



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOP INTO SPRING & SUMMER AT THE Y!



**REGISTER
ONLINE**

boothbayregionymca.org

BOOTHBAY REGION YMCA SPRING & SUMMER PROGRAMS

Spring: April 22 - June 8

Online Registration: 4/7 @NOON; In-House 4/15

Summer: June 24 - August 17

Online Registration: 6/2 @ NOON; In-House 6/10

SESSION & REGISTRATION DATES

SPRING: April 22 - June 8

Online Registration: 4/7 @ NOON

In House Registration: 4/15, 7am

Break Week: 6/10-6/22

SUMMER: June 24 - August 17

Online Registration: 6/2 @ NOON

In House Registration: 6/10, 7am

Break Week: 8/19 - 8/31

HOURS OF OPERATION

Monday - Thursday: 5:30am-8pm

Friday: 5:30am-7pm

Saturday: 7am-5pm

Sunday: Closed

HOLIDAY HOURS/CLOSURES

MEMORIAL DAY, 6/27 (CLOSED)

JUNETEENTH, 6/19, (OPEN)

INDEPENDENCE DAY, 7/4 (CLOSED)

LABOR DAY, 9/2 (CLOSED)

MEMBER APPRECIATION SUNDAYS!

- April 21, 1pm-4pm
- May 19, 1pm-4pm
- June 9, 1pm-4pm
- Please note the aquatics center will remain closed.

POOL & SAUNA HOURS OF OPERATION

Emery Pool:

*Monday - Friday: 5:30am-6pm

Saturday: 7am-11am

Sunday: Closed

Therapy Pool & Sauna:

*Monday - Friday: 7am-6pm

Saturday: 7am-11am

Sunday: Closed

*Closed daily from 11am-1pm

CLASSES INCLUDED WITH MEMBERSHIP!

- Aerobics for All / Aqua Aerobics
- Bootcamp
- Cycling
- Pilates/Yoga Stretch
- Yoga
- Zumba®

REFUND/CANCELLATION POLICY

If you need to cancel participation in a program due to personal reasons, we ask that you cancel before the session begins, as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel prior to attending the 2nd class. Refund will not be available after the second class, unless there is a medical reason that is supported with a doctor's note. If a doctor's note is provided, a prorated refund will be made.

MEMBERSHIP FOR ALL

Through the generosity of our donors, we are able to provide programs and services of a YMCA membership to those who may not otherwise be able to participate. If you cannot afford the full cost of a YMCA membership on the Membership for All sliding fee scale, you may apply for financial assistance. All Y members receive the same benefits, regardless of assistance. Rates are available based on income. Proof of income will be required for Membership for All.

NEW MEMBER ORIENTATION

As a new member, your free wellness center orientation provides you with an opportunity to become comfortable in our YMCA. During your orientation, we will guide you through our cardio and strength training machines, as well as our fitness programs and resources.

www.boothbayregionymca.org • 633.2855
or our Welcome Center for current schedules.

PERSONAL TRAINERS



Caroline Earle Ivens

Caroline started her fitness journey in 2009 when she began teaching Indoor Cycling in college. She instantly fell in love with fostering a healthy and positive community all while listening to upbeat music. Caroline has been a certified personal trainer through the National Academy of Sports Medicine since 2011 and is a TRX qualified instructor. Her favorite training techniques include using Kettlebells, the TRX Suspension Trainer and incorporating high intensity interval training. Availability: M-F Email: civens@brymca.org



Abby Jones

Abby holds certifications in Body Pump, Cycling, Step, Pilates, Barre and is an AFAA Certified Personal Trainer. Abby is always happy to help with equipment, orientations, one-on-one sessions and learn about your fitness goals! Availability: Evenings/Saturdays Email: abigailjones1010@gmail.com



Robin Maginn

Robin is an ACE certified Personal Trainer and Group Exercise Instructor and has received certifications from NSCA, AFAA and the Senior Fitness Association, the international association exclusively for fitness professionals who serve older adult populations. Robin has been a fitness instructor and personal trainer for over 20 years. After a long and rewarding career in the "high-tech" industry and having started a family, she made her passion for fitness into a career. Availability: Tuesdays/Thursdays Email: rmaginn@clcymca.org



Emma Gay

Emma is an Athletic Trainer with over 10 years of experience in collegiate, high school, and professional athletics. She has a BS in Athletic Training from Boston University, an MS in Athletic Training from the University of Kentucky, and is a licensed Athletic Trainer in Maine. She completed her residency training at Boston University in Orthopedics and Diagnostics. She specializes in low back and hip pain and is passionate about patient education and empowerment. Emma is also a Certified Strength and Conditioning Specialist! Availability: Wednesdays, 7-9am Email: emmagay@bu.edu



Nikki Tibbetts

Nikki has been a certified person trainer through ISSA for 9 years, specializing in strength training, circuit training and she loves to talk about all things nutrition! Availability: Evenings/Saturdays Email: tibbettsnikki@gmail.com

30 Minute Session • \$30

30 Minute 10 Pack Session • \$275

60 Minute Session • \$60

60 Minute 10 Pack Session • \$275

SPRING SWIM LESSONS

PRESCHOOL (Levels 2/3)

Tuesdays, 9:30am-10am

Ages: 3-5, Instructor: Lindsey

\$55/\$65/\$85

Build confidence swimming away from the wall, and start working on new swimming strokes. Swimmers should be comfortable with jumping in and going under water. Maximum 6 students.

SCHOOL AGE (Levels 3/4)

Thursdays, 3:45pm-4:30pm

Ages: 6+, Instructor: Lincoln

\$65/\$75/\$95

In the big pool, continue swimming longer distances. Work toward passing the swim test and learning different swim strokes. We will also learn about diving and treading water. Get your kid ready for swimming in the summer! Maximum 8 students.

SCHOOL AGE (Levels 4/5)

Thursdays, 4:30pm-5:15pm.

Ages: 6+, Instructor: Lincoln

\$65/\$75/\$95

Passed the swim test, now what? We will continue working to longer distance swims. We will refine the skills we already have and learn about writing your own swim workout. Maximum 10 students.

PRESCHOOL (Level 1/2)

Mondays, 3:00pm-3:30pm.

Ages: 3-5, Instructor: David

\$55/\$65/\$85

We are going to work on beginner swimming skills: going under water, kicking our feet, working on floating and maybe a few jumps. Having no prior skills is ok; we will support the swimmers until they feel comfortable enough to try it on their own. Maximum 6 students.

PRESCHOOL (Levels 4/3)

Mondays, 3:30pm-4:00pm

Ages: 3-5, Instructor: David

\$55/\$65/\$85

Build confidence swimming away from the wall, and start working on new swimming strokes. Swimmers should be comfortable with jumping in and going under water. Maximum 6 students.

SCHOOL AGE (Levels 1/2)

Tuesday, 3:00pm-3:30pm

Ages: 6+, Instructor: David

\$65/\$75/\$95

Work on beginner swimming skills: going under water, kicking our feet, working on floating, and maybe a few jumps. Having no prior skills is ok, we will support the swimmers until they feel comfortable enough to try it on their own. Maximum 6 students.

SCHOOL AGE (levels 3/4)

Mondays, 4:15pm-5pm

Ages: 6+, Instructor: David

\$65/\$75/\$95

In the big pool, continue swimming longer distances. Work toward passing the swim test and learning different swim strokes. We will also learn about diving and treading water. Get your kid ready for swimming in the summer! Maximum 8 students.

TEEN WATER SAFETY WITH RUDI

Wednesdays, 2:30-3:00

Ages 12+

FREE!

This is a FREE set of lessons. We will be focused on safety around water. What you would do if you fell into the water in your clothes? What would you do if you fell out of a boat? What are different ways you can float and contain your body heat? Sign up and learn how to be safe while having fun in the water with Rudi! Maximum 8 students.

ADULT WATER SAFETY/LEARN TO SWIM

Wednesdays, 4:45pm-5:15pm

Ages 12+, Instructor: David

FREE!

This is a FREE set of lessons. We will be focused on safety around water. What you would do if you fell into the water in your clothes? What would you do if you fell out of a boat? What are different ways you can float and contain your body heat?

After covering the safety topics, we will work on being better swimmers. We can adjust your technique to swim more effectively and be able to go further and work on breathing.

SUMMER SWIM LESSONS

PRESCHOOL (Levels 1/2)

Monday-Thursday, 9am-9:30am

Weekly: 6/24-6/27 • 7/8-7/11 •

7/15-7/18 • 7/29-8/1 • 8/5-8/8 • 8/12-8/15

Ages: 3-5, Instructor: David

\$35/\$50/\$70

We are going to work on beginner swimming skills: going under water, kicking our feet, working on floating and maybe a few jumps. Having no prior skills is ok; we will support the swimmers until they feel comfortable enough to try it on their own. Maximum 6 students.

PRESCHOOL (Levels 3/4)

Monday-Thursday, 4pm-4:30pm

Weekly: 6/24-6/27 • 7/8-7/11 •

7/15-7/18 • 7/29-8/1 • 8/5-8/8 • 8/12-8/15

Ages: 3-5, Instructors: David & Otto

\$35/\$50/\$70

In the big pool, continue swimming longer distances. Work toward passing the swim test and learning different swim strokes. We will also learn about diving and treading water. Get your kid ready for swimming in the summer! Maximum 6 students.

SCHOOL AGE (Levels 1/2)

Monday-Thursday, 9:30am-10:15am

Weekly: 6/24-6/27 • 7/8-7/11 •

7/15-7/18 • 7/29-8/1 • 8/5-8/8 • 8/12-8/15

Ages: 6+, Instructor: David

\$45/\$65/\$90

Work on beginner swimming skills: going under water, kicking our feet, working on floating, and maybe a few jumps. Having no prior skills is ok, we will support the swimmers until they feel comfortable enough to try it on their own. Maximum 6 students.

SCHOOL AGE (Levels 3/4)

Monday-Thursday, 10:15am-11am

Weekly: 6/24-6/27 • 7/8-7/11 •

7/15-7/18 • 7/29-8/1 • 8/5-8/8 • 8/12-8/15

Ages: 6+, Instructor: David

\$45/\$65/\$90

In the big pool, continue swimming longer distances. Work toward passing the swim test and learning different swim strokes. We will also learn about diving and treading water. Get your kid ready for swimming in the summer! Maximum 6 students.

ADULT WATER SAFETY/LEARN TO SWIM

Wednesdays, 5pm-5:30pm (NO CLASS 7/24)

Ages 12+, Instructor: David

FREE!

This is a FREE set of lessons. We will be focused on safety around water. What you would do if you fell into the water in your clothes? What would you do if you fell out of a boat? What are different ways you can float and contain your body heat?

After covering the safety topics, we will work on being better swimmers. We can adjust your technique to swim more effectively and be able to go further and work on breathing.

SCHOOL AGE WATER SAFETY

Mondays, 4pm-4:30pm (NO CLASS 7/22)

Ages: 6+, Instructor: David

FREE!

This is a FREE set of water safety lessons. We will be focused on safety around water. What you would do if you fell into the water in your clothes? What would you do if you fell out of a boat? What are different ways you can float and contain your body heat?

This class is funded by a scholarship through the YMCA of the USA and is intended as a one time only for participants. If you have taken FREE lessons with us in the spring, please do not sign up to allow for other students to have the opportunity to learn how to be safe in and around the water! Thanks!



HEALTHY LIVING CLASSES

AEROBICS FOR ALL

Get a full-body workout to music with cardio, weights, flexibility, stretching, and balance. This class is a fun-filled hour and changes the tunes all the time. Come to have fun, move, and stay strong... for ALL!

TOTAL BODY CHALLENGE

This class is a multi-level, full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning. Planning on taking the class? Email instructor meagan.hamblett@nneymcas.org.

CYCLE

Still the best low-impact cardio workout around! Following the cues of an instructor, you are in control when it comes to your pace. Whether you're new to indoor cycles ("spin bikes") or not, we will help you set up, get the wheels spinning, and enjoy a great workout!

PILATES YOGA STRETCH

This class aims to improve balance, strength, and flexibility using a combination of Pilates and yoga. This class is suited for all levels, especially those seeking a slightly slower and gentler pace.

YOGA

Feel better with yoga. A movement flow, with breathing and meditation, makes you healthier in body, mind, and spirit. Yoga lets you tune in, chill out, and shape up-- all at the same time! Of course, you can moderate to your own level.

ZUMBA®

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

AERODANCE

Aerodance is an aerobic dance class for 30 to 45 minutes of just aerobic fun. Don't worry about the steps, just have fun and laugh!

STRENGTH & STRETCH

After a brief warm-up we'll work on muscle strength -- with hand-weights, stretch bands, body weight and/or large exercise balls. Throughout, we also focus on stretching and flexibility, on the floor and/or standing - always an option. This 45-minute class is for all levels, from beginner to advanced — and promises a variety of inspiring background music - for all ages.

HIIT BOOTCAMP

Combining cardio and strength training, this class – offered once a week – will be all about changing it up! Muscle confusion is crucial to strength building, so whether we are using the TRX or the battle ropes, come to class excited to try new things!

ENHANCE FITNESS

Enhance Fitness is a 16-week fitness program focuses on fall prevention and arthritis management proven to help older adults become more active, energized, and empowered. The class will address the need for arthritis management in our community through lifestyle intervention. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood.

SIT & STRETCH

A forty-five minute class composed of a warm up for the muscles before stretching head to toe. Class is conducted while seated. Water breaks are offered and encouraged.



HEALTHY LIVING INSTRUCTORS

LAUREN ALBAUM

Cycle, bootcamp, strength, you name it, Lauren can teach it and have you working hard! You can find Lauren teaching in the evenings, early mornings and subbing whenever she can!

LOLLY DONATELLI

On the pool deck or in the studio, Lolly is a cross-over instructor who is able to teach members of all levels and abilities. You can find Lolly on Tuesday, Wednesday, Thursday and Friday teaching everything from Enhance Fitness to Aqua Aerobics, Sit & Stretch and more!

ERIN GRAY

During the spring, autumn and winter months, you can find Erin on the pool deck or in the studio teaching classes that range from bootcamps to fit/combo classes. In the summer, you can spot her at Camp K!

ANDY HAMBLETT

Pop in the pool on Tuesday and Thursday mornings bright and early for Andy's aqua class. Utilize the entire pool, socialize and get a great workout with our CEO!

MEAGAN HAMBLETT

Meagan Hamblett is our dynamic Total Body Challenge Fitness Instructor at the Y. With a passion for empowering individuals to reach their fitness goals, Meagan brings years of experience and expertise to every class. Her energetic and motivating approach inspires participants to push their limits, achieve results, and embrace a healthier lifestyle. Join Meagan for a transformative fitness journey that challenges your body and invigorates your spirit at our Y!

SARAH HYSON

Is it Zumba you're interested in? Then Sarah is your instructor. Monday, Friday and Saturday morning are reserved for dancing to incredible music with this seasoned instructor! Join Sarah (and soon to return, Monica!) for a workout that is bound to leave you sweaty and smiling.

SARA LENTZ

Relax and rejuvenate with Sara's Friday yoga flow class from 9:15-10:30am. This slowed-down class is formatted like a Yin-style and provides ample opportunities to build strength while stretching out.

ROMEY MAY

We're so lucky to have Romey teaching two times per week this spring; Mondays and Wednesdays! Join her for a balanced flow full of energy and positivity! Every class is unique; come check it out for yourself!

LORI MURRAY

Join Lori every Tuesday and Thursday for her back to back classes Pilates Yoga Stretch and Aerodance. Each class is built for all levels and is incredibly welcoming. Build core strength and flexibility in PYS and challenge your coordination in Aerodance each week.

LINDA OSBORN

One of our newest instructors, Linda, is energetic and thoughtful when prepping and planning her classes. Join Linda as she teaches Aerobics for All on Wednesdays as well as subs for Lolly, Erin and Caroline throughout the spring.

BRITTANY WARREN

Join Brittany as she subs this spring for some of Romey's yoga classes. She brings a calming presence to her classes; structuring her flow in a traditional way, yet bringing an individual approach to them.

DAVID WASHBURN

Meet David, the man in charge of teaching the community to swim. David started working at the Camp K and his love for kids and the community led him to the aquatic center. David teaches lessons to any age, any skill level and brings all kinds of fun and games to swimming to provide an all-encompassing swim program. David can also be seen teaching Aqua Aerobics Mondays and Tuesdays. His class is full of energy and all the excitement that comes from a passionate young instructor.

RACQUET SPORTS

SPRING SESSION: ADULTS

STROKE OF THE WEEK (TENNIS)

Tuesdays, 11:30am-12:30pm
\$10 Drop-In Fee (ends 5/21)

Take to the tennis courts to learn or improve a different stroke each week!

CARDIO TENNIS

Tuesdays, 5pm-6pm
\$10 Drop-In Fee (ends 6/4)

Join tennis pros to get a cardio workout in on the courts by playing games and drills!

PICKLEBALL: SKILLS & DRILLS

Wednesdays, 11am-12pm
\$10 Drop-In Fee (ends 5/29)

Work on skills and drills to either learn the game of pickleball, or to just get in some more practice!

LEARN TO PLAY PICKLEBALL

Saturdays, 11am-12pm (4/6, 5/4, 6/1)
FREE FOR MEMBERS

Learn to play is offered on the first Saturday of each month, led by Tennis Pro and Pickleball Instructor, Susan Kirby.

101 SUPERVISED PLAY (PICKLEBALL)

2nd, 3rd & 4th Saturday of each month
11am-12pm
April, May & June
\$10 Drop-In Fee

This class will be supervised play designed to prepare you for joining our beginner and social play hours at the Y. It's your opportunity to play with a seasoned player and to receive feedback on the game.

ADULT PICKLEBALL CAMP

June 3/4/5 (3.0 and Below)
June 10/11/12 (3.0 and Above)
10am-12pm
\$75/\$125

This camp will include instruction on all strokes, strategy and game play. Players will be grouped on drill courts with similar level participants. You will hit a lot of balls, meet new players, understand the game better and have a great time! You'll hit a ton of balls, work hard, meet new friends, and laugh a lot. You will leave camp with a new enthusiasm for the game and greater on-court self-confidence.

SPRING SESSION: YOUTH

PLAY (RED BALL)

Mondays & Wednesdays, 3:15pm-4pm
\$70/\$80/\$100

MIDDLE SCHOOL TOURNAMENT PLAYERS

Mondays & Wednesdays, 4pm-5pm
\$95/\$105/\$125

MIDDLE SCHOOL REC PLAYERS

Tuesdays & Thurs, 3pm-4pm
\$95/\$105/\$125

REACH (GREEN BALL)

Tuesdays & Thurs, 3pm-4pm
\$80/\$90/\$120

SPIN (ORANGE BALL)

Tuesdays & Thurs, 4pm-5pm
\$80/\$90/\$120

TENNIS SUMMER CAMPS: YOUTH

Join Chantalle on the tennis courts this summer! New and returning players will focus on technique, point play, and fun games. Tennis Camp at the High School Courts- indoors at the Y if raining.

RED, ORANGE & GREEN BALL CAMP

June 25-27 • 9am-10:30am
Ages: 12 and under
\$80/\$90/\$120

MIDDLE AND HIGH SCHOOL TENNIS CAMP

June 25-27 • 10:30am-12pm
Ages: High School & Middle School
\$80/\$90/\$120

RED, ORANGE & GREEN BALL CAMP

July 15-18 • 9am-10:30am
Ages: 12 and under
\$90/\$110/\$130

MIDDLE AND HIGH SCHOOL TENNIS CAMP

July 15-18 • 10:30am-12pm
Ages: High School & Middle School
\$90/\$110/\$130

MAY EXPERIENCES

EDIBLE ART

Ages: 6-12

Fridays, 3pm-3:30pm (5/10, 5/17 & 5/31)

Location: BRYMCA Annex

\$15/\$25/\$45

Participants will learn how to create fun, edible art using pre-made snacks.

ITTY BITTY NINJA WARRIOR

Ages: 3-5

Mondays, 4:30pm-5pm (5/6, 5/13 & 5/20)

Location: BRYMCA Annex

\$15/\$25/\$45

Come on down to the Annex and join Rudi for the Y adaptation of the critically acclaimed TV game series. Navigate obstacles, jump over hurdles and play problem solving games that will test your child physically and mentally.

ARCHERY WITH ADAM

Ages 10+

Mondays, 4:30pm-5pm (5/6, ,5/13 & 5/20)

Location: Camp K Archery Range

\$15/\$25/\$45

Join Adam at the Archery range down at Camp K! Learn everything you need to know to become a master archer. Kids will learn the different parts of the bow and arrow, as well as about safety in handling and using the equipment.

PEE WEE BASKETBALL

Ages: 4-6

Saturdays, 9am-9:30am (5/4-5/25)

Location: BRYMCA Gymnasium

\$20/\$30/\$50

Pee Wee basketball is back! Join Adam in the gym on Saturday mornings to fall in love with the game of basketball, practice simple skills, and play basketball related games/activities.

ROOKIES BASKETBALL

Ages: 7-12

Saturdays, 9:30am-10:30am (5/4-5/25)

Location: BRYMCA Gymnasium

\$20/\$30/\$50

This co-ed beginner league is for future basketball players to learn the fundamentals of the sport through practice and play on Saturdays. Healthy competition through the sport will help develop good sportsmanship.

TEEN FLOOR HOCKEY

Ages: 12+

Location: BRYMCA Gymnasium

Wednesdays, 2:30pm-3:30pm (5/1-5/22)

\$5 Members; \$10 Non Members

Join Rudi after school in the gym for a game of floor hockey! This is a fun way to unwind and play with friends in a controlled environment. All equipment is provided.

GARDEN & GROW

Ages 3-5

Mondays 9:30-10:00AM (5/6, 5/13 & 5/20)

Location: Winslow Community Room

\$15/\$25/\$45

Have you ever wanted to start a garden? Now is the time! We'll learn about different seeds and create our own potted plant to take home!



SPRING YOUTH PROGRAMMING

FAMILY BOOTCAMP (Downstairs Studio)

Tuesdays, 5pm-6pm

Ages: 5+

\$20/\$30/\$40

Bring the whole family! Join Rudi in the Downstairs studio for a great family workout. All exercise skills can be adapted to fit all ages.

FISHING WITH ADAM (Camp K)

Wednesdays, 4pm-5pm

Ages: 8-13

\$40/\$60/\$80

Whether you are new to fishing or an avid fisherman come and join Adam out on Lake Knickerbocker to learn about fishing or just relax and catch some fish!

HIGH ROPES / LOW ROPES (Baldwin Center)

Saturdays, 11am-12pm

Ages: 8-13

\$45/\$70/\$100

Join Rudi at Camp K Baldwin Center ropes course to learn the ropes! Learn to focus on team building, trust, and safety on our low and high ropes elements. So come down, hang out, and have fun.

GAMING CLUB (Ends May 31st)

(Winslow Community Room)

Thursdays, 3:30pm-4:30pm

Ages: 10-18

Free for Members; \$10/class Non Members

If you enjoy competitive video games or just enjoy playing video games in general. Come down to the Community Room where staff will have all kinds of video games from Smash Brothers to Fortnite!

NEW! ADVENTURES IN ART

Ages: 6-12

Tuesdays, 3pm-3:45pm

Location: Annex

\$50/\$60/\$80 per session

Join our creative Art Teacher, Gretchen, for weekly art activities and projects in the YMCA Annex. Participants will paint, color, and create in a supportive and encouraging environment.

NEW! ITTY BITTY MUSIC: Story & Dance

Wednesdays, 3pm-3:30pm

Ages 3-5

Location: Multi-Purpose Studio

\$30/\$40/\$60

Join Emily for a fun ½ hour of dancing and singing! Each class the group will enjoy a story and then participate in songs and dances. This class runs for 7 weeks.

VOICE CLASS

Ages 7-18

Wednesdays, 3:30-4:15

Location: Multi-Purpose Studio

\$50/\$60/\$80

Join Emily Mirabile for a weekly voice class. Participants will work on vocal technique in a group setting. Each student will be assigned a solo song (or two, depending on age) to work on through the session. At the end of the session each student will receive one private lesson with Emily prior to performing in a recital. The recital will be on Tuesday, June 11, location/time TBD.

NEW! RECYCLED ART

Ages 6-12

Thursdays, 3pm-3:45pm

Location: Annex

\$40/\$50/\$70

Students will use recyclables to create art and science projects in a safe and supportive environment.

NEW! STAGE MAKE-UP

Ages 11-14

Thursdays, 4pm-4:45pm (no class 5/23)

Location: Annex

\$50/\$60/\$80

Participants will learn make-up techniques and use these skills to create a new character or themed make-up plot each week. Students will do their own make-up as Imij leads the techniques and lessons for the week. Come join the fun with this new class!

SPRING YOUTH PROGRAMMING

NEW! LEGO MANIA

Tuesdays, 2:45pm-3:30pm

Ages 7+

Location: Winslow Community Room

Price: \$55/\$65/\$85

Join staff for 45 minutes of LEGO building, creating, challenges, and FUN! We will work on LEGO kits, free building, and group-work within our 45 minutes together.

NEW! ROLLER SKATING & BLADING

Fridays, 5pm-6pm (Last class 5/31)

Ages: ANY!

Location: BRYMCA Gymnasium

Price: \$50/\$60/\$80 for session & families

Join Zada in the gym on Friday nights to listen to music, skate around, and have tons of fun! Bring your own skates, blades or wheelies!. Zada will also be planning a game for folks to play throughout the hour to keep you on your toes.

NEW! DISC GOLF PUTTING PRACTICE

Fridays, 5pm-6pm (Last class 5/31)

Ages: 6+

Location: South Court

Price: \$50/\$60/\$80

Pop in and practice your putting on the tennis court! This is a self-guided practice time, but staff will ensure the baskets are set up each night for you to practice! We will place the baskets strategically each week so you can work around obstacles and different angles.

ITTY BITTY ARTS & CRAFTS

Tuesdays, 2:30pm-3pm (no class 5/23)

Ages: 3-5

Location: Annex

\$30/\$40/\$60

Come have a fun time in the annex as participants create weekly crafts and learn basic art techniques.

NEW! INTRODUCTION TO GERMAN

Thursdays, 4pm-4:30pm (Last class 5/31)

Ages: 6+

Location: Royall Community Room

Price: \$50/\$60/\$80

Learn basic German with Erin once a week! We will start with numbers and colors, and then progress to manners, places in the home, and more if we have time! Maximum 5 students.

NEW! INTRODUCTION TO COMPUTER BUILDING

Wednesdays, times listed below

Ages: 11-18 (limit of 8 students)

Location: Winslow Community Room

Price: \$50/\$75/\$100

May 1, 2pm-3pm

In this session, learn about the different components that make up a PC, their importance, and variance.

May 8, 2pm-4pm

Physically build the computer, proper safety procedures, and the "do's & do not's"

May 15, 2pm-3pm

Setting up an Operating System, installing required drivers, and other software.

May 22, 2pm-3:30pm

Cool customizations, Q&A, and generic preventative maintenance.

NEW! SWIM TEAM EXTENSION PROGRAM (STEP)

Mondays & Thursdays

Ages 9+, 4:30pm-6pm

Ages 6-8, 5pm-6pm

Price: \$40/\$80

Join volunteer coaches this session to continue working on your swimming technique and endurance. This class is designed for swimmers who were on the Dolphin Swim team this season to help them improve throughout the off-season.



SPRING ADULTS PROGRAMS & CLASSES

ADULT INTRAMURAL: VOLLEYBALL

Wednesdays, 6:30pm-8:30pm

Ages 18+

Location: BRYMCA Gymnasium

\$20/Session

Calling all adults, come join us for some fun! We are beginner friendly so come on down to the Y's gym for good competition with great people. This will be league play and be broken up into teams.

ZUMBA (SARAH & MONICA)

Mondays & Fridays, 8-9am (Downstairs Studio)

Saturdays, 8:30am-9:30am (Multi-Purpose Studio)

FREE

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

AQUA COMBO (Emery Pool)

Monday/Wednesday/Friday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Come make a splash and form relationships with participants and instructors!

AQUA BOOTCAMP (Emery Pool)

Tuesday/Thursday, 5:15pm-6pm

\$25/\$50

Join Erin for a water workout in the lap pool. Classes focus on toning, cardio, flexibility, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style, as well as traveling the length of the pool. Ideal for folks coming out of work to get a sweat on before heading home for the evening!

AQUA FIT (Emery Pool)

Tuesday/Thursday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Traveling the length of the pool may be planned. Come make a splash and form relationships with participants and instructors!

FAMILY BOOTCAMP (Downstairs Studio)

Tuesdays, 5pm-6pm

Ages: 5+

\$20/\$30/\$40

Bring the whole family! Join Rudi in the Downstairs studio for a great family workout. All exercise skills can be adapted to fit all ages.

CYCLE BOOTCAMP (begins 4/22)

Mondays, 5:30pm-6:15pm

Location: Cycle Studio

\$20/\$40

A mix of indoor cycling, strength, core and more! Join Lauren Albaum as she challenges you with heart-pumping moves to strengthen your entire body. All levels are welcome.

NEW! ROLLER SKATING & BLADING

Fridays, 5pm-6pm (Last class 5/31)

Ages: ANY!

Location: BRYMCA Gymnasium

Price: \$50/\$60/\$80 for session & families

Join Zada in the gym on Friday nights to listen to music, skate around, and have tons of fun! Bring your own skate, blades or wheelies and a positive attitude. Zada will also be planning a game for folks to play throughout the hour to keep you on your toes.

NEW! DISC GOLF PUTTING PRACTICE

Fridays, 5pm-6pm (Last class 5/31)

Ages: 6+

Location: South Court

Price: \$50/\$60/\$80

Pop in and practice your putting on the tennis court! This is a self-guided practice time, but staff will ensure the baskets are set up each night for you to practice! We will place the baskets strategically each week so you can work around obstacles and different angles.

AQUA STRETCH & BALANCE (Therapy Pool)

Tuesday/Thursday, 8:50am-9:30am

\$25/\$50

Pop into the therapy pool once a week to stretch, tone, and work on balance coordination with Lolly. This class immediately follows Aqua Combo on Wednesday mornings, so it's a perfect time to get a double workout!

SUMMER ADULTS PROGRAMS & CLASSES

ADULT INTRAMURAL: VOLLEYBALL

Wednesdays, 6:30pm-8:30pm

Ages 18+

Location: Russell Gymnasium

\$20/Session

Calling all adults, come join us for some fun! We are beginner friendly so come on down to the Y's gym for good competition with great people. This will be league play and be broken up into teams.

ZUMBA (SARAH & MONICA)

Mondays & Fridays, 8-9am (Downstairs Studio)

Saturdays, 8:30am-9:30am (Multi-Purpose Studio)

COST: FREE

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

AQUA COMBO (Emery Pool)

Monday/Wednesday/Friday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Come make a splash and form relationships with participants and instructors!

ADULT SUMMER PICKLEBALL CAMP

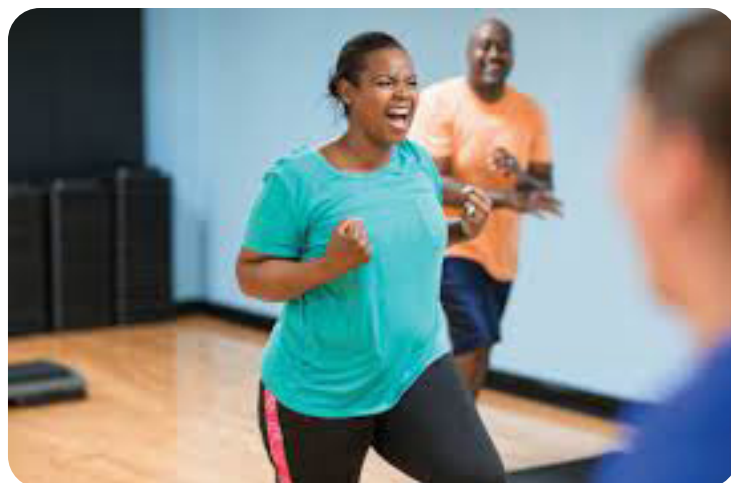
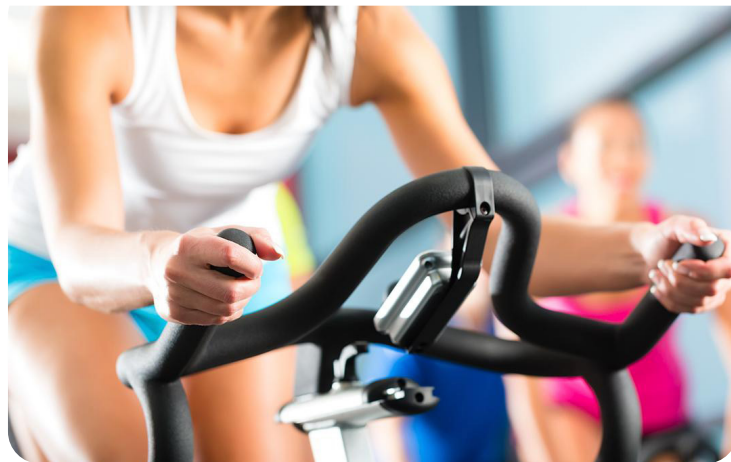
June 3/4/5 (3.0 and Below)

June 10/11/12 (3.0 and Above)

All 3 Days: Member \$75 and Non-Member \$125

Location: South Court

This camp will include instruction on all strokes, strategy and game play. Players will be grouped on drill courts with similar level participants. You will hit a lot of balls, meet new players, understand the game better and have a great time! You'll hit a ton of balls, work hard, meet new friends, and laugh a lot. You will leave camp with a new enthusiasm for the game and greater on-court self-confidence.



CAMP K FUND

SUPPORT CAMP K FAMILIES!

Camp K is a vital summer program for children providing opportunities to learn, grow, thrive, and build meaningful relationships. Every child deserves that feeling-- a sense of belonging, respect, and the knowledge that they have a safe space to let their creativity run free.

Like all of the programs at the YMCA, Y camps are available to all, regardless of a family's ability to pay. Every year, **over 60% of our campers receive a range of financial assistance.** The Y is able to provide financial aid through donations to this important and impactful program.

As parents, grandparents, campers, board members, former counselors and staff, we can attest to the benefits of a thriving Camp K program and are **grateful for the generosity from the community.**

As we enroll children for camp this coming summer, we are asking the community to support the Camp K Fund in order to know how much financial aid will be available to working families and those in need; **we are committed to welcoming every child and not turning anyone away for an inability to pay.**

Last year, we awarded 315 camper weeks and an additional 238 camper weeks for our Y-Arts summer camp.

- \$2,040 sends a child to camp for the entire summer!
- \$1,040 underwrites one month of scholarship for one child
- \$540 sponsors two weeks of Specialty Camp
- \$440 sponsors one week of Adventure Camp
- \$240 pays for two weeks of a Y-Arts Junior Musical

With our gratitude, The Camp K Fund Ambassadors

Alan, Brady & Violet Baldwin, Sarah, Jon & Neal Baldwin, Rudi Bottse, The Frascella Family, The Goldman-Manjourides Family, Emily & David Goodwin, Erin Gray, Jen Gregory, Trish & Mike Harrison, Ben & Emmy Hodgdon, Caleb Hodgdon, Sarah Hodgdon, Marily Kerney, co-chair, Suzanna McVey, co-chair, Alexa Panagore, Kate & Matt Rice & Family, Judy Ryan, Lindsey Senecal, Adam Taylor, Neal & Mary Verge, Hannah & Kaylee Wayda

Every gift makes an impact, please consider a gift today!

Email Allyson Goodwin, agoodwin@brymca.org

Please note: these gifts support Camp K directly and are separate from the BRYMCA Annual Fund and the A Greater Impact campaign gifts. All are tax-deductible.

If you would like to support the Y's Camp K Fund, you can donate online or mail a check to Boothbay Region YMCA Knickerbocker Fund, P.O. Box 500, Boothbay Harbor, ME 04538.



FACILITY RENTALS

The Y offers several rental options of various rooms within our facility, subject to availability.

FM= Family Member

M= Member

NM= Non Member

MEETING/PARTY ROOM RENTALS

Winslow Community Room (Main Level)

FM \$50/hour; M \$75/hour; NM \$100/hour

Located in the lower level of the Y, this room is perfect for business meetings, corporate training, large group meetings, seminars or family events including baby showers, bridal showers, graduations, first communions and confirmations.

Accommodations: Wi-Fi; 85" Smart TV
Full-room rental—seats up to 32 people

Emery Community Room (Upstairs)

FM \$50/hour; M \$75/hour; NM \$100/hour

Located on the second level of the Y, this space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

Accommodations: Wi-Fi
Full-room rental - seats up to 24 people

Barker Conference Room (Upstairs)

FM \$50/hour; M \$75/hour; NM \$100/hour

Minimum 2 hour rental

Located on the second level of the Y, this space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

Accommodations: Wi-Fi
Full-room rental - seats up to 10-12 people

Interested in renting space at the Y?
Connect with Trevor, ttibbetts@brymca.org

Interested in renting space at Camp K?
Connect with Erin, egrays@brymca.org

BIRTHDAY PARTIES

Pool & Royall Community Room

FM \$150; M \$175; NM \$200

Looking for a great place to celebrate your child's birthday? Contact David Washburn, dwashburn@brymca.org

Want to add on the Key Log Rolling experience? Add \$50 to your rental!

CAMP KNICKERBOCKER

Unavailable June–August

Looking for a unique place to hold a family event, or a birthday party? A set-up and cleaning deposit of \$500 is required for use of full facility rental. Contact Erin Gray, egrays@brymca.org

McEvoy Lodge

FM \$50/hour; M \$75/hour; NM \$100/hour

Enjoy the McEvoy Lodge for indoor space for meetings, parties, and more! Maximum 50 people.

Waterfront

FM \$250/hour; M \$275/hour; NM \$450/hour

Enjoy the waterfront for either boating or swimming. Rentals depend on number of lifeguards required.

Baldwin Center Low-Ropes Course

FM \$250/hour; M \$275/hour; NM \$450/hour

The low-ropes course is designed for teamwork and team building. Whale watch, peanut butter pit and porthole are popular elements! Maximum 12 participants; extra people will be an additional \$20/person.

Baldwin Center High-Ropes Course

FM \$350/hour; M \$375/hour; NM \$550/hour

The high-ropes course is designed for teamwork and team building on a higher level, so to speak. Zip line, rock wall and burma bridge are favorites! Maximum 12 participants; extra people will be an additional \$20/person.

WE'RE HIRING!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FULL TIME Aquatic Aide

Join the team FULL TIME as an Aquatic Aide-- this position is a 40-hour a week plus benefits and paid time off. Must be or willing to train to be a certified American Red Cross lifeguard. Other training opportunities include group exercise instructor, swim lesson instructor, certified pool operator, and/or lifeguard instructor. Interested or have questions? E-mail David Washburn for details at dwashburn@brymca.org or call 207-633-2855 ext. 251.

PART TIME Lifeguards & Swim Instructors

This part time position is intended for someone interested in lifeguard or swim lesson hours at the pool. We are willing to train the right person, considering they can pass the pre-course for lifeguarding. This position's hours are flexible-- pick up one shift a week, or a shift each day! Interested or have questions? E-mail or call David Washburn at dwashburn@brymca.org or 207-633-2855 est. 251.



More Information: boothbayregionymca.org/careers

COMMITMENT TO ACCESS FOR ALL

The Boothbay Region YMCA is committed to evolving our understanding of the diversity in our community and seeks to eliminate barriers that prevent the full participation of people most impacted by inequity.

By prioritizing diversity, equity, inclusion and belonging, we provide a welcoming environment where everyone feels that they belong. We will focus on providing access to the Y for everyone in our community.

We commit to ensuring that everyone has the opportunity to learn, grow, and thrive and reach their full potential with dignity while feeling valued, respected, and appreciated. We denounce any form of hate, discrimination, or oppression and work to educate members of our community about the importance of diversity, equity, inclusion, and belonging.