



BATH AREA FAMILY YMCA



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



READY... SET... SUMMER!



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

www.bathymca.org



@bathymca



@BathAreaFamilyY



@bathareafamilyy

SUMMER 2019 PROGRAM GUIDE

ONE COMMUNITY... TWO FACILITIES

BATH AREA FAMILY YMCA

303 Centre St.
Bath, ME

Monday–Friday: 5 a.m. to 9 p.m.
Saturday: 7 a.m. to 5 p.m.*
Sunday: 9 a.m. to 3 p.m.*

***Hours change in April 8, 2019**

Saturday: 7 a.m. to 3 p.m.
Sunday: 9 a.m. to 1 p.m.
CLOSED all Sundays in August

OUR FACILITY IN BATH

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

LANDING YMCA

24 Venture Ave.
Brunswick, ME

Monday–Thursday: 6 a.m. to 7:30 p.m.
Friday: 6 a.m. to 6 p.m.*
Saturday: 8 a.m. to 1 p.m.*
Sunday: CLOSED

***Hours change April 8, 2019**

Friday: 6 a.m. to 5 p.m.
Saturday: 8 a.m. to Noon

OUR FACILITY IN BRUNSWICK

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

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

NATIONWIDE MEMBERSHIP All Y members have the flexibility of using participating YMCA facilities throughout the United States at no extra charge! We want to help you reach your health and wellness goals wherever you live, work, or travel.

QUESTIONS? We would love to hear from you! Email membership@bathymca.org for more information, or better yet, come in and see us in person so we can give you a full tour of our facilities!

FINANCIAL ASSISTANCE

We strive to serve the entire community by providing need-based financial assistance. As with all Y programs, financial assistance for summer camps is available for qualifying families! Contact Jacqueline Stahl at jacqueline@bathymca.org for more information.



SUMMER DAY CAMP—BATH Y

Summer Day Camp at the Bath Area Family YMCA offers excitement, energy, and a world of adventure to explore in a safe and supervised environment. This camp is for children entering grades 1-5 in Fall 2019 (ages 5-11). Campers can expect to...

- ◇ Make memories with special events and fun-filled activities.
- ◇ Learn sportsmanship, teamwork, and skill building.
- ◇ Experience the magic of creative expression and artistry.
- ◇ Take part in amazing outdoor games and activities, swim lessons, free swim, and field trips.

Sessions		Dates	Payment		
Session 1 (2 Weeks)	June 24-July 5 (NO camp July 4)		Sessions 1-4 (2 Weeks)	Monday-Friday 9 a.m. to 4 p.m.	\$410 per session
Session 2 (2 Weeks)	July 8-19		Session 5 (1 Week)	Monday-Friday 9 a.m. to 4 p.m.	\$205 per session
Session 3 (2 Weeks)	July 22-August 2		Day Camp Deposit: \$25 (due at registration)	Day Camp Payment: <ul style="list-style-type: none"> • Due on Friday before session starts. • Can be split into 2 separate payments for 2-week sessions. 	
Session 4 (2 Weeks)	August 5-16		Financial assistance is available for qualifying families. Call (207) 443-4112 for more info.		
Session 5 (1 Week)	August 19-23				

Early & Late Camp Care		
Early Drop Off (Sessions 1-4)	Monday-Friday 6:30-9 a.m.	\$50 (additional)
Late Pick Up (Sessions 1-4)	Monday-Friday 4-5 p.m.	\$25 (additional)
Early Drop Off (Session 5)	Monday-Friday 6:30-9 a.m.	\$40 (additional)
Late Pick Up (Session 5)	Monday-Friday 4-5 p.m.	\$20 (additional)

Registration opens April 1. Sign up for camp by filling out an online registration form at bathymca.org, or pick up a registration packet at the front desk.



DAY CAMP ACTIVITIES

EVERY WEEK IS A NEW
ADVENTURE!

Session 2
July 8-19

Beach Trip: Reid State Park
Field Trip: Boothbay Aquarium
Parents Night: Color War Night
Special Event: Color War

Session 3
July 22-August 2

Beach Trip: Coffin Pond
Field Trip: Yankee Lanes
Parents Night: Family Olympics
Special Event: Camp Olympics

Session 4
August 5-16

Beach Trip: Thomas Point Beach
Field Trip: Happy Wheels Roller Skating
Parents Night: Talent Show
Special Event: "Gold" Rush

Session 1
June 24-July 5

Beach Trip: Popham Beach
Field Trip: Maine Wildlife Park
Parents Night: Art Show
Special Event: Counselor Hunt

Session 5
August 19-23

Beach Trip: Coffin Pond
No Field Trip: Special Guest at Camp
Parents Night: Family Carnival
Special Event: Carnival Day



A DAY IN THE LIFE OF A CAMPER...

Here's what a day could look like for a Summer Day Camper!

Time	Activity	Description
6:30-9 a.m.	Optional AM Care	Free Play
9-9:30 a.m.	Morning Assembly	Campers and staff get ready for a great day with morning announcements and an overview of the day
9:35-10:20 a.m. P1	Arts & Crafts (Big Top Tent)	Craft of the Day
10:25-11:10 a.m. P2	Kickball on The Diamond	Campers Vs. Staff Keep calm & kick on!
11:15 a.m. to Noon P3	Scavenger Hunt around campus	Your mission, should you accept: Nature Navigation
Noon to 12:30 p.m.	Lunch & Quiet Games	Fuel up and water, water, water!
12:35-1:30 p.m. Afternoon P1	Trail Hike	Campers are encouraged to be on the lookout for animal tracks
1:35-2:30 p.m. Afternoon P2	Swimming	Week One: Swim Lessons Week Two: Free Swim
2:35-3:30 p.m. Afternoon P3	Group Games/Team Building	There is no "I" in TEAM (Human Knot, Never Have I Ever)
3:35-4 p.m.	Afternoon Assembly	Campers come together to take attendance and listen to announcements
4 p.m.	Pick Up	Time to go home, campers! See you in the morning!
4-5 p.m.	Optional PM Care	Free Play

NEW! SUMMER TEEN CAMP—LANDING Y

Teen Camp at the Landing YMCA in Brunswick is all about providing the best teen summer experience! Teen Camp provides a safe and well-supervised social environment as the basis for a fun summer. Packed full of new experiences, campers will explore new activities and age-appropriate challenges that they need to gain confidence and independence. This camp is for teens entering grades 6-8 in Fall 2019 (ages 12-14).

2-Week Sessions	Dates
Session 1	June 24-July 5 (NO camp July 4)
Session 2	July 8-19
Session 3	July 22-August 2
Session 4	August 5-16

Payment		
Teen Camp	Monday-Friday 9 a.m. to 4 p.m.	\$370 per session
Teen Camp Deposit: \$25 (due at registration)	Teen Camp Payment: <ul style="list-style-type: none"> • Due on Friday before session starts. • Can be split into 2 separate payments for 2-week sessions. 	

Sessions	Summer Project	Field Trips	Special Events
Session 1	Mural at Bath & Landing Y Landing Y Volunteer Program	Yankee Lanes Bowling	3 v. 3 Basketball "Tour de Landing" Bike Race
Session 2		Monkey C Monkey Do	Teen Climbers at Bath Rock Wall Dance Dance Revolution Championship
Session 3		Portland Sea Dogs Game (July 24)	3 v. 3 Basketball Tournament "Tour de Landing" Bike Race
Session 4		Monkey C Monkey Do	Teen Climbers at Bath Rock Wall Dance Dance Revolution Championship

NEW! LEADER IN TRAINING PROGRAM (LIT)

The Bath Area Family YMCA guides teens entering grades 9 & 10 in the fall on a path to leadership, preparing them for employment as a Counselor or Group Leader. This summer program concentrates on leadership training, team building, skill development, and personal growth. The LIT program is for those interested in helping to bring the magic of camp to our campers. There is an expectation of increased maturity and ability to be a positive role model. LITs are monitored and evaluated by all staff. Evaluations are a basis for hire as a Counselor the following summer or as a Group Leader in Y Care the following school year. LITs will walk away with...

- Experience facilitating group activities
- Positive techniques to use when working with youth
- Confidence and leadership experience
- The opportunity for CPR/First Aid certification

Session	Dates	Payment
July 8-August 23 (7 weeks)	Tuesdays & Thursdays 9 a.m. to 4 p.m.	\$20

Registration for all camps opens April 1. Sign up by filling out an online registration form at bathymca.org, or pick up a registration packet at the front desk.



GYMNASTICS CAMP—BATH Y

The Bath Area Family YMCA's summer gymnastics camps have been a community resource for over 40 years. Kids entering first grade and up in Fall 2019 (except for Preschool Camp) are encouraged to participate. New sessions begin weekly, and we encourage children to participate in more than one camp session.

Registration opens April 1. Sign up for camp by filling out an online registration form at bathymca.org, or pick up a registration packet at the front desk.

PRESCHOOL CAMP

Children ages 3-5 will be gently introduced to all appropriate gymnastics equipment in a structured, non-intimidating environment.

Session Options	Days & Times	Pricing
Session 1: July 15-18	Monday, Wednesday, Friday 9-11 a.m.	\$90
Session 2: July 22-26	Monday, Wednesday, Friday 9-11 a.m.	\$90

YOUTH MINI CAMP

Budding gymnasts or those with a casual interest in the sport will enjoy this camp. Athletes will use all 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. Appropriate for ages 5 and up.

Session Options	Days & Times	Pricing
Session 1: July 1-3	Monday, Tuesday, Wednesday 9 a.m. to Noon	\$110
Session 2: July 8-12	Monday, Tuesday, Wednesday 9 a.m. to Noon	\$110
Session 3: July 15-18	Monday, Tuesday, Wednesday 9 a.m. to Noon	\$110
Session 4: July 22-26	Monday, Tuesday, Wednesday 9 a.m. to Noon	\$110

GYMNASTICS CAMP—BATH Y

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, pullovers at the bar, and more advanced skills. Appropriate for gymnasts who have completed kindergarten. Athletes who are trying out for team this week must be entering 2nd grade or older.

Session Options	Days & Times	Pricing
Session 1: June 24-28	Monday-Friday 9 a.m. to 3 p.m.	\$250* A Y membership is required.
Session 2: August 5-9	Monday-Friday 9 a.m. to 3 p.m.	\$250* A Y membership is required.

GYMNASTICS TEAM SKILLS CLASS

Competitive gymnasts wishing to improve their overall skills will benefit from these sessions.

Spring Team participants must be current team members, or be invited by team coaches to attend. Spring Team members are also expected to participate in our **Gymnastics Gala on June 21 at 7 p.m.** and attend a rehearsal on June 20. **Summer Team** participants must be current team members, pre-team members, or those invited by team coaches. Check with coaches to see if skill level is appropriate.

Team Options	Days & Times	Pricing
Late Spring Team May 13-June 20 (11 Classes)	Monday & Thursday 5:30-8 p.m. NO CLASS MEMORIAL DAY	\$160* A Y membership is required.
Summer Team June 24-August 1 (11 Classes)	Monday & Thursday 5:30-8 p.m. NO CLASS JULY 4	\$160* A Y membership is required.

TEAM CAMP

This camp is for competitive gymnasts wishing to improve their overall skills. Participants must be current team members or be invited by team coaches to attend this advanced week of camp. Check with coaches to see if skill level is appropriate. Gymnasts should bring a snack, lunch, a swim suit, and a towel to camp every day.

Session Options	Days & Times	Pricing
Session 1: July 29-August 2 (Half Day)	Monday-Friday 9 a.m. to Noon	\$160* A Y membership is required.
Session 2: August 12-16 (Full Day)	Monday-Friday 9 a.m. to 3 p.m.	\$250* A Y membership is required.

SKILLS CAMP

This camp is for competitive team gymnasts. Each gymnast will work with the coach to set their own goals.

Session Options	Days & Times	Pricing
Session 1: August 19-22	Monday-Friday 1-4 p.m.	\$160



SAFETY AROUND THE WATER—BATH Y

SPRING VACATION SWIM LESSONS APRIL 15-19, 2019

Children ages 5-12 who are Stage 2,3, or 4 swimmers are invited to join this fun, week-long program that promotes water safety education and swimming skills.

WHAT IS SAFETY AROUND THE WATER?

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around the Water program will help make sure your child learns essential water safety skills which can open up a world of possibilities for them to satisfy their curiosity safely.

WHAT DOES THIS WEEK-LONG SESSION ENTAIL?

A typical session will include exercises and fun activities to help kids adjust to being in water. They will also learn the skill sets they need if they unexpectedly find themselves in water or if they see someone who needs help in the water.

Sessions	Pricing
9 a.m., Monday-Friday	\$45, Members & Community
10 a.m., Monday-Friday	\$45, Members & Community
11 a.m., Monday-Friday	\$45, Members & Community

Register online at bathymca.org or call the front desk at (207) 443-4112.

HELP KEEP YOUR CHILDREN SAFE

Drowning can happen nearly anywhere with standing water, but as a parent or caregiver, you can't keep your children sidelined. You need to equip them with the tools they need to be confident in and around the water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends, and the sense of accomplishment when they learn new skills.

Be sure to check out: www.ymca.net/watersafety.

PRESCHOOL SWIM CAMP—BATH Y

For a week, 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 Options	Days & Times	Pricing
Session 1: June 24-27	Monday-Thursday 9-9:35 a.m.	\$40 Members \$55 Community Members (per session)
Session 2: July 1-5 (NO CLASS JULY 4)		
Session 3: July 22-25		
Session 5: August 5-8		
Session 6: August 12-15		

SCHOOL AGE SWIM CAMP—BATH Y

This camp is designed for children ages 5-12 who have a desire to gain confidence and increase their swimming skills in the water. This program will work on swim skills, fun water games, basic water survival techniques, stroke development, and an 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 swim skills and increase confidence.

Session Options	Days & Times	Pricing	Deposit Fee
Session 1: July 8-11	Monday-Thursday 9 a.m. to Noon	\$150 Members, \$200 Community (per session)	\$50 (per session)
Session 2: July 15-18			
Session 3: July 29-August 1			

COMPETITIVE SWIMMING DAY CAMP—BATH Y

Focus on technique, starts and turns, and fun at this camp! Swimmers ages 9-17 are encouraged to work on four competitive strokes. Videotaping will be used to enhance campers' understanding of stroke mechanics, and individual goal setting skills will be explored during the week. **Campers must have competitive swimming experience.**

Session Options	Days & Times	Pricing
August 6-9	Tuesday-Friday 9 a.m. to 3 p.m.	\$250 (includes \$50 non-refundable registration fee)

Registration for all camps opens April 1. Sign up for camp by filling out an online registration form at bathymca.org, or pick up a registration packet at the front desk.

6-WEEK SUMMER SWIM LESSONS

June 24– August 15

PARENT & CHILD: Stage A & B

This class is designed for infants and toddlers, ages 6 months to 3 years old, with a parent. These 30 minute classes are designed to allow the child to have fun in the water while the parent guides their child to learn aquatic skills.

Stage Options	Days & Times	Pricing
Stage A	Saturdays, 10:10-10:40 a.m.	\$50 Members, \$66 Community
Stage B	Saturdays, 10:45-11:15 a.m.	\$50, Members, \$66 Community
Stage A & B	Thursdays, 10-10:30 a.m.	\$50, Members, \$66 Community

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.

Stage Options	Days & Times	Pricing
Stage 1 or 2	Tuesdays, 4:30-5:05 p.m.	\$60 Members, \$76 Community
Stage 1 or 2	Saturdays, 8:30-9:05 a.m.	\$60, Members \$76 Community

SCHOOL AGE: Stage 2-4

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

Stage Options	Days & Times	Pricing
Stage 2 or 3	Wednesdays, 4:30-5:15 p.m.	\$64 Members, \$85 Community
Stage 4	Wednesdays, 5:15-6 p.m.	\$64, Members, \$85 Community
Stage 2 or Stage 3 or Stage 4	Saturdays, 8, 9, or 10 a.m.	\$64, Members, \$85 Community

Registration opens May 28. Register online at bathymca.org or call the Bath Y front desk at (207) 443-4112.



LEARN TO PLAY WATER POLO! – BATH Y

Join us and learn the basics of water polo! This 8-week program is designed for youth ages 6–9 and 10–17. They will enjoy swimming while being introduced to new skills like passing, dribbling, and catching!

SPLASHBALL

This program is for children ages 6–9. All participants must be able to swim two lengths of the Instructional Therapy Pool.

Session	Time	Pricing
June 24–August 12	Mondays 3:30–4:15 p.m.	\$75 Members, \$125 Community

WATER POLO

This program is for youth ages 10–17. All participants must be able to swim two lengths of the Main Pool. Practice time will combine skills practice, as well as conditioning and scrimmages.

Session	Time	Pricing
June 24–August 16	Mondays & Fridays 3:30–4:30 p.m.	\$100 Members, \$150 Community

Contact Aquatics Director Andrea Moskevitz at andrea@bathymca.org or (207) 443-4112 x23 for more information or to set up a swim assessment.

JR. LIFEGUARD PROGRAM —BATH Y

This program offers up-to-date information on how to lifeguard, 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. This program is for participants ages 11–14.

Session Options	Days & Times	Pricing
August 12–15	Monday–Thursday 9 a.m. to 3 p.m.	\$200

Register online at bathymca.org or call the Bath Y front desk at (207) 443-4112.

PRIVATE SWIM LESSONS—BATH Y

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. Private lessons are available for 6-year-olds to adults.

To learn more, contact Sponge at sponge@bathymca.org



PHOTO BY HEATHER PERRY

LONG REACH SWIM CLUB—BATH Y

Long Reach Swim Club strives to offer a fun, learning environment where self-motivated swimmers will thrive. Summer team offers new swimmers an opportunity to become familiar and comfortable with the team before the competitive season begins in the fall. 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. Swimmers will be assigned to a practice schedule based on skill level and experience.

Practice Options	Days & Times	Pricing
A&B Practice	May 13-July 23 5-6 hours/week	\$200 Members, \$400 Community
C&D Practice	May 13-July 23 1.5-2.5 hours/week	\$150 Members, \$300 Community

To schedule a tryout, contact Jay Morissette at lrsc@bathymca.org.

SNAIL DARTER PRE-TEAM—BATH Y

This pre-team program is for children ages 5-8 to experience what it is like to be on a competitive swim club. Run by the coaches of Long Reach Swim Club, swimmers will be coached all four strokes, with introductions to starts, turns, and racing. The coaches will require a brief tryout before joining.

Session Options	Days & Times	Pricing
May 15-June 19	Wednesdays 5:30-6 p.m.	\$150 Members \$200 Community

To learn more, contact Sponge at sponge@bathymca.org.



SAVE THE DATE!

HEALTHY KIDS DAY

Saturday, April 27, 2019 from 9 a.m. to Noon
Bath Area Family YMCA & Landing YMCA

Healthy Kids Day is a FREE community event celebrated by YMCAs across the country, designed to get kids moving, learning, and living healthier! We are celebrating Healthy Kids Day at both Y locations again this year. In addition to community members coming in to talk to us about ways we can improve our health and get a jump on creating a healthier summer, some of our fun activities will include face painting, yoga, a photo booth, an obstacle course, healthy snacks, and more!

GYMNASTICS GALA

Friday, June 21, 2019 at 7 p.m.
Bath Area Family YMCA

Come see our Spring Team gymnasts showcase their skills! This event is free and open to the community.

DR. LEONARDO BUCK GOLF CLASSIC

Friday, July 12, 2019
Bath Golf Club

Join us for this summer's Golf Classic in honor of Dr. Buck. All proceeds from this event will benefit Youth Development programs at the Bath Area Family YMCA and Landing YMCA. More details will be posted at bathymca.org.

SAVE THE DATE!

LANDING YMCA 5K TRAIL & ROAD RACE/WALK

Thursday, August 15, 2019 at 5:30 p.m.

\$25 Adults, \$10 Military & Children Under 12

Landing YMCA

Join us for our first annual race at the Landing YMCA in Brunswick. Our event will feature a 5K trail run, race, and walk with a professional timing service. Free t-shirts to the first 50 registrants. Enjoy the 'Big Sky' sunset at Flight Deck Brewing with food and celebratory spirits following the race. Event proceeds will go toward benefiting scholarships at the Landing YMCA.

FREEDOM TOUR FUNDRAISER EVENT

Friday, October 25, 2019

Maine Maritime Museum

Support the youth in our community by helping us raise money for the Freedom Tour. This Y program gives eighth grade students at Brunswick Jr. High School, Mt. Ararat Middle School, and Bath Middle School an opportunity to go on an educational, 7-day trip to major east coast cities and destinations rich with history. About 275 students and 70 parents attend every year. All proceeds from this event will go toward supporting this program which will enable and encourage more students to apply for scholarships.

PUMPKIN TRAIL RUN & 1-MILE SPOOKY TRAIL RUN

October 2019

Bath Area Family YMCA

Our Pumpkin Run is back! This 5-mile trail run will take place on the Whiskeag Trail in Bath. There will also be a 1-mile Spooky Trail Run for kids and families. Stay tuned for more details!





SEASONAL HOURS

start Monday, April 8, 2019

BATH Y SEASONAL HOURS

Monday-Friday: 5 a.m. to 9 p.m.
 Saturday: 7 a.m. to 3 p.m.
 Sunday: 9 a.m. to 1 p.m.*
 *Closed all Sundays in August



LANDING Y SEASONAL HOURS

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



UPCOMING HOLIDAY CLOSURES 2019

EASTER SUNDAY	Sunday, April 21
MEMORIAL DAY	Sunday & Monday, May 26 & 27
INDEPENDENCE DAY	Thursday, July 4
LABOR DAY	Sunday & Monday, September 1 & 2

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



f @bathymca
t @BathAreaFamilyY
i @bathareafamilyy



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

THANK YOU TO OUR SPONSORS!

