



BATH AREA FAMILY YMCA
Bath / Brunswick
#BestSummerEver



**BEST
TIME**

EVER!

BEST. SUMMER. EVER.



DAY CAMP INFORMATION

Children entering grades 1-6 in the Fall of 2016 are invited to participate in arts & crafts, games, swimming, weekly trips to Coffin Pond, field trips, and group activities. Campers are placed in age appropriate groups with qualified staff in a fun and safe environment. Using the Y's climbing wall and cooperative games, campers will develop self-esteem and engage in team building.

Day camp meets Monday through Friday

Hours: 8:30am to 4pm. Children may be dropped off as early as 6:45am and picked up no later than 5:30pm.

Fees & Incentives: A \$25 deposit per week of camp is due at the time of all registrations.

Register by May 2nd to get the Early Bird Special: \$165/week

Register May 3rd - May 30th to get the reduced rate: \$175/week

Register two or more children within the same family: \$10 off per week for each additional child

Weekly registration fee (beginning May 31st): \$185/week

EXTENDED CAMP

Extended camp is an option for our Basketball, Gymnastics and Wrestling Camps. Extended Camp for the Gymnastics Camps will be held at the Bath Area Family YMCA in Bath. Extended Camp for Basketball and Wrestling Camp will be held at the Landing YMCA in Brunswick.

Hours: 6:45am - 9am and 3pm - 5:30pm

Fee: \$25/week for am or pm; \$50/week for am and pm

FINANCIAL ASSISTANCE

As with all Y programs, financial assistance is available. We strive to serve the entire community by providing need-based financial assistance. Please don't hesitate to contact us with any questions.

WEEKLY DAY CAMP THEMES

WEEK 1 | JUNE 27 - JULY 1 ALOHA SUMMER

We are celebrating the summer Hawaiian style! Campers will participate in water and land games, learn water safety and make fun beach scene crafts.

WEEK 2 | JULY 5 - 8 CELEBRATE AMERICA

Gear up for the 4th of July by celebrating America! Enjoy a week of red, white and blue games, crafts and activities.

WEEK 3 | JULY 11 - 15 WACKY WEEK

Get ready for a week of weird, wacky and silly stuff!

WEEK 4 | JULY 18 - 22 THE GREAT OUTDOORS

Great outdoors week is all about taking a moment to appreciate the wonderful natural world we live in. This week will be hiking, swimming and learning about Maine wildlife!



WEEK 5 | JULY 25 - 29 WATER WEEK

What better way to beat the heat than with a week filled with wet and wild activities? Water games, relays, swimming and more!

WEEK 6 | AUGUST 1 - 5 SUPER HERO

Are you faster than a speeding bullet? Do you wish you had powers from out of this world? This week campers will be trained to use their super powers to save camp from the villains!

WEEK 7 | AUGUST 8 - 12 UNDER THE SEA

Take a dive under the sea and look for sea creatures and all of their friends. This week we will be exploring the animals of the sea through crafts, games, and many other exciting activities.

WEEK 8 | AUGUST 15 - 19 CAMP CARNIVAL

Come one, come all to Camp Carnival! Everything you love about going to the carnival happens this week! We'll have fun relay races, contests, face painting, and much more!

WEEK 9 | AUGUST 22 - 26 Y'S GOT TALENT

Do you have a special talent? This is the week to practice and perform your talent at the talent show!

*** Weeks 1 - 8 will be held at the Bath Area Family Y in Bath, week 9 will be held at the Landing Y in Brunswick.**



Y-SPLASH

LEARN TO SWIM APRIL 18 - 22

The Y's Annual Community Learn To Swim Campaign

is a week long intensive swim program for children ages 6-13. 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. With this swimming intensive program children often show considerable improvement by the end of the week.

Days: Monday-Friday; April 18 - 22

Time: 9am, 10am and 11am

Fee: \$35



SUMMER SWIMMING

LONG REACH SWIM CLUB 2016

Competitive strokes, endurance, fun, and related skills are the focus. An informal tryout is mandatory for new or interested swimmers before acceptance onto the swim team. This ensures that each new participant has the fundamental skills required for a happy, successful experience. Summer team offers new swimmers an opportunity to become familiar and comfortable with the team before the competitive season begins in the Fall. Swimmers are assigned to a practice schedule based on their skill level and experience. LRSC strives to offer a fun, learning environment where the self-motivated swimmer will thrive. The asset approach to healthy youth development is just one of the tools used in this program to help young people further their personal development. Practice groups A and B are scheduled to meet between 5 and 6 hours a week. Practice groups C and D are scheduled to meet between 1.5 and 2.5 hours a week.

Please contact Jay Morissette at 443-4112 or lrsc@bathymca.org to make an appointment for an individual tryout or for more information about competitive swimming at the Bath Area Family YMCA.

Dates: May 2 - July 29

Fee: A & B Practice Groups:

Members: \$175; Community Members: \$350

C & D Practice Groups:

Members: \$130; Community Members: \$260

SWIM LESSONS



SAFE SWIMMERS START HERE

PARENT & CHILD LESSONS

This 30 minute class is for infants and toddlers, ages 6 months to 2 years, 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.

Days: Tues or Thurs; June 27 - August 6

Time: 10am - 10:30am

Fee: Members: \$45; Community Members: \$60

PARENTS & 2'S / 3'S LESSONS

Children, age 2 or 3, swim with their parent, learning the beginning swimming skills and preparing for the next level of instruction. Games and fun are built into this early learning experience.

Days: Tues or Thurs; June 27 - August 6

Time: 10 - 10:30am; 10:30 - 11am

Fee: Members: \$45; Community Members: \$60



LEARN TO SWIM PROGRAM



PRESCHOOL SWIM LESSONS

Planned to meet the needs of busy families during summer vacation, our week long Preschool Learn to Swim Program will be offered morning and afternoon during the summer. Children, ages 4 through 6, will swim in small groups with an instructor. Class meets Monday through Thursday, morning or afternoon sessions.

Dates: Session 1 - June 27 - 30; 3:30pm - 4:15pm
Session 2 - July 11 - 14; 9am - 9:45am / 3:30pm - 4:15pm
Session 3 - July 18 - 21; 3:30pm - 4:15pm
Session 4 - July 25 - 28; 9am - 9:45am

Fee: Members: \$30; Community Members: \$40

YOUTH SWIM LESSONS

This program is designed for 6 - 13 years old. Kids learn the skills that are the basic building blocks of swimming. They also learn about pool safety, boating safety, and PFD usage. Participants are grouped together with other children at their swimming level, either Polliwog, Guppy, or Minnow. Class meets Monday through Thursday, morning or afternoon sessions.

Dates: Session 1 - June 27 - 30; 9am-9:45am / 4:15pm - 5pm
Session 2 - July 11 - 14; 4:15pm - 5pm
Session 3 - July 18 - 21; 9am - 9:45am / 4:15pm - 5pm
Session 4 - July 25 - 28; 4:15pm - 5pm

Fee: Members: \$30; Community Members: \$40

Learn to Swim Summer Day Camp

The Learn to Swim Summer Day Camp is designed for kids ages 6-12 who have a desire to gain confidence and increase their swimming skills in the water. This camp will enable kids to build confidence in and around the water on many levels. The program will work on basic swim skills, fun water games, basic water survival techniques, stroke development with a goal of overall improvement in water safety, confidence and comfort. Each day will consist of a swim lesson, game/snack time, outdoor exploration, and unstructured swim time to practice learned swim skills and increase confidence. This program is available for all local children regardless of ability to pay, please inquire about youth scholarships through our Aquatics Department by contacting Brian Savage at sponge@bathymca.org. Class meets Monday - Thursday, mornings.

Dates: Week 1 - August 8 - 11; 8:45am-12pm

Week 2 - August 15 - 18; 8:45am-12pm

Fee: Members: \$250; Community Members: \$275

Competitive Swimming Day Camp

Techniques, fun, starts and turns, fun and more fun are the focus of our Competitive Swimming Day Camp. Kids ages 9-17 will be encouraged to grow and develop their skills in a warm and nurturing environment. Each day will be devoted to work on one of the four competitive strokes. Videotaping will be used to enhance campers understanding of stroke mechanics. Individual goal setting skills will be explored during the week. **Campers must have competitive swimming experience.**

Camp Director: Jay Morissette, coach of the Long Reach Swim Club and 2013 Maine Swimming Hall of Fame inductee.

Dates: August 2 - 5; Tuesday - Friday

Time: 9am - 3pm

Fee: \$250



Photo by Heather Perry



GYMNASTICS CAMPS

The Bath Area Family YMCA Summer Gymnastics Camps have been a community resource for over 30 years. New sessions begin weekly although we encourage children to participate in more than one camp. All participants should wear gym apparel (leotard or shorts & T-shirt), bring a snack, lunch, swimsuit, and towel. Participants must be entering 1st grade (except for Preschool Camp) in the Fall of 2016 to enroll in camp. **LOCATED AT THE BATH BRANCH.**

PRE-TEAM CAMP

Athletes considering future participation on a competitive team will benefit from a week at this camp. Motivated athletes will practice back walk overs, handsprings, pull-overs on the bars, and more advanced skills. Gymnasts who are motivated and possess the necessary skills are invited to attend this session. Y membership required.

Date & Time: June 20 - 24; August 1 - 5; 9am - 3pm

Days: Mon - Fri

Fee: \$190

*** Extended camp available August 1 - 5**

TEAM CAMP

Competitive gymnasts wishing to improve their overall skills will be delighted with this camp. Participants must be current team members or be invited by the team coaches to attend this advanced week of camp. Check with coaches to see if skill level is appropriate for this camp. Y membership required.

Date & Time: June 27 - July 1; August 8 - 12; 9am - 3pm

Days: Mon - Fri

Fee: \$190

*** Extended camp available**

NEW!

SKILLS CAMP

This camp is meant for competitive gymnasts that are on a team. Each gymnast will work with the coach to set their own goals. For more questions please call coach Gerry at the YMCA.

Date & Time: August 15 - 19; 1 - 4pm

Days: Mon - Fri

Fee: \$125

GYMNASTICS TEAM

Competitive gymnasts wishing to improve their overall skills will benefit from these classes. Participants in the late Spring Team Class must be current team members or be invited by the team coaches to attend. Current team members, pre-team members or those invited by team coaches can attend the Late Summer Team Class. Check with coaches to see if skill level is appropriate for these classes. Late Spring Team Class culminates in the Gymnastics Gala on Friday June 19. Y membership required.

Late Spring Team Class:

Date & Time: May 16 - June 16; 5:30pm - 8pm

Days: Mon, Thurs

Fee: \$100

Summer Team Class: (All team members and pre-teamers invited)

Location: Bath

Date & Time: June 20 - August 18; 5:30pm - 8pm

Days: Mon, Thurs

Fee: \$100

YOUTH MINI CAMP

Budding gymnasts or those with a casual interest in the sport will enjoy this camp. Athletes will use all the equipment and will be taught handsprings on the floor, jumps on the beam, squats on the vault, and back hip circles on the bars. All abilities are welcome! If you enjoy this camp we recommend the advanced youth mini camp.

Date & Time: July 5 - 6 - 8; 9am - 12pm

July 11 - 13 - 15; 9am - 12pm

Days: Mon, Weds, Fri

Fee: \$90 per week

PRESCHOOL CAMP

Children ages 2 - 5 will be gently introduced to all appropriate gymnastics equipment in a structured, non-intimidating manner. For children 2 & 3 years old, parents must stay with the child during the class. For children 4 & 5 years old, parent involvement is encouraged but not required.

Dates & Time: July 11 - 15; 9am - 11am

July 18 - 22; 9am - 11am

Days: Mon, Weds, Fri

Fee: \$60 per week



ADVANCED YOUTH MINI CAMP

This is a great camp for gymnasts, cheerleaders and tumblers.

Date & Time: July 18 - 22; 9am - 12pm

July 25 - 29; 9am - 12pm

Days: Mon, Weds, Fri

Fee: \$90 per week

SPECIALTY CAMPS



KIDS KAYAK & SUP PADDLE BOARD CAMP

What is SUP? Stand Up Paddling (also known as paddle boarding). Participants will spend the week at Seaspray Kayaking in West Bath learning about the proper techniques and safety of kayaking and paddle boarding. A snack and drink will be provided daily and all kayakers will receive a kayaking T-shirt and certificate on the last day. Guaranteed to be the talk of the summer! Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone. For more information, contact Kelly Howard at 443-4112 x20 or kelly@bathymca.org.

Dates: June 27 - July 1; July 18 - 27

Time: 9AM - 12PM; 9AM - 4PM (full day)

Ages: 8 and up

Fee: Half day: \$200; Full day: \$300



OUTDOOR ADVENTURE OVERNIGHT CAMP

Time to unplug and enjoy the great outdoors in Maine! The YMCA is unplugging all cord's setting up tents, and going off the grid for five days of outdoor adventure. This five-day camp offers boys & girls hiking at Mt. Blue and Tumbledown mountains, and kayaking and swimming in Webb Lake, located in western Maine's Mt. Blue State Park. We will also spend a day hiking into Angel Falls and exploring the water ways of Coos Canyon. Campers will assist in cooking traditional camp foods and enjoy family style dining. Campers will need their own sleeping bags, tents will be provided.

Dates: July 11 - 15

Ages: Kids entering 6th - 8th grade in the fall of 2016

Fee: \$475

NEW!

SUMMER HOOPS CAMP

This five day basketball camp is a great way to improve your game over the summer. The goal of Hoops Camp is to provide an opportunity for boys and girls entering 3rd -6th grade in fall of 2016 to sharpen their skills for the upcoming season. Players will work on passing, ball handling, shooting and defense all while developing good sportsmanship. The instructors are local high school coaches and former college players.

Location: Landing Y

Date & Time: August 1 - 5; 9am - 3pm

Ages: Entering 3rd -6th grade in fall of 2016

Fee: \$195

*** Extended camp available**

NEW!

LITTLE SPROUTS GARDENING CAMP

Get ready to play in the dirt! We are going to learn about how plants grow and about the critters that help keep our flowers blooming. We are sure to plant a few things that your little gardener can care for and nurture once they are home. Be sure to send your child wearing clothes that can get dirty - we have lots of messy and fun activities! Don't forget, your child will be participating in many active games so please bring closed toed shoes/sneakers. Children must be toilet trained. Please send child with an extra set of clothing.

Location: Landing Y

Date & Time: July 18 - 22; 9am - 12pm

Ages: 3-4 years

Fee: \$110

NEW!

DANCE CAMP

Dance camp offers a chance for campers to explore dance with a focus on ballet. Through well-crafted practice and choreography, campers will build confidence, express themselves and most of all have fun!

Location: Landing Y

Date & Time: July 25 - 29; 9am - 12pm (age 5 - 8); 1 - 4pm (age 9 - 12)

Ages: 5-8; 9-12

Fee: \$110

NEW!

WRESTLING CAMP

We will be holding a week long, youth wrestling camp led by our Wellness Director Mike Proulx, and assisted by local All-State wrestlers past and present. The camp will begin with aerobic games to get warmed up for the day, teaching the fundamentals of folk-style wrestling, and finish up with more wrestling related games and talks to help kids get on the right track for success in sport and life.

Location: Landing Y

Date & Time: July 11 - 15; 9am - 3pm

Ages: grades K - 8

Fee: \$195

*** Extended camp available**



DRAGON'S EYE ADVENTURES

Dragon's Eye offers summer mysteries full of a unique mix of history, myth and magic. Each adventure unfolds as a story, with participants acting as detectives on a mission to save the world. Live-action games, codes and ciphers, and beautiful art projects bring each story to life. Players learn to work as a team, walking the Hero's Path of Honor, with courage, compassion, wisdom, respect, and honor. For more information, visit www.dragonseyeadventures.com or contact Rebecca McNulty at dragonseyeadventures@gmail.com.



Dates/Description:

Riddle Ravelers (ages 7-9)

Session I; July 5-8 Jewel of the Tides - A Sea Witch has stolen the Seal People's Shining Jewel of the Tides. Only the Salmon of Knowledge can help.

Projects: Black Seal Stones & Quartz Salmon Callers.

Session II; July 11-15; Troll Trouble - Mischievous fairies from European folk tales lead the detectives into the fairy realms for a mystery involving trolls, trouble, and fairy dust. **Projects: Fairy Dolls and Troll Tooth Necklaces.**

Experts of Enigma (ages 9-12)

Session III; July 18-22 - Shackles of Truth - A search and rescue mission takes on monumental proportions when the Detectives encounter the Div of Zarathus-trian mythology. Their journey leads to the palace of Darius I and then into the embattled realms of Ahura Mazda and Angra Mainyu. **Projects: Rihla (books of travel) illuminated with handpainted Persian miniatures and Peri Dolls.**

Session IV; July 25 - 29 - The Moon Rabbits: A Lost Tale - When twelve elusive Moon Rabbits are missing, the detectives set out in search of a lost tale from ancient China. Their search takes them back into the celestial realms. Good thing they have their Moon Lanterns. **Projects: Moon Rabbits and Moon Lanterns.**

Mavens of Mystery (Ages 12 - 16)

Session V; Aug 1-5 - The Book of Dragons - An old dragon scroll from China holds clues to the location of a medieval French manuscript known as The Book of Dragons. Can the Detectives find it before it falls into less-than-friendly hands?

Projects: Books of Dragons and Time Jewel Watches

Session VI; Aug 8-2 - The Well of Destiny - Strange anomalies in the growth of the World Tree, Ygdrasil, send the Detectives to the ancient Well of Urd, guarded by the three Norn, the Norse goddesses of fate. What they learn there will cause the Detectives to take up their own pens to inscribe alternative endings to a mystery about destiny and free will.

Projects: Cards of Urd and Rune Stones

Location: Landing Y

Time: 9am - 4:30pm; After hours: 4:30pm - 5:30pm

Ages: 6 - 9, 9 - 12, 12 - 16

Fee: \$250/week, After hours \$50/week

LIFEGUARD TRAINING

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. Lifeguard training enables students to learn and apply safety principles in their own lives, develop leadership skills, and improve their decision making skills. Pre-requisites: Must pass a swim test. Pre course meeting April 17th at 5pm.

Date: April 18 - 22

Days: Mon - Fri

Time: 9am - 4pm

Ages: 15+ (proof of age required at registration)

Fee: \$325 (includes certification, books, and pre-requisites)

LIFEGUARD REVIEW AND RECERTIFICATION

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.

Date: May 20 - 22

Fee: \$175



UPCOMING EVENTS



PADDLE FOR YOUTH

Join us on the water and make a difference in your community at the same time! On August 13th, we are Paddling for the Y! We'll have a flotilla of kayaks and canoes paddling from the Water Street boat landing in Brunswick on the Androscoggin River to Bay Bridge Landing. This several mile paddle will be fun and raise money for our scholarship program.

Each paddler is requested to raise \$100 to take part in a day on the water to benefit the Y's Annual Campaign. All participants are invited to a BBQ/lobster bake after the paddle and will receive T-shirts to commemorate the event.

Date: August 13

Day: Sat

Time: 8:30am

Fee: Each paddler is requested to raise a minimum of \$100

DR. LEONARDO BUCK GOLF CLASSIC

Join us at The Bath Golf Club in Bath on Tuesday, July 26, 2016 for this year's Golf Classic in honor of Dr. Buck. All proceeds from this event benefit Youth Development at the Bath Area Family Y.

Date: July 19

Day: Tuesday

Time: 12pm Shotgun Start

Scramble Play

Fee: \$85/person; \$340/team. **Fee includes:** green fees, carts, and tickets to the Sunset BBQ following the tournament.

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

This year's event will be held on Sunday, October 30th, 2016. The course begins at the Bath Area Family YMCA Bath location and runs through residential areas. All proceeds benefit the Y's Annual Campaign. The first 75 registrants will receive YMCA logo wear. 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.

Date: October 30

Day: Sunday

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

Fee: \$15 per registration; \$20 on race day; \$5 for Kids Run/Walk



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y.™ For a better us.™

Bath Area Family YMCA

SEASONAL HOURS BEGINNING MAY 7

BATH FACILITY

Monday - Friday: 5am - 9pm

Saturday: 7am - 3pm

Sunday: 9am - 1pm

Closed July 4

Closed Sundays in August

LANDING Y - BRUNSWICK

Monday - Thursday: 6am - 7pm

Friday: 6am - 5pm

Weekend Hours TBD



THANKS TO OUR SPONSORS



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