



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROGRAM GUIDE

## FALL 1

REGISTER  
ONLINE TODAY!  
[sanfordymca.org](http://sanfordymca.org)

FALL 1 SESSION: SEPTEMBER 14 - OCTOBER 24, 2020



### SANFORD-SPRINGVALE YMCA

1 Emile Levasseur Drive Sanford ME 04073 | 207-324-4942 | [www.sanfordymca.org](http://www.sanfordymca.org)



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## What's Inside:

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**Scholarships are available for membership and program fees. FMI contact the Y.**

### Contact Us:

#### SANFORD-SPRINGVALE YMCA

1 Emile Levasseur Drive, PO Box 249  
 Sanford, ME 04073  
 (P) 207 324 4942  
 (F) 207 636 8046  
 (W) [sanfordymca.org](http://sanfordymca.org)  
 (O) Facebook | Twitter | Instagram

### Hours of Operation:

Monday - Friday 5:00 am - 8:00 pm  
 Saturday 8:00 am - 12:00 pm  
 Sunday CLOSED

YMCA CLOSED: Labor Day, Thanksgiving, closing at Noon Christmas Eve, Christmas, closing at 3pm New Years Eve, New Years Day

### Leadership Team:

Andy Orazio	CEO/Executive Director	<a href="mailto:aorazio@sanfordymca.org">aorazio@sanfordymca.org</a>
Merilee Perkins	Senior Program Director	<a href="mailto:mperkins@sanfordymca.org">mperkins@sanfordymca.org</a>
Sara Merrill	Finance & HR Director	<a href="mailto:smerrill@sanfordymca.org">smerrill@sanfordymca.org</a>
Jen Fenderson	Membership Director	<a href="mailto:jfenderson@sanfordymca.org">jfenderson@sanfordymca.org</a>
Matthew Ouellette	Youth & Family Services Director	<a href="mailto:mouellette@sanfordymca.org">mouellette@sanfordymca.org</a>
Shannon Robinson	Marketing & Communications Director	<a href="mailto:srobinson@sanfordymca.org">srobinson@sanfordymca.org</a>
Ali Fair	Aquatics Director	<a href="mailto:afair@sanfordymca.org">afair@sanfordymca.org</a>
Robin Bibber	YMCA Trafton Center Director	<a href="mailto:rbibber@sanfordymca.org">rbibber@sanfordymca.org</a>
Chris Caswell	Facilities Director	<a href="mailto:ccaswell@sanfordymca.org">ccaswell@sanfordymca.org</a>



Our Swim Levels Are	Parent/Child	Beginner		Intermediate	Advanced	
	A/B	1	2	3	4	5
	Water Discovery/ Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development
CLASS TIME	AGE	DAY	START	END	MEMBER	
<b>6 months-3 years (Parent or guardian needs to be in the water with swimmer)</b>						
Parent & Child	6mo-3years	M	10:00 am	10:30 am	\$30	
<b>3 years-6 years (Parent or guardian needs to be in the water with swimmer)</b>						
Time Slot 1	3 - 6 years	T	10:00 am	10:30 am	\$30	
<b>Homeschool Assisted Lessons (Parent or guardian needs to be in the water with swimmer)</b>						
Time Slot 1	5 + years	W	10:00 am	10:45 am	\$30	
Time Slot 2	5 + years	Th	10:00 am	10:45 am	\$30	
<b>Homeschool Independent Lessons</b>						
Time Slot 1		W	11:00 am	11:45 am	\$30	
Time Slot 2		Th	11:00 am	11:45 am	\$30	

**\*This is a 6 week program session. At this time we have made the decision to postpone the start of our general swim lessons until the next session. We would like to give families the time to adjust to the new school structure. When planning lessons next session, school +schedules and state pool safety guidelines will be taken into consideration. We thank you for your understanding as we continue to navigate and provide as many program opportunities as possible.**

# SWIM LESSONS





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MAKING WAVES,  
**FRIENDS**  
& MEMORIES

## TITANS SWIM TEAM

For kids looking to join a competitive swim program, the Y is ideal. Our experienced coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level. Registration is open, register today! Registration forms can be found online at [sanfordymca.org](http://sanfordymca.org)



FMI contact Aquatics Director, Ali Fair at [afair@sanfordymca.org](mailto:afair@sanfordymca.org)

CLASS	INSTRUCTOR	DAY	START	END	MEMBER
Aqua Fit	Christina	M/W/F	9:00am	9:45am	\$45
Aqua Fit	Thayi	T/Th	7:00pm	7:45pm	\$30
Aqua Fit	Thayi	SAT	8:00am	8:45am	\$15

Aqua fitness is a low impact, full body workout intended to strengthen muscles and improve overall cardio endurance. Exercise modifications will be offered for all fitness levels and may include the use of buoyant water weights. Classes will be held in designated spaces appropriately distanced. Individuals must be willing to duck under lane lines to get to there personal space. Music and fun included.

CLASS	INSTRUCTOR	DAY	START	END	MEMBER
Hydro Fit	Merilee	T/Th	9:00am	9:45am	\$30

This class incorporates all of the components of other aqua fitness classes in a more progressive fashion. Participants work on low impact or high impact as desired. The supportive environment provides a great exercise program for active older adults, pregnant women, overweight and inactive individuals, and those recovering from injury.

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER
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## YOGA

HATHA YOGA	Betsy Baker	16+	T	5:30pm	6:30pm	All	\$30
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HATHA YOGA	Betsy Baker	16 +	F	10:30 am	11:30 am	All	\$30
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Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. Self-acceptance and care are encouraged in this non-competitive class. No Class New Year's Eve

## PILATES

PILATES-MAT	Hassina Taylor	16+	Th	10:45am	11:30am	Beginner	\$30
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PILATES - MAT	Merilee Perkins	16+	T	10:15 am	11:15 am	Int/Adv	\$30
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PILATES - MAT	Merilee Perkins	16+	W	6:00 am	7:00 am	Int/Adv	\$30
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This is the STOTT Pilates® method paying special attention to each student's form. Special breathing relieves stress and promotes adequate oxygen flow to muscles for a strong core. Each class is different and includes props such as large stability balls, foam rollers, fitness circles, and bands. Improve body awareness while challenging strength and endurance levels. This is a total body workout designed to build endurance, enhance flexibility, and strengthen muscles using carefully selected exercises to help stretch and lengthen the body.

## MARTIAL ARTS

TAI CHI KUNG FU FUSION	Si Fu Craig Taylor 2nd Degree Black Belt	16+	T	5:30pm	6:30pm	All	\$30
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This class is an integration of Tai Chi and Kung Fu, the fusion of internal and external. Invigoration mind-body movements using forms of both disciplines combined with energy work and meditation make this class a true fitness experience.