

**BE HAPPY
BE HEALTHY
BELONG**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Winter Program Guide SANFORD-SPRINGVALE YMCA

**WINTER SESSION: Jan 2 - Feb 17
Break Week: Feb 18 - Feb 25**



**Member registration begins Dec 18
Non - member registration begins Dec 20**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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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*

Holiday Hours:

**Closed on Christmas Eve, Christmas,
 New Years Day
 Close at 12 pm on Dec 31**

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

SWIM LESSONS

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
PARENT & CHILD LESSONS						
PCA/PCB	6 months - 5 years	M	10:50 am	11:20 am	\$30	\$100
PCA/PCB	6 months - 5 years	M	5:35 pm	6:05 pm	\$30	\$100
PCA/PCB	6 months - 5 years	T	10:15 am	10:45 am	\$30	\$100
PCA/PCB	6 months - 5 years	W	5:35 pm	6:05 pm	\$30	\$100
PCA/PCB	6 months - 5 years	SAT	10:15 am	10:45 am	\$30	\$100
PRE-PROGRESSIVE LESSONS						
PS1	3 - 5 years	M	10:15 am	10:45 am	\$30	\$100
PS1	3 - 5 years	M	6:10 pm	6:40 pm	\$30	\$100
PS1	3 - 5 years	T	10:15 am	10:45 am	\$30	\$100
PS1	3 - 5 years	W	6:10 pm	6:40 pm	\$30	\$100
PS1	3 - 5 years	SAT	10:15 am	11:45 am	\$30	\$100
PS2	3 - 5 years	M	5:35 pm	6:05 pm	\$30	\$100
PS2	3 - 5 years	M	6:45 pm	7:15 pm	\$30	\$100
PS2	3 - 5 years	T	10:50 am	11:20 am	\$30	\$100
PS2	3 - 5 years	W	5:35 pm	6:05 pm	\$30	\$100
PS2	3 - 5 years	W	6:45 pm	7:15 pm	\$30	\$100
PS3	3 - 5 years	M	6:10 pm	6:40 pm	\$30	\$100
PS3	3 - 5 years	W	6:10 pm	6:40 pm	\$30	\$100

We strongly recommend a swim evaluation before registering for swim lessons. Improper placement results in a \$5 class transfer fee. Swim evaluations are available by appointment. Call our welcome center at 324-4942 to schedule your evaluation now!



SWIM LESSONS

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
PROGRESSIVE LESSONS						
L1	6 - 12 years	M	6:45 pm	7:15 pm	\$30	\$100
L1	6 - 12 years	W	6:45 pm	7:15 pm	\$30	\$100
L1	6 - 12 years	SAT	10:50 am	11:20 am	\$30	\$100
L2	6 - 12 years	M	5:35 pm	6:05 pm	\$30	\$100
L2	6 - 12 years	M	6:10 pm	6:40 pm	\$30	\$100
L2	6 - 12 years	W	6:10 pm	6:40 pm	\$30	\$100
L2	6 - 12 years	W	6:45 pm	7:15 pm	\$30	\$100
L2	6 - 12 years	SAT	10:50 am	11:20 am	\$30	\$100
L3	6 - 12 years	M	5:35 pm	6:05 pm	\$30	\$100
L3	6 - 12 years	M	6:10 pm	6:40 pm	\$30	\$100
L3	6 - 12 years	M	6:45 pm	7:15 pm	\$30	\$100
L3	6 - 12 years	W	5:35 pm	6:05 pm	\$30	\$100
L3	6 - 12 years	W	6:10 pm	6:40 pm	\$30	\$100
L3	6 - 12 years	W	6:45 pm	7:15 pm	\$30	\$100
L4	6 - 12 years	W	5:35 pm	6:05 pm	\$30	\$100
L5	6 - 12 years	M	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.						

Did you know? The Y also offers private and semi-private swim lessons. Learn more on page 7!



YMCA EARLY LEARNING CENTER



The Y's Early Learning Center for ages 3 to 5 years provides full day, year round quality childcare. Our newly renovated 2,440 square foot classroom environment includes new developmental learning centers, a private secured entrance for parents, playground access, and more!

M - F from 6 am to 6 pm

Weekly fees range from \$110 - \$155. Scholarships available.

LIMITED SPACES - REGISTER NOW!

YOUTH PROGRAMS

YOUTH FITNESS

KUNG FU KIDS	Si Fu Craig Taylor	5 - 7 years		6:30 pm	7:15 pm	\$30	\$140
	2nd Degree Black Belt	8 - 12 years	T	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	5 - 12 years	W	6:30 pm	7:30 pm	\$30	\$140
	4th Degree Black Belt						

This class is a fun, healthy way to develop flexibility, stamina, balance, coordination, self-discipline and self-defense skills using the techniques of this martial arts form. Classes emphasize safety, self-control, strength, and focus in a non-competitive, mutually respectful environment.

YOUTH ART

KIDS' PAINT NIGHT	Amy Lapham	6 - 12 years	FEB 2	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			JAN 8,				
			9,11*	3:15 pm	4:30 pm		
	Jen Fiandaca	11 - 15 yrs	JAN 26	3:30 pm	8:30 pm	\$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. **January 8, 9, 11 class will be held in room 128 of Carl J. Lamb School.**

YOUTH LEADERSHIP

Y Interact Leaders Club	Matt Ouellette	11-18 years	Participants will receive leadership training and learn the importance of social responsibility and service to others. FMI visit our Facebook events page or website at sanfordymca.org .				
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ADULT HEALTH & WELLNESS

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.								
HATHA YOGA	Betsy Baker	16 +	T	5:45 pm	7:00 pm	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.								
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.								
YOGA FOR EVERYONE	Betsy Baker	16 +	F	10:30 am	11:30 am	All	\$26	\$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. 6 week session.								
PILATES								
PILATES - MAT	Merilee Perkins	16+	T	10:30 am	11:30 am	Int/Adv	\$30	\$140
PILATES - MAT	Merilee Perkins	16+	W	6:00 am	7:00 am	Adv Beg/Int	\$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	Sarah Littlefield	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 slittlefield@sanfordymca.org .								
LIFEGUARD CERTIFICATION	Sarah Littlefield	15+	DEC 27 - 30	9:00 am	2:00 pm	N/A	\$250	\$275
NEW blended learning opportunity! Successful completion results in a 2-year American Red Cross certification in lifeguarding that includes first aid, professional-level CPR and AED. Prerequisites: At least 15 years old and pass certain swim requirements. COMING SOON: More information on February vacation lifeguard certification!								

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
MARTIAL ARTS								
TAI CHI	Si Fu Craig Taylor 2nd Degree Black Belt	12 +	T	7:30 pm	8:30 pm	All	\$30	\$140
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
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.								
TAE KWON DO	Rufilo Lawrance 4th Degree Black Belt	14+	SAT	10:00 am	11:00 am	All	\$30	\$140
This Korean form of martial art includes development of self-confidence, integrity, and respect while facing physical challenges. Students learn to apply defensive and offensive Tae Kwon Do techniques, as well as								
PERSONAL FITNESS & HOLISTIC HEALTH								
BEYOND STRONG 1:1	Rick Smith Strongman Coach/ Competitor	18+	7 individual sessions by appointment			All	\$100	\$250
Build confidence and get results beyond the mirror. This one-on-one program will push you to a greater level of physical strength focusing on full body, endurance/volume, and power. Program consists of seven hours of individualized training, weekly exercise plans, progress monitoring and accountability. Limit 6 participants.								
SMALL GROUP TRAINING FOR POWER & STRENGTH	Jamee Tibbetts USA Weightlifting Coach/ CrossFit Lvl 2	18+	M* Th*	10:00 am	11:00 am	All	\$40	\$150
This program will focus on metabolic conditioning and power lifting. Participants will learn power lifting techniques and proper form with free weights and barbells to improve strength, endurance and power. At the same time, the energy of a small group workout will keep you committed, motivated and energized. Maximum 8 participants. *Participants must choose either Monday OR Thursday sessions.								

PERSONAL FITNESS & HOLISTIC HEALTH (continued)

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.

ARTS

PAINT NIGHT	Amy Lapham	12+	MAR 9	7:00 pm	9:00 pm	\$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							
AQUA FIT	Darcy Kent	16 +	M/W/F	9:00 am	10:00 am	\$45	\$150
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.							
HYDRO FIT	Merilee Perkins	16 +	T/Th	9:00 am	10:00 am	\$30	\$140
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.							
MASTER SWIM TEAM							
	Tate Warden	18+	Visit sanfordymca.org/masters-swim-team				
Improve your overall fitness, swim just for fun, develop better technique, or rain for pool or open water swim events with Masters Swim! Open for everyone from beginners to advanced swimmers. Monthly and full session options available. Visit sanfordymca.org/masters-swim-team to learn more.							
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	COST
SPECIAL EVENTS							
WINTER WONDERLAND FAMILY NIGHT	N/A	All	DEC 15	6:00 pm	9:00 pm	N/A	FREE to community!
Get ready for a festive holiday celebration at the Y! Join us for an evening of holiday cheer and free family fun. Celebrations will include public swim, games in our new game room, crafts, snacks and more.							
FAMILY LUAU PARTY	N/A	All	JAN 19	6:00 pm	9:00 pm	N/A	FREE to community!
Say aloha to family fun at the Y! Join us for tropical tunes and crafts, snacks, games, swimming & more!							
SWEETHEART DANCE	N/A	All	FEB 9	6:00 pm	8:00 pm	N/A	\$15/couple \$5/additional child
Young ladies in grades K - 8, accompanied by an adult family member or friend, are invited to join us for a marvelous evening of dancing and fun at the St. Ignatius Gym on Riverside Street! Semi-formal attire is requested.							
INDOOR TRI FOR THE TITANS	N/A		FEB 11	9:30 am	1:00 pm	All	\$20/individual \$30/3 person relay
Mark your calendars and get ready to swim, bike, run! Don't let winter weather get you down; train for the Y's annual indoor triathlon! Event will consist of a 10 minute swim, 30 minute bike ride, and 20 minute run. Not a swimmer? Sponsor a Titan in your relay team. Proceeds support the Titans swim team.							
MAKE & TAKE HOMEMADE HERBAL TEA WORKSHOP	Cindy Simon M.A., NCC, RMT	All	FEB 22	6:45 pm	8:00 pm	All	\$15 for members and non-members
Learn about the ancient and modern-day healing/medicinal properties of teas! Teas have been used to assist in treating depression, anxiety, insomnia, arthritis, and digestive problems as well as boosting immunity, alleviating headaches, and helping to calm and energize. Create and make our own teas and take home a sample. Make 3 teas to take home, each with a different focus: uplifting, relaxing, and healing (for pain and digestive issues).							
AROMATHERAPY MAKE & TAKE WORKSHOP: SOAK AND SCRUBS	Cindy Simon M.A., NCC, RMT	All	MAR 1	6:45 pm	8:00 pm	All	\$15 for members and non-members
Learn about the healing properties of essential oils. Make your own aromatherapy bath soak, salt scrub, and sugar exfoliator scrub. Oils include a wide variety to calm, heal, energize, de-stress, help with chronic pain, uplift mood, cleanse, inspire, purify, balance and more.							



SWEETHEART DANCE

Young ladies in grades K - 8, accompanied by an adult family member or friend, are invited to join us for a marvelous evening of dancing and fun! Semi-formal attire is requested.

WHERE: St. Ignatius Gym
Riverside Street, Sanford

WHEN: Friday, February 9th
6:00 - 8:00 pm

COST: \$15/couple
\$5/additional child

REGISTER NOW!



SANFORD-SPRINGVALE YMCA
TITANS SWIM TEAM
2nd ANNUAL INDOOR TRI

INDOOR TRI FOR THE TITANS

Don't let winter weather get you down - tri at the Y! Event will consist of a 10 minute swim, 30 minute bike ride, and 20 minute run. Proceeds will benefit the Sanford Titans swim team.

WHERE: Sanford-Springvale YMCA

WHEN: Sunday, February 11th
9:30 am - 1:00 pm

COST: \$20/participant
\$30/relay of 3 participants