



BOOTHBAY REGION YMCA REGISTRATION GUIDE

WINTER II PROGRAMMING

February 23 – April 17, 2026

Online registration: February 8, 2026 @ NOON

In House registration: February 16, 2026 @ 7am

<https://boothbayregionymca.org> | 207.633.2855

261 Townsend Ave. Boothbay Harbor, ME 04538

**REGISTER
ONLINE!**



WELCOME!

ADULT PROGRAMMING



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

SCHEDULES

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

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

- Monday – Thursday: 5:30am–8pm
- Friday: 5:30am–7pm
- Saturday: 7am–5pm
- Sunday: 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.

- Verify Membership using Nationwide
- Pay a daily guest fee of \$15, or
- Purchase a punch card, or
- Purchase a short-term membership (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.

ADULT HEALTHY LIVING

HYBRID-FIT/ Lauren
Saturdays, 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
Mondays & Wednesdays, 5:15–6:00pm
\$25 Members; \$50 Non-Members

Join David & 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
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
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!

PERSONAL TRAINING

Our personal trainers will help you set up an individual, realistic training program that will be effective to meet your needs. The benefits of personal training include a personalized program, goal setting, workout variations, accountability, encouragement and motivation, form and technique guidance, and improved health and well-being. Contact Caroline Earle Ivens at civens@brymca.org to set you up with one of our qualified trainers.

Please see rates below:

ONE-ON-ONE		
PACKAGES	Member	Non-Member
30 minutes - 1 session	\$35	\$70
30 minutes - 10 sessions	\$325	\$600
30 minutes - 20 sessions	\$620	\$1,200

SMALL GROUP (2+ Participants)		
PACKAGES	Member	Non-Member
30 minutes - 8 sessions	\$150	\$300
60 minutes - 4 sessions	\$150	\$300



Y ARTS

WEEKLY CLASSES

MUSIC WITH MAURA- Mini Session
Thursdays, 3:30-4:00pm
Class Dates: 3/26, 4/2, 4/9 & 4/16
Ages: 3-8
Location: Annex
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
Friday, 3:00-3:30pm
Ages: 3-5

Location: Annex
Price: \$40/\$50/\$65
Little artists will experience a fun, messy, sensory-rich art class that sparks creativity.



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THE YOUNG ARTIST'S CLUB
Tuesdays, 3:00-4:00pm

Ages: 6-12;
Location: Annex
Price: \$50/\$60/\$85
Join the fun in the annex 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.

TAP CLASS
Mondays, 3:30-4:00pm
Ages 3-8;

Location: Annex
Price: \$45/\$55/\$70
Join Imij in the annex for a fun tap class! No experience necessary but please do bring TAP SHOES! Students will work on basic steps and combinations.

ITTY BITTY BALLET CLASS
Mondays, 3:00-3:30pm
Ages: 3-6;

Location: Annex
Price: \$45/\$55/\$70
Come 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.

BEGINNER BALLET
Mondays, 4:00-4:30pm
Ages: 7-12;

Location: Annex
Price: \$45/\$55/\$70
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;

Location: Annex
Price: \$45/\$55/\$70
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.

MUSICALS

ITTY BITTY BROADWAY: THE WIZARD OF OZ
Wednesdays, 3:00-3:45pm
Ages: 3-8
Location: Annex
PRICE: \$55/\$65/\$85
Costume/Production Fee: \$30 per performer

Performance Location:
YMCA Annex, April 8 at 4pm

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.

ARTS FOR ALL: VILLAINS, THE MUSICAL!
Age: All Welcome
Location: Annex
Rehearsals: 2/15 & 3/15, 4:00-5:30pm
PRICE: FREE
Costume/Production Fee: \$30 per performer

Performance Location:
Boothbay Opera House on March 22

This fun musical will bring together villains from our favorite movies as they plan how to become the star of the show. This program is intended for youth and adults with intellectual or physical disabilities.

To volunteer for this program please contact
Emily, emirabile@brymca.org



SPECIAL EVENTS

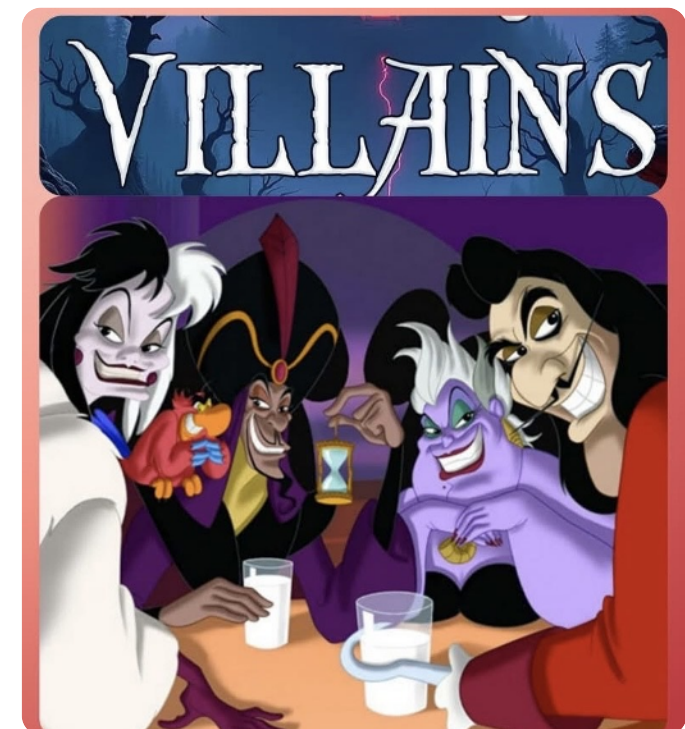
KIDS NIGHT OUT (Crafts & Characters)
February 7, 3:30-6:30pm
Ages: 7-14
Location: Annex
Price: \$30/\$40/\$65
Join Emily & Gretchen for an evening of fun in the Annex! Participants will play theater games, dance & sing, paint & create, and have a pizza party!

GIFTS TO GIVE- VALENTINE'S DAY
February 6 & February 13, 3:00-4:00pm
Ages: 7-14
Location: Annex
Price: \$30/\$40/\$65

Participants will create special gifts to give for the upcoming holiday. Make personal gifts for those special people in your life. Participants should attend both dates of this class.

FEBRUARY VACATION THEATER WORKSHOP
February 16 - February 20, 12:00-3:00pm
Ages: 7-14
Location: Annex
Price: \$60/\$75/\$90

Missing Theater Camp?!? Join us for our winter version of Y Arts summer fun! Participants will enjoy theater games, art projects, and work on scenes and songs to perform for family and friends at the end of the week.



YOUTH SWIM

YOUTH SWIM LESSONS

PRESCHOOL 1/2

Mondays, 3:00–3:30pm

Ages: 3–5

Price: \$70/\$80/\$90

Our primary focus is jumping in, going under the water, floating, and getting our arms and legs to move together. Maximum 6 participants.

PRESCHOOL 2/3

Wednesdays, 9:30–10:00am

Ages: 3–5

Price: \$70/\$80/\$90

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!

SCHOOL AGE 1/2

Mondays, 3:30–4:15pm

Ages: 5+

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

Pop in the Ann Leach pool with David to work on getting comfortable in the water, bubble blowing, safety (jump, push, turn, grab & swim, float, swim sequences), and FUN during this 45 minute class. Maximum 6 participants.

SCHOOL AGE 3/4

Wednesdays, 4:15–5:00pm

Ages: 5+

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

Join David in the Emery lap pool to work on stroke development, safety, skills & drills, and have a splashing good time after school! Maximum 6 students, and all must be able to fully submerge and swim with faces in the water to be successful in this class.

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SCHOOL AGE 5/6

Tuesday, 5:00–5:45pm

Ages: 6+

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

Join David in the Emery lap pool to work on all four strokes, and skills & drills. All students must be able to fully submerge and swim one length of the pool with your faces in the water to be successful in this class.

WATER WIGGLERS

Mondays, 10:00–10:30am

Ages: 2 years

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

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.



PADDLE SPORT SAFETY SKILLS WORKSHOP

Sunday, 2:00–4:00pm

Dates: Mar. 15 & 29

Ages: 11–99

Price: \$45/person per week

Hosted by Maine Kayak and the Boothbay Harbor YMCA.

This winter, join us for a hands-on paddle sport safety series designed for kayakers, canoeists, and paddle-board users of all levels. Learn and practice wet exits, self-rescues, assisted rescues, and incident management in a warm, controlled setting. Bring your own craft – sea kayak, recreational kayak, canoe, or paddleboard or use one of ours. Discover what works best for your equipment while learning from experienced Maine Kayak guides. Participants may register for individual sessions or the full series. Limited boats and boards are available upon request.

YOUTH PROGRAMMING

YOUTH TENNIS

PLAY (RED BALL)

Tuesday & Thursday, 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: 10–12, 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.

HIGH SCHOOL

Wednesday, 2:00–3:00pm (MARCH ONLY)

Ages: 11–17, Location: South Courts

Price: \$45/\$90

High School training focuses on building strong fundamentals while introducing advanced skills like topspin, volleys, serves, and match strategy. Players develop consistency, footwork, and court awareness through fun drills, match play, and teamwork.

YOUTH PROGRAMMING

SKATE NIGHT GLOW & ROLL

Fridays, 5:00–5:45pm

Location: Russell Gymnasium

Ages 5+; Price: \$30/\$40/\$50

Glide, groove, and roll through skating games and challenges in a vibrant, party-style atmosphere. Participants must bring their own skates, scooters or skateboards and safety gear.

SMOOTHIES & SNACKS

Mondays, 3:30–4:15pm

Location: Yale Teaching Kitchen

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

Our smoothies and snacks are made with fresh, healthy ingredients to help keep everyone energized throughout the program. Smoothies are blended with fruits, vegetables, and other nutritious ingredients, while snacks are easy, satisfying options to enjoy between meals. Together, they provide a simple and tasty way to stay fueled and refreshed.

RACQUETBALL

Wednesday, 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

Thursdays, 3:15–4:00pm

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.

FUTURE FOODIES

Wednesdays, 3:00–4:00pm

Location: Yale Teaching Kitchen

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

In this fun, hands-on class, kids will learn the essential cooking skills they'll 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.



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