



BATH AREA FAMILY YMCA



BATH YMCA, 303 Centre St., Bath
LANDING YMCA, 24 Venture Ave., Brunswick



REACH YOUR POTENTIAL



BATH Y: (207) 443-4112
LANDING Y: (207) 844-2801



www.bathymca.org
f @bathymca
@BathAreaFamilyY

FALL-WINTER-SPRING 2017-18 PROGRAM GUIDE



BATH AREA FAMILY YMCA



ONE COMMUNITY... TWO FACILITIES

Bath YMCA

303 Centre St.
Bath, Me 04530

OUR HOURS

Monday-Friday: 5 a.m.-9 p.m.
Saturday: 7 a.m.-3 p.m.*
Sunday: 9 a.m.-1 p.m.* (CLOSED IN AUGUST)

***Hours will change Nov. 13**

Saturday: 7 a.m.-5 p.m.
Sunday: 9 a.m.-3 p.m.

OUR FACILITY

Adult/Youth/Family Locker Rooms
Aerobics Room
Basketball Courts
Child Watch
Climbing Wall
Fitness Center
Hot Tub
Gymnastics Area
Indoor Track
Instructional/Therapy Pool
Racquetball Courts
Sauna in the Men's & Women's Locker Room
25 Yard, 8-Lane Lap Pool

Landing YMCA

24 Venture Ave.
Brunswick, Me 04011

OUR HOURS

Monday-Thursday: 6 a.m.-7:30 p.m.
Friday: 6 a.m.-5 p.m.*
Saturday: 8 a.m.-Noon*
Sunday: CLOSED

***Hours will change Nov. 13**

Friday: 6 a.m.-6 p.m.
Saturday: 8 a.m.-1 p.m.

OUR FACILITY

Adult/Youth Locker Rooms
Aerobics Room
Basketball Courts
Child Watch
Fitness Center
Multi-Purpose Room
Pickleball Courts
Racquetball Courts
Sauna in the Men's & Women's Locker Rooms
Strength Center
Yoga Room



YMCA MEMBERSHIP

Membership at the Bath Area Family YMCA includes the use of both facilities for activities like working out in the fitness center, running on the track, swimming in the pool, basketball, volleyball, pickleball, climbing, and more! Other benefits include reduced program fees, free fitness classes, and special events throughout the year.

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. Traveling to Boston? Visiting a cousin in Bangor? Bring your gym bag. We're committed to helping you stay active when you're not at home.



FINANCIAL ASSISTANCE

At the Bath Area Family YMCA, we strive to serve our 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 inability to pay!**



IMPORTANT DATES

SESSION DATES 2017-18

FALL: September 11 to October 21

EARLY WINTER: October 30 to December 16

WINTER: January 2 to February 12

EARLY SPRING: February 26 to April 7

SPRING: April 23 to June 4

SAVE THE DATES



ELVIS/NEIL DIAMOND TRIBUTE CONCERT

SATURDAY, September 16, 2017

PORTLAND GLASS 5K PUMPKIN RUN & KIDS 1 MILE FUN RUN

SUNDAY, October 29, 2017

SENIOR TEA LUNCHEON

THURSDAY, December 7, 2017

HEALTHY KIDS DAY

April 2018

GYMNASTICS GALA

FRIDAY, June 22, 2018

DR. LEONARDO BUCK GOLF CLASSIC

July 2018

HOLIDAY CLOSURES 2017-2018



LABOR DAY

Sunday & Monday Sept. 3 & 4

COLUMBUS DAY

Monday, October 9

THANKSGIVING

Thursday, November 23

CHRISTMAS EVE

Sunday, December 24 (at Noon)

CHRISTMAS DAY

Monday, December 25

NEW YEAR'S EVE

Sunday, December 31 (at Noon)

NEW YEAR'S DAY

Monday, January 1

EASTER SUNDAY

Sunday, April 1

MEMORIAL DAY

Sunday & Monday, May 27 & 28

INDEPENDENCE DAY

Wednesday, July 4

STAY CONNECTED WITH US!



Bath YMCA: (207) 443-4112
Landing YMCA: (207) 844-2801



Want to receive **email alerts** when the building or pool area is closed, or other important information?



WEBSITE: bathymca.org

[@bathymca](https://www.facebook.com/bathymca)

[@BathAreaFamilyY](https://twitter.com/BathAreaFamilyY)

Sign up on our website by clicking "**Sign Up for Emails**" or at the front desk. Make sure we have your current email address on file so we can keep you up to date!

YOUTH DEVELOPMENT



CHILD CARE

BATH YMCA

Our Child Care programs offer opportunities for children to interact in a 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.

ENRICHMENT PROGRAM (Preschoolers)

Time: 6:30 a.m. to 5:30 p.m. (full & half day options available)

Ages: 3-5

The Y's Enrichment Program is an all-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 are incorporated into weekly activities.

Y-CARE BEFORE & AFTER SCHOOL PROGRAM (School Age Students)

This program gives children an opportunity to interact with peers in a school setting, 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 each school.

Time: 6:30 a.m. to 5:30 p.m. (start of school to end of school)

Locations:

Brunswick: Coffin School & Harriet Beecher Stowe (Bussing provided)

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

West Bath School



CREATIVE PLAY FOR TOTS

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

Session: Begins Tuesday, October 3, 2017

Day & Time: Tuesdays, 9:45-10:30 a.m.

Ages: 1-4 y/o with a Parent or Guardian

Fee: Members \$5, Community \$7



EDUCATION & LEADERSHIP

FREEDOM TOUR 2018



WHAT IS THE FREEDOM TOUR? It is an educational journey for eighth grade students, designed as an integrated approach to teaching history and effectively contributing as citizens. This program is available for Mid Coast area middle schools including RSU1, Brunswick, and SAD75.

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 & Monuments, Vietnam, Korean, WWII, and Iwo Jima War Memorials, United States Holocaust Memorial Museum, Smithsonian, Gettysburg National Park, Arlington National Cemetery, Pentagon Memorial, Rockefeller Center, Ground Zero, and Apollo Theater.

REGISTER NOW!

Enrollment packets for Enrichment and Y Care are available at the front desk.

Enrichment: Annie Colaluca
annie@bathymca.org
443-4112, ext. 20

Y Care: Bob Priest
bob@bathymca.org
443-4112, ext. 36

QUESTIONS? Contact Deb Young at deb@bathymca.org or 443-4112 ext. 35.



LEARN MORE by visiting www.bathymca.org and check out our Freedom Tour link to view photo blogs from previous trips.

YOUTH DEVELOPMENT



BASKETBALL

BATH YMCA

KINDERGARTEN & FIRST GRADE

This is a six-week introductory basketball clinic for kindergarten and first grade students.

Session: December 4-January 19

Day & Time: TBD

Fee: Members & Community \$30

Sign Up Deadline: December 1*

2ND GRADE BASKETBALL

Boys and girls will meet once a week to work on individual skills like ball handling, shooting, passing, and more! Practices and games are TBA.

Session: Practices begin November 27

Day & Time: TBA

Fee: Members & Community \$40

Sign Up Deadline: November 10*

BASKETBALL CLINICS (MANDATORY for league players)

3&4 Grade Boys: November 15, 4:45-5:45 p.m.

3&4 Grade Girls: November 15, 6-7 p.m.

5&6 Grade Boys: November 16, 4:45-5:45 p.m.

5&6 Grade Girls: November 16, 6-7 p.m.

Fee: FREE for league players

3-6 GRADE BOYS & GIRLS BASKETBALL

Boys and girls are placed on teams and will participate in practices and games each week. Good sportsmanship, team play, individual skill development, and above all, FUN will be emphasized! 5/6 grade boys & girls games will take place at the Landing Y on Saturday mornings.

Session: Practices begin November 27

Day & Time: TBA

Fee: Members & Community \$45

Sign Up Deadline: November 10*



Y ARTS: DANCE

LANDING YMCA

INTRODUCTION TO DANCE

Introduce your child to basic ballet and jazz techniques through imaginative play and interactive music, while exploring and strengthening fine and gross motor skills, self-expression, and most important of all, self-esteem. Each session will explore a different theme to engage dancers and introduce different styles of music, as well as incorporating dress up days, props, storytelling, and an introduction to choreography. The last class of every session includes a small "performance" for family and friends.

Session: Any*

Day & Time: Tuesdays, 3:30-4:15 p.m.

Ages: 2.5 to 5 y/o

Fee: Members \$45, Community \$65

*The instructor is offering classes that are offered in five, sessions that are structured for progression in a positive environment, working with dancers to build upon skills and techniques from previous sessions. Join one session or join them all!

YOUTH HIP HOP

Dancers will bop and bounce to age-appropriate music, while learning fun and funky hip hop choreography! The last class of every session includes a small "performance" for family and friends.

Session: Any

Day & Time: Tuesdays, 4:15-5:15 p.m.

Ages: 6-8 y/o

Fee: Members \$60, Community \$90

JAZZ

This is a beginner level class with an introduction to basic jazz and will explore different styles, including Broadway jazz and street jazz.

Session: Any

Day & Time: Thursdays, 3:15-4:15 p.m.

Ages: 8-12 y/o

Fee: Members \$60, Community \$90

CONTEMPORARY BALLET

No classical music, no leotards, no barre work, and no bad attitudes! A great outlet for your teen to "dance it out." Dancers will bend, stretch, and strengthen their way through basic ballet techniques while fine-tuning balance and control.

Session: Any

Day & Time: Thursdays, 4:15-5:15 p.m.

Ages: 13-17 y/o

Fee: Members \$60, Community \$90

*All Youth Basketball programs must be registered through the Bath Recreation Department. Registration will open Tuesday, September 5. Call 443-8360.

QUESTIONS? Contact Kevin Shute at kevinshute@bathymca.org or 844-2801, ext. 12.

YOUTH DEVELOPMENT



GYMNASTICS

BATH YMCA

PRESCHOOL GYMNASTICS

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

Session: Any

Day & Time: Mondays, 4:30-5:30 p.m.

Ages: 2-4

Fee: Members \$70, Community \$100

YOUTH GYMNASTICS

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

Session: Any

Day & Time: Tuesdays, 4:30-5:30 p.m. OR
Wednesdays, 4:30-5:30 p.m.

Ages: Grades K-6

Fee: Members \$70, Community \$100

PRE-TEAM

Athletes considering participation in competitive gymnastics will benefit from this class. Compulsory team skills will be taught. The goal is for the gymnast to compete the following season for the Y's Gymnastics Team.

Session: Any

Day & Time: Thursdays & Fridays, 4:30-5:30 p.m.

Ages: All

Fee: MEMBERSHIP IS REQUIRED

\$80 for 1x per week,

\$100 for 2x per week

TEAM SKILLS CLASS

This class is to help gymnasts work on new skills or refine skills they already have.

Session: Any

Day & Time: Fridays, 5:30-7:30 p.m.

Ages: Team gymnasts ONLY

Fee: MEMBERSHIP REQUIRED
\$70

COMPETITIVE GYMNASTICS TEAM

Proficient gymnasts ready to commit to a full year of gymnastics, including two practices each week and competitions in the spring will enhance the team experience. Please speak to the gymnastics coach to determine whether your child's skill level makes him or her eligible. Additional practice times may be scheduled during vacations. Our mandatory team meeting will take place on **Thursday, September 14 at 6 p.m.**

Session: Begins Monday, September 18 and runs until mid-May 2018.

Day & Time: Mondays-Thursdays, 5:30-9 p.m.

Ages: All

Fee: MEMBERSHIP IS REQUIRED

\$1,050, 2 Sessions Per Week

\$1,150, 3 Sessions Per Week

\$1,200, 4 Sessions Per Week

PRIVATE GYMNASTICS LESSONS

Our coaches can help with perfecting routines, working new skills, and more. Lessons can be scheduled by appointment. Private lesson forms are available at the front desk and must be submitted prior to scheduling.

Ages: 6-18 y/o

Fee: Members \$30/half hour, Community \$50/half hour

APPROPRIATE ATTIRE:

Girls: Leotard and fitted shorts (please no skirts or tights)

Boys: T-shirt & shorts

QUESTIONS? Contact Gerry Bellemare at gerry.bellemare98@gmail.com or Kym Granger at kksg@comcast.net to make an appointment for a tryout.

SPECIAL EVENT GYMNASTICS GALA

Friday, June 22, 2018
6 P.M.



YOUTH DEVELOPMENT



SWIM

BATH YMCA

PARENT & CHILD: Stage A & B

This class is designed for infants and toddlers with a parent. Classes are designed to allow the child to have fun in the water, while the parent guides their child to learn aquatic skills.

Session: Any

Day & Time: TBA

Ages: 6 months-3 y/o

Fee: Members \$50, Community \$66

PRESCHOOL: Stage 1 & 2

Children ages 3-5 will learn about personal water safety and achieve basic swimming competency by learning benchmark skills. Games and fun are built into this early learning experience.

Session: Any

Day & Time: TBA

Ages: 3-5 y/o

Fee: Members \$50, Community \$66

SCHOOL AGE: Stage 2, 3, & 4

Children ages 5-12 will continue to learn additional water safety skills, as well as benchmark skills that include stroke introduction, floating, and sequencing front glides, rolls, back floats, jumps, pushes, and turns.

Session: Any

Day & Time: TBA

Ages: 5-12 y/o

Fee: Members \$64, Community \$85

SAFETY AROUND THE WATER APRIL VACATION SWIM LESSONS

Teaching children how to be safe around the water is not a luxury; it is a necessity. Essential water safety skills can open up a world of possibilities for them to satisfy their curiosity safely. Over the week, by learning how to perform a sequence set of skills, your child will gain confidence in and around the water, helping to reduce their risk of drowning.

Session: April 16-20, 2018

Ages: 5-12

Fee: Members & Community Members \$40



PRIVATE SWIM LESSONS

Our instructors can help overcome apprehension, improve technique, or assist in developing a plan for endurance swimming. Classes are 30 minutes and scheduled by appointment.

Session: Any

Day & Time: TBA

Ages: 6 y/o-Adult

Fee: Members \$30/half hour, Community \$45/half hour

Members \$75 for 3 lessons, Community \$120 for 3 lessons

QUESTIONS? Contact Sean Vaillancourt at sean@bathymca.org or 443-4112 ext. 23

LRSC SWIM TEAM

Competitive strokes, endurance, skills, and fun are the focus of our 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 new participants have the fundamental skills required for a happy and 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 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. The coach will determine what practice to which group a swimmer will belong. Our parent meeting will take place on **Monday, September 18 at 6 p.m.**

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

Day & Time: Mondays & Fridays, 3-4:15 p.m.

Tuesdays, Wednesdays, & Thursdays: 3-4:30 p.m.

Fee: MEMBERSHIP REQUIRED
\$700

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

Day & Time: Mondays & Fridays, 4:15-5:15 p.m.

Tuesdays, Wednesdays, & Thursdays: 6-7 p.m.

Fee: MEMBERSHIP REQUIRED
\$650

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

Day & Time: Tuesdays, Wednesdays, & Thursdays, 4:30-5:15 p.m.

Fee: MEMBERSHIP REQUIRED
\$475

D Practice: Meets 2 times a week. For most 8-year-olds and younger swimmers. Stroke skills, swim meet etiquette, and fun are stressed.

Day & Time: Tuesdays & Thursdays, 5:15-6 p.m.

Fee: MEMBERSHIP REQUIRED
\$425

QUESTIONS? Contact Jay Morissette at lrcs@bathymca.org or 443-4112 ext. 25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Contact our Aquatics Department:
 Aquatics Director, **Sean Vaillancourt** at sean@bathymca.org or 443-4112 ext. 23
 Aquatics Coordinator, **Andrea Reiley** at areiley@bathymca.org or 443-4112 ext. 42

HEALTHY LIVING



AQUATICS

BATH YMCA

AQUA EX

This program is what exercise was meant to be-FUN! You won't even know you're working out, when you're surrounded by cool water. This revitalizing hour of aerobic strength and stretch activities will keep you on your toes and on the move.

Session: Any

Day & Time: Mon., Wed., Fri., 11 a.m.-Noon

Fee: Members FREE, Community \$15 Drop-In

DEEP WATER AEROBICS

This class provides a great cardio workout without the impact on your joints and muscles. You will use aqua-belts and other provided equipment. This class is for all ages and works on cardiovascular fitness, muscle strengthening, toning, and flexibility. Give your joints and muscles a break and join in on the deep water fun. Held in the deep-end of the pool.

Session: Any

Day & Time: Tue., Wed., Thurs., 9-9:45 a.m.

Fee: Members FREE, Community \$15 Drop-In

H2O AEROBICS

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

Session: Any

Day & Time: Thursdays, 7-7:45 p.m.

Fee: Members FREE, Community \$15 Drop-In

MASTERS ORGANIZED WORKOUT GROUP SWIM

Join Pam Torrey, a Maine Masters swimmer, for a fun and challenging group workout by improving your speed and endurance. Workouts are adapted for swimmers of different abilities and experiences, but all swimmers should be able to swim 1,500 yards comfortably.

Session: Any

Day & Time: Saturdays, 7:30-8:30 a.m.

Fee: Members FREE, Community \$15 Drop-In

SPLASH & DASH

Come join us for an early morning workout! Jump start your day and still get to where you need to go on time. This 45-minute class can be used as a stand alone program or an addition to your morning lap or exercise routine.

Session: All

Day & Time: Tuesdays & Thursdays, 7-7:45 a.m.

Fee: Members FREE, Community \$15 Drop-In

YMCA AQUA ARTHRITIS PROGRAM (YAAP)

This program provides a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. Our National Arthritis Foundation certified instructors provide a steady workout, combining movements designed to promote functional endurance.

Session: Any

Day & Time: Tue & Thurs., 10:45-11:30 a.m.

Tue & Thurs., 11:30 a.m.-12:15 p.m.

Fee: Members FREE, Community \$15 Drop-In

ADULT SWIM LESSONS

Swim Basics Class: Students will learn personal water safety and achieve basic swimming competency.

Swim Strokes Class: Having mastered the fundamentals, students will learn additional safety skills and build stroke technique.

Session: TBA

Day & Time: TBA

Ages: 15+

Fee: TBA

ADULT SPECIAL OLYMPICS TEAM

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 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.

Session: Begins January 2018

Day & Time: Wednesdays, 5:15-6 p.m.

Ages: 18+

Fee: Members & Community FREE

PRIVATE SWIM LESSONS

Our instructors can help overcome apprehension, improve technique, or assist in developing a plan for endurance swimming. Classes are 30 minutes and scheduled by appointment.

Ages: 6-Adult

Fee: Members \$30, Community \$45/half hour

Members \$75 for 3 lessons, Community \$120 for 3

QUESTIONS? Contact Sean Vaillancourt at sean@bathymca.org or 443-4112 ext. 23.



All class times are subject to change. Please check out www.bathymca.org for up-to-date pool schedules.



HEALTHY LIVING

FITNESS CLASSES

BATH & LANDING Y



ADULT JAZZ

This class is for any adult who wants to dance in a friendly, non-competitive environment. We will learn basic jazz and ballet techniques, work our muscles, stretch, and learn choreography.

Session: Any

Landing Y: Wednesdays, 4:15-5:15 p.m.

Fee: \$60 Members, \$90 Community Members

AEROBIC TRAINING

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

Session: Any

Bath Y: Mon., Wed., Fri., 8:30-9:30 a.m.

Fee: Members FREE, Community \$15 Drop-In

BARRE CLASS

This class features a total body workout using dance bars, which strengthens, lengthens, and stretches the entire body to create a lean physique. Based on dance and Pilates.

Session: Any

Landing Y: Mon., Wed., Fri., 9:30-10:30 a.m.

Tuesdays & Thursdays, 5:30-6:30 p.m.

Fee: Members FREE, Community \$15 Drop-In

BODY SCULPTING

Learn different ways to work your muscles. Exercises may include super sets and dynamic sets using body weight and equipment. This class includes warm ups, pre and post stretches.

Session: Any

Bath Y: Tuesdays & Thursdays, 9-10:30 a.m.

Fee: Members FREE, Community \$15 Drop-In

CARDIO DANCE

This fun and easy-to-follow dance class combines high energy, motivating Latin music, and unique moves to make you feel like you're at a party!

Session: Any

Landing Y: Mondays & Wednesdays, 5:30-6:30 p.m.

Fee: Members FREE, Community \$15 Drop-In

CARDIOVASCULAR BOXING

This class 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.

Session: Begins October 2017

Bath Y: TBA

Fee: Members FREE, Community \$15 Drop-In

CIRCUIT 45

This 45-minute class consists of cardio, strength, abdominal work, and also includes a warm up and cool down. Moves can be modified for any type of fitness level.

Session: Any

Landing Y: Mon., Wed., Fri., 7:30-8:15 a.m.

Fee: Members FREE, Community \$15 Drop-In

CROSS TRAINING

Geared toward well-balanced fitness, this class will focus on each of the physical components of the Y's model of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. This class will improve your overall fitness by targeting your weakest areas. You'll get plenty of variety and plenty of fun!

Session: Any

Bath Y: Mon., Wed., Fri., 5:30-6:30 a.m.

Fee: Members FREE, Community \$15 Drop-In

FUNCTIONAL MOVEMENT

Come join us and get moving more effectively in your daily activities. This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance your quality of life without all the sweat.

Session: Any

Landing Y: Tuesdays & Thursdays, 12-12:45 p.m.

Fee: Members FREE, Community \$15 Drop-In

GROUP CYCLING

Group cycling is a great form of exercise that has a low impact on your joints, but can be as challenging as you make it. Since you are controlling the resistance of the bike, this class is suited for all fitness levels. Each of our trainers will bring a different flavor and training style to class. ***Look out for more classes to come in the fall (noon and evenings)!**

Session: Any

Bath Y: Tuesdays & Thursdays, 7:30-8:30 a.m.*

Fee: Members FREE, Community \$15 Drop-In

HIIT

High Intensity Interval Training is an enhanced form of interval training, incorporating short periods of intense anaerobic exercise with less intense recovery periods.

Session: Any

Landing Y: Mon., Wed., Fri., 6:30-7:15 a.m.

Fee: Members FREE, Community \$15 Drop-In

KICKBOXING

This group fitness class combines martial arts techniques with fast-paced cardio. This high-energy workout will challenge beginners and elite athletes alike.

Session: Any

Landing Y: Saturdays, 9-10 a.m.

Fee: Members FREE, Community \$15 Drop-In

HEALTHY LIVING



MIND & BODY

BATH & LANDING Y

LIVESTRONG® AT THE YMCA

This program is a FREE, 12-week, research-based physical activity and wellness program designed to help adult cancer survivors reclaim total health. This small group will meet twice a week for 75 minutes.

Session: Fall 2017

Bath Y: TBA

Fee: FREE, and includes a FREE Adult or Family membership for 12 weeks.

MUSCLE TIME

This class focuses on joint flexibility, muscle strengthening, endurance, and coordination, while incorporating a warm-up, stretch, and cool down. This fun class encourages peer interaction and socialization.

Session: Any

Bath Y: Mondays-Fridays, 8-9 a.m.

Mondays-Fridays, 10-11 a.m.

Landing Y: Tuesdays & Thursdays, 9:30-10:30 a.m.

Fee: FREE, and includes a FREE Adult or Family

POWER STEP/POWER SCULPT

This class 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, medicine balls, total body strengthening, and abs—a great way to finish up a workout!

Session: Any

Bath Y: Mon., Wed., Fri., 9:30-11 a.m.

Fee: Members FREE, Community \$15 Drop-In

SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared to improve strength, balance, and flexibility. Our soundtrack is set to your favorite tunes to get you up and moving. It's a great opportunity to meet new people and socialize with your friends.

Session: Any

Landing Y: Mondays & Wednesdays, 11-11:45 a.m.

Fee: Members FREE, Community \$15 Drop-In

STEP AHEAD

This is 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.

Session: Any

Bath Y: Tuesdays, 5-6 p.m.

Fee: Members FREE, Community \$15 Drop-In

TOTAL BODY TRAINING

This class blends a variety of movements to give your entire body a great workout! The exercises are performed in intervals to rev up your metabolism and provide a good cardio and strength workout.

Session: Any

Landing Y: Mon., Wed., Fri., 12-12:45 p.m.

Fee: Members FREE, Community \$15 Drop-In

BEGINNER YOGA

Great for first time and advanced yoga students alike, beginner yoga uses yoga poses with straps, blocks, and blankets to improve overall wellness. Yoga is proven to improve breathing, flexibility, strength, and focus, in addition to aiding stress, anxiety, arthritis, and chronic pain.

Session: All

Bath Y: Wednesdays, 6-7:15 p.m.

Landing Y: Mondays, 5:30-6:30 p.m.

Thursdays, 4-5 p.m.

Fee: Members FREE, Community \$15 Drop-In

CHAIR YOGA

This class is a gentle form of yoga that is practiced on a chair, or by using a chair as support. This class will help with balance, breathing, strength, flexibility, and overall wellness. Set in a relaxing environment, you will leave the class refreshed and renewed.

Session: Any

Landing Y: Thursdays, 11 a.m.-Noon

Fee: Members FREE, Community \$15 Drop-In

PILATES

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. While many of the exercises emphasize core strengthening, the goal of Pilates is overall fitness.

Session: Any

Bath Y: Mondays, 9-10 a.m.

Landing Y: Thursdays, 9-10 a.m.

Fee: Members FREE, Community \$15 Drop-In

QIGONG NEW!

Qigong is an ancient Chinese movement, meditation, and sound healing practice. Qigong is known to improve physical and emotional well-being through guided imagery, meditation, and gentle movement.

Session: Begins Monday, September 11

Landing Y: Mondays, 7:15-8:15 a.m.

Fee: Members FREE, Community \$15 Drop-In

T'AI CHI CHUAN

T'ai Chi Chuan is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It is a highly dynamic, yet relaxed movement that appears simple, fluid, and soft.

Session: Begins Tuesday, September 12

Bath Y:

Beginner Class: Mondays, 1:30-2:30 p.m.

Intermediate Class: Mondays, 12:30-1:30 p.m.

Advanced Class: Mondays, 11:30 a.m.-12:30 p.m.

Landing Y: Tuesdays, 7-8 a.m.

Fee: Members FREE, Community \$15 Drop-In

HEALTHY LIVING

VINYASA YOGA

Vinyasa is a flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga spectrum and is a great practice for anyone looking for a physical or mental challenge.

Session: Any

Bath Y: Tuesdays & Thursdays, 10:30-11:30 a.m.

Landing Y: Fridays, 9:30-10:45 a.m.

YOGA

Yoga is a wonderful method of exercise that teaches you to recognize when your body is under stress, as well as ways to help you counteract it. With regular practice, yoga improves strength, flexibility, and quiets the mind.

Session: Any

Bath Y: Mondays, 6-7:15 p.m.

Thursdays, 5-6:15 p.m.

Landing Y: Mondays, 4-5:15 p.m.

Wednesdays (Gentle Yoga), 9:30-10:45 a.m.

Saturdays (All Levels), 10-11 a.m.

Fee: Members FREE, Community \$15 Drop-In

YOGALATES

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

Session: Any

Bath Y: Fridays, 9-10 a.m.

Landing Y: Mondays, 11 a.m.-Noon

Fee: Members FREE, Community \$15 Drop-In



Bath Y: Contact Michael Proulx at michael@bathymca.org or 443-4112 ext. 27.

Landing Y: Contact Angie Shonts at angie@bathymca.org or 844-2801.



All class times are subject to change. Please check out www.bathymca.org for up-to-date schedules.

PARKINSON'S

LANDING YMCA

EXERCISE FOR PARKINSON'S DISEASE

This program is intended for most people with Parkinson's disease and does not require participation in the LSVT program. This class is geared specifically to diminish the challenges experienced by those with the disease. Individuals with other neurological conditions are also welcome to join the class.

Session: Any

Day & Time: Tuesdays, 11 a.m.-Noon

Fee: Members FREE, Community \$5 Drop-In

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 program specifically uses "big" exercises to improve body movement, speed, balance, and quality of life. Ongoing participation will help individuals maintain improvements made during the LSVT program.

Session: Any

Landing Y: Fridays, 11 a.m.-Noon

Fee: Members FREE, Community \$5 Drop-In

ROCK STEADY BOXING

This program is directed by Mid Coast Hospital staff and improves quality of life for people battling Parkinson's Disease through non-contact, boxing-inspired fitness training. No boxing experience is necessary, but a physician's medical release form is required.

Session: Any

Day & Time: Tuesdays & Thursdays, 1:30-3 p.m.

Fee: Members FREE, Community \$60/Month



PERSONAL TRAINING

BATH & LANDING Y

PERSONAL FITNESS TRAINING

Personal training is the most effective way for an individual to achieve results. 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 on safety and form are also advantageous to personal training.

RATES

1 Hour: \$50 Members, \$80 Community Members

5 Hours: \$200 Members, \$250 Community Members

2-4 Person Session Rates

1 Hour: \$80 Members, \$110 Community Members

5 Hours: \$300 Members, \$350 Community Members

YOUTH & FAMILY WORKOUT PROGRAM

Through this program, youth will be allowed to work out in the fitness center with a parent or guardian. All participants of this program must attend an equipment orientation, fill out a PAR-Q, and be 12 years or older.

HEALTHY LIVING

Y's DIABETES PREVENTION PROGRAM

BATH & LANDING Y

The YMCA's DIABETES PREVENTION PROGRAM

This small-group, classroom-based program helps people with prediabetes eat healthier, increase their physical activity, and lose weight, which can delay or even prevent the onset of type 2 diabetes. Check with your doctor to see if you qualify, available at both the Bath and Landing Y!

Please be aware that this program is NOT a treatment program for diabetes, but for individuals who are at risk for prediabetes or diabetes.

SIGN UP! Contact Michael Proulx at michael@bathymca.org or 443-4112 ext. 27.



SPORTS & RECREATION

BATH & LANDING Y

ADULT PICK UP BASKETBALL

Bath Y: Monday-Friday, 11:30 a.m.-1 p.m.
Tuesdays & Thursdays, 6:30-9 p.m.
Women's: Wednesdays, 6:30-8:30 p.m.

Landing Y: Check our Open Gym schedule at www.bathymca.org.

Fee: Members FREE

CRIBBAGE

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

Bath Y: Wednesdays from 12:30-2:30 p.m.

Fee: Members FREE

PICKLEBALL

Pickleball is a paddle sport for all ages and all athletic ability levels. Think of it as oversized ping pong played on a badminton sized court with a tennis court-sized net! Just use a paddle to keep a plastic ball going back and forth over a net. It's easy to learn and play!

Bath Y: Check our schedule at www.bathymca.org

Landing Y: Check our schedule at www.bathymca.org

Fee: Members FREE

RACQUETBALL

Please call ahead to reserve a court. Hourly time slots are available! For league information, contact Joe MacMahan.

Bath Y: Call ahead. 443-4112.

Landing Y: Call ahead. 844-2801.

Fee: Members FREE

COMPETITIVE VOLLEYBALL LEAGUE

Contact Joe MacMahan for more information.

Bath Y: Mondays, 6-9 p.m.

November 13 & 20 Round Robin

VOLLEYBALL LEAGUE PREVIEW

Session: September 25-November 6, 2017

Bath Y: Mondays, 6:30 p.m.

Fee: Members FREE

QUESTIONS? Contact Joe MacMahan at joe@bathymca.org or 443-4112 ext. 14.



LIFEGUARD TRAININGS

BATH YMCA



LIFEGUARD REVIEW & RECERTIFICATION

The American Red Cross requires current lifeguards to participate in a 15 hour re-certification class in order to renew their certification.

Day & Time: TBA

Fee: \$125

LIFEGUARD TRAINING

Our training program provides a comprehensive education centered on preventing accidents in aquatic environments. This course offers up-to-date information on how to lifeguard, anticipate and prevent a problem, 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.

Day & Time: TBA

Ages: 15 and up

Fee: \$250

QUESTIONS? Contact Andrea Reiley at areiley@bathymca.org or 443-4112 ext. 23.

SOCIAL RESPONSIBILITY

SERVICE & MISSION

We open our doors to people of all backgrounds, ages, and incomes, bringing people together like no other place. Year after year, the Y continues to serve people from our surrounding communities. Due to the generous support of our volunteers and donors who help raise money, we are able to stay true to our mission of never turning anyone away because of inability to pay.

ANNUAL CAMPAIGN

You can be a 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 ability to pay. Donations are welcome all year to support the Annual Campaign.

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 support of the people in their community. All contributions to the Bath and Landing YMCA are tax deductible.

VOLUNTEER OPPORTUNITIES

Volunteers are an important part of the Bath and Landing YMCA. They participate in every aspect of association work from developing policy and programs to coaching teams, timing swim meets, assisting with child care, facilities maintenance, landscaping, and helping with special events. Volunteers are an important link to the community, giving feedback and improving services. We have many volunteer opportunities available to suit most schedules.

TO DONATE OR VOLUNTEER Contact Sabrina Murphy at sabrina@bathymca.org or 443-4112, ext. 19.

SENIOR STAFF

Scott Amundsen, Facility Director
Charlie Ault, Landing Y Branch Director
Gerry Bellemare, Gymnastics Coach
Kerrie Benedict, Business & HR Director
Annie Colaluca, Preschool Director
Daneem Kim, Marketing & Communications
Joe MacMahan, Program Director
Stacey Mathieu, Membership Supervisor
Jay Morissette, LRSC Swim Coach
Sabrina Murphy, CEO
Bob Priest, Youth & Family Director
Michael Proulx, Wellness Director
Angie Shonts, Health & Wellness Coordinator and Community Outreach
Kevin Shute, Program Coordinator
Sean Vaillancourt, Aquatics Director
Deb Young, Membership Director & Freedom Tour Admin

2017 BOARD OF DIRECTORS

Scott Mills, Board President
Keri Seitz, Vice President
Kay Kavanagh, Annual Campaign Chair
Anthony Yuodsnukis, Secretary
Bob Davis, Treasurer
Sabrina Murphy, CEO

DIRECTORS

Amy Berube
Kathryn Beveridge
CR Davis
James Drake
Jeff Knuckles
Carolyn Lockwood
Peter Owen
Avel Payne
Irl Rosner
Pat Thomas
Laurel Walsh

OUR SPONSORS-THANK YOU!



CELEBRATE WITH US!



HOST A PARTY AT THE Y!

BASKETBALL PARTY: Court Time 1 Hour, Party Room 1 Hour
Half Court: \$110; Full Court: \$130
NO PARTY ROOM: Half Court: \$70; Full Court: \$90

Contact Joe MacMahan at
joe@bathymca.org or 443-4112 ext. 14.

CLIMBING WALL PARTY: Climbing 1 Hour, Party Room 1 Hour
15 Children (instructor provided), \$175; \$20 for each additional child

NO PARTY ROOM: 15 children (instructor provided), \$135;
\$20 for each additional child

GYMNASTICS PARTY: Gymnastics 1 Hour, Party Room 1 Hour
15 Children (instructor provided), \$175; \$20 for each additional child

NO PARTY ROOM: 15 Children (instructor provided),
\$135; \$20 for each additional child

Contact Bob Priest at
bob@bathymca.org or 443-4112 ext. 36.

POOL PARTY: Pool Time 1 Hour, Party Room 1 Hour
Instructional/Therapy Pool: \$215; Half of Main Pool: \$215; Main Pool: \$340; Entire Pool Area (including Hot Tub): \$440

NO PARTY ROOM: Instructional/Therapy Pool: \$175; Half of Main Pool: \$175; Main Pool: \$300; Entire Pool Area (including Hot Tub): \$400

Contact Sean Vaillancourt at
sean@bathymca.org or 443-4112 ext. 23.

LANDING Y RENTALS: Space is available for business meetings, training seminars, parties, tournaments, games, and special events. NO POOL.

Contact Kevin Shute at
kevinshute@bathymca.org or 844-2801 ext. 12.

UPCOMING EVENTS

ELVIS

& NEIL DIAMOND TRIBUTE CONCERT



Saturday, September 16
Landing YMCA
6:30-8:30 P.M.

Elvis tribute artist Robert Lewis of King and Company Legends is bringing his show to the Landing Y this fall. Join us for a fun night with The King!

All proceeds will benefit family scholarships at the Bath and Landing Y.

Adults: \$10; Military: \$5; Kids Under 12: FREE



PORTLAND GLASS 5K
PUMPKIN
RUN ^{1 MILE} **FUN RUN**
2017 **FOR YOUTH**
DEVELOPMENT

Sunday, October 29, 2017

Fun Run Start 8:15 a.m.
Race Start: 9 a.m.

Pre-Register at bathymca.org: \$20
Register on Race Day: \$25
Kids 12 & Under: \$5