



BATH AREA FAMILY YMCA



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



BUILDING BRIGHT FUTURES



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



www.bathymca.org

 @bathymca

 @BathAreaFamilyY

 @bathareafamilyy

FALL-WINTER-SPRING 2018-19 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 November 12, 2018**

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
Gymnastics Area
Hot Tub
Indoor Track
Instructional/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 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 November 12, 2018**

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
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 strength center activities, 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 family 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 in the area. Please don't hesitate to contact us with questions about financial assistance-**no one is turned away because of inability to pay!**

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 \$75, Community \$105

YOUTH GYMNASTICS

Budding gymnasts or those with a casual interest in the sport will enjoy this class. Basic gymnastics skills will be taught, including the 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 \$75, Community \$105

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 REQUIRED

\$85 for 1x per week

\$105 for 2x per week

TEAM SKILLS

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

\$75 or \$18 per class

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 enjoy this team experience. Please speak to the gymnastics coaches 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 13 at 6 p.m.**

Session: Begins Monday, September 17 and runs until mid-May 2019.

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

Ages: All

Fee: MEMBERSHIP REQUIRED

\$1,100, 2 Sessions Per Week

\$1,200, 3 Sessions Per Week

\$1,250, 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 schedule a tryout.

SPECIAL EVENT GYMNASTICS GALA

June 21, 2019
7 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: Visit our website

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: Visit our website

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: Visit our website

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, your child will gain confidence in and around the water, reducing their risk of drowning.

Session: April 15-19, 2019

Ages: 5-12

Fee: Members & Community \$45

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.

Session: Any

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 Andrea Moskevitz at andrea@bathymca.org or 443-4112 x23.

Go to bathymca.org for updated pool schedules and swim program offerings.

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 try-out before joining.

Session 1: October 10-November 28

Session 2: January 2-February 20

Day & Time: Wednesdays, 5:30-6 p.m.

Fee: \$150 per session

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 to which practice a swimmer belongs. A parent meeting will take place on **September 10**. Swim team season begins **September 24**.

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
\$500

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

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

Fee: MEMBERSHIP REQUIRED
\$450

QUESTIONS? Contact Jay Morissette at lrsclsc@bathymca.org or 443-4112 x25.



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.

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.

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, free and structured play time, as well as ample outdoor play time. Swim lessons, gymnastics classes, story telling, and music are also 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



REGISTER NOW!

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

Enrichment: Annie Colaluca
annie@bathymca.org
443-4112 x20

Y Care: Bob Priest
bob@bathymca.org
443-4112 x36

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 October 2, 2018

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 2019



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

QUESTIONS? Contact Deb Young at deb@bathymca.org or 443-4112 x35.



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

YOUTH DEVELOPMENT

Y ARTS: DANCE LESSONS

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 choreography. The last class of every session will include a small performance for family and friends.

Session: Any

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

Ages: 2.5-5 y/o

Fee: Members \$45, Community \$65

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 will include a small performance for family and friends.

Session: Any

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

Ages: 6-8 y/o

Fee: Members \$60, Community \$90

Y ARTS: MUSIC LESSONS

BATH & LANDING Y

Stimulate lifelong learning by taking group or private music lessons at the Bath or Landing YMCA. Piano, guitar, and string instrument lessons are available for all ages and abilities.

GROUP LESSONS

A group lesson is a 30 minute slot with 2-5 students. Students should schedule lessons with the instructor or at the front desk.

Session: Any

Day & Time: Wednesdays

Location: Landing YMCA

PRIVATE LESSONS

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

Session: Any

Day: Mondays & Tuesdays

Location: Mondays at the Landing YMCA
Tuesdays at the Bath YMCA

Fee: \$35 for 30 minutes

\$45 for 45 minutes

Y ARTS: VOICE LESSONS

LANDING YMCA

GROUP SINGING LESSONS

This group class is intended to demystify the singing voice and encourage singers to produce sound without self-consciousness. In addition to vocal warm ups, time will be spent reviewing singing basics and traditional vocal warm ups, and engaging in playful, group vocal games. Students will never be put on the spot to solo, and exercises and vocal games are executed in pairs or a larger group. Students should schedule times with the instructor or at the front desk.

Session: Any

Day & Time: Tuesdays

Fee: \$60 per person for 4 hours of instruction

PRIVATE LESSONS

Take some one-on-one time to get comfortable with your voice, learn more about vocal technique and musical styles through private voice instruction. Students should schedule times with the instructor.

Session: Any

Day & Time: Tuesdays

Duet Lessons: \$25 per person for 45 minutes

Individual Lessons: \$35 for 30 minutes

\$45 for 45 minutes

QUESTIONS? Contact Kevin Shute at kevinshute@bathymca.org or 844-2801 x12.



YOUTH DEVELOPMENT



BASKETBALL

BATH YMCA

KINDERGARTEN & FIRST GRADE

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

Session: TBA

Day & Time: TBA

Fee: Members & Community \$30

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 TBD.

Session: TBA

Day & Time: TBA

Fee: Members & Community \$40

Sign Up Deadline: November 16*

BASKETBALL CLINICS (MANDATORY for league players)

Days & Times TBA

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, 2018

Day & Time: TBA

Fee: Members & Community \$50

Sign Up Deadline: November 16*

*All Youth Basketball programs must be registered through the Bath Recreation Department. Registration will open Tuesday, September 21. Call (207) 443-8360.



CLIMBING WALL

BATH YMCA

CLIMBING WALL

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

Climbing Hours: Tuesdays & Fridays, 4-7 p.m.
Sundays, 11 a.m. to 1 p.m.*

*Winter months only.

Fee: Members FREE, Community \$5 (Youth), \$10 (Adults)

QUESTIONS? Contact Bill Millam at bmilam90@gmail.com or 443-4112.

More information on a climbing wall certification or a waiver can be found at bathymca.org.



HOST A PARTY!

BATH YMCA

BASKETBALL PARTY

1 Hour Court Time + 1 Hour Party Room

Half Court: \$110; Full Court: \$130

1 Hour Court Time + No Party Room

Half Court: \$70; Full Court: \$90

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

CLIMBING WALL PARTY

1 Hour Climbing + 1 Hour Party Room for 15 Children \$175; \$20 for each additional child. Instructor provided.

1 Hour Climbing + No Party Room for 15 children \$135; \$20 for each additional child. Instructor provided.

GYMNASTICS PARTY

1 Hour Gymnastics + 1 Hour Party Room for 15 Children \$175; \$20 for each additional child. Instructor provided.

1 Hour Gymnastics + No Party Room for 15 Children \$135; \$20 for each additional child. Instructor provided.

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

POOL PARTY

1 Hour Pool Time + 1 Hour Party Room

Instructional/Therapy Pool: \$215

Half of Main Pool: \$215

Main Pool: \$340

Entire Pool Area (including Hot Tub): \$440

1 Hour Pool Time + No Party Room

Instructional/Therapy Pool: \$175

Half of Main Pool: \$175

Main Pool: \$300

Entire Pool Area (including Hot Tub): \$400

Contact Andrea Moskevitz at andrea@bathymca.org or 443-4112 x23.

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 x12.

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 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

AQUA STRENGTH & BALANCE

Balance is directly connected to our core strength. Join us for a class that will use basic movements and gentle exercises to increase your strength and improve overall balance. This class is open to all ages. Swimming skills are not necessary.

Session: Any

Day & Time: Fridays, 8:15-9 a.m.

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

AQUA YOGA

Aqua Yoga is a gentle and very low impact aquatic activity. This class adapts the principles and movements of yoga to water. With the release of gravity, the body is able to find the optimum stretch. And by using the rhythm of the breath, an inner sense of relaxation can also be achieved.

Session: Any

Day & Time: Mondays, 6-7 a.m.

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 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 that will provide a variety of activities like 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. Improve 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 be on time. This 45-minute class can be used as a standalone 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 certified National Arthritis Foundation instructors provide a steady workout, combining movements designed to promote functional endurance.

Session: Any

Day & Time: Tuesdays & Thursdays, 10:45-11:30 a.m.

Tuesdays & Thursdays, 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: Any

Day & Time: Visit our website

Ages: 15+

Fee: Members \$64, Community \$85

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. This team trains once a week. Swimmers will compete in the regional and state championship meets in the spring.

Session: Begins January 2019

Youth (Ages 6-17): Mondays, 5:15-6 p.m.

Adults (Ages 18+): Wednesdays, 5:15-6 p.m.

Ages: 18+

Fee: Members & Community FREE

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 y/o-Adult

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

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

HEALTHY LIVING

QUESTIONS? Contact Andrea Moskevitz at andrea@bathymca.org or 443-4112 x23.



All classes are subject to change. Go to www.bathymca.org for up-to-date pool schedules.



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: \$150

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: \$325

QUESTIONS? Contact Andrea Moskevitz at andrea@bathymca.org or 443-4112 x23.



SPORTS & RECREATION

BATH & LANDING Y

ADULT PICK UP BASKETBALL

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.

Landing Y: Check out our open gym schedule at www.bathymca.org.

Fee: Members FREE

PICKLEBALL

Pickleball is a paddle sport for all ages and all athletic abilities. 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: Visit our website

Landing Y: Visit our website

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. (207) 443-4112.

Landing Y: Call ahead. (207) 844-2801.

Fee: Members FREE

COMPETITIVE VOLLEYBALL LEAGUE

Contact Joe MacMahan for more information.

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

Round Robin, November 13 & 20, 2018

Fee: Members FREE

VOLLEYBALL LEAGUE PREVIEW

Session: September 25-November 6, 2018

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

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

AOA SKY LODGE FALL FOLIAGE TRIP 2018

This trip includes three nights of lodging, transportation, 9 meals, a three-hour tour on the Katahdin at Moosehead Lake, a wine tasting, a hike to Moxie Falls (Maine's highest waterfall), and most importantly-relaxation!

Date: October 4-7, 2018

Fee: \$449 per person. A non-refundable \$100 deposit is also due at the time of registration.



QUESTIONS? Contact Joe MacMahan at joe@bathymca.org or 443-4112 x14.

HEALTHY LIVING



FITNESS CLASSES

BATH & LANDING Y

BARRE

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

Bath Y: Thursdays, 12:30-1:30 p.m. (Begins 7/26)

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

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: Returns in the fall

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

CORE, BALANCE & MOBILITY

This low-impact class will address core strength, functional balance, full body mobility, and flexibility. This class is great for all ages and abilities.

Session: Any

Bath Y: Wednesdays, 9-10 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, cardiovascular endurance, flexibility, and body composition. Improve overall fitness by targeting your weakest areas. There's plenty of variety and plenty of fun!

Session: Any

Bath Y: Mondays & Thursdays, 4-5 p.m.

Mon., Wed., Fri., 5:30-6:30 a.m. (Returns in the fall)

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

FUNCTIONAL MOVEMENT

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.

Session: Any

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

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

GROUP CYCLING

Take the heat off your joints with group cycling! Control the resistance of the bike and make your workout as challenging as you'd like. This class is suited for all fitness levels. Each of our trainers bring a different flavor and training style to class.

Session: Returns in the fall

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

Mondays & Wednesdays, 5-6 p.m.

Landing Y: TBA

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

LEARN TO STEP & STRENGTH

Learn the basic steps of a step aerobics workout. We will emphasize repetitive movements to fun music for endurance and strength. The last 15 minutes of class will feature a core and back strength workout derived from physical therapy sessions. Give your legs and heart a good steady workout to a beat that's just right for you.

Session: Any

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

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

HEALTHY LIVING

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 dumb bells, body weight, and stability balls. This class will include a warm up, pre and post stretch. socialization.

Session: Any

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

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

MUSCLE TIME

This low-impact class is for active older adults with a focus on joint flexibility, muscle strengthening, endurance, coordination, and includes 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.

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

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.

Session: Any

Landing Y: Tuesdays & Thursdays, 8:30-9:30 a.m.

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

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

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 will focus 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 energetic class will 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 moves.

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! These 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

ZUMBA

This class is the perfect combo of fun and fitness! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have fun, and learn some new moves!

Session: Any

Bath Y: Fridays, 11 a.m. to Noon

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

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



MIND & BODY

BATH & LANDING Y

AIKIDO

Aikido is a Japanese martial art focused on self-defense with no emphasis on striking or kicking. A distinctive feature of Aikido is that it does not rely on strength or size, but rather on movement and redirection of force. We will focus on centering energy, body mechanics, and muscle memory.

Session: Any

Bath Y: Tuesdays, 6-8 p.m.

Sundays, 9-11 a.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.

Session: Any

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

HEALTHY LIVING

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced on a chair, or standing while 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

Bath Y: Tuesdays, 11:30 a.m.-12:15 p.m. (Begins this fall)

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

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

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.

Session: Any

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

Fee: Members FREE, Community \$60

PILATES

Pilates is a system of controlled exercises done on the mat, blending strength and flexibility training. In addition to core strengthening, the goal of the class is overall fitness.

Session: Returns in the Fall

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

Landing Y: Thursdays, 9:45-10:45 a.m.

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

QIGONG

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: Any

Landing Y: Mondays, 9-10 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: Returns in the fall

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



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.

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

YOGA

Yoga is a wonderful method of exercise that teaches you to recognize when your body is under stress and 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 the core better than Pilates. Together, they provide a full workout that will leave you relaxed, renewed, and ready to enjoy life.

Session: Returns in the fall

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

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

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



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

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

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

HEALTHY LIVING

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 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.

Session: Any

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

Saturdays, 10:30 a.m. to Noon

Fee: Members FREE, Community \$60/Month

Bath Y: Contact Deb Young at deb@bathymca.org or 443-4112 x35.

Landing Y: Contact Angie Shonts at angie@bathymca.org or 844-2801 x15.



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



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

1-3 Hours: Members \$60 per hour, Community \$80 per hour

4+ Hours: Members \$50 per hour, Community \$70 per hour

2-4 Person Session Rates

Unlimited: Members \$35 per hour, Community \$50 per hour

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.

Y'S LIVESTRONG PROGRAM

BATH YMCA

LIVESTRONG AT THE YMCA

LIVESTRONG at the Y is an evidence-based program that helps adult cancer survivors reclaim their health and well-being 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.

Dates & Times: TBA

Fee: FREE, and includes a FREE family membership with participation in this program.

For more information, contact Deb Young at deb@bathymca.org or 443-4112 x35.

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. Give in person, by mail, or at bathymca.org.

ENDOWMENT/HERITAGE CLUB

What better way to leave a legacy than to support the Y's endowment fund? More and more people are setting aside a portion of their resources to continue their benevolent 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 **Caroline Kurrus** at caroline@bathymca.org or 443-4112 x29.

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
Caroline Kurrus Development Director
Joe MacMahan, AOA, Sports Programming & Facilities
Stacey Mathieu, Membership Supervisor
Jay Morissette, LRSC Swim Coach
Sabrina Murphy, CEO
Bob Priest, Youth & Family Director
Angie Shonts, Health & Wellness Director and Community Outreach
Kevin Shute, Program Coordinator
Andrea Moskevitz, Aquatics Director
Deb Young, Senior Program & Membership Director

2018 BOARD OF DIRECTORS

Kathryn Beveridge, Board President
Anthony Yuodsnuikis, Secretary
Bob Davis, Treasurer
Sabrina Murphy, CEO

DIRECTORS

Amy Berube
CR Davis
James Drake
Kay Kavanagh
Jeff Knuckles
Jonathan Larssen
Kristine Logan
Scott Mills
Peter Owen
Avel Payne
Irl Rosner
Keri Seitz
Laurel Walsh
Leah Zartarian

OUR SPONSORS-THANK YOU!



*Cosmopolitan Club
of Bath*

SESSION DATES 2018-19

FALL: September 10-October 20

EARLY WINTER: October 29-December 15

WINTER: January 2-February 11

EARLY SPRING: February 25-April 16

SPRING: April 22-June 3

SAVE THE DATES



LANDING Y-HARPSWELL ROAD RACE/WALK

Saturday, August 25, 2018

5K PUMPKIN RUN & KIDS 1 MILE FUN RUN

Sunday, October 28, 2018

SENIOR TEA LUNCHEON

Thursday, December 6, 2018

HEALTHY KIDS DAY

April 2019

GYMNASTICS GALA

Friday, June 21 @ 7 p.m.

DR. LEONARDO BUCK GOLF CLASSIC

July 2019

HOLIDAY CLOSURES 2018-2019

LABOR DAY

Sunday & Monday Sept. 2 & 3

STAFF APPRECIATION DAY

Monday, October 8

THANKSGIVING

Thursday, November 22

CHRISTMAS EVE

Monday, December 24 (at Noon)

CHRISTMAS DAY

Tuesday, December 25

NEW YEAR'S EVE

Monday, December 31 (at Noon)

NEW YEAR'S DAY

Tuesday, January 1

EASTER SUNDAY

Sunday, April 21

MEMORIAL DAY

Sunday & Monday, May 26 & 27

INDEPENDENCE DAY

Thursday, 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)

 [@bathareafamily](https://www.instagram.com/bathareafamily)

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!