



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH AREA FAMILY YMCA

BATH AREA FAMILY YMCA 303 Centre St., Bath

LANDING YMCA 24 Venture Ave., Brunswick



BOUNCING BACK BETTER THAN EVER



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

www.bathymca.org



@bathymca

@BathAreaFamilyY

@bathareafamilyy

FALL-WINTER 2021-22 PROGRAM GUIDE

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MEMBERSHIP

Membership at the Bath Area Family YMCA and Landing YMCA includes the use of both facilities! As a member, you have access to FREE fitness classes, reduced program fees, and special events.

You also have access to our **Nationwide Membership Program**, which enables you to visit any participating YMCA in the United States at no additional cost!

Ask us about financial assistance! 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 in the area.

Sign up online or in person! For more information, visit bathymca.org or contact Mary Gaul Wallace, Membership Engagement Director at mary@bathymca.org.



ONE COMMUNITY... TWO FACILITIES

Bath Area Family YMCA

303 Centre St., Bath, ME 04530
(207) 443-4112

Our Hours

Monday-Thursday: 5 a.m. to 7 p.m.
Friday: 5 a.m. to 5 p.m.
Saturday: 7 a.m. to 5 p.m.
Sunday: Closed

**Stay tuned: hours extending soon!*

Landing YMCA

24 Venture Ave., Brunswick, ME 04011
(207) 844-2801

Our Hours

Monday-Thursday: 7 a.m. to 5 p.m.
Friday: 7 a.m. to 1 p.m.
Saturday & Sunday: Closed

**Stay tuned: hours extending soon!*

Our Facilities	Bath Area Family YMCA	Landing YMCA
Aerobics Room	X	X
Basketball Courts	X	X
Child Watch <i>opening again soon!</i>	X	X
Climbing Wall	X	
Gymnastics Area	X	
Indoor Track	X	
25 Yard, 8-Lane Lap Pool	X	
Instructional/Therapy Pool	X	
Hot Tub	X	
Locker Rooms (Adult & Youth)	X	X
Locker Rooms (Family)	X	
Multi-Purpose Room	X	X
Racquetball Courts	X	X
Sauna <i>opening again soon!</i>	X	X
Strength Center	X	X
Yoga Room		X

24 HOUR FITNESS AT THE LANDING YMCA

24 hour access is here at the Landing YMCA in Brunswick! You can now work out in our strength center outside of normal operating hours. 24/7 access is available as a membership add-on and **provides access to our strength center and a restroom.** Upgrade to 24/7 access for \$5/month. A **24/7 ONLY membership** is also available for \$25/month, providing access exclusively during hours when the larger facility is closed. These options are available for ages 18+. Facilities are monitored 24/7 with state-of-the-art security equipment. Visit bathymca.org/24hours to learn more and sign up.



ENRICHMENT PROGRAM Preschoolers

The Bath Area Family YMCA Child Care program offers opportunities for children to interact in an inclusive, child-directed environment. We focus on learning through the developmental areas of social-emotional, physical, cognitive and language, utilizing “play” as the focal point for all learning. We respect and support children in the acquisition of new skills, believing that children learn at their own pace, developing skills as they build upon gained knowledge.

The Bath Y’s Enrichment Program is an all-inclusive, child-centered program that is accredited through the National Association of Young Children (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, free and structured play time, with a strong focus on outdoor play and learning. Please note: the Y is a peanut and tree nut free environment.

Ages: 3-5 y/o

Time: 7 a.m. to 5 p.m. (full & half day options available)

QUESTIONS? Contact Enrichment Director Annie Colaluca at annie@bathymca.org

*Please note: our programs fill fast and we will maintain a waiting list if the classrooms reach full capacity

Ask about financial aid for any of our programs! We never want cost to be a barrier to your child’s participation.

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 science and an array of arts and crafts, enjoy a nutritious snack, 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: AM (6:30 a.m. to start of school) & PM (end of school to 5:30 p.m.)

Brunswick School District: Kate Furbish School & Harriet Beecher Stowe (busing provided to Kate Furbish School for HBS students)

RSU1 School District: Dike-Newell School, Fisher-Mitchell School, Woolwich Central School

WBSAU: West Bath School

QUESTIONS? Contact School Age & Camp Director Kayla Royer at kayla@bathymca.org

All billing questions should be directed to jacqueline@bathymca.org



YOUTH BASKETBALL

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!

Practices start November 2021

BASKETBALL CLINICS

(MANDATORY for league players)

Days & Times: TBA

Fee: FREE for league players

All youth basketball programs must be registered through the Bath Recreation Department.
Stay tuned to our website and Facebook page for updates!

CLIMBING WALL

Our 24-foot indoor climbing wall is available for use during open climbing times and also available for private rentals and parties (see Page 14). Children under 10 must be accompanied by an adult.

CLIMBING HOURS

Tuesdays 4-7 p.m.

PLUS! Starting October 1: Fridays 4-7 p.m.

PLUS! Starting Winter: Sundays 12-2 p.m.

Fee: Members FREE, Community Youth \$5, Community Adults \$12

QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org



Stimulate lifelong learning by taking group or private music lessons at the Bath or Landing YMCA.

Piano, guitar, string, and voice lessons are available for all ages and abilities.

GROUP LESSONS

A group lesson is with 2-5 students.

Students should schedule lessons with the instructor or at the front desk.

PRIVATE LESSONS

Private lesson options are available for 30, 45, or 60-minute slots. Schedule lessons with the instructor or at the front desk.



Schedule a lesson with our music instructors!
Jane Clukey (piano, voice): jane@bathymca.org
Guitar, piano, strings: stay tuned for updates



6-week sessions • 1 hour classes

*Class availability is dependent upon staffing and space in class. During some sessions, a lack of available staff may cause some class times in the six week sessions to not be offered.

Please contact Gymnastics Director, Coach Kym Granger at kym@bathymca.org with any questions.

PRESCHOOL GYMNASTICS

Children ages 3-5 will be gently introduced to all appropriate gymnastics equipment in a structured, gentle environment. Parents and caregivers may not be in the gymnastics area, and are invited to observe from the bleachers.

Class 1: Mondays 4:20-5:20 p.m.

Class 2: Tuesdays 4:20-5:20 p.m.

Class 3: Saturdays 9-10 a.m.

Ask us about financial aid! We never want cost to be a barrier to a child's participation.

YOUTH GYMNASTICS

Budding gymnasts, and those with a casual interest in the sport will enjoy this class. Athletes will use all equipment and will be taught basic gymnastics skills like handstands on floor, jumps on beam, squat-ons to vault, and swings on the bars. All abilities are welcome. No experience is required. This program is for children entering kindergarten and up.

Class 1: Tuesdays 5:25-6:25 p.m.

Class 2: Wednesdays 4:20-5:20 p.m.

Class 3: Saturdays 10:05-11:05 a.m.

SESSION DATES

Fall: September 13-October 23 (no class October 11), make up October 25

Early Winter: November 1-December 11 (no classes Nov. 25-28), make up Dec. 16-19

Winter: January 3-February 12

Early Spring: February 28 – April 9

Please register early as classes may fill up!

Gymnastics attire: leotard and fitted shorts, biketard, or fitted shirt and shorts.

Unacceptable attire: skirts, buttons, zips, or snaps, crop top or sports bra, socks or footed tights.

Please note: parents and caregivers may not be in the gymnastics area for either comfort or photography.

All spectators are invited to observe and take pictures from the bleachers.



PRE-TEAM

Athletes considering future participation in competitive gymnastics will benefit from this class. Motivated athletes will practice back walk-overs, pullovers at the bar, and more advanced skills. Appropriate for gymnasts who have completed kindergarten. We encourage confident athletes who love gymnastics, and **can independently do a cartwheel, backward roll, and are comfortable being upside down on bars** to consider our pre-team program.

Class 1: Tuesdays 6:30-7:30 p.m.

Class 2: Thursdays 4:20-5:20 p.m.

COMPETITIVE GYMNASTICS TEAM



Proficient gymnasts ready to commit to a full year of at least two practices a week will enjoy this team experience. Competitions begin in December. Please speak to your child's gymnastics coaches to determine whether their skill level makes him or her eligible. Our mandatory team meeting will be held on **Thursday, September 16 at 6 p.m.**

Practices:

Two Days/Week: Monday & Thursday
5:30-8 p.m.

OR

Three Days/Week: Monday, Wednesday &
Thursday 5:30-8 p.m.

Team Tryouts:

If your athlete would like to try out, please contact kym@bathymca.org

Questions? Contact Coach Kym Granger at kym@bathymca.org

For swim lesson schedules, session dates, fees, and more information about which "Stage" is right for your child, visit bathymca.org

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 learning aquatic skills with the guidance of a parent.

Ages: 6 months-2 y/o

PRESCHOOL: Stage 1, 2 & 3

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.

Ages: 3-5 y/o

SCHOOL AGE: Stage 2, 3 & 4

Children ages 6-12 will continue to learn additional water safety skills as well as benchmark skills that include stroke introduction, floating, sequencing front glides, rolls, back floats, jumps, pushes, and turns.

Ages: 6-12 y/o

PRIVATE SWIM LESSONS

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

Ages: 6 months-Adult

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 children to satisfy their curiosity safely. Over the week, your child will gain confidence in and around the water.

Ages: 5-12 y/o

QUESTIONS about swim lessons or financial aid?

Contact Aquatics Director

Brian "Sponge" Savage at sponge@bathymca.org

LONG REACH SWIM CLUB

Competitive strokes, endurance, skills, and fun are the focus of our successful swim team. 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 to which practice a swimmer belongs.

SNAIL DARTERS

This pre-team program is for children ages 5-6 who want to experience what it is like to be on a competitive swim team. 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.

A PRACTICE
Monday-Friday

B PRACTICE
Monday & Friday
Tuesday, Wednesday,
Thursday

C PRACTICE
Tuesday,
Wednesday,
Thursday

D PRACTICE
Tuesday
& Thursday

QUESTIONS about swim team? Contact Coach Jay Morissette at lisc@bathymca.org



Visit bathymca.org for up-to-date schedules, times and more information.
Questions? Contact Aquatics Director Brian "Sponge" Savage at sponge@bathymca.org

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 water. This revitalizing hour of aerobic strength and stretch activities will keep you on your toes and on the move.

Days: Monday, Wednesday, Friday

SPLASH & DASH

Jump start your day and still get to where you need to be on time! This 45-minute class can be used as a standalone program or an addition to your morning lap or exercise routine.

Days: Tuesday and Thursday

ADULT SWIM LESSONS

Stroke Development: Having mastered the fundamentals, students will learn additional safety skills and build stroke technique.

Ages: 15 and up

PRIVATE SWIM LESSONS

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

Ages: 6 months-Adult

AQUA STRENGTH & BALANCE

This class uses basic movements and gentle exercises to increase strength and improve overall balance. This class is open to all ages. Swimming skills are not necessary.

Day: Friday

DEEP WATER FITNESS

Use aqua-belts and other equipment for a great cardio workout. This class is for all ages and works 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.

Days: Tuesday, Wednesday, Thursday

YMCA AQUA ARTHRITIS PROGRAM (YAAP)

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

Days: Tuesday and Thursday

SPECIAL OLYMPICS SWIM 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. Swimmers will compete in the regional and state championship meets in the spring.

Fee: Members & Community FREE

LIFEGUARD TRAINING

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 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.

Ages: 15 and up

LIFEGUARD REVIEW & RECERTIFICATION

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

Day & Time: TBA

QUESTIONS? Contact Aquatics Director Brian "Sponge" Savage at sponge@bathymca.org

HEALTHY LIVING ▶ Adult Activities ▶ Bath & Landing

SPORTS & RECREATION

ADULT PICK UP BASKETBALL • BATH Y

Bath Y: Monday-Friday 11:30 a.m.-1 p.m.
Tuesdays 6:30-9 p.m.

Women's: Wednesdays 6:30-8:30 p.m.

Fee: Members FREE

Check bathymca.org and our Facebook page for schedule and program updates!
QUESTIONS? Contact Program Director Joe MacMahan at joe@bathymca.org

COMPETITIVE VOLLEYBALL LEAGUE • BATH Y

Bath Y: Mondays 6-9 p.m.

Pre-season play begins early October

Round Robin: November 15, 2021

Fee: Contact Joe for Team Fee

RACQUETBALL

Please call ahead at the Bath or Landing YMCA to reserve a court. Hourly time slots are available.

Fee: Members FREE

PICKLEBALL



PICKLEBALL

Pickleball is a paddle sport for all ages and all athletic abilities. It's easy to learn and fun to play!

Bath & Landing Y: Check out our pickleball times on the gymnasium schedules found at bathymca.org/schedules or call ahead.

Fee: Members FREE

FITNESS CLASSES

All classes are FREE for Members or a \$15 drop-in fee for community members. Please visit bathymca.org/schedules for the latest days, times and updates!

BARRE ABOVE

A fusion of several disciplines, including Pilates and strengthening exercises done by dancers. This low-impact total body workout improves muscular endurance & strength, develops balance and postural alignment while lengthening the body's musculature.

BARRE

This class features a total body workout using dance bars, which strengthens, lengthens, and stretches the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels welcome!

CARDIO & CORE

A workout combo of bodyweight exercises and weights to challenge and strengthen core muscles while incorporating cardio moves.

CARDIO & CORE & STRENGTH

In this ever-changing format, expect muscular strength & endurance, cardio, core, and agility work designed to improve overall fitness & well-being.

CARDIO SCULPT

A fun, fast-paced fitness class that combines cardio exercise with muscle sculpting exercise including the use of weights.

MAIN(E) MUSCLES

Learn different ways to work your muscles! This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class will include a warm up, pre-stretch and post-stretch.

POP PILATES

This class is an infusion of ab-chiseling and total body defining movements set to upbeat, popular music. This intense, mat-based workout will challenge you and take classical Pilates to the next level like you've never seen before.

SILVER FIT

A complete workout for active older adults utilizing free weights and body weight exercises to improve muscular strength & endurance. Also includes core, balance and flexibility training.

SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving 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.

CYCLING

Fun, low impact cycling workout set to music for all levels of fitness. If new to class, it is recommended you arrive 10 minutes early for your first class so that the instructor can get you set up on your bike.

THE BALANCE CLASS

Designed to help you become stronger and improve balance, focusing on strength and power around the knee, hip and ankle joints. This class is designed for fall prevention and suitable for all levels.

TOTAL BODY TRAINING

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

ZUMBA

A super fun dance fitness class for all levels. A complete workout of cardio, muscle conditioning and coordination, and flexibility and balance. Exercise disguised as a dance party!

MINDFULNESS CLASSES



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.

CHAIR YOGA

Chair yoga is a gentle form of yoga practiced on a chair or standing while using a chair as support. This class will help with balance, breathing, strength, flexibility, and overall wellness.

GENTLE YOGA

This calming, stress-relieving yoga practice will help stretch and strengthen the body by building awareness of the breath and body connection.

FUNCTIONAL MOVEMENT

A blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance quality of life.

Classes are subject to change.
Visit bathymca.org/schedules for the most up-to-date fitness and mindfulness class information.

MINDFUL MOBILITY

This 6-week series is for individuals living with Alzheimer's disease, dementia, or memory challenges and their care partners. This program offers gentle mobility, stretching, balance, and strength training for health and wellness. Screening may be required. Participation is confidential.

Fee: Members FREE, Community \$60

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: Returning soon!

VINYASA YOGA

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.

VIRTUAL CLASSES

Did you know that your membership at the Bath Area Family YMCA and Landing YMCA also includes online fitness classes? Visit bathymca.org/virtual to view the schedule and learn more! Enjoy your favorite classes at home - like Barre, Zumba, Gentle Yoga, Kickboxing, Functional Movement, and Maine Muscles.

We are also now offering a virtual membership option for only \$20/month. With a virtual membership, you can access online fitness classes through our private Facebook group and enjoy livestream and recorded workouts from the comfort of your own home!

Visit bathymca.org/virtual for more information and to sign up!

PARKINSON'S PROGRAMS

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 toward diminishing the challenges experienced by those with the disease. Individuals with other neurological conditions are also welcome to join the class.

Landing Y: Tuesdays, 10-11 a.m.

ROCK STEADY BOXING

This program is for individuals diagnosed with Parkinson's Disease. Classes are directed by Mid Coast Hospital staff, with assistance from Y staff. Research has shown that movements associated with non-contact boxing fitness training has slowed the progress of the disease in some individuals. No boxing experience is required, but a physician's medical release is necessary.

Landing Y: Tuesdays & Thursdays, 1:30-3 p.m.

Fee: Members FREE, Community \$15/Class

Please visit www.bathymca.org/schedules for up-to-date schedules.

QUESTIONS about classes?

Contact our Wellness Director

Angie Shonts at angie@bathymca.org

LIVESTRONG AT THE YMCA

LIVESTRONG at the Y is an evidence-based program that helps adult cancer survivors reclaim their health following a cancer diagnosis. Participation includes two weekly workout sessions to improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve overall wellness and quality of life. These sessions are appropriate for individuals at any stage of survivorship: pre-treatment, currently in treatment, post-treatment, and long-term survivorship.

Bath Y: TBA

Fee: No-cost, and includes a no-cost family membership with participation in this program

PERSONAL TRAINING

PERSONAL FITNESS TRAINING

Whether your goal is to lose weight, transition from a physical therapy setting, improve athletic performance or simply take your fitness to the next level, our staff of certified personal trainers are ready to design and implement an individualized wellness program specific to your goals. Safe and effective exercise routines are developed using a variety of training techniques that address cardiovascular endurance, strength, flexibility, sport specific conditioning, balance and mobility.

SMALL GROUP PERSONAL FITNESS TRAINING

Work toward goals with a group and the focused attention and direction of a personal trainer. Small group training will provide support and accountability as you work toward a common group goal.

One-on-One Session Rates

2-3 Hours: Members \$60/hr, Community \$80/hr

4+ Hours: Members \$50/hr, Community \$70/hr

2-4 Person Session Rates

Members \$35 per person, Community \$50 per person



BASKETBALL PARTY (Bath & Landing)

1 Hour Court Time + 1 Hour Party Room for 15
Fee: Half Court: \$125; Full Court: \$150

CLIMBING WALL PARTY (Bath)

1 Hour Climbing + 1 Hour Party Room for 15
Fee: \$250; \$20 for each additional child.
Instructor provided.

GYMNASTICS PARTY (Bath)

1 Hour Gymnastics + 1 Hour Party Room for 15
Fee: \$250; \$20 for each additional child.
Instructor provided.

POOL PARTY (Bath)

1 Hour Pool Time + 1 Hour Party Room for 15
Instructional/Therapy Pool: \$250
Main Pool: \$350

ROOM RENTALS (Hourly Rate)

Teen Room (Bath): \$40
Conference Room (Bath): \$30
Aerobics Room: \$50

GYMNASIUM RENTAL (Bath & Landing)

Fee: \$75/Hour for Half Court
\$100/Hour for Full Court

POOL RENTAL (Bath)

Instructional/Therapy Pool: \$200/Hour
Half of Main Pool: \$200/Hour
Main Pool: \$300/Hour
Entire Pool Area (Including Hot Tub): \$400/Hour

LANDING Y RENTAL

Space is available for business meetings, training seminars, parties, tournaments, games, and special events. *This facility does not have a pool.*

QUESTIONS? Contact Program Director
Joe MacMahan at joe@bathymca.org

POOL RENTAL/PARTY QUESTIONS?
Contact Aquatics Director Brian "Sponge"
Savage at sponge@bathymca.org



THE Y IS FOR ALL

The Bath Area Family YMCA, founded in 1856, is a non-profit charitable organization that promotes the health and well-being of the community through a focus on youth development, healthy living, and social responsibility. Along with our branch at the Landing YMCA in Brunswick, we offer a broad range of programs and services that promote life skills, improve health and wellness, and strengthen mind and body. We embrace the diversity of our community and work to ensure that everyone – regardless of race, age, cultural background, faith, income, ability, gender, sexual orientation – feels welcome, free from bias or barriers, and supported in the desire for equity and justice. We always strive to provide our services regardless of income.

SUPPORTING OUR COMMUNITY, SUPPORTING THE Y

You can be part of something great! Donations to the **ANNUAL CAMPAIGN** ensure that no one is turned away from the Y due to lack of income for services such as our preschool, memberships, swim programs, and more. You or your business may designate your gift to a particular branch or program, recognize a loved one, or show your commitment through a business banner.

The Y's **ENDOWMENT** is an essential tool allowing donors to support the long-term sustainability of the Y. Gifts to the Y's endowment funds, including the 1856 Endowment, the Russ Ferris Fund for Youth Aquatics, and the Robert Davis Endowment for Early Childhood Development, are professionally invested; the interest generated is used to provide annual income to the Y in perpetuity.

Learn more at www.bathymca.org/giving or contact Caroline Kurrus at caroline@bathymca.org or (207) 443-4112 x29.

YEAR-ROUND FOOD PROGRAM

As an early learning center, we've always served meals and snacks to the children in our care. During the pandemic we launched the Y Veggie Van, some days delivering close to 500 meals to children and families learning remotely, as well as at walk-up sites open to the public at the Bath and Landing Ys. Earlier this year we started offering hands-on healthy cooking classes for children and teens at the Y. Stay tuned for new classes coming this fall! Contact Food Programs Coordinator Jodie Singer at veggievan@bathymca.org or (207) 443-4112 for more information.

VOLUNTEERING

Volunteers are critical to the operation of the Y, and we welcome your involvement! Whether you coach a team, time a swim meet, organize an event, or help with our food program, there are many reasons for becoming a volunteer at the Y. Volunteers are an important link to the community, giving feedback and improving services. Contact Jody Savage at jody@bathymca.org or call (207) 443-4112 x37 for more information.

SENIOR STAFF

- Sabrina Murphy, Chief Executive Officer
- Deb Young, Chief Operating Officer
- Caroline Kurrus, Development Director
- Scott Amundsen, Facility Director
- Kerrie Benedict, Business Director
- Annie Colaluca, Enrichment Director
- Mary Gaul Wallace, Membership Director
- Liz Johnson, Communications Director
- Joe MacMahan, Program Director
- Jay Morissette, LRSC Swim Coach
- Kayla Royer, School Age and Camp Director
- Brian "Sponge" Savage, Aquatics Director
- Jody Savage, HR & AP Director
- Angie Shonts, Landing Wellness Director & Community Outreach

BOARD OF DIRECTORS

- CR Davis, President
- Martin Lakeman, Vice President
- Bunny McBride, Secretary
- John Pavan, Treasurer
- Sabrina Murphy, Chief Executive Officer
- Amy Berube
- George Bottomley
- Matija Burtis
- James Drake
- William Haggett
- Kay Kavanagh
- Jeff Knuckles
- Jonathan Larssen
- Justin Laverriere
- Kristine Logan
- Peter Owen
- John Pavan
- Avanel Payne
- Jeff Peavey
- Irl Rosner
- Anthony Yuodsnukis





SESSION DATES 2021-22

FALL: September 13-October 23

EARLY WINTER: November 1-December 11

WINTER: January 3-February 12

EARLY SPRING: February 28-April 9



SAVE THE DATES

SUMMER SOIREE
September 16, 2021

HEALTHY KIDS DAY
April 2022

ANNUAL GYMNASTICS GALA
June 10, 2022

SENIOR TEA LUNCHEON
December 2021

DR. BUCK TEE-UP FOR KIDS
Spring 2022

COMMUNITIES SERVED

ARROWSIC
BATH
BOWDOIN
BOWDOINHAM

BRUNSWICK
DRESDEN
GEORGETOWN
HARPSWELL

PHIPPSBURG
RICHMOND
TOPSHAM
WEST BATH

WISCASSET
WOOLWICH

HOLIDAY CLOSURES 2021-22

LABOR DAY August 30-September 6

CHRISTMAS DAY Saturday, December 25

INDIGENOUS PEOPLES' DAY Monday, October 11

NEW YEAR'S EVE Friday, December 31

THANKSGIVING Thursday, November 25

NEW YEAR'S DAY Saturday, January 1

CHRISTMAS EVE Friday, December 24

MEMORIAL DAY Sunday & Monday, May 29-30

STAY CONNECTED WITH US!



Bath Area Family 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

@BathAreaFamilyY

@bathareafamilyy

Sign up at the front desk or go to bathymca.org/emails. Make sure we have your current email address on file so we can keep you up to date!