



# BATH AREA FAMILY YMCA



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



## SUMMER STARTS HERE!



BATH AREA FAMILY YMCA: (207) 443-4112

LANDING YMCA: (207) 844-2801

[www.bathymca.org](http://www.bathymca.org)



@bathymca



@BathAreaFamilyY



@bathareafamilyy

## SUMMER 2020 PROGRAM GUIDE

# 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 9 p.m.  
Friday: 5 a.m. to 8 p.m.  
Saturday: 7 a.m. to 3 p.m.  
Sunday: 9 a.m. to 1 p.m.

## Landing YMCA

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

### Our 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

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

## 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.

# SUMMER DAY CAMP

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 2020 (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, beach trips, and weekly excursions.

Sessions	Dates
Session 1	June 29-July 2 (No Camp July 3)
Session 2	July 6-10
Session 3	July 13-17
Session 4	July 20-24
Session 5	July 27-31
Session 6	August 3-7
Session 7	August 10-14
Session 8	August 17-21
Session 9	TBA

Camp Sessions	Days & Times	Pricing	Deposit Fee
One Week Session	Monday-Friday 9 a.m. to 4 p.m.	\$210 per session	\$25
<ul style="list-style-type: none"> <li>• Payment is due the Friday before session starts.</li> <li>• Financial assistance is available for qualifying families. FMI call (207) 443-4112.</li> </ul>			

Early & Late Camp Care	Days & Times	Pricing
One Week Early Drop Off	Monday-Friday 6:30-9 a.m.	Additional \$25
One Week Late Pick Up	Monday-Friday 4-5:30 p.m.	Additional \$20

**Registration opens April 6.**

Download a registration packet at [bathymca.org/camp](http://bathymca.org/camp).

# SUMMER DAY CAMP



**EVERY WEEK IS A NEW ADVENTURE!**

## **Session 1: June 29-July 2**

**Theme:** Patriotic Week | **Wednesday:** Beach Day | **Special Staycation:** Hot Dog Party

## **Session 2: July 6-10**

**Theme:** Wacky & Wild | **Wednesday:** Beach Day | **Field Trip:** Bowling at Yankee Lanes

## **Session 3: July 13-17**

**Theme:** Wild Kingdom | **Wednesday:** Beach Day | **Field Trip:** Maine Wildlife Park

## **Session 4: July 20-27**

**Theme:** Sports | **Thursday:** Beach Day | **Field Trip:** Sea Dogs Game

# SUMMER DAY CAMP

**Session 5:** July 27-31

**Theme:** Superheroes & Villains | **Wednesday:** Beach Day | **Field Trip:** Roller Dome

**Session 6:** August 3-7

**Theme:** Under the Sea | **Wednesday:** Beach Day | **Field Trip:** Aquaboggan\*\*

**Session 7:** August 10-14

**Theme:** Career Week | **Wednesday:** Beach Day | **Field Trip:** Funtown\*\*

**Session 8:** August 17-21

**Theme:** Color Week | **Wednesday:** Beach Day | **Special Staycation:** Carnival Day

**Session 9:** August 24-28

TBA

**\*\*Indicates an additional \$20 fee attached to registration\*\***



# SUMMER DAY CAMP



## LEADER IN TRAINING (LIT) PROGRAM

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 6-August 21 (7 weeks)	Tuesdays & Thursdays 9 a.m. to 4 p.m.	\$20

**Registration opens April 6.**  
Sign up by emailing Kayla Royer at [kayla@bathymca.org](mailto:kayla@bathymca.org).

## 6-WEEK SWIM LESSONS: July 6–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.	\$55 Members, \$70 Community
Stage B	Saturdays, 10:45-11:15 a.m.	\$55, Members, \$70 Community
Stage A & B	Thursdays, 10-10:30 a.m.	\$55, Members, \$70 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.	\$65 Members, \$80 Community
Stage 1 or 2	Saturdays, 8:30-9:05 a.m.	\$65, Members \$80 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.	\$65 Members, \$85 Community
Stage 4	Wednesdays, 5:15-6 p.m.	\$65, Members, \$85 Community
Stage 2 or Stage 3 or Stage 4	Saturdays, 8, 9, or 10 a.m.	\$65, Members, \$85 Community

**Registration opens April 6.**

Download a registration packet at [bathymca.org/camp](http://bathymca.org/camp).

# SWIM CAMPS

## PRESCHOOL SWIM CAMP

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 22-25	Monday-Thursday 9-9:35 a.m.	\$50 Members \$65 Community Members (per session)
Session 2: June 29-July 2		
Session 3: July 6-9		
Session 4: July 13-16		
Session 5: July 27-30		
Session 6: August 10-13		

## SCHOOL AGE SWIM CAMP

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 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 6-9	Monday-Thursday 9 a.m. to Noon	\$150 Members, \$200 Community (per session)	\$50 (per session)
Session 2: July 13-16			
Session 3: July 27-30			

## COMPETITIVE SWIMMING DAY CAMP

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 4-7	Tuesday-Friday 9 a.m. to 3 p.m.	\$250 (includes \$50 non-refundable)

**Registration opens April 6.**

Download a registration packet at [bathymca.org/camp](http://bathymca.org/camp).



# SWIM PROGRAMS



PHOTO BY HEATHER PERRY

## LONG REACH SWIM CLUB

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 21 5-6 hours/week	\$200 Members, \$400 Community
C&D Practice	May 13-July 21 1.5-2.5 hours/week	\$150 Members, \$300 Community

To schedule a tryout, contact Jay Morissette at [lrsc@bathymca.org](mailto:lrsc@bathymca.org).

## PRIVATE SWIM LESSONS

Our instructors can help overcome apprehension, improve technique, or assist in developing a plan for endurance swimming. Classes are 30 minutes and scheduled by appointment. Private lessons are available for 6-year-olds to adults.

To learn more, contact Sponge at [sponge@bathymca.org](mailto:sponge@bathymca.org).

# GYMNASTICS SUMMER CAMP



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 2020 (except for Preschool Camp) are encouraged to participate. New sessions begin weekly, and we encourage children to participate in more than one camp week. Payment is due the Wednesday before the week begins. Please wear a leotard or fitted shorts and a t-shirt. Hair should be pulled back. No long or loose clothing, skirts, or footed tights.

**\*Ask us about early drop off & late pick up\***

Registration opens April 6. Download a registration packet at [bathymca.org/camp](http://bathymca.org/camp).

## PRESCHOOL CAMP

Children ages 3-5 will be introduced to all appropriate gymnastics equipment in a structured, gentle environment. Preschoolers should bring a snack.

Week Options	Days & Times	Pricing
Week 2: July 6-10	Monday, Wednesday, Friday 9-11 a.m.	\$90
Week 3: July 13-17	Monday, Wednesday, Friday 9-11 a.m.	\$90

## YOUTH CAMP

This camp is for children entering grades 1 and up. Budding gymnasts or those with a casual interest in the sport will enjoy this camp. 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. Full day camp gymnasts should bring a snack, lunch, a swimsuit, and a towel to each day. Half-day camp gymnasts need to bring a snack.

Week Options	Half Day Option	Pricing	Full Day Option	Pricing
Week 1: June 22-26	M-F, 9 a.m. to Noon	\$160	M-F, 9 a.m. to 3 p.m.	\$250
Week 2: July 6-10	M-F, 9 a.m. to Noon	\$160		
Week 3: July 13-17	M-F, 9 a.m. to Noon	\$160		
Week 4: July 20-24	M-F, 9 a.m. to Noon	\$160	M-F, 9 a.m. to 3 p.m.	\$250
Week 6: August 3-6	M-TH, 9 a.m. to Noon	\$120		

# GYMNASTICS SUMMER CAMP

## PRE-TEAM CAMP

Athletes considering participation in competitive gymnastics will benefit from this camp. 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 camp. Athletes must be entering 2nd grade or older to try out for the 2020-2021 team, but younger pre-teamers are also welcome. Gymnasts should bring a snack, lunch, a swimsuit, and a towel to camp every day.

Week Options	Days & Times	Pricing
Week 1: June 22-26	Monday-Friday 9 a.m. to 3 p.m.	\$250
Week 6: August 3-6	Monday-Thursday 9 a.m. to Noon	\$120
Week 7: August 10-14	Monday-Friday 9 a.m. to 3 p.m.	\$250

## TEAM CAMP

This camp is for competitive gymnasts wishing to improve their overall skills. Participants must be current team members or be evaluated 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 swimsuit, and a towel to camp every day.

Week Options	Days & Times	Pricing
Week 5: July 27-31	Monday-Friday 9 a.m. to 3 p.m.	\$250
Week 6: August 3-6	Monday-Thursday 9 a.m. to Noon	\$120
Week 7: August 10-14	Monday-Friday 9 a.m. to 3 p.m.	\$250

## GYMNASTICS TEAM SKILLS CLASS

Competitive gymnasts wishing to improve their 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 26 at 6 p.m.** and attend a rehearsal on June 25. **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 18-June 25 (11 Classes)	Monday & Thursday, 5:30-8 p.m. <b>NO CLASS MEMORIAL DAY</b>	\$160
Summer Team July 6-23 (6 Classes)	Monday & Thursday, 5:30-8 p.m.	\$85

# GYMNASTICS SUMMER CAMP SCHEDULE



Here's what a day could look like for a gymnastics camper!  
Event rotations may include bars, beam, dance, rings, rope, and tumble trak.

Time	Activity
9 a.m.	Warm Up
9:30 a.m.	Basic Tumbling
10:00 a.m.	Event Rotation 1
10:25 a.m.	Event Rotation 2
10:45 a.m.	Snack Break
11 a.m.	Event Rotation 3
11:30 a.m.	Vault Stations
Noon	Lunch
12:20 p.m.	Outdoor Free Play
12:45 p.m.	Art Activity
1:15 p.m.	Event Rotation 4
1:35 p.m.	Game & Contests
2:00 p.m.	Swim Time
3:00 p.m.	Pick Up

## UPCOMING HOLIDAY CLOSURES 2020

<b>EASTER SUNDAY</b>	Sunday, April 12
<b>MEMORIAL DAY</b>	Sunday & Monday, May 24 & 25
<b>INDEPENDENCE DAY</b>	Friday & Saturday, July 3 & 4
<b>LABOR DAY</b>	Sunday & Monday, September 6 & 7

**\*\*CLOSED ALL SUNDAYS IN JULY & AUGUST 2020\*\***

## 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](http://bathymca.org)



@bathymca



@BathAreaFamilyY



@bathareafamilyy



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

## THANK YOU TO OUR SPONSORS!

