



# 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!



## 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

### 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.

### 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 PROGRAMMING

### 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](mailto: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



# YARTS

## 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](mailto:emirabile@brymca.org) for more information or availability.

# YARTS

## 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

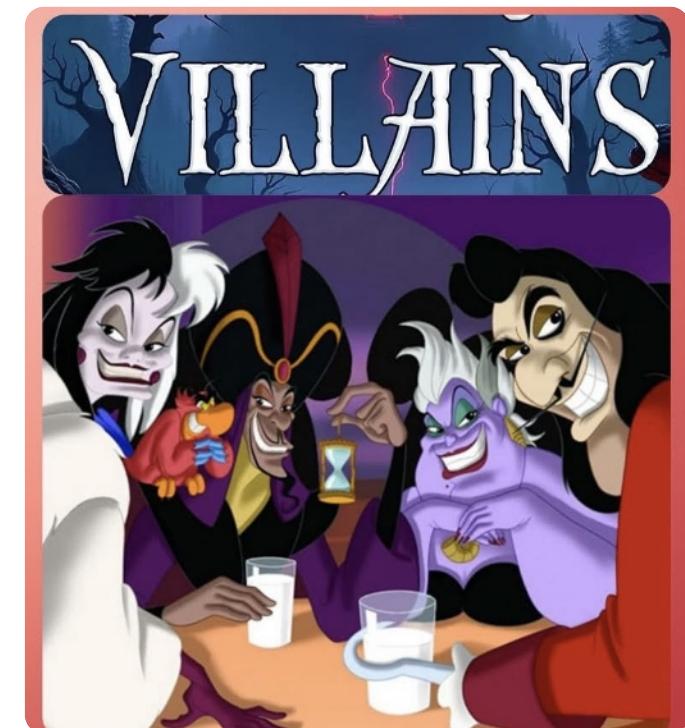
Participants will create special gifts to give for the upcoming holiday. Make personal gifts for those special people in your life. Participants should attend both dates of this class.

### 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

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### 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 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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