



# BOOTHBAY REGION YMCA SUMMER

June 23 - August 23, 2025

[boothbayregionymca.org](http://boothbayregionymca.org) | 207.633.2855

261 Townsend Ave. Boothbay Harbor, ME 04538



# MEMBERSHIP MEANS MORE

More than just a gym, a pool, or a place for fitness, YMCA members experience a sense of belonging that can't be found anywhere else!

## MONTHLY RATES

Rates can be paid monthly or annually.

**Activation fee:** \$65 (paid at time of joining)

<b>Family*</b>	<b>\$80</b>
<b>Senior Couple (65+)</b>	<b>\$70</b>
<b>Adult (26-64)</b>	<b>\$60</b>
<b>Senior (65+)</b>	<b>\$53</b>
<b>Young Adult (18-25)</b>	<b>\$37</b>
<b>Youth (0-17)</b>	<b>\$27</b>

Pro-ration: The first month of joining is pro-rated.

Example: An adult joining on January 13th would pay approximately \$34 for their first month, plus the activation fee.

### \*Family Categorization:

Up to 2 adults, plus their dependants aged 23 and below. A dependent is designated as immediate family, lives in the same household, and listed as dependents on IRS form 1040.

## SHORT TERM MEMBERSHIPS

Short Term Memberships are paid in-full, includes the \$65 activation fee, and automatically ends at the end of the term.

	<b>Family</b>	<b>Senior Couple</b>	<b>Adult</b>	<b>Senior</b>	<b>Young Adult</b>
<b>1 Month</b>	\$145	\$135	\$125	\$118	\$102
<b>3 Months</b>	\$305	\$275	\$245	\$224	\$176
<b>6 Months</b>	\$545	\$485	\$425	\$383	\$287

## SCHEDULES

- Please view our pool schedule online.
- Please view our pickleball schedule online.
- Please view our Russell Gymnasium schedule online.

## MEMBER BENEFITS & PERKS

- Cross-Trainers, Treadmills, Bikes
  - Free Weight Room
  - 2 Aerobics Studios
  - Cybex Strength Equipment
  - Punching Bag and Speed Bag
  - Cycling Studio
  - Indoor Lap Pool (25 yards)
  - Indoor Therapy Pool
  - Sauna on the Pool Deck
  - Basketball Courts
  - Racquetball/Squash Courts
  - Indoor Track (1/8 of a mile)
  - Two Indoor Tennis Courts
  - Eight Pickleball Courts
  - Nationwide Membership (at participating locations)
  - 25 Group Exercise Classes per week
  - 3 Water Aerobics Classes per week
  - Special Program Rates for Family Memberships
  - No Contracts
  - Weekly Basketball and Volleyball Pick-Up Games
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- Treat yourself to complimentary coffee in the South Lounge.
  - Monday-Friday 8:00AM-9:30AM
  - Pool, Group Exercise, and Pickleball Schedules can be found on our website under the "Schedules" tab.
  - Tennis and Pickleball Court reservations may be made by members online using "YourCourts". A link can be found under "Programs" then "Tennis & Pickleball." Reservations are free for members, guests must pay an additional \$8 per hour.
  - Personal Training for members starts at \$30 for 30 minutes. Inquiries can be sent to Caroline at [civens@brymca.org](mailto:civens@brymca.org)

# HEALTHY LIVING SCHEDULE



## Healthy Living Schedule - Summer 2025

Please see the front desk for an updated Healthy Living Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge	
8:00-8:45AM Aerobics for All Tagliabue	8:00-8:45AM Cycle Snider	8:00-8:45AM Aerobics for All Tagliabue	8:00-8:45AM Cycle Snider	8:00-8:45AM Aerobics for All Tagliabue	
8:00-8:45AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool	8:15-9:00AM Cycle Snider
8:00-9:00AM Zumba Studio			8:00-9:00AM Zumba Tagliabue		8:30-9:30AM Zumba Tagliabue
8:00-8:45AM Cycle Snider	9:00-10:15AM Pilates / Yoga Stretch Studio		9:00-10:15AM Pilates / Yoga Stretch Studio		9:45-10:30AM Strength & Stretch Tagliabue
	9:30-10:15AM Enhance Fitness Tagliabue		9:30-10:15AM Enhance Fitness Tagliabue		
9:15-10:30AM Yoga Tagliabue	9:15-10:00AM Boothbay Bootcamp Gym	9:15-10:30AM Yoga Tagliabue	9:15-10:00AM Boothbay Bootcamp Gym	9:30-10:15AM Sit and Stretch Studio	
9:15-10:00AM Strength & Circuits Studio	10:30-11:30AM Boxing for Parkinson's Studio		10:30-11:30AM Boxing for Parkinson's Studio		
<b>PM CLASSES</b>					
5:15-6:00PM Absolute Strength Tagliabue		5:15-6:00PM Cycle Snider			
<b>Room Key</b>					
POOL	FEE BASED	Tagliabue Studio (Upstairs)	Snider Spin Studio	Downstairs Studio	
Facility Hours: Monday-Thursday 5:30am-8:00pm Friday 5:30am-7:00pm Saturday 7:00am-5:00pm					

# CLASS DESCRIPTIONS

## AEROBICS FOR ALL

Get a full-body workout to music with cardio, weights, flexibility, stretching, and balance. This class is a fun-filled time and changes the tunes all the time. Come to have fun, move, and stay strong ... for ALL!

## TOTAL BODY CHALLENGE

Total Body Challenge (TBC) is a multi-level, full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning. Meagan sends an email to the group each Sunday with meeting locations Monday thru Friday each week. Be prepared to be both outdoors as well as indoors utilizing all spaces the YMCA has to offer: studios, courts, track and aquatic facility.

## CYCLE

Still the best low-impact cardio workout around! Following the cues of an instructor, you are in control when it comes to your pace. Whether you're new to indoor cycles ("spin bikes") or not, we will help you set up, get the wheels spinning, and enjoy a great workout!

## PILATES YOGA STRETCH

This class aims to improve balance, strength, and flexibility using a combination of Pilates and yoga. This class is suited for all levels, especially those seeking a slightly slower and gentler pace.

## BOXING FOR PARKINSON'S

Boxing for Parkinson's is the only class with an effective, replicable model to address the quality of life needs of all people dealing with Parkinson's disease today. This program involves regular exercises (stretching, balancing, moving, and non-contact boxing). Please call the Y if you or someone you know might benefit from this evidence-based program.

## YOGA

Feel better with yoga. A movement flow, with breathing and meditation, makes you healthier in body, mind, and spirit. Yoga lets you tune in, chill out, and shape up-- all at the same time! Of course, you can moderate to your own level.

## ZUMBA®

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

## STRENGTH & CIRCUITS

Challenge yourself during this 45-minute individualized circuit class. We'll utilize dumbbells, resistance bands, gliding discs and more to create a heart pumping cardio and strength workout.

## BOOTHBAY BOOTCAMP

Taught by summer resident, Catherine Giles, this bootcamp class is an intense but modifiable cardio and strength workout with lots of sweat and big results and smiles.

## ENHANCE FITNESS

Enhance Fitness is a 16-week fitness program focused on falls prevention and arthritis management proven to help older adults become more active, energized, and empowered. The class will address the need for arthritis management in our community through lifestyle intervention. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood.

## SIT & STRETCH

A forty-five minute class composed of a warm up for the muscles before stretching head to toe. Class is conducted while seated. Water breaks are offered and encouraged.

## ABSOLUTE STRENGTH

This class aims to strengthen major muscle groups as well as those that don't typically get used by machines and racks alone. With a combination of body-weight plyometrics, compound exercises with weights, and Pilates-inspired moves, you will engage, challenge, and grow your muscles in this dynamic, whole-body strength class.

## STRENGTH & STRETCH

Throughout the 45min, we mix strength building and core exercises with gentle stretching -- all with nice motivating music! We may get on the floor mat and use the large exercise balls, hand weights and/or stretching straps. All moves are optional, alternatives are suggested and while this class tends to be gentle, you can always work more intensely using heavier weights and/or taking deeper stretches. Great for both beginners to advanced athletes.

# Boothbay YMCA June Pool Schedules

6/4-6/30 2025

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Emery Lap Pool</b>	5:30-7:50	6 Lanes Open	3 Lanes Open	6 Lanes Open	3 Lanes Open	6 Lanes Open	6 Lanes Open 7-8:30am
	7:50-8:50	No Lanes Open	6 Lanes Open	No Lanes Open	6 Lanes Open	No Lanes Open	
	8:50-11:00	6 Lanes Open		6 Lanes Open		6 Lanes Open	
	11:00-1:00	Closed					Closes @8:30am
	1:00-3:00	Closed	6 Lanes Open	Closed	6 Lanes Open		
	3:00-3:30	6 Lanes Open	Closed	6 Lanes Open	Closed		
	3:30-6:00		Closed		Closed		
	<b>Ann Leach Pool</b>	5:00-7:00	Closed				
7:00-8:30		Open / Family Swim					
8:30-9:00							Open / Family Swim 9-11
9:00-11:00		Closed					
11:00-1:00		Open / Family Swim	Closed	Open / Family Swim	Closed	Open / Family Swim	Closes @ 11 on Saturdays
1:00-3:00							
3:00-3:30		Open / Family Swim	Closed	Open / Family Swim	Closed		
3:30-6:00						Closed	

**AQUATIC CENTER HAS LIMITED HOURS DUE TO STAFFING CHALLENGES.**

- SCHEDULE SUBJECT TO CHANGE.
- JUNE 10-15 POOL WILL HAVE LIMITED LANES FOR LIFEGUARD CLASSES.
- JUNE 25TH: POOLS & SAUNA CLOSE AT 3PM.

## SUMMER PROGRAMS:

### Swim Lessons:

- All swim lessons are temporarily suspended while we work out staffing issues.
- Check the welcome desk periodically for fliers once we have more information.

### Aqua Combo (ages 15+):

- M/W/F, 8:00 AM - 8:45 AM. Included with membership.

# YOUTH SUMMER CAMPS

## YOUTH TENNIS CAMPS

**JULY 7 - JULY 11**

**Ages: 12+; Price: \$80/\$90/\$100**

**Monday-Friday, 10:30am-12pm**

For middle and high school players ages 12-17. Focusing on strategy for singles and doubles matchplay. Monday-Wednesday will be skills and drills and Thursday will be a match day!

**JULY 7 - JULY 11**

**Ages: 7-11; Price: \$80/\$90/\$100**

**Monday-Friday, 9am-10:30am**

For red, orange, and green ball players ages 7-11! Tennis instructors will focus on technique, strategy, and fun in this hour and a half on court! New and beginning players are welcome!

**AUGUST 11 - AUGUST 15**

**Ages: 12+; Price: \$80/\$90/\$100**

**Monday-Friday, 10:30am-12pm**

For middle and high school players ages 12-17. Focusing on strategy for singles and doubles matchplay. Monday-Wednesday will be skills and drills and Thursday will be a match day!

**AUGUST 11 - AUGUST 15**

**Ages: 7-11; Price: \$80/\$90/\$100**

**Monday-Friday, 9am-10:30am**

For red, orange, and green ball players ages 7-11! Tennis instructors will focus on technique, strategy, and fun in this hour and a half on court! New and beginning players are welcome!



## CAMP KNICKERBOCKER

Check out our Summer Camp Guide for more information on sessions, dates, themes, ages, and prices!

Contact Erin Gray, [egray@brymca.org](mailto:egray@brymca.org) for more details or help with registration.

### EXPLORERS (ages 5-6)

Our youngest campers will travel in smaller groups (10 campers to 2 staff) to explore all that Camp K has to offer! From arts & crafts to sports, explorers will participate in 4 different activities each day. Campers must be 100% toilet trained. We encourage families to schedule a meet and greet or attend our Staff Meet and Greet on June 20th. Spots are limited, so sign up on registration morning to reserve your spot. Please note that this is a long day and may be hard for little ones who are used to daily naps.

WE ARE ONLY LICENSED FOR 5+ YEARS OLD. Children under 5 year olds will NOT be granted permission into Camp K. NO EXCEPTIONS WILL BE MADE.

### ADVENTURE, SPECIALTY & SPORTS CAMPS

Designed for our older campers, these programs are meant to engage our campers in skills/activities that they are interested in focusing on throughout the week. From climbing to crafts, archery to flag football, sustainability to overnight adventure, gaming to cooking, we've got it all!

Each program has the opportunity to spend time at the waterfront each day. Adventure campers have a scheduled field trip at least 2x during the week. All 2-week Adventure sessions (ages 10+) have an overnight component.

## Y-ARTS CAMPS

Interested in Y-Arts camps? Connect with Emily Mirabile ([emirabile@brymca.org](mailto:emirabile@brymca.org)) for more information on sessions!

Y-Arts summer camp programs can be half day, show only or full day experiences for kiddos of all ages!



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