

FITNESS FRIENDSHIPS FUN FOR ALL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GRAND OPENING
OF EXPANSION
SPACE COMING
SEPTEMBER 2017!

Summer Program Guide SANFORD-SPRINGVALE YMCA

SUMMER SESSION: June 19—Aug 19
****Session varies by program****
Fall I Session Begins Sept 5

Member registration begins June 5
Non - member registration begins June 7

CELEBRATING

75
Years

STRENGTHENING COMMUNITY
1941 - 2016



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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 CLOSED

Holiday Hours:

Closed on July 4th and September 4th

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
Sari Hazzard	Marketing Director	shazzard@sanfordymca.org
Matthew Ouellette	Youth & Family Services Director	mouellette@sanfordymca.org
Sarah Littlefield	Aquatics Director	slittlefield@sanfordymca.org
Tate Warden	Titans Coach	titanscoach@sanfordymca.org
Thea Murphy	YMCA Trafton Center Director	tmurphy@sanfordymca.org
Chris Caswell	Facilities Director	ccaswell@sanfordymca.org

YOUTH AQUATICS

NEW: Summer swim lessons will be offered in condensed 2 week M, T, W, Th sessions throughout the summer.

Session 1: 6/19—6/30

Session 2: 7/10—7/21

Session 3: 7/31—8/11



CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
PARENT & CHILD LESSONS						
PCA	6 months - 3 years	M-Th	10:00 am	10:30 am	\$34	\$114
PCA/PCB	6 months - 3 years	M-Th	5:00 pm	5:30 pm	\$34	\$114
PCB	6 months - 3 years	M-Th	10:35 am	11:05 am	\$34	\$114
PRE-PROGRESSIVE LESSONS						
PS1	3 - 5 years	M-Th	10:00 am	10:30 am	\$34	\$114
PS1	3 - 5 years	M-Th	10:35 am	11:05 am	\$34	\$114
PS1	3 - 5 years	M-Th	5:35 pm	6:05 pm	\$34	\$114
PS1	3 - 5 years	M-Th	6:10 pm	6:40 pm	\$34	\$114
PS2	3 - 5 years	M-Th	10:00 am	10:30 am	\$34	\$114
PS3	3 - 5 years	M-Th	11:10 am	11:40 am	\$34	\$114
PS4	3 - 5 years	M-Th	11:10 am	11:40 am	\$34	\$114
PS4	3 - 5 years	M-Th	6:45 pm	7:15 pm	\$34	\$114
PROGRESSIVE LESSONS						
L1	6 - 12 years	M-Th	11:10 am	11:40 am	\$34	\$114
L1	6 - 12 years	M-Th	5:00 pm	5:30 pm	\$34	\$114
L2	6 - 12 years	M-Th	10:35 am	11:05 am	\$34	\$114
L2	6 - 12 years	M-Th	5:00 pm	5:30 pm	\$34	\$114
L2	6 - 12 years	M-Th	6:45 pm	7:15 pm	\$34	\$114
L3	6 - 12 years	M-Th	5:35 pm	6:05 pm	\$34	\$114
L3	6 - 12 years	M-Th	6:10 pm	6:40 pm	\$34	\$114
L4	6 - 12 years	M-Th	5:35 pm	6:05 pm	\$34	\$114
L4	6 - 12 years	M-Th	6:10 pm	6:40 pm	\$34	\$114
L5	6 - 12 years	M-Th	6:45 pm	7:15 pm	\$34	\$114

YOUTH FITNESS

KUNG FU KIDS	Si Fu Craig Taylor 2nd Degree Black Belt	5 - 7 years		6:30 pm	7:15 pm		
		8 - 12 years	T	6:45 pm	7:30 pm	\$38	\$140

This martial arts form for children will increase physical fitness, team building and mental concentration. Children will work on respect and taking responsibility for themselves. 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. 9 week session.

TAE KWON DO	Rufilo Lawrance 4th Degree Black Belt	5 - 7 years	W	6:30 pm	7:00 pm	\$38	\$140
		8 - 12 years	W	7:00 pm	8:00 pm	\$38	\$140

An introduction to Tae Kwon Do and development of basic skills. The children will learn self-discipline, integrity and respect. Instructor reserves the right to place a student according to skill rather than age. 9 week session.

YOUTH ATHLETICS

ROOKIE RUGBY	Jason Willey	5 - 13 years	W	5:00 pm	6:00 pm	\$10	\$25
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Rugby is a great option to consider for your child. USA Rugby is committed to the safety and well-being of everyone involved in the sport and is proud to offer Rookie Ruby, a nationally known non-contact version of the game. It is the first step in USA Rugby's player pathway, introducing the newest Olympic sport in a fun, safe way for boys and girls of all ages. Session runs July 5 - Aug 16. Coached by experienced player Jason Willey.

KIDS RUN CLUB	TBD	5 - 13 years	T	6:00 pm	7:00 pm	\$15	\$30
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Y Kids Run is a healthy kids' initiative designed to encourage children to become physically active on a regular basis. The program will be run by experienced volunteer coaches who will incorporate fun, education, safety and running skills. We will use the Mousam Way Trails for the majority of our runs. Our goal will be to participate in the Y Halloween 5K in October. Children will receive a singlet for the race. Session runs June 27—August 18.

YOUTH ART

KIDS' PAINT NIGHT	Amy Lapham	6 - 12 years	JULY 14	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	AUG 18	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.



NEW: Camp Mini-Marland for campers entering Kindergarten and first grade

Welcome to your best summer ever! It's time to register for YMCA Camp Marland on Bunganut Lake.

For children entering 2nd—7th grade.

NEW: Camp Mini-Marland located at the Y for campers entering Kindergarten and 1st grade.

Weekly camp fees range from \$115—\$165. Partial and full-time rates available.

LIT program (campers entering 8th -10th grade) fee is \$200 for 2 weeks.

Financial assistance available through the Y's scholarship program.



Learn more at sanfordymca.org/CAMP!

TITANS SWIM TEAM

Register now for Summer Season B Titans swim team! Session runs 6/12-7/28. Contact Titans Head Coach Tate Warden at twarden@sanfordymca.org for more information.

Stay tuned for fall season registration—coming soon!

TEAM	DAYS	TIMES	HALF SEASON B
White	M/W	5:30—6:30 pm	\$90
Jr B	M, W, Th	5:30—6:30 pm	\$105
Jr A	M, T, W, Th	6:30—8:00 am	\$130
Senior	M, T, W, Th, F	6:30—8:00 am	\$150



CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
YOGA & MEDITATION								
IYENGAR YOGA	Laura Beauchesne, DPT	16+	W	9:00 am	10:00 am	All	\$30	\$140
A traditional form of yoga, Iyengar is a slow, gentle practice with an emphasis on improving stamina, flexibility, concentration and balance through focused breathing and attention to body alignment to reduce pain-causing tension. 7 week session beginning week of 6/19. No class July 5th.								
HATHA YOGA	Betsy Baker	16 +	T	5:45 pm	7:00 pm	All	\$34	\$140
Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. Self-acceptance and care are encouraged in this non-competitive class. 8 week session beginning week of 6/26.								
FLOW YOGA								
	Betsy Baker	16 +	W	5:45 pm	7:00 pm	All	\$34	\$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. 8 week session beginning week of 6/26.								
YOGA FOR EVERYONE	Betsy Baker	16 +	F	10:30 am	11:30 am	All	\$34	\$140
A class for those who want a relaxing, non-competitive break from the stressful world. Each individual works to their own level in a contemplative non-judgmental environment. Classes are designed with each individual in mind. 8 week session beginning week of 6/26.								
PILATES								
MAT PILATES	Merilee Perkins	16+	M*	5:30 pm	6:30 pm	All Levels	\$30	\$140
MAT PILATES	Merilee Perkins	16+	T	10:30 am	11:30 am	Int/Adv	\$34	\$140
MAT PILATES	Merilee Perkins	16+	W	6:00 am	7:00 am	Adv Beg/ Int	\$34	\$140
By working from the inside out, building upon core abdominal and back strength. Pilates will help you develop core strength and flexibility, increase muscle endurance and improve posture. 8 week session. *Mon class runs for 7 weeks. No class 7/10 or 8/7.								

26th ANNUAL CHARITY GOLF TOURNAMENT

FRIDAY, JUNE 23

SANFORD COUNTRY CLUB

9:00 AM SHOTGUN START

Proceeds support the final stages of the Y's expansion project. Brochure and registration form available at the YMCA or at 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	\$38	\$140
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Tai Chi is practiced martial arts therapy for the purposes of health and longevity. It is a group exercise that emphasizes breathing and slow movements to enhance muscle tone, balance and relaxation. 9 week session.

KUNG FU	Si Fu Craig Taylor 2nd Degree Black Belt	12+	F	6:30 pm	7:30 pm	All	\$38	\$140
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This martial arts discipline emphasizes conditioning, flexibility and self defense skills. A variety of stances, kicks and strikes are practiced individually then combined with hand forms which introduce coordination of stepping, blocking, striking and kicking. The student develops a strong foundation of techniques as well as natural, fluid reactions. 9 week session.

PERSONAL FITNESS & HOLISTIC HEALTH

BODY COMPOSITION ANALYSIS								
	Merilee Perkins	16 +	Email mperkins@sanfordymca.org			All	FREE	N/A

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

PERSONAL TRAINING	Y Personal Trainers	16+	Email mperkins@sanfordymca.org			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.

ARTS

PAINT NIGHT	Amy Lapham	12+	JUN 30	7:00 pm	9:00 pm			
			AUG 11	7:00 pm	9:00 pm	\$20		\$20

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.

CERTIFICATIONS

FIRST AID/ CPR/AED	Sarah Littlefield	15+	ONGOING	N/A	N/A	N/A	\$45	\$45
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Learn how to provide immediate care in cardiac, breathing and first aid emergencies until advanced medical personnel arrive. 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 slittlefield@sanfordymca.org.

ADULT HEALTH & WELLNESS continued

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
SPECIAL EVENTS								
26th ANNUAL CHARITY GOLF TOURNAMENT	Andy Orazio	All	JUNE 23	9:00 am		All	\$100	\$100
Join us for our 26th Annual Golf Tournament at the Sanford Country Club. Proceeds will support the final stages of the expansion project. Play, sponsor or donate. Brochure & registration form at Welcome Center and online.								
HERBS AND BIRDS	Cindy Simon	9+	JULY 21	6:45 pm	8:00 pm	N/A	\$15	\$15
Learn how everyday herbs have medicinal uses as well as how to dry and cook herbs. Plant herb seeds in a pot or mug. Herb seeds, pot/mug and potting soil are provided. Then, make a unique teacup bird feeder. Bring your own teacup and saucer or choose from one provided. All other materials included. A great family project!								
FITNESS								
BEYOND STRONG	Rick Smith	18+	Th	6:00 pm	7:30 pm	All	\$40	\$80
Regardless of your fitness level you can be your own personal trainer. Using the tenets and equipment of Strongman competition you will work to achieve greater strength. These activities build true, "functional" strength from head to toe enabling you to strengthen muscles that are nearly impossible to strengthen with traditional weight training. This program led by Strongman Coach/Competitor Rick Smith challenges neuromuscular training and better replicates the challenges in everyday life. Session runs June 22—August 24.								
FITNESS IN THE PARK	Rotating	16+	Sat	7:00 am	8:00 am	All	FREE	FREE
Join our group exercise instructors for FREE outdoor fitness classes in Sanford's Gowen Park. Community members and Y members of all skill levels are encouraged to attend these classes led by certified YMCA instructors. Everyone who participates will get the benefits of a great workout in a fun, encouraging environment. Classes will include boot camp, circuit training, PIYO, Yoga and more. There will be a variety of activities geared towards increasing endurance, power, strength, stamina, and speed as well as flexibility and agility, giving you a great total body workout. Every week you can enter a raffle for a free three month Y membership. Non-members must sign guest waiver at class or the YMCA. Please bring sneakers and water.								
SPOOKY SPRINT 5K	N/A	All ages	OCT 28	TBD	TBD	All	TBD	TBD
Mark your calendars and start thinking about your costume for this year's Spooky Sprint 5K!								

Are you struggling with your fitness journey? Stay tuned to our Facebook page and website for more information on Motivate Me!, a YMCA team challenge program for health seekers. Coming soon!



ADULT AQUATICS

CLASS NAME	INSTRUCTOR	AGE	DAYS	START	END	MEMBER	NON - MEMBER
WATER FITNESS							
WATER AEROBICS	Rotating	16 +	M/W/F	9:00 am	10:00 am	\$58	\$150
WATER AEROBICS	Sarah Littlefield	16 +	T/Th	7:00 pm	8:00 pm	\$38	\$140
This class combines movement, water and music with the use of buoyancy and water resistance to provide a low impact workout. Aqua fitness is suitable for all fitness levels. This class combines intervals, strength and circuit training. Rotating instructors Vicki, Merilee, and Sarah. 9 week session beginning week of 6/19.							
HYDRO FIT	Merilee Perkins	16 +	T/Th	9:00 am	10:00 am	\$38	\$140
This class incorporates all of the components of other aqua fitness classes in a more progressive fashion. Participants work on non-impact, low impact or higher impact surfaces as desired. The supportive environment provides a great exercise program for active older adults, pregnant women, over-weight, inactive and individuals recovering from injury. 9 week session beginning week of 6/19.							
SWIM LESSONS							
PRIVATE SWIM	1:1 instruction for 30 minutes. For any skill level.					\$20	\$40
SEMI - PRIVATE	1:2 instruction for 30 minutes. For any skill level. Cost is for 2 swimmers.					\$30	\$60

BUNGANUT LAKE PARK

Brock Road, Lyman

Bunganut Lake Park is open for weekends! Swim, hike, kayak or just relax. Open daily from 6/26—9/4. Free to Lyman residents or \$10/car for non-residents. Learn more at sanfordymca.org





COMING SOON!!!



**FOR YOUTH DEVELOPMENT®
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GRAND OPENING SEPTEMBER 2017!!!

For the last 12 years, our Y has been undergoing a capital expansion project to enhance the services we provide and create new, improved opportunities so that we can have an even greater impact on our community. Due to many generous gifts from members of our Y community, the Y is now in a position to fast track the completion of the expansion project by the fall of 2017.

As we near our grand opening in September 2017, every gift we receive brings us one step closer to the finish line. You are truly the key to opening these doors and bringing a better, brighter future to Sanford and the surrounding communities.

Make a difference at sanfordymca.org/GIVE

WHAT'S NEW: EXPANSION HIGHLIGHTS

- Large, open and welcoming space with natural light and great views
- Increase group fitness class maximum from 15 to 36 participants
- Additional, larger program and wellness spaces
- Multi-purpose studio/program spaces
- Community center/game room
- Increased Prime Time space
- ...And so much more!



Y OWLS PRESCHOOL: GROWING BIGGER AND BETTER THAN EVER!

Y Owls Preschool program provides children with opportunities to grow socially, emotionally, cognitively and physically through developmentally appropriate activities. Our core values of caring, honesty, respect, and responsibility guide us in nurturing the development of the whole child. Our expanded preschool space slated for completion in the fall of 2017 will allow even greater opportunities and new ways for children to be challenged, become independent, social and grow in a place where they feel safe and confident.

For ages 3 to 5 years. M-F from 6:00 am—6:00 pm

		RATES	
MEMBER	NON-MEMBER	DAYS	
\$110	\$115	1-3	
\$150	\$155	4-5	



LEARN MORE AT SANFORDYMCA.ORG