



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Spring I Program Guide

Session Dates:

4/21 - 6/8

Member Registration:

4/8

Non Member Registration:

4/10



STEPPING INTO SPRING



FOR YOUTH DEVELOPMENT®
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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
(O) Facebook | Twitter | Instagram

Hours of Operation:

Monday - Friday 5:00 am - 9:00 pm
Saturday 7:00 am - 6:00 pm
Sunday 8:00 am - 4:00 pm*
*Beginning 9/9

Leadership Team:

Andy Orazio	CEO/Executive Director	aorazio@sanfordymca.org
Merilee Perkins	Senior Program Director	mperkins@sanfordymca.org
Sara Merrill	Finance & HR Director	smerrill@sanfordymca.org
Jen Fenderson	Membership Director	jfenderson@sanfordymca.org
Matthew Ouellette	Youth & Family Services Director	mouellette@sanfordymca.org
Sarah Lavoie	Marketing Director	slittlefield@sanfordymca.org
Tate Warden	Aquatics Director	twarden@sanfordymca.org
Robin Bibber	YMCA Trafton Center Director	rbibber@sanfordymca.org
Chris Caswell	Facilities Director	ccaswell@sanfordymca.org



Simplifying Swim Lessons:

Swimmers will be placed into classes during the first lesson and will receive report cards at the end of the lessons showing progress and standard level placement. Except where specified, parents may sign up for a time slot that works for them regardless of swim level. When swim level is indicated please register for that class **ONLY** if your child fits within that level.

Our Swim Levels Are	Parent/Child	Beginner		Intermediate	Advanced	
	A/B	1	2	3	4	5
	Water Discovery/	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development

CLASS TIME	AGE	DAY	START	END	MEMBER	NON-MEMBER
Monday AM Swim Lessons						
Parent & Child	6mo-3years	M	10:10 am	10:40 am	\$30	\$100
Beginner (1 or 2)	3 - 12 years	M	10:45 am	11:15 am	\$30	\$100
Monday PM Swim Lessons						
Parent & Child	6mo-3years	M	5:00 pm	5:30 pm	\$30	\$100
Time Slot 1	3 - 12 years	M	5:35 pm	6:05 pm	\$30	\$100
Time Slot 2	3 - 12 years	M	6:10 pm	6:40 pm	\$30	\$100
Time Slot 3	3 - 12 years	M	6:45 pm	7:15 pm	\$30	\$100
Wednesday PM Swim Lessons						
Time Slot 1	3 - 12 years	W	5:35 pm	6:05 pm	\$30	\$100
Time Slot 2	3 - 12 years	W	6:10 pm	6:40 pm	\$30	\$100
Time Slot 3	3 - 12 years	W	6:45 pm	7:15 pm	\$30	\$100

HOMESCHOOL SWIM						
HOMESCHOOL	5+ years	TH	11:00 am	12:00 pm	\$30	\$50
Special class designed for homeschoolers and their families. Earn physical education credit. Includes 30 minute open swim after lesson.						

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 and endurance, and to promote a healthy lifestyle. Swimmers ages 6 to 18. Swimmers must be Y members to participate. Season runs April-July, Full and Partial season rates available!



Team	Practice Days	Practice Time	Start Date
White Team	Tues & Thurs	5:30pm to 6:30pm	Full Season April 30th -July 23rd, 2019 Half Season A—April 30th—June 14th Half Season B—June 11th—July 19th Full
Junior B	Monday, Wednesday & Thursday	5:30pm to 6:30pm	Full Season April 30th -July 23rd, 2019 Half Season A—April 30th—June 14th Half Season B—June 11th—July 19th
Junior A	Mon thru Thurs	4:00pm to 5:30pm (when school is in session) 6:30-8:00 AM (Once School is out)	Full Season April 30th -July 23rd, 2019 Half Season A—April 30th—June 14th Half Season B—June 11th—July 19th
Senior	Mon thru Friday	4:00pm to 5:30pm (when school is in session) 6:30-8:00 AM (Once School is out	Full Season April 30th -July 23rd, 2019 Half Season A—April 30th—June 14th Half Season B—June 11th—July 19th
Dryland	Monday—Thursday	Senior and Junior A 3:00—3:45 PM 8:15-9:15 AM (When school is out)	June 17th (tentative)-July 15th, 2019



Team	Full	Partial
White (new swimmers ages 10 & under)	\$185	\$130
Junior B (ages 9-10 + Swimming Ability)	\$210	\$150
Junior A (ages 11-14 + Swimming Ability)	\$175	\$245
Senior	\$285	\$200

New swimmers must be evaluated to find the team that best fits both their age and unique swimming ability. To schedule an evaluation contact Aquatics Director/Head Coach Tate Warden at twarden@sanfordymca.org

YOUTH PROGRAMS

YOUTH FITNESS

KUNG FU KIDS	Si Fu Craig Taylor	5 - 7 years 8 - 12 years	T	6:30 pm	7:15 pm	\$30	\$140
	2nd Degree Black Belt			6:45 pm	7:30 pm		

This high energy, skills-based class provides children the opportunity to explore their individuality through the development of skills such as teamwork, memory, coordination, self-control, and self-discipline. Instructor reserves the right to place a student according to skill rather than age. The two classes will overlap for 30 minutes for skills and conditioning appropriate for all.

TAE KWON DO	Rufilo Lawrance	8 - 12 years	W	6:30 pm	7:15 pm	\$30	\$140
	4th Degree Black Belt			6:30 pm	7:15 pm		

Tae Kwon Do is a Korean Martial Art that promotes a healthy mind and body through vigorous mental and physical exercise. This class provides a unique and challenging opportunity for youth to have fun while getting a great workout. Students will develop flexibility, strength, and endurance, while also increasing self-esteem through a focus on respect, concentration, and self-discipline.

YOUTH ART

KIDS' PAINT NIGHT	Amy Lapham	6 - 12 years	MAY 10	6:00 pm	8:00 pm	\$20	\$20
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Pack a snack and be ready to have fun with paints. Call to register. Space is limited.

YOUTH CERTIFICATION COURSES

SafeSitter™ BABYSITTING COURSE	Jen Fiandaca	11 - 15 yrs	MAY 17	3:30 pm	8:30 pm	\$55	\$55
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SafeSitter™ BABYSITTING COURSE	Jen Fiandaca	11 - 15 yrs	JUNE 14	3:30 pm	8:30 pm	\$55	\$55
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The mission of Safesitter™ is to provide life drills, safety skills, and child care training to youth in order to build safer communities. Course content includes: indoor and outdoor safety, child care routines and behavior management, injury prevention and management, choking rescue and basic CPR. Students receive an official Safesitter™ handbook and completion card.

YOUTH MOVEMENT CLASSES

LITTLE MOVERS	Samantha Brink	1 ½ -3 yrs	SAT	9:30 am	10:30 am	\$26	\$140
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This experience is designed to provide your child opportunities to explore fun activities, enhance their social skills, and practice our core values of honesty, respect, responsibility and caring, Your child will get the chance to sing, dance, tumble and giggle. Activities are geared for you and your child to do together, supporting your healthy family. **6 WEEK SESSION BEGINS MAY 4th



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APRIL ADVENTURES AWAIT!

School Vacation Camp Grades K-6



Let the Y provide you with the most engaging school vacation experience in the area! We will fill your child's week with fun and adventure as they explore new places, engage in favorite activities, and experience new things. This exciting NEW opportunity will allow your child to make the most of their school vacation!

April 15 - April 19 Schedule of Adventures

Monday:	Wells Reserve @ Laudholm 9:30-11:30 Splash Party @ YMCA 2-3
Tuesday:	Rock & Glow Bowling @ BOWL-A-RAMA 9:30 - 11:30 Splash Party @ YMCA 2-3
Wednesday	Rolling Through Wednesday @ Happy Wheels 9:45-11:45 Picnic In The Park - Deering Oaks Park & Playground
Thursday	YMCA Amazing Race Sanford Springvale YMCA Edition Splash Party @YMCA 2-3pm
Friday	Bounce into the Weekend! XL Sports Bounce Zone! Little League Park Playground Adventure



ADULT HEALTH & WELLNESS

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
YOGA & MEDITATION								
HATHA YOGA	Betsy Baker	16 +	T	5:45 pm	7:00 pm		\$30	\$140
			F	10:30 am	11:30 am	All	\$30	\$140
Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. Self-acceptance and care are encouraged in this non-competitive class. **APRIL 29-JUNE14**								
FLOW YOGA	Betsy Baker	16 +	W	5:45 pm	7:00 pm	All	\$30	\$140
Use breathing and various yoga poses to release tension, build strength and stretch muscles. Open to all levels and students are encouraged to work to their "edge". Classes end with a deep breath relaxation period, leaving you energized and refreshed. **APRIL 29-JUNE 14**								
PILATES								
PILATES - MAT	Merilee Perkins	16+	T	10:15 am	11:15 am	Int/Adv	\$30	\$140
PILATES - MAT	Merilee Perkins	16+	W	6:00 am	7:00 am	Int/Adv	\$30	\$140
PILATES- MAT	Hassina Taylor	16+	TH	10:15am	11:00am	Beg	\$30	\$140
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.								
CERTIFICATIONS								
FIRST AID/CPR/AED	Tate Warden	15+	ONGOING	N/A	N/A	N/A	\$45	\$45
Take online certification course in the comfort of your own home and test out in person at the YMCA! Successful completion results in a 2-year certification. Email twarden@sanfordymca.org .								
LIFEGUARD COURSE	Tate Warden	15+	APRIL 30TH	5:30pm (Pre requisites)			\$200	\$250
			MAY 3RD	5:30pm-9pm				
			MAY 4-5	9am-3pm				
LIFEGUARD RECERT	Tate Warden	15+	APRIL 30TH	5:30pm (Pre requisites)			\$100	\$150
			MAY 3RD	5:30pm-9pm				
			MAY 4-5	9am-3pm				
Gain the skills and certifications necessary to save lives in this Blended Learning Course. Participants must be able to swim 300 yards and pass an underwater brick test prior to the course. This course has both in class and online portions. All online portions MUST be completed in order to pass this course. FMI please contact Tate Warden at twarden@sanfordymca.org								

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
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MARTIAL ARTS

TAI CHI	Si Fu Craig Taylor 2nd Degree Black Belt	12 +	T	7:30 pm	8:30 pm	All	\$30	\$140
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Discover the benefits of this ancient form of martial arts practiced for the purposes of health and longevity that will improve balance, agility, strength, relaxation, and coordination. A practice that emphasizes breathing and slow movements as a type of moving meditation.

KUNG FU	Si Fu Craig Taylor 2nd Degree Black Belt	12+	F	6:30 pm	7:30 pm	All	\$30	\$140
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This martial arts discipline emphasizes conditioning, flexibility, and self-defense skills. The class utilizes traditional training methods designed to develop a sound mind and body. A variety of stances, kicks, and strikes are practiced individually and then combined with hand forms for natural, fluid reactions. Exercise drills will develop speed, power, endurance, flexibility, and balance.

PERSONAL FITNESS & HOLISTIC HEALTH

PERSONAL TRAINING	Y Personal Trainers	16+	Contact Merilee Perkins			All	Individual \$40/hr	Partner Training \$60/hr
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Work with a certified personal trainer to maximize your fitness potential. One-on-one personal training gives you the education, motivation and confidence to execute a program designed for you. Sessions are one hour. Lower rates for purchase of 6 or more sessions.

BODY COMPOSITION ANALYSIS	Merilee Perkins	16 +	Contact Merilee Perkins			All	FREE	N/A
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This analysis will provide you with a point of reference for future comparison. Measurements are weight, girth circumference, body mass index and percent of body fat using skin fold calipers or bio-electrical impedance analyzer. FMI contact Merilee Perkins at mperkins@sanfordymca.org

ARTS

PAINT NIGHT	Amy Lapham	12+	JUNE 14	7:00 pm	9:00 pm	ALL	\$20	\$20
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Spend two hours with a local artist laughing and painting your own masterpiece. Bring your own non-alcoholic beverages and snacks. Call to register. Space is limited.

ADULT AQUATICS



CLASS NAME	INSTRUCTOR	AGE	DAYS	START	END	MEMBER	NON - MEMBER
WATER FITNESS							
	Thayi Lim		T/Th	7:00 pm	8:00 pm	\$30	\$140
AQUA FIT	Candy Smith	16 +	M/W/F	9:00 am	10:00 am	\$45	\$150
<p>This medium-to-high intensity workout makes use of the deep and shallow ends of the pool. Use the water as resistance with a combination of no-impact aerobics, interval and strength training, and flexibility/ROM exercises. Flotation belts support the body in deep water while kick boards, balls, noodles and dumbbells enhance strength training. A great cardio, core-satisfying, full body workout.</p>							
HYDRO FIT	Merilee Perkins	16 +	T/Th	9:00 am	10:00 am	\$30	\$140
<p>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.</p>							
MASTER SWIM TEAM							
	Tate Warden	18+	Visit sanfordymca.org/masters-swim-team				
<p>Improve your overall fitness, swim just for fun, develop better technique, or train for pool or open water swim events with Masters Swim! Open for everyone from beginners to advanced swimmers. Practice is 12:00- 1pm M -Th Session runs Oct-Mar Members \$200 Non-Members \$45</p>							
ADULT LEARN TO SWIM LESSONS							
<p>Its never too late to learn to swim! From nervous ankle waders to shallow end swimmers this class will help you develop comfort in the water and gain the skills necessary to build confidence in the pool. Members- \$30 Non-Members \$140</p>							
Friday AM	10:10am-10:50am		Friday PM		5:00pm-5:40pm		
PRIVATE/SEMI-PRIVATE SWIM LESSONS							
PRIVATE SWIM	1:1 instruction for 30 minutes. For any age or skill level.					\$20	\$40
SEMI - PRIVATE	1:2 instruction for 30 minutes. For any age or skill level. Cost is for 2 swimmers.					\$30	\$60

SPECIAL EVENTS:

WHAT'S HAPPENING AT THE Y?



CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
SPECIAL EVENTS								
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Spend two hours with a local artist laughing and painting your own masterpiece. Bring your own non-alcoholic beverages and snacks. Call to register. Space is limited. \$20 per participant.								
KIDS PAINT NIGHT	Amy Lapham	6-12yrs	MAY 10	6:00pm	8:00pm	All	\$20	\$20
Pack a snack and be ready to have fun with paints. Call to register. Space is limited.								
SafeSitter™ BABYSITTING COURSE	Jen Fiandaca	11-15yrs	MAY 17 JUNE 14	3:30 pm	8:00 pm	All	\$55	\$55
The mission of Safesitter™ is to provide life drills, safety skills, and child care training to youth in order to build safer communities. Course content includes: indoor and outdoor safety, child care routines and behavior management, injury prevention and management, choking rescue and basic CPR. Students receive an official Safesitter™ handbook and completion card.								
GOLF TOURNAMENT	N/A		JUNE 21	9:00 AM	4:00 pm	All		See desk for more info
Tee off for a great cause. Our 28th Annual golf tournament will benefit our Annual Giving Campaign and will raise money for our financial assistance program. Spaces fill up fast, register your team today! Ask the Welcome Center for more information.								
HEALTHY KIDS DAY	N/A		APR 27	11:00am	6:00pm	All		FREE to the community
Charge into summer with Healthy Kids Day at the Y! Enjoy family-friendly fun including games, crafts, snacks, music and more from 11am-2pm and public swim from 2pm-6pm!								
STEPPING OUT FOR SENIORS	N/A	ANY	MAY 5	9:00am	1:00pm	All		\$10 to walk
Join us Saturday May 4th as we walk to benefit the YMCA Trafton Senior Center. Proceeds from the walk make a difference in the lives of older adults right here in our community! Walk begins and ends at the Trafton Center at 19 Elm Street. Registration begins at 8am walk begins at 9am.								