



BATH AREA FAMILY YMCA
FALL / WINTER / SPRING
2016 -2017 PROGRAM GUIDE

CHANGING LIVES... FOR THE BETTER



SESSION DATES

Fall: September 12 - October 22

Gymnastics Fall Session: September 26 - October 22

Early Winter: October 31 - December 17

Winter: January 3 - February 13

Early Spring: February 27 - April 8

Spring: April 24 - June 10

*Check our website for program updates: bathymca.org

BATH AREA FAMILY YMCA

303 CENTRE STREET, BATH 04530

207.443.4112

LANDING Y

24 VENTURE AVE, BRUNSWICK 04011

207.844.2801

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OUR HOURS

BATH FACILITY

SEASONAL HOURS (April 18 – November 7, 2016)

Monday – Friday: 5:00am – 9:00pm

Saturday: 7:00am – 3:00pm

Sunday: 9:00am – 1:00pm

EXTENDED HOURS (November 7, 2016 – April 17, 2017)

Monday – Friday: 5:00am – 9:00pm

Saturday: 7:00am – 5:00pm

Sunday: 9:00am – 3:00pm

LANDING FACILITY

Monday – Thursday: 6:00am – 7:30pm

Friday: 6am – 5pm

Saturday: 7am – 1pm (beginning in September 2016)

Sunday: Closed

*Hours are subject to change

YMCA MEMBERSHIP

Membership at the Bath Area Family YMCA includes use of all facilities (2 locations) for activities such as the Fitness Center, track, pool for leisurely swimming, basketball, volleyball, racquetball, and climbing. Other benefits of membership include priority registration for programs, reduced program fees, free daily fitness classes, and many special events throughout the year!

We have Family, Adult, Senior, College, and Youth Memberships available. For more information on these memberships, please visit our website at www.bathymca.org or call the Y.

My Y Is Every Y Program – Your YMCA membership can be used at any other New England YMCA facility with no additional cost. Just bring your active membership card. Have to travel to Boston? Visiting your cousin in Bangor? Bring your running shoes. We are committed to helping you stay active and healthy by making sure you can use the YMCA when you're not at home.

FINANCIAL ASSISTANCE

At the Bath Area Family YMCA, we strive to serve the entire community, regardless of ability to pay. We do this by providing need-based financial assistance, made possible through the generous support of individuals, businesses, and organizations throughout the area. Please don't hesitate to contact us with questions about financial assistance – no one is turned away because of an inability to pay.

BATH FACILITY

- A 25 yard 8-Lane Lap Pool
- Therapy Pool
- Hot Tub
- Gymnastics/Climbing Wall
- Basketball Courts
- Racquetball Courts
- Aerobics Room
- Fitness Center
- Teen Center
- Childwatch Room
- Indoor Track
- Adult/Youth/Family Locker Rooms
- Sauna in the Men's & Women's Locker Rooms

BRUNSWICK FACILITY – LANDING Y

- Basketball Court
- 3 Pickleball Courts
- 1 Racquetball Court
- Strength Center
- Aerobics Studio
- Yoga Room
- Sauna in Men's and Women's Locker Rooms
- Large Air-Conditioned Multipurpose Room
- Martial Arts Room
- Youth Locker Rooms
- Childwatch Room

CHILD CARE

Our Child Care Programs offer opportunities for children to interact in an inclusive, nurturing environment. We focus on learning through the developmental areas of cognitive, social-emotional, language, and physical development using “play” as the focal point for all learning. Our goal is to create an environment that nurtures, encourages respect, promotes self-esteem and trust, and fosters positive relationships. We hope that the experiences we offer will promote unique and positive outcomes for children and families.

PRESCHOOL ENRICHMENT PROGRAM

Time: 6:30am - 5:30pm (Full & Half Day options available)

Ages: 3 - 5

The Y’s Enrichment Program is an inclusive, child-centered program that has received accreditation through the National Association for the Education of Young Childcare (NAEYC). Using the Creative Curriculum as a framework, teachers design learning opportunities to support young children’s interests and learning. A typical day is structured with individual and group activities, as well as free and structured play time. Swim lessons, gymnastics classes, story telling, and music classes are incorporated into the weekly activities.

Y-CARE SCHOOL-AGE BEFORE AND AFTER SCHOOL PROGRAM

Time: 6:30am until the start of school - end of school until 5:30pm

LOCATIONS - Brunswick: Coffin School (also serving Harriet Beecher Stowe)

Georgetown: Georgetown School (Pre-K also available)

RSU1: Dike-Newell, Fisher-Mitchell, Woolwich (Pre-K available), and Phippsburg (at Fisher-Mitchell).

West Bath School District

This program gives children an opportunity to interact with peers in the school setting, explore child-centered areas, experiment with art, enjoy a nutritious snack, receive help with homework, participate in directed after-school activities, and engage in physical activity both inside and outside. Please note that for your convenience Y Staff will facilitate coordination with extra-curricular programs located at the school.

Y-CARE REGISTRATION

Enrollment packets for Enrichment and School-Age Programs are available at the Bath facility front desk. For more information about registering for child care programs: Preschool, please e-mail kelly@bathymca.org or 443.4112 x20. Y-Care, bob@bathymca.org or 443.4112 x36. We will be happy to meet with you and answer any questions you have!



EDUCATION & LEADERSHIP



FREEDOM TOUR 2017

Mid Coast Area Middle Schools (including RSU1, Brunswick, and SAD75)

What is “Freedom Tour 2017?” It’s a constantly evolving educational journey for 8th grade middle school students designed as an integrated approach to teaching history and contributing effectively as citizens. The program culminates in a 7-day trip in late spring or early summer.

Where do we go? New York City Neighborhoods — Ellis Island — Lower East Side Tenement Tour — Independence Park in Philadelphia — Amish Country — Lincoln, Washington, Roosevelt Presidential Memorials and Monuments — Vietnam, Korean, World War II and Iwo Jima War Memorials — United States Holocaust Memorial Museum — Smithsonian — Gettysburg National Park — Arlington National Cemetery — Pentagon Memorial — Rockefeller Center — Ground Zero — Apollo Theater.

Why do we take a trip? More than a class trip and bigger than a history lesson, the program engages students in meaningful activities to build positive social competencies. As democratic ideals continue to take center-stage in international events, we find we have countless teachable moments and a heightened sense of pride in our U.S. history.

Log onto www.bathymca.org and click on the Freedom Tour link to view the blogs from previous trips, and to find out more information about the program. Interested in bringing a program to your school? Contact Deb Young at 443-4112 x35 or deb@bathymca.org.

SWIM, SPORTS & PLAY

SUMMER CAMP PREVIEW

The Y offers a variety of part-time and full-day camps during the summer months including: Day Camp, Gymnastics Camps, Competitive Swim Camp, Kids Kayak and Paddleboard Camp, Y Circus Arts Camp, and more. Please check the Program Guide Summer Supplement for more details.

CREATIVE PLAY FOR TOTS

BATH FACILITY

Date: Ongoing starting October 4

Day: Tuesdays

Time: 9:45 - 10:30am

Ages: 1 - 4 with parent/guardian

Fee: Members: \$5; Community: \$7 (12 visit punch cards are available)

This drop-in class is a time to explore active play in the gymnastics area. Activities may include parachute games, movement, bouncing balls, rhythm instruments, and more.

YOUTH/FAMILY WORKOUT PROGRAM

BATH FACILITY

Ages: 12 - 13 with parent/guardian

Through this program youth will be allowed to work out in the Fitness Center with their parent/guardian. All participants of this program must attend an equipment orientation, fill out a PAR-Q, and sign a contract. All workouts must be done together. Please call 443-4112 x 27 to schedule an appointment.

**KINDERGARTEN BASKETBALL CLINIC

BATH FACILITY

Date: November 29 - January 10

Day: Tuesdays

Time: (Session 1) 4:00pm - 4:45pm;

(Session 2) 5:00pm - 5:45pm

Fee: Members & Community: \$30

This six week introductory basketball clinic for kindergarten students will be held at the Donald Small School (Bath Rec Department).

Sign up begins September 1.

**1ST & 2ND GRADE BASKETBALL

BATH FACILITY

Date: Wednesdays, November 30 - January 11; 1st Graders

Thursdays, December 1 - January 12; 2nd graders

Day: Wed & Thurs

Time: 4 - 5pm or 5:15 - 6:15pm

Fee: Members & Community: \$30

Boys and girls will meet once a week to work on individual skills such as ball handling, shooting, passing and much more!

Sign up begins September 1.

**3RD - 6TH GRADE YOUTH BASKETBALL LEAGUE

BATH FACILITY

Date: Registration Deadline October 23

Day / Time: TBD

Fee: Members & Community: \$40 before September 30, \$45 there after. Boys and girls are placed on teams and have a practice and a game each week. Good sportsmanship, team play, individual skill development, and (most of all) FUN are what the program is all about. Practices begin the week of November 7 and games begin Saturday, November 19.

6TH - 8TH GRADE PICK-UP BASKETBALL GAMES

BATH FACILITY

Date: November 21

Fee: Free to Members and Community

Teams will be formed and games will be played after school, beginning November 21, 2016. New teams every week!

YOUTH MARTIAL ARTS

LANDING FACILITY

Day: Tuesday, Thursday

Time: 4:30 - 5:15pm

Fee: \$60 Members, \$80 Community

Classes are taught by staff of the Martial Arts Institute, utilizing the Chuck Norris System of Martial arts. Chuck Norris System of Martial Arts training helps combat the peer pressures associated with at risk behaviors and stresses the vital importance of a healthy mind and body necessary to lead a productive life. This is accomplished by offering role models that provide a chance to succeed in reaching their goals, physical and mental conditioning, as well as a feeling of hope for their futures and an opportunity to believe in themselves. Classes are open to youth ages 4-10.

AFTER SCHOOL ART

LANDING FACILITY

Session 1 - Art Games: Tuesdays, September 13 - October 18; Grades K-5. If you like art and you like to play, then this one's for you! We will play familiar games with a creative twist and try new ones especially for artists! Some will make you think, some will make you laugh, and all of them are BIG FUN!

Picture This - Drawing & Painting What We See: Thursdays, September 15 - October 20; Grades 1-5. In this class kids will learn to use shapes, perspective, and color to help translate what they see to the page. We will work from life, mirrors, and photographs to explore still life's, portraits, and landscapes.

Session 2 - Express Yourself: Tuesdays, October 25 - November 29; Grades K-5. Kids will explore painting styles and techniques as we work on showing our answers to fun questions like: "What color is a feeling?" and "What does music look like?"

Color, Color, Color!: Thursdays, October 27 - December 1; Grades 1-5. What has wheels and scales, hues and shades, and contrasts and compliments? You guessed it; COLOR! Kids will mix, learn, and experiment in our art laboratory and become color wizards.

*All art materials will be provided. Smocks will be available but children should wear play clothes that can get "arty". Classes are drop-off and parents are encouraged to take advantage of the new Landing Y facilities!

Time: 4:30 - 5:30pm

Fee per class: Members \$65, Community \$85, \$15 drop in fee

YOUTH BASKETBALL SKILLS WORKSHOP

LANDING FACILITY (sign up is at the Landing Y)

Day: Tuesday, Thursday

Time: 4 - 5pm

Fee: Members Free; Community \$30/session or \$5/visit

Kelly LaFountain, former Mt. Ararat Varsity Girls Basketball coach will be conducting a skills workshop for players in Grades 3 - 8. The workshop will cover skills such as ball handling, shooting, finishing moves, post play, foot work, defense, blocking out, and much more. The six week session begins September 13 and runs for 6 weeks.

**** ALL BATH BASKETBALL PROGRAMS SIGN UP THROUGH BATH REC., 4 SHERIDAN RD. / 207.443.8360**

GYMNASTICS

*Gymnastics programming will start on September 26 due to refinishing the gymnasium floor. **PRICING WILL BE ADJUSTED ACCORDINGLY FOR 4 WEEKS.**

PRESCHOOL GYMNASTICS

ALL GYMNASTICS PROGRAMS ARE AT THE BATH FACILITY ONLY

Day/Time: Monday 4:30pm - 5:30pm

Ages: 2 - 4 years

Fee: Members: \$65; Community: \$95

Children will be introduced to all gymnastics apparatus in a structured manner. For 2 & 3 years old, parents must be present and stay with the child during the class. For 4 years old, parent involvement is encouraged but not required.

YOUTH GYMNASTICS

Day/Time: Tuesday 4:30pm - 5:30pm

Ages: Grades K - 6

Fee: Members: \$65; Community: \$95

Budding gymnasts or those with a casual interest in the sport will enjoy this class. Basic gymnastics skills will be taught.

YOUTH TUMBLING

Day/Time: Weds 4:30pm - 5:30pm

Ages: All ages

Fee: Members: \$65; Community: \$95

Tumbling is the basis of all gymnastics. This class is for gymnasts and cheerleaders of all abilities. This class will cover tumbling skills, floor skills, rope, mini-trampoline, spring board, and hand balancing. No matter what level you are, we're sure you will enjoy this class!

TEAM SKILLS CLASS

Day/Time: Friday 5:30 - 7:30pm

Fee: Members: \$65

Membership Required

The Skills Class is to help team gymnasts work on new skills and refine skills they already have.

PRE-TEAM

Day/Time: Wed & Thurs 4:30pm - 5:30pm

Ages: All ages

Fee: Members: \$75

Membership Required

Athletes considering participation in competitive gymnastics will benefit from our Pre-Team class. Compulsory skills for team will be taught. The goal is for the gymnast to compete the following season for the Y's Gymnastics Team. Participation in the Youth Tumbling class is required for all Pre-Team gymnasts.

COMPETITIVE GYMNASTICS TEAM

Day/Time: Mon - Thurs 5:30pm - 8:00pm beginning Sept 19, 2016

Ages: All ages

Fee: \$900/2 sessions per week, \$1050/3 sessions per week, \$1150/4 sessions per week.

Proficient gymnasts ready to commit to a full year of gymnastics including two practices each week and competitions in the spring will delight in the team experience. Please see the Gymnastics Director to determine if your child's skill level makes him or her eligible. Additional practice times may be scheduled during vacations. Gymnastics Team begins September 19, 2016 and goes through the Regional Competition in mid-May 2016. Please check our website for more information (www.bathymca.org).

*Mandatory Team Meeting: September 12th, 2016 at 6pm

*** PLEASE NOTE *** Appropriate gymnastics wear is a **leotard and fitted shorts** for girls, and a T-shirt and shorts for boys. **PLEASE NO SKIRTS OR TIGHTS.** With the exception of preschool gymnastics, spectators are asked to stay on the right side of the gym next to the wall or on the bleachers. Thank you for your cooperation!

Contact Gerry Bellemare - gerry.bellemare98@gmail.com, 207.213.0641, or Kym Granger - kksq@comcast.net to make an appointment for a tryout or for more information on our Competitive Team.



STRONG SWIMMERS CONFIDENT KIDS



APRIL VACATION: SAFETY AROUND THE WATER

ALL SWIM PROGRAMS ARE AT THE BATH FACILITY

Date: April 17 - 21, 2017

Day: Mon - Fri

Time: 9:00am, 10:00am, 11:00am

Ages: 6 - 13

Fee: \$35 for Members and Community

Description: The Y's Annual Community Safety Around the Water Campaign is a week long intensive swim program. Kids attend a daily swim lesson during the week of April school vacation. Registration is limited to Polliwog through Fish levels. Pool, Beach, and Boating Safety are taught in addition to Stroke Development. Classes are scheduled on the hour and last 45 minutes each day.

PARENT/CHILD SWIMMING

Day/Time: TBD. See website for session days and times

Ages: 6 months - 2 years

Fee: Members \$45; Community \$60

Description: Parent Child Swim Classes are designed to develop a sense of comfort and familiarity with the water. It is taught through group instruction utilizing songs, games, and other fun activities. Children work on basic movements with the help of a parent. New skills are introduced as the child is ready to learn.

PARENTS AND 2'S SWIMMING

Day/Time: TBD. See website for session days and times.

Ages: 24 - 36 months

Fee: Members \$45; Community \$60

This class is an introductory class for those children who are just starting out and need a parent in the water with them. This class helps get children comfortable and more independent in the water. Buoyancy belts are used along with skills and songs. Must be ready to be independent from parent before moving to a swimming for 3's or a Pike class.

SWIMMING FOR 3'S

Day/Time: TBD. See website for session days and times.

Ages: 3 years

Fee: Members \$45; Community \$60

This program offers children their first experience in the pool without parental assistance. Young swimmers are introduced to skills in small groups with an instructor. Children adjust to the water and develop independent movement. This class teaches basic stroke and kicking skills, floating, and pool safety. Children learn water skills through exploration and play.

PRESCHOOL SWIM PROGRAM

Day/Time: TBD. See website for session days and times.

Ages: 4 - 6 years

Fee: Members \$45; Community \$60

Description: Children learn the skills that are the basic building blocks of swimming. In addition they also learn about safety in and around the water. We offer classes in 4 different skill levels. For proper class placement, please see our website at bathymca.org/aquatics/swim-programs/

YOUTH SWIM PROGRAM

Day/Time: TBD. See website for session days and times.

Ages: 6+

Fee: Members \$55; Community \$85

Description: This program is for all children ranging from non-swimmer to the proficient swimmer. Children build on already attained swimming ability, and develop new techniques and skill within each level. We offer several different levels of classes. For proper class placement, please see our website at bathymca.org/aquatics/swim-programs/

PORPOISE CLUB

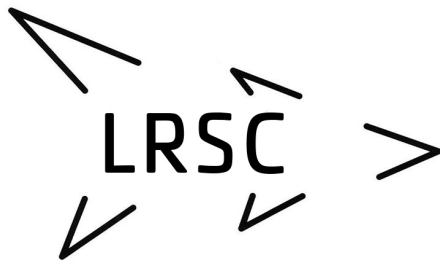
Day/Time: TBD/ See website for session days and times.

Ages: 6+ Must have tested out of the Minnow level class

Fee: Members \$110; Community \$170

Description: Do you like to swim but are a little unsure about competition? Would you like to improve your stroke skills and learn more about the competitive rules without competing? Try out Porpoise Club. Must be able to swim the length of the big pool with an efficient front and back stroke or have passed the Minnow level. Porpoise Club is not a prerequisite for joining the Long Reach Swim Club. Porpoise club has the structure of the swim team but does not participate in any swim meets.





LONG REACH SWIM CLUB (LRSC)

ALL SWIM PROGRAMS ARE AT THE BATH FACILITY

Competitive strokes, endurance, fun, and related skills are the focus of our very successful swim team. LRSC strives to offer a fun learning experience where swimmers will thrive. An informal tryout is mandatory for new or interested swimmers before acceptance onto the team. This ensures that each new participant has the fundamental skills required for a happy, successful experience. The team competes in both YMCA and USA Swim Leagues. National YMCA Competitive Swimming rules require all team members to maintain an active Annual Y membership in order to participate. Swimmers involved in a Fall sport are encouraged to try out or sign up in September to ensure their spot on the team is held. The coach determines in which practice group a swimmer belongs. Contact Jay Morissette (lrsc@bathymca.org or 443-4112 x 25) to make an appointment for an individual tryout or if you want more information about competitive swimming at the Y.

The team is divided into four practice groups: Practice Groups A and B meet between 5 and 6 hours per week. Practice groups C and D meet between 1.5 and 2.5 hours per week.

A PRACTICE

Days/Times: Mon/Fri 3-4:15 p.m.,
Tues/Wed/Thurs 3-4:30 p.m.

Fee: \$650

Description: Meets 5 times per week. Designed for highly motivated and committed swimmers ages 13-18 with years of competitive swimming experience. Highly skilled workouts are the norm.

B PRACTICE

Days/Times: Mon/Fri 4:15-5:15 p.m.,
Tues/Wed/Thurs 6-7 p.m.

Fee: \$600

Description: Meets 5 times per week. Appropriate for motivated swimmers with several years of competitive swimming experience, usually ages 11-14. Skilled workouts are the norm.

C PRACTICE

Days/Times: Tues/Wed/Thurs 4:30-5:15 p.m.

Fee: \$450

Description: Meets 3 times per week. For young swimmers, generally age 9-12. Stroke skills and nominal endurance work are covered each practice. This group is for a more advanced new swimmer or a young swimmer with a season or two of experience.

D PRACTICE

Days/Times: Tues/Thurs 5:15-6 p.m.

Fee: \$400

Description: Meets 2 times per week. For most 8-year-old and younger swimmers. Stroke skills, swim meet etiquette, and fun are stressed.

FALL PARENT MEETING: September 19, 6PM

ADULT SPECIAL OLYMPICS SWIM TEAM

Day: Wednesday

Time: 5:15pm - 6pm

Ages: 18 & up

Fee: Free for Members and Community.

This is a competitive swim program for adults with special needs. Practices are run by a certified Special Olympics swim coach, and will focus on developing the swimmers' endurance, technique and competitive swimming skills. Participants should be able to swim the length of the pool with or without a flotation device. The Special Olympics team trains once a week. Swimmers will compete in the regional and state championship meets in the spring. First practice begins on January 11, 2017

PRIVATE SWIMMING LESSONS

Fee: \$30 per class, \$75 per 3 lesson package

Ages: 6 through adult

Description: We offer private swimming lessons for people of all ages and abilities. Our instructors can help overcome apprehension, improve technique, or assist in developing a plan for endurance swimming.

Classes are 30 minutes long and are scheduled by appointment. Private lesson registration forms are available at the reception desk and must be submitted prior to scheduling.



HEALTH, WELL-BEING & FITNESS

ALL SWIM PROGRAMS ARE AT THE BATH FACILITY

AQUATICS

SPLASH AND DASH

Day: Tues & Thurs

Time: 7:00am - 7:45am

Fee: Members FREE / Community per class drop in \$15

Come join us for a great early morning workout. Jump-start your day and still get where you are going on time. This 30-minute class can be used as a stand alone program or in addition to your morning lap swim or exercise routine.

AQUA-EX

Day: Mon, Weds, & Fri

Time: 11:00am - 12:00pm

Fee: Members FREE / Community per class drop in \$15

This exercise program is what exercise was meant to be...FUN! You won't even know you are working as you are surrounded by cool, refreshing water. It will keep you on your toes and on the move for a revitalizing hour of aerobic, strength, and stretch activities. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool. It is not necessary to get your face wet or have any swimming skills.

MASTERS ORGANIZED WORKOUT GROUP SWIM

Day: Saturday

Time: 7:30 - 8:30am

Fee: Members FREE / Community per class drop in \$15

Join Pam Torrey, a Maine Masters swimmer, for a fun and challenging group workout on Saturday mornings. Improve your speed and endurance.

Workouts are adapted for swimmers of different abilities and experience, but one should be able to swim 1,500 yards comfortably.

H2O AEROBICS WITH KIM

Day: Thurs

Time: 7:00 - 7:45pm

Fee: Members FREE / Community per class drop in \$15

Join our instructor for this 45-minute intensive workout, which provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Classes will incorporate cardiovascular conditioning, interval training, resistance exercises, and flexibility. Uses shallow water. Winter sessions use the warmer pool.

DEEP WATER AEROBICS

Session 1

Day: Tues, Weds, & Thurs

Time: 9:00 - 9:45am

Session 2

Day: Mon & Weds

Time: 5:30pm - 6:15pm

Fee: Members FREE / Community per class drop in \$15

This program is held in the deep end of the pool. It's a great cardio workout without the impact on your joints and muscles. You will use aqua-belts and other equipment (which will be provided). This class is for all ages. It works on cardiovascular fitness, muscle strengthening, toning, and flexibility. Give your joints and muscles a rest from damaging impact and join in the deep water fun!



YMCA AQUA ARTHRITIS PROGRAM (YAAP)

Day: Tues & Thurs

Time: Class 1: 10:45 - 11:30am; Class 2: 11:30am - 12:15pm

Ages: All ages are welcome!

Fee: Members FREE / Community per class drop in \$15

The warmth, buoyancy, and resistive property of water can help decrease pain and stiffness and improve or maintain joint flexibility for individuals with arthritis. National Arthritis Foundation certified instructors provide a steady workout, incorporating movements designed to encourage range of motion, and develop increased flexibility. An enjoyable and safe recreational water exercise program that includes exercises and activities designed to promote functional endurance as well as musculoskeletal flexibility and strength.

FITNESS CLASSES

LIVESTRONG® AT THE YMCA

LANDING FACILITY

Day: Monday & Wednesday, September 19 - December 7, 2016

Time: 10:30 - 11:45 am

BATH FACILITY

Day & Time: TBD - Spring 2017, see website for session day & time.

Ages: 18 & up

Fee: Program is free & includes adult or family membership for 12 weeks

Pre-Registration Required

LIVESTRONG at the YMCA is a free 12 week, research-based physical activity and well-being program, designed to help adult cancer survivors reclaim their total health. This small group program meets twice a week for 75 minutes each class. The program provides a safe and supportive environment for cancer survivors to regain their physical, emotional, and spiritual strength. This program will be offered free to any community member and, in support of the whole family, includes a complimentary family membership for the 12 weeks the program is in session. Please contact Mike Proulx, Wellness Director at michael@bathymca.org to find out more.

HEALTHY LIVING: IMPROVING THE NATION'S HEALTH AND WELL-BEING

PARKINSON'S DISEASE EXERCISE PROGRAMS (BEGINNING 9-13-16)

LANDING FACILITY

Exercise has been shown to decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility for individuals with Parkinson's disease.

Exercise for Parkinson's Disease: This Parkinson's exercise program is intended for most people with Parkinson's disease and does not require participation in the LSVT program. This class is led by exercise specialists from Mid Coast Hospital and is geared specifically to diminish the movement challenges experienced by people with Parkinson's. Individuals with other neurological conditions are also welcome to join the class. *Physician approval will be required for this class. **Day/Time:** Tuesday 11am-12pm

LSVT "Big" Graduate Program: This evidence-based exercise program, led by LSVT certified Physical Therapists from Mid Coast Hospital, is intended for people with Parkinson's disease who have graduated from the LSVT program. This Parkinson's exercise program specifically uses "big" exercises to improve body movement, movement speed, balance and quality of life. Ongoing participation in these exercises helps individuals to maintain improvements made during the LSVT program. **Day/Time:** Thursday 11am-12pm

***Classes are ongoing and participants may join at any time .**

Fee: Members FREE / Community per class drop in \$15

JANUARY WEIGHT LOSS

BATH FACILITY

There is strong evidence that maintaining a healthy weight and body composition are important to an individual's health and well-being. Many people try to lose weight using methods that are not healthy or scientifically sound. Exercise and nutrition are integral parts of effective weight-control programs. The YMCA provides holistic programs that incorporate both. This program can help members understand and put into practice healthy nutrition and weight-loss principles. **PRE-REGISTRATION REQUIRED.**

FMI contact Mike Proulx michael@bathymca.org

Day/Time: TBD, please see our website for updated schedule.

Fee: Members FREE / Community per class drop in \$15

CIRCUIT 45

LANDING FACILITY

Day/Time: Mon, Weds, & Fri 7:30 - 8:15am

Fee: Members FREE / Community per class drop in \$15

This class consists of cardio and strength intervals and abdominal work. The class is 45 minutes with a warm up and a cool down. Beginners and advanced levels of fitness are encouraged. All moves can be modified for any type of fitness level.

BARRE CLASS

BATH FACILITY

Day/Time: TBD, please see our website for updated schedule.

LANDING FACILITY

Day/Time: Mon, Weds 10-11am

Fee: Members FREE / Community per class drop in \$15

Barre Class consists of a 60 minute total body workout that strengthens, lengthens and stretches your entire body to create a long and lean physique. ALL LEVELS WELCOME!

TOTAL BODY TRAINING (TBT)

LANDING FACILITY

Day/Time: Mon, Weds, & Fri 12 - 12:45pm

Fee: Members FREE / Community per class drop in \$15

This class will blend a variety of movements to give your entire body a good workout. Different levels for each exercise will be shown to allow all fitness levels to participate and get fit. The exercises will be performed in an interval format to really rev up your metabolism and provide a good cardio/strength workout. Many of the exercises will use your own body weight.

To mix things up and keep it interesting and fun, other tools will be used at times. Some tools will include dumbbells, resistance bands, and stability balls. There will be a warm-up and cool down in this class.

FUNCTIONAL MOVEMENT

LANDING FACILITY

Day/Time: Tuesday, Thursday 12 - 12:45pm

Fee: Members FREE / Community per class drop in \$15

This is not your typical workout and is for anyone! This class will help reverse all the negative effects of sitting for too long during the day. It is made up of gentle stretching and other exercises and movements that will help to increase your energy level, decrease stress, improve your flexibility and enhance your quality of life without all the sweat. All you need is a comfortable pair of shoes and clothes you can move freely in. Come join us to get moving more effectively in your daily activities!

CARDIO DANCE

BATH FACILITY

Day/Time: Wednesday, Thursday 5-6pm, Friday 11am-12pm

LANDING FACILITY

Day/Time: Monday, Wednesday 5:30 - 6:30pm

Fee: Members FREE / Community per class drop in \$15

This fun and easy to follow dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you are partying on!

CARDIO CROSS CHALLENGE

LANDING FACILITY

Day/Time: Tuesday, Thursday 5:30 - 6:30pm

Fee: Members FREE / Community per class drop in \$15

This dynamic workout is designed to challenge and improve your cardiovascular fitness & functional movement capabilities. The class will utilize circuit & interval styles of training along with resistance exercises. Emphasis on safe technique & quality movement can be expected.

BEGINNER SWING DANCE

LANDING FACILITY

Day/Time: Thursday: 6:15 - 7:15

Fee: Members \$60/series; Community \$12/session

Starting September 15, 2016, join Cynthia Simonds and Sherwood Olin for Beginner Swing Dance classes at the Brunswick Landing Y. This six week series will make you laugh, sweat and smile as you rock step and learn how to Lindy Hop. Come experience Swing Dancing for the first time or remember how to groove in your dancin shoes! We'll lead you through the basics you'll need to get out on the dance floor. Each night we move to the swingin tunes of Count Basie, Benny Goodman, and the coolest cats of the 1920's and 30's. No partners are necessary. Absolute beginners and those with two left feet welcome. Dancers should bring a change of shoes, hard soled or suede soled shoes work well.

FMI contact Cynthia at RoaringTwentiesSwing@gmail.com

POWER STEP / POWER SCULPT

BATH FACILITY

Day/Time: Mon, Weds, & Fri: 9:30 - 11:00am

LANDING FACILITY

POWER STEP: Friday 9:30 - 10:30am

Fee: Members FREE / Community per class drop in \$15

Power Step features choreography and step aerobics set to a heart pounding tempo that will keep you engaged the whole time. Power Sculpt focuses more on free weights, med balls, abs, and total body strengthening. A great way to finish up a workout.

STEP AHEAD

BATH FACILITY

Day/Time: Tues: 5:00 - 6:00pm

Fee: Members FREE / Community per class drop in \$15

An energetic, motivating class to rev you up after a long day. This workout has simple step patterns that progress to more complicated patterns. Repetition is the key to these easy to learn movements.

HEALTHY LIVING: IMPROVING THE NATION'S HEALTH AND WELL-BEING

BODY SCULPTING

BATH FACILITY

Day/Time: Tues & Thurs: 9:00 – 10:30am

Fee: Members FREE / Community per class drop in \$15

Learn different ways to work your muscles. Exercises may include super-sets and/or dynamic sets using body weight and equipment such as bands, dumb bells, and stability balls. This class will also include a warm-up, pre, and post stretch.

AEROBIC TRAINING

BATH FACILITY

Day/Time: Mon, Weds, & Fri: 8:30 – 9:30am

Fee: Members FREE / Community per class drop in \$15

This class combines cardiovascular movements and choreography using both floor and step. Bouts of harder intensity give you a great calorie burn.

CROSS TRAINING

BATH FACILITY

Day/Time: Mon – Fri: 4:00pm – 5:00pm

Mon, Wed & Fri: 5:30am – 6:30am

Fee: Members FREE / Community per class drop in \$15

MUSCLE TIME

BATH FACILITY

Day/Time: Mon – Fri: 8:00 – 9:00am; 10:00 – 11:00am

LANDING FACILITY

Day/Time: Tues, Thurs: 9:30 – 10:30am

Fee: Members FREE / Community per class drop in \$15

This class focuses on joint flexibility, muscle strengthening, endurance, and coordination. It is a fun class which encourages peer interaction and socialization. Classes will include warm-up, stretch, and cool-down.

INDOOR GROUP CYCLING

BATH FACILITY

Day/Time: Mon & Thurs: 6:15pm

Tues & Thurs: 7:30am

Wed & Fri: 12:00pm

AM class starts in September. PM Classes start in November.

Fee: Members FREE / Community per class drop in \$15

Indoor cycling classes are fun, energizing, and suited to all levels of fitness. With no complicated moves to learn and music that begs your legs to pedal, this class is bound to be fun and challenging. You can expect the instructors to offer coaching on proper pedaling mechanics and bike adjustments, as well as motivation as you progress through the workout. The wonderful thing about group cycling is that each bike has its own tension so the rider is ultimately in control of the workout received. All participants are asked to show up 15 minutes early to set up the bikes. Please bring a towel and water bottle.

CARDIOVASCULAR BOXING

BATH FACILITY

Date: Starts November 2016

Day/Time: Sat: 8:30 – 10:30am

Fee: Members FREE / Community per class drop in \$15

This 15-session class, led by Leon Doyle, will cover the fundamentals of boxing; i.e. wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience.

MIND AND BODY

BEGINNER YOGA

BATH FACILITY

Day/Time: Weds 6:00 – 7:15pm

LANDING FACILITY (taught by Joe and Audrey Palma)

Day/Time: Monday 5:30 – 6:30pm

Fee: Members FREE / Community per class drop in \$15

This introductory class will acquaint you with the basics of Hatha Yoga at an easy pace. Instructor Kate Nicholson is a certified yoga instructor, licensed massage therapist and holistic nutrition counselor. Many consider yoga to be the perfect 'exercise' integrating strength, flexibility, balance, concentration and relaxation. Kate loves to introduce people to this transformative practice, while helping participants find body confidence and vibrant health.

GENTLE YOGA

LANDING FACILITY

Day/Time: Wednesday 9:30 – 10:45am

Fee: Members FREE / Community per class drop in \$15

YOGA WITH SUE KELLY

BATH FACILITY

Day/Time: Mon 6:00pm – 7:15pm

Thurs 5:00pm – 6:15pm

LANDING FACILITY

Day/Time: Mon 4 – 5:15pm

Fee: Members FREE / Community per class drop in \$15

Sue Kelly is an experienced professional yoga teacher, licensed massage therapist and yoga nidra guide who has been practicing yoga for more than 25 years and teaching since 1998. She offers a therapeutic approach in her yoga classes. Sue has a "beginners mind" and loves to learn and share. She continues to study with senior teachers bringing depth and detail to her classes. Teaching helps Sue stay inspired while continuing to grow her compassion for her students, sharing insight and healing. Sue says "teaching yoga brings meaning to my life and help me grow as a person. I am so grateful to my practice and to all of my students who continue to inspire me. I am honored to be able to help people on their journey."

VINYASA YOGA WITH MELINDA

BATH FACILITY

Day/Time: Tues & Thurs: 10:30 – 11:30am

LANDING FACILITY

Day/Time: Friday: 9:30 – 10:45am

Fee: Members FREE / Community per class drop in \$15

Vinyasa yoga is flow yoga that follows the breath in and out of postures with an emphasis on sun salutation variations as the heart of the practice. It is typically a heat inducing style of yoga that is on the vigorous end of the yoga spectrum. It is a great practice for those looking for a challenge, both physically and mentally. The class is open to all levels but it is best to join the class at the beginning of the session as a lot of the basic components are part of the first few classes. Instructor Melinda Baxter has been practicing yoga for over 10 years and has also taught yoga for Hyde School and Jai Yoga in Brunswick. Melinda is also a practicing Licensed Massage Therapist specializing in injury and deep tissue work, as well as a Certified Health Coach.

T'AI CHI CHUAN

BATH FACILITY

Advanced Class: Mon 11:30am – 12:30pm

Intermediate Class: Mon 12:30pm – 1:30pm

Beginner Class: Mon 1:30pm – 2:30pm

LANDING FACILITY

All Levels: Tuesday 7 – 8am

Fee: Members FREE / Community per class drop in \$15

T'ai Chi Chuan is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. Its highly dynamic yet relaxed movement appears simple, fluid, and soft. In reality it is quite challenging, and when executed in the proper manner constitutes a demanding workout involving the mind as much as the body. Instruction will include the first third



of the Yang family short form and T'ai Chi walking and breathing, as well as some basic applications. Come learn to breathe and move in an entirely new way! For over 20 years instructor Bill Milam has been a student of T'ai Chi (as well as Pau Kua and Hsing Yi) under Al Gardiner at Wu Hsing Shan in Bath.

PILATES

BATH FACILITY

Day/Time: Mondays 9:00am - 10:00am

LANDING FACILITY

Day/Time: Thursday 9:00am - 10:00am

Fee: Members **FREE** / Community per class drop in \$15

Pilates is a system of controlled exercises, done on a mat, that blend strength and flexibility training. While many of the exercises emphasize core strengthening (back, abdomen, and hips), the goal of Pilates is overall fitness through a workout that tones the total body. This class teaches the basic Pilates mat series and how to modify or increase intensity as the body conditions and adapts to the workout. Dennis Kimmage received certification from Power Pilates and continued his training for several years in Portland at the advanced level. He has taught Pilates for several years at Bowdoin College, Merrymeeting Adult Education, and PeoplePlus.

YOGALATES WITH ANN KIMMAGE

BATH FACILITY

Day/Time: Friday 9:00am - 10:00am

LANDING FACILITY

Day/Time: Monday 11am - 12pm (Beginning in October)

Fee: Members **FREE** / Community per class drop in \$15

Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like Yoga and nothing strengthens the core muscles better than Pilates. Together they provide a full workout that leaves you relaxed, renewed, and ready to enjoy life.

WOMEN'S SELF-DEFENSE

BATH FACILITY - ONE DAY ONLY!

Day/Time: Saturday, November 5th / 9:00am - 12pm

Learn principles of awareness and some basic techniques for self-defense. Wear comfortable shorts or pants and T-shirts. Taught by karate instructor Nancy Ault from the CLC YMCA in Damariscotta, a 4th degree black belt in Goju Ryu karate. Nancy has been teaching for 21 years. Open to 10 years old and above. Limit 16.

Fee: Members & Community \$25

PERSONAL FITNESS TRAINING

Personal training is the most effective way for an individual to achieve results from his or her fitness program. Because of the individual attention of a knowledgeable and experienced trainer, workouts are structured to the specific needs and goals of each client. Motivation, education, and immediate feedback (for safety and form) are also advantages to personal training.

BATH & LANDING FACILITIES

1-on-1 session

1 HOUR Y Member: \$50 / Community: \$70

5 HOUR Y Member: \$200 / Community: \$280

2-4 person session

1 HOUR Y Member: \$80 / Community: \$100

5 HOUR Y Member: \$300 / Community: \$375

Trainers are required to be certified through an accredited program. Please note that all personal trainers working in the Fitness Center must be affiliated with the Bath Area Family YMCA.

TRAINING

LIFEGUARD REVIEW AND RECERTIFICATION

Date: TBD. See website for dates & times.

Fee: \$150

The American Red Cross requires current lifeguards to participate in a 15 hour recertification class in order to renew their certification. We offer this class only once each spring before the summer beach season begins.

LIFEGUARD TRAINING

Date: TBD. See website for dates & times.

Ages: 15 & up (proof of age required), must pass a swim test

Fee: (includes certification, books, pre-requisites)

Our Lifeguard training program provides a comprehensive education centered on preventing accidents in Aquatic environments. It includes all the skills and knowledge required for the lifeguard candidate to be effective and successful at swimming pools, lake fronts, beaches, and water parks. The course offers up-to-date information on how to guard, anticipate and prevent problems, and take action to help those in danger when necessary. Lifeguard training enables students to learn and apply safety principles in their own lives, develop leadership skills, and improve their decision making skills



SPORTS & RECREATION

Our Bath facility has 2 racquetball courts, which can be reserved in hourly time slots, equipment for wallyball, a basketball court for adult pick-up games, and space for volleyball to be set up for the weekly pick-up games. For more information on our Sports & Recreation programs, space, and availability at the Bath facility, please contact Joe MacMahan at joe@bathymca.org / 443.4112 x14. Our Brunswick facility has one racquetball court that can be reserved one week in advance in hourly time slots and a basketball court for adult pick-up games. FMI call the Landing Y front desk 207.844.2801.

VOLLEYBALL LEAGUE PREVIEW

BATH FACILITY

Day/Time: Mon: 6:30pm

Fee: Members free, Community \$5 per night

Date: September 26 - November 7, 2016

COMPETITIVE VOLLEYBALL LEAGUE

BATH FACILITY

Date: November 14 & 21 Round Robin

Contact Joe MacMahan for more information

207.443.4112 x14 or joe@bathymca.org

PICKLE BALL

BATH FACILITY

Open Play

Day/Time: Monday, Wednesday, Friday 8am - 10am

Wednesday, Friday 6:30pm - 8:30pm

Sunday 9am - 12pm

LANDING FACILITY

Introductory Class

Day/Time: Wednesday 5:30- 7pm; October 5 - November 9

Fee: Members free, Community fee to play

Pickle Ball is an extremely popular activity. Pick up games and rules will be taught over the first weeks. If there is enough interest, a league will be formed.

RACQUETBALL

BATH & LANDING FACILITIES

Please call ahead to reserve a court - hourly time slots available.

ADULT PICK-UP BASKETBALL

BATH FACILITY

Day/Time: Mon - Fri: 11:30am - 1:00pm

Tues/Thurs: 6:30 - 8:30pm

LANDING FACILITY

Adult Open Gym - Day/Time: Mon - Fri 12-1pm; Wednesday 5-7pm

Fee: Members free, Community fee to play

All abilities welcome.

RAQUETBALL LEAGUE

BATH FACILITY

Contact Joe MacMahan for more information 207.443.4112 x14 or

joe@bathymca.org

ADULT KICK-BALL LEAGUE

LANDING FACILITY

Corporate teams encouraged, any team welcome!

Day/Time: TBD; FMI contact Joe MacMahan, joe@bathymca.org, or

443.4112 x14

CRIBBAGE CLUB IN THE LOBBY

BATH FACILITY

Join us each week for a couple hours playing cribbage games in the lobby. Matches will be determined each week based on attendance.

Day: Wednesday 12:30pm - 2:30pm

Fee: FREE to members and community

FIBER ARTS FRIDAY IN THE LOBBY

BATH FACILITY

Day: Friday 9am - 10am Starts September 16

Fee: FREE to members and community



ACTIVE AND AGELESS

We have exactly what you have been looking for in terms of fitness, family, and community!

HOST A BIRTHDAY PARTY AT THE Y!

**POOL PARTY - 1 hour of pool time
followed by 1 hour in the party room**

Therapy Pool: \$200

1/2 Main Pool: \$200

Main Pool: \$330

Entire Pool Area (includes hot tub): \$430

Pool Party without the party room - Therapy Pool & half Main Pool \$175

Main Pool \$300, Entire pool area \$400

Contact Sean Vaillancourt, 443.4112x23 sean@bathymca.org

**BASKETBALL PARTY - 1 hour of basketball
followed by 1 hour in the party room.**

1/2 Court: \$90; Full Court: \$130

Basketball Party without the party room - 1/2 court \$70 / full \$90

Contact Joe MacMahan, 443-4112x14 joe@bathymca.org

**GYMNASTICS AREA PARTY - 1 hour of gymnastics
followed by 1 hour in the party room.**

\$170 for 15 children. \$20 each additional child. (instructor provided)

Gymnastics Party without the party room - \$100

Contact Bob Priest, 443-4112 x36 bob@bathymca.org

**CLIMBING WALL PARTY - 1 hour of climbing followed by
1 hour in the party room, max. 15 participants.**

\$170 for 15 children. \$20 each additional child. (instructor and equipment provided)

Climbing Wall Party without the party room - \$100

Contact Bob Priest, 443-4112 x36 bob@bathymca.org

*Parties are held on Saturday and Sunday afternoons at our Bath facility, by reservation only. The Landing Y can host a basketball party.

THE Y, HERE FOR OUR COMMUNITY





SPECIAL EVENTS

5K PUMPKIN RUN & KIDS 1 MILE FUN RUN/WALK

Date: October 30, 2016

Time: Kids Run/Walk: 8:15am
5K Race: 9:00am

Fee: \$20 per registration; \$25 on race day
\$5 for Kids Run/Walk

The course begins at the Bath Area Family YMCA and runs through residential areas. All proceeds benefit the Y's Annual Campaign. The first 75 registrants receive Y logo gear. Awards will be given to the top 2 finishers in standard age groups in 10 year increments. The award ceremony will begin at 10:30am at the Y.

HEALTHY KIDS DAY

Date: April, 2017

Time: 10am - 1pm

Fee: Free to the community

Healthy Kids Day, a YMCA Initiative, is a fun-filled family event that is free to the community. There will be games, program demos, healthy snacks, and information about engaging kids in a fun and active environment.

DR. LEONARDO BUCK GOLF CLASSIC

Summer 2017

A benefit FOR YOUTH DEVELOPMENT at the BATH AREA FAMILY YMCA

\$85/person

\$340/team (4 person)

Recreational and Championship Flights

PADDLE FOR YOUTH

Summer 2017

Enjoy a 6 or 12-mile flat water paddle on the Androscoggin and Kennebec Rivers and support YOUTH DEVELOPMENT programs at the Y!

SENIOR MEMBER LUNCHEON

Date: December 8, 2016

Time: 11:30am - 1:30pm

SOCIAL RESPONSIBILITY: GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

SERVICE & MISSION

We open our doors to people of all backgrounds, ages, and incomes, and bring people together like no other place. Last year, the Y served almost 10,000 people from our surrounding communities. We are able to stay true to our mission to never turn anyone away because of an inability to pay, due to the generous support of our volunteers and donors who help raise money on behalf of our Annual Campaign.

ANNUAL CAMPAIGN

You can be part of something great! With your contribution to our financial assistance program, more children, teens, families, and seniors will be able to enjoy our programs and services, regardless of their ability to pay. Donations are welcome all year to apply towards the Y's Annual Campaign fund. To volunteer or donate, please contact Francie at 443-4112 or francie@bathymca.org.

ENDOWMENT/HERITAGE CLUB

What better way to leave a legacy than to support the Y's Endowment fund? More and more people are setting aside a portion of their resources to continue their benevolent interest in the people in their community. Please contact Francie at 443-4112 or francie@bathymca.org to find out more about contributing to our Heritage Club and ways you can get involved.

All contributions to the Bath Area Family YMCA are tax deductible.

VOLUNTEERISM

In 2015, 473 individuals volunteered 37,054 hours of their time by helping with swim and gymnastics meets, special events and fund raisers, boards and committees, programs, and administration. We thank all of our devoted volunteers for their contributions to the Y!

Please e-mail membership@bathymca.org to get involved.

Volunteer Opportunities: Child Watch, Child Care Programs, Healthy Kids Day, Pumpkin Run Road Race, Aquatics, Gymnastics, Gardening, Golf Tournament, and more!

SENIOR STAFF

Charlie Ault, Landing Y Branch Director	Sabrina Murphy, CEO
Gerry Bellemare, Competitive Gymnastics Coach	Bob Priest, Youth & Family Director
Kerrie Benedict, Business and HR Director	Mike Proulx, Wellness Director
Kelly Brochu, Marketing & Communications	Kevin Shute, Program Coordinator
Roy Gainey, Facility Director	Francie Tolan, Development Director
Kelly Howard, Operations Director; Bath Facility	Sean Vaillancourt, Aquatics Director
Stacey Mathieu, Membership Coordinator	Deb Young, Membership Director /
Joe McMahan, Active Older Adults /Athletics	Freedom Tour Admin
Jay Morissette, Competitive Swim Coach	

2016 BOARD OF DIRECTORS

Scott Mills, Board President	Kathryn Beveridge	Diane Moyer
Anthony Yuodsnukis, Secretary	Bob Davis	Avanel Payne
Robert Davis, Treasurer	CR Davis	Irl Rosner
Leah Zartarian, 2016 Annual Campaign Chair	James Drake	Keri Seitz
Sabrina Murphy, CEO	Roger Foster	Pat Thomas
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Amy Berube	Carolyn Lockwood	Leah Zartarian
	Scott Mills	

THANKS TO OUR SPONSORS

For sponsorship opportunities, please contact Francie at francie@bathymca.org.



1-800-447-4559 bathsavings.com



BATH AREA FAMILY YMCA
303 Centre Street
Bath, ME 04530
207.443.4112

LANDING Y
24 Venture Avenue
Brunswick, ME 04011
207.844.2801



2016 - 2017 CALENDAR

HOLIDAY SCHEDULE

CLOSED FOR LABOR DAY	September 4 & 5, 2016
CLOSED FOR THANKSGIVING	November 24, 2016
CLOSED ON CHRISTMAS EVE	December 24, 2016
CLOSED ON CHRISTMAS	December 25, 2016
CLOSED ON NEW YEARS DAY (closing at noon on New Years Eve)	January 1, 2017
CLOSED ON EASTER SUNDAY	April 16, 2017
CLOSED MEMORIAL DAY WEEKEND	May 28 & 29, 2017
CLOSED ON INDEPENDENCE DAY	July 4, 2017
*CLOSED SUNDAYS AUGUST 7 - SEPTEMBER 4, 2016	

SESSION DATES

FALL SESSION	September 12 - October 22, 2016
Gymnastics Fall Session	September 26 - October 22, 2016
EARLY WINTER SESSION	October 31 - December 17, 2016
WINTER SESSION	January 3 - February 13, 2017
EARLY SPRING SESSION	February 27 - April 8, 2017
SPRING SESSION	April 24 - June 10, 2017

STAY CONNECTED via Facebook, Twitter, and bathymca.org for updates to the calendar!



Facebook.com/BathYMCA | www.bathymca.org