBALL

Mondays, 3:00–3:45pm

Location: Meet in Front Lobby

Ages 8+; Price: \$40/\$50/\$60

Wallyball is volleyball turned up to the max! Played inside a gym with walls, this fast-paced game lets the ball bounce off the walls to keep rallies going longer and make every play exciting. Jump, dive, and think fast as you work with your team to score points and outsmart your opponents. It's easy to learn, super active, and packed with nonstop action. Perfect for kids who love sports, teamwork, and fun.

ROOKIES BASKETBALL (MINI SESSION)

Thursdays May 12, 21, 28 @ 3:00–3:45pm

Location: Russell Gym

Ages 8+; Price: \$20/\$30/\$40

A fun and engaging introduction to basketball designed especially for beginners. This rookie level class focuses on fundamental skills such as dribbling, passing, shooting, and basic game rules in a supportive and encouraging environment. Perfect for players who are new to the sport or looking to develop confidence on the court while learning teamwork and sportsmanship.

SPORTS SAMPLER (MINI SESSION)

Fridays May 15, 22, 29 @ 3:00–3:45pm

Ages 8+; \$20/\$30/\$40

This high energy class introduces participants to a variety of sports in one program. It gives beginners the chance to try activities like flag football, soccer, kickball, floor hockey and more! All while learning skills, rules, and teamwork in a supportive environment.

PE FOR PEEWEES

Thursdays May 14, 21, 28 @ 10:30–11:00pm

Ages 3–5; \$20/\$30/\$40

Join us for a dynamic and fun-filled PE class that focuses on promoting physical fitness, teamwork, and healthy habits through a variety of engaging activities and games that improve their strength, flexibility, and coordination, all while having a blast.



BOOTHBAY REGION YMCA REGISTRATION GUIDE

SPRING PROGRAMMING

APRIL 27 - JUNE 5, 2026

Online registration: April 12, 2026 @ NOON

In House registration: April 20, 2026 @ 7 AM

<https://boothbayregionymca.org> | 207.633.2855

261 Townsend Ave. Boothbay Harbor, ME 04538

REGISTER
ONLINE!

