



# PROGRAM GUIDE

## 2025 Fall Programs

**BATH AREA FAMILY YMCA**

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

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

# OUR MISSION

At the Bath Area Family YMCA, our purpose is to promote the health and well-being of individuals, families, and communities through:

**Youth Development**



**Healthy Living**



**Social Responsibility**

# CONTENTS

Registration Details & Program Calendar.....	1
Aquatics.....	4
Gymnastics.....	11
Youth Sports.....	15
Health & Wellness.....	18
Family Activities.....	23

**Please Note:**

Programs listed in this guide are subject to change due to the availability of staff or based on class enrollment. For the most up to date information about available programs, visit our website at [bathymca.org/register](http://bathymca.org/register) or contact our Welcome Center at (207) 443-4112.

# Two Locations, One YMCA



## Bath Area Family YMCA

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

### **Our Hours**

Monday - Friday: 5am - 9pm  
Saturday: 7am - 5pm  
Sunday: 9am - 3pm



## Landing YMCA

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

### **Our Hours\***

Monday - Thursday: 5:30am - 8pm  
Friday: 5:30am - 5pm  
Saturday: 8am - 3pm  
Sunday: CLOSED

\*After-hours access available for additional fee



## Important Dates and Closures

- SATURDAY, AUGUST 23 - WEDNESDAY, AUGUST 27: Bath YMCA closed for deep cleaning
- WEDNESDAY, AUGUST 27 - WEDNESDAY, SEPTEMBER 3: Pools closed for maintenance.
- MONDAY, SEPTEMBER 1: All branches closed for Labor Day
- SATURDAY, OCTOBER 25: Harvest Fest and Haunted Hustle 5k at the Bath Y
- THURSDAY, NOVEMBER 27: All branches closed for Thanksgiving
- THURSDAY, DECEMBER 24: All branches close at noon for Christmas Eve
- FRIDAY, DECEMBER 25: All branches closed for Christmas

# Registering for Programs

Whether it's online or in-person, registering for programs is easy!

- **In-person:** Visit the Welcome Center at either of our branches to register in-person.
- **Over the phone:** Call us at (207) 443-4112 to register by phone.
- Visit [www.bathymca.org/register](http://www.bathymca.org/register) to see available programs and register online.



## Registration Dates

Early Fall	
August 18	Member registration opens
September 1	Community registration opens
September 8	Programs begin

Late Fall	
October 13	Member registration opens
October 27	Community registration opens
November 3	Programs begin



Enjoy priority registration for programs with a YMCA membership. Learn more at [bathymca.org/join](http://bathymca.org/join)



Financial assistance is always available



## Registration Cost

Most of our programming features two tiers of registration costs – one for YMCA members and one for community members. Most programs will charge the following for registration unless otherwise noted:

Program Area	Member Cost	Community Cost
Swim	\$110 - \$125	\$155
Gymnastics	\$110	\$150
Youth Sports & Fitness	\$50	\$75
Adult Sports & Fitness	\$90	\$130



# PROGRAM CALENDAR

## SEPTEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## OCTOBER

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## NOVEMBER

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## DECEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### Key



Early Fall Session



No programs  
(holiday)



Late Fall Session



# AQUATICS

# SWIM LESSONS

## Parent-Child Swim Lessons

For children ages 6 - 36 months

Parents accompany children in stage A/B, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. When levels A & B are separated A is for children ages 6-18 months and B is for 18-36 months. Classes are 30 minutes in the I/T pool with one parent allowed in the water per child.

Days	Times
Monday	5:30pm
Wednesday	5:30pm
Friday	8:30am
Friday	10am
Saturday	8am
Saturday	8:45am
Saturday	11:30am

## Preschool Levels 1-3

For children ages 3 - 6 years

**Level 1 – Water Acclimation:** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in level 1. This level lays the foundation that allows for a student's future progress in swimming.

Days	Times
Monday	4:45pm
Tuesday	4:30pm
Wednesday	4:30pm
Thursday	4:45pm
Thursday	5:30pm
Saturday	9:15am
Saturday	10am
Saturday	10:45am

# Preschool Lessons cont.

**Level 2 – Water Movement:** Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Students must already be able to put their face in the water and float on their back with assistance.

Days	Times
Monday	4:45pm
Tuesday	4:30pm
Wednesday	4:30pm
Thursday	4:45pm
Thursday	5:30pm
Saturday	9:15am
Saturday	10am
Saturday	10:45am

**Level 3 – Water Stamina:** Students develop intermediate self-rescue skills performed at longer distances than in previous levels. Students are introduced to rhythmic breathing and integrated arm and leg action. Students must be able to swim on their front and back independently for a minimum of 5 feet.

Days	Times
Tuesday	4:30pm
Wednesday	4:45pm
Thursday	5:30pm
Saturday	9:15am
Saturday*	10:45am

\*Late fall only



## School Age Levels 1-5

For children ages 5-12 years

**Level 1 – Water Acclimation:** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in level 1. This level lays the foundation that allows for a student's future progress in swimming.

Days	Times
Monday	4:45pm
Thursday	4:45pm
Saturday	9:15am

**Level 2 – Water Movement:** Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Students must already be able to put their face in the water and float on their back with assistance.

Days	Times
Monday	5:30pm
Wednesday	5:15pm
Saturday	9:15am
Saturday	10am

**Level 3 – Water Stamina:** Students develop intermediate self-rescue skills performed at longer distances than in previous levels. Students are introduced to rhythmic breathing and integrated arm and leg action. Students must already be able to independently swim on their front and back a minimum of 10 feet.

Days	Times
Monday	5:30pm
Tuesday	5:15pm
Wednesday	5:15pm
Saturday	10am

## School Age Lessons cont.

**Level 4 – Stroke Introduction:** Students are introduced to basic stroke technique in front crawl and back crawl. Water safety is reinforced through treading water and elementary backstroke. Instructors will teach both from the water and from the pool deck. Students must be able to swim continuously for a minimum of 15 yards on their front and back prior to taking this level.

Days	Times
Monday	6:15pm
Tuesday	5:15pm
Wednesday	5:15pm
Saturday	10:45am

**Level 5 – Stroke Development:** Students are introduced to breaststroke and butterfly. Water safety is reinforced through treading water and sidestroke. Instructors will teach from the pool deck. Students must be able to swim continuously for a minimum of 25 yards (1 length of the lap pool) using both the front and back crawl.

Days	Times
Monday	6:15pm
Tuesday	5:15pm
Saturday	10:45am

## Teen/Adult Swim Lessons

For ages 13 and up

**Beginner:** this class provides a comfortable environment for teens and adults to learn introductory swimming skills including breath control, floating and basic movement on their front and back.

Days	Times
Monday	5:30pm

**Intermediate:** This class provides a comfortable environment for teens and adults to improve their swimming skills. Swimmers work on individual goals at their own pace with an instructor as well as stroke introduction and stamina building. Swimmers should be able to swim on front and back 25 yards without hesitation/fear.

Days	Times
Monday	6:15pm

## Private Swim Lessons

One on one swim lessons are available. Let our trained swim instructors work with you or your child to help overcome apprehension, improve technique, and achieve your personal goals. Private lessons are sold in packages of 4, 8, or 12 sessions. Contact our Aquatics department for more information or to book a lesson.

## Masters Swimming

For ages 18 and up

Our Masters Swim program is a coached swim team style workout designed for adults, ages 18 and over. Masters is a great way to continue your swim development with a focus on fitness and building community with fellow swimmers.

Days	Times
Tuesday	12pm
Tuesday	6pm
Thursday	12pm
Thursday	6pm





# COMPETITIVE SWIM

## Snaildarters Pre-Team

For ages 5- 6

This pre-team program is for children ages 5-6 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 in all four strokes, with introductions to starts, turns, and racing. The coaches will require a brief try-out before joining.

## Long Reach Swim Club

For ages 6 - 18

Long Reach Swim Club (LRSC) is a YMCA and US Swimming competitive swim team based at the Bath Area Family YMCA. Competitive strokes, endurance, and fun are the focus of our very 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 on the team. This ensures that each new participant has the fundamental skills required for a happy, 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 Annual 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 which practice group a swimmer belongs to.

For more information and to try out, please contact Brian "Sponge" Savage at [sponge@bathymca.org](mailto:sponge@bathymca.org)

# GYMNASTICS



# GYMNASTICS LESSONS

## Parent-Child Gymnastics

For children age 18 months to 3 years old

This class will feature whole group activities along with individual stations. Two- and three-year-olds will actively participate alongside their caregiver. Preschoolers and their adult will roll, climb, balance, swing, and jump while bonding and developing essential motor skills in a fun and supportive environment.

Please wear a leotard, or fitted shorts and t-shirt. Please, no long/loose clothing, footed tights, or midriff baring tops/sports bras, or skirts. Hair should be away from the face.

Days	Times
Friday	8:30am
Friday	9:35am

## Preschool Gymnastics

For children age 4 - 5

Children will be gently introduced to all appropriate gymnastics equipment in a structured, gentle environment. Children will need to be confident in participating independently. Parents and caregivers may not be in the gymnastics area and are invited to observe from the bleachers. With our welcoming, caring and experienced instructors leading the way, athletes will experience fun and excitement as they jump, swing, and roll. Children are motivated to try new skills each week.

Days	Times
Monday*	4:20pm
Tuesday	4:20pm
Saturday	9am

\*Late fall only



## Youth Gymnastics

For children age 5 - 14

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. Children age 5 must be in Kindergarten at the time of classes, younger children are encouraged to take our preschool age class.

Please wear a leotard, or fitted shorts and t-shirt. Please, no long/loose clothing, footed tights, or midriff baring tops/sports bras, or skirts. Hair should be away from the face.

Days	Times
Tuesday	5:30pm
Tuesday (ages 8+)	4:30pm
Wednesday*	4:20pm
Thursday	4:20pm
Saturday	10:10am
Saturday (Ages 7+)	11:20am

\*Late fall only

## Preteam Gymnastics

For children age 6 - 14

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

Days	Times
Tuesday	6:35pm
Thursday*	4:20pm
Saturday	11:20am

\*Late fall only



# COMPETITIVE GYMNASTICS

## Team Gymnastics

This program is for gymnasts wishing to improve their skills and compete on the Bath YMCA Gymnastics Team. Our team competes in the Xcel division beginning with Xcel Silver. All team members compete in the YMCA league, and have the option to compete in the USAG league as well. New team members are welcomed in June-early September.

For a tryout, please contact coach Kym Granger at [Kym@bathymca.org](mailto:Kym@bathymca.org). The team competitive season runs from September to May, with competitions held December-May. Our season begins with a mandatory organizational meeting in mid-September.

Team members must have a Bath YMCA membership.

### **Moving from preteam to team**

Athletes must be entering 2nd grade or older, and meet criteria for proficiency in certain skills. For more information contact coach Kym Granger at [Kym@bathymca.org](mailto:Kym@bathymca.org).



# YOUTH SPORTS



## Little Movers

For children ages 1–3

Little Movers focuses on the development of gross motor skills, balance, and coordination while encouraging social interaction between toddlers. This parent/caregiver assisted class combines music and movement, play, exploration, and creativity.

Location	Days	Times
Landing YMCA	Saturday (ages 1–2)	9am
	Saturday (ages 2–3)	10am

## Intro to Basketball

For children ages 3–5

Preschool children ages 3–5 will have the opportunity to learn and grow basketball skills like dribbling passing and shooting all while growing their knowledge of how the game is played in a safe and encouraging environment.

### Early Fall

Location	Days	Times
Landing YMCA	Thursday	5pm

### Late Fall

Locations	Days	Times
Landing YMCA	Monday	4:30pm
	Thursday	5pm



## Intro to Soccer Skills

For children ages 3-5

This clinic style soccer program will allow preschool aged children to get an early introduction to the game of soccer! Participants will learn how to properly kick a soccer ball, how to perform throw ins, some basic rules of the game of soccer and more! This program takes place at the Brunswick Early Learning Center at 6 Farley Road in Brunswick as well as the Landing YMCA.

### Early Fall

Location	Days	Times
Brunswick ELC	Monday	4:30pm
Landing YMCA	Tuesday	5pm

### Late Fall

Location	Days	Times
Landing YMCA	Tuesday	5pm

## Strength Training for Teens

For youth ages 13-18

Our six-week session, held once a week, will concentrate on the fundamentals of movement mechanics and athletic training techniques applicable to all sports. Participants will acquire skills to achieve optimal core and joint stability, plyometric power, and healthy muscle recruitment patterns necessary for gains in muscular strength and endurance.

### Early Fall

Location	Days	Times
Landing YMCA	Thursday	6pm





# HEALTH & WELLNESS

## HEALTHY LIVING PROGRAMS

With fully equipped fitness spaces in both our Bath and Landing locations, we strive to create a space to provide a sense of belonging, engagement, empathy, health, and wellbeing for all. Our programs are run by experienced instructors and provide a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

To register for our programs, please contact Landing YMCA Health & Wellness Director Angie Shonts at [angie@bathymca.org](mailto:angie@bathymca.org).

### Exercise for Parkinson's

---

Geared specifically to diminish movement challenges experienced by people living with Parkinson's Disease. LSVT is an implemented portion of this program. Individuals with other neurological conditions are also welcome to join the class. Classes are ongoing and participants may join any time. This class meets on Tuesdays at 10:00am at the Landing Y and participants may join at any time.

### Mindful Mobility

---

This ongoing class 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. It takes place Wednesdays at 10:45 at the Landing

### Rock Steady Boxing

---

In partnership with MidCoast Hospital, the Landing YMCA is proud to offer this exercise program for individuals with Parkinson's. Rock Steady Boxing is a Parkinson's Foundation accredited exercise program. It is noncontact so only our coaches and equipment take punches. We do exercises that help improve balance, strength, agility, bradykinesia, reaction time and coordination. Participants must have our physical clearance form filled out and signed by their physician. Membership with the Landing YMCA is required. It meets on Tuesdays and Thursdays from 1:30-3:00pm.



# HEALTHY LIVING PROGRAMS cont.

## Walk with Ease for Arthritis

---

An evidence-based program that has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health. This is a six week program that meets twice weekly on Tuesdays and Thursdays from 11am-12pm. Screening by YMCA staff is required for participation. Begins March 18.

## Blood Pressure Self-Monitoring

---

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

## Prevent T2

---

Prevent T2 is a CDC-approved diabetes prevention program. The small-group, classroom-based program meets weekly at the Landing Y and promotes modest weight loss (5-7%) and increased physical activity through a 12 month lifestyle change program. Prevent T2 is evidence-based and has been effective in preventing or delaying the onset of Type 2 diabetes.

## LIVESTRONG at the Y

---

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.



## GOLF SIMULATOR

Take your swing to the next level—no matter the weather! The Bath YMCA is excited to introduce our brand new, state-of-the-art indoor golf simulator, now available for YMCA members and the broader community.

From world-renowned greens to local favorites, our simulator brings over 42,000 golf courses to life in stunning detail—perfect for golfers of all skill levels. Book one-hour sessions during designated weekly time slots online or by calling the Welcome Center at (207) 443-4112.



Y Member	\$15 / hour
Community	\$30 / hour

## NEW FITNESS CLASSES THIS FALL

### Core N More

A dynamic class that changes every time! We start with a strong focus on core—abs, hips, and glutes—then add in full-body strength work using light weights and bodyweight moves. Expect sculpted shoulders, toned arms, and powerful legs—all in one fun and energizing workout.

Location	Day	Time
Landing YMCA	Wednesday	7:15am

### Restore Flow

This mind-body class blends yoga, tai chi, and Pilates for a relaxing yet invigorating workout. Designed for all fitness levels, it enhances flexibility, builds strength, and promotes mental clarity—leaving you centered, balanced, and recharged.

Location	Day	Time
Landing YMCA	Sunday	9:15am

# INTRODUCING MOSSA, A NEW WAY TO MOVE

We are excited to bring a new series of professional group fitness programs to our Y through MOSSA, a leading developer of dynamic, cutting-edge fitness programs for YMCAs across the country.

## MOSSA Group Power

BEGINS IN SEPTEMBER

Group Power<sup>®</sup> is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart-pounding music, and expert coaching.

Classes begin the week of September 8 and will be available at both the Bath YMCA and Landing YMCA. Due to limited class sizes, pre-registration for classes is required.



# FAMILY ACTIVITIES



# BOULDERING AT THE LANDING Y

Climb, connect, and challenge yourself on our brand-new bouldering wall at the Landing YMCA in Brunswick!

Standing 14 feet tall, our indoor bouldering wall is designed for climbers of all skill levels — from total beginners to those looking to improve their technique.

## Climbing Foundations

Build confidence from the ground up in our 6-week beginner series. You'll learn climbing techniques, movement basics, warm-up routines, and how to plan productive climbing sessions. You'll also get familiar with climbing lingo — all in a supportive group setting.

Offering classes for adults and for teens. Preregistration is required. Teen classes are free!

## After School Climbing

Climbers age 6 - 12 build confidence, strength, and self-awareness while having fun and connecting with friends. Class begins with a quick stretching circle and check in, followed by engaging climbing games with modifications allowing for all abilities. Preregistration is required online or in-person at either Welcome Center.

## Community Climb

Join other community members for a climbing session. An opportunity to connect with other climbers or get some quick advice from an instructor. Have you ever played climbing games? Help us create a supportive and encouraging environment for climbing exploration and community connection.



# BOULDERING AT THE LANDING Y

Climb, connect, and challenge yourself on our brand-new bouldering wall at the Landing YMCA in Brunswick!

Standing 14 feet tall, our indoor bouldering wall is designed for climbers of all skill levels — from total beginners to those looking to improve their technique.

## Climbing Foundations

Build confidence from the ground up in our 6-week beginner series. You'll learn climbing techniques, movement basics, warm-up routines, and how to plan productive climbing sessions. You'll also get familiar with climbing lingo — all in a supportive group setting.

Offering classes for adults and for teens. Preregistration is required. Teen classes are free!

## After School Climbing

Climbers age 6 - 12 build confidence, strength, and self-awareness while having fun and connecting with friends. Class begins with a quick stretching circle and check in, followed by engaging climbing games with modifications allowing for all abilities. Preregistration is required online or in-person at either Welcome Center.

## Community Climb

Join other community members for a climbing session. An opportunity to connect with other climbers or get some quick advice from an instructor. Have you ever played climbing games? Help us create a supportive and encouraging environment for climbing exploration and community connection.



## Stay & Play

Stay & Play is a free "drop in" childcare program for Y family members available at both our Bath and Landing Y locations. Serving children ages 6 weeks to 10 years old, Stay & Play enables parents and caregivers to enjoy a workout while their children have a great time under the care of our trained childcare staff.

Limited to two hours. Parents/caregivers must remain in the building while their child is in Stay & Play. No reservation is needed, but each child requires an enrollment form to be filled out prior to their first session. Download our form online or pick one up in-person at the Y.

### Stay & Play Hours

Supervised childcare for Y family members

<u>Bath YMCA</u>	<u>Landing YMCA</u>	
Monday - Saturday 8:30am - 12pm	Monday - Thursday 4:30 - 7pm	
Monday - Thursday 4 - 7pm	Saturday 9am - 12:30pm	

## KidsZone at the Bath Y

Y families with young children can enjoy our indoor playground space at the Bath YMCA. Our KidZone features a multi-level climber with slides, comfy pillows and soft objects, as well as fun interactive play spaces.

### OPEN FAMILY TIME

During Family Open Play, the KidZone is open for use by Y family members. Children must be supervised by an accompanying adult at all times. We ask everyone to please be respectful of the space and clean up after your visit. Please no food or drink inside the space.

### Open Family Time

Open to families, children must be supervised

Monday - Friday 12:30 - 2:30pm	
Friday 4 - 7pm	



## The HUB at the Bath Y



The HUB is a vibrant new community space at the Bath YMCA, thoughtfully designed to bring people of all generations together. Whether you're looking to unwind, explore new interests, or connect with neighbors, The Hub is your place to belong.

With comfortable seating, flexible layouts, a state-of-the-art golf simulator, and space for connection and creativity, the HUB is where community comes together—across all ages and stages.

See the HUB's full schedule and learn more at [www.bathymca.org/hub](http://www.bathymca.org/hub)

## Munchkins & Movers

Parents with babies and toddlers (ages 0–4) are invited to our free weekly parenting circles and open gym time geared towards the little ones at the Landing YMCA every Wednesday.

**9:15 – 10am:** Parenting Circle (upstairs)

**10 – 11am:** Itty Bitty Movers (gym time)

The parenting circle on the first Wednesday of each month will be facilitated by MaineHealth staff to help provide resources to support families.

## Family Fun Fridays

Family Fun Fridays are free member events designed just for Y Family Members and featuring a full lineup of all-ages fun – plus dinner on us! Family Fun Friday takes place from 5:30–7 p.m. twice per month. Join us for a fun and games, a bounce house, and pizza!

### Upcoming Dates:

- Sep 12 at the Bath YMCA
- Sep 20 at the Landing YMCA
- Oct 3 at the Landing YMCA

# Rentals at the YMCA

Make your next event one to remember – host it at the Bath YMCA or Landing YMCA!

The Bath Y and Landing Y both have a variety of different spaces available and ready to host your next party or event.

To schedule an event/party at the Bath YMCA, contact Brian “Sponge” Savage at (207) 443-4112 or [sponge@bathymca.org](mailto:sponge@bathymca.org). To schedule an event/party at the Landing YMCA, reach out to Kevin Vendt at [kevin@bathymca.org](mailto:kevin@bathymca.org) or call (207) 844-2801.

We recommend reaching out via email to book a party.



Visit [bathymca.org/rentals](https://bathymca.org/rentals) to learn more about rental options and costs



# Questions about our programs? Reach out to us!

## Aquatics

Suzi Boccanfuso, Aquatics Director – [suzi@bathymca.org](mailto:suzi@bathymca.org)

Julie Spear, Aquatics Programs Coordinator – [julie@bathymca.org](mailto:julie@bathymca.org)

Long Reach Swim Club – [lrscl@bathymca.org](mailto:lrscl@bathymca.org)

## Youth & Adult Programs

Brian “Sponge” Savage, Senior Programs Director – [sponge@bathymca.org](mailto:sponge@bathymca.org)

Kym Granger, Gymnastics Coach – [kym@bathymca.org](mailto:kym@bathymca.org)

## Health & Wellness

Robin Newell, Bath YMCA Health & Wellness Director – [robin@bathymca.org](mailto:robin@bathymca.org)

Angie Shonts, Landing YMCA Health & Wellness Director – [angie@bathymca.org](mailto:angie@bathymca.org)

---

