

SOMETHING FOR EVERYONE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring I Program Guide SANFORD-SPRINGVALE YMCA



SPRING I SESSION: Feb 26 - Apr 14
Break Week: Apr 15 - Apr 22

Member registration begins Feb 12
Non - member registration begins Feb 14





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 Easter Sunday, April 1

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	T*	5:35 pm	6:20 pm	\$26*	\$86*
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

Note: Tuesday lessons marked with * are 6 week sessions beginning 3/6

SUMMER TITANS SWIM TEAM

The Titans swim team provides youth with a competitive swim experience and the opportunity to build confidence in and out of the pool. Full and partial summer season available. Registration opens March 6th.

FULL SEASON: April 16 - July 27

SEASON A: April 16 - June 15

SEASON B: June 11 - July 27

More information coming soon! Stay tuned to our Facebook page and website.



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	T*	6:10 pm	6:40 pm	\$26*	\$86*
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	T*	5:35 pm	6:20 pm	\$26*	\$86*
L2	6 - 12 years	T*	6:10 pm	6:40 pm	\$26*	\$86*
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	T*	6:10 pm	6:40 pm	\$26*	\$86*
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	T*	5:35 pm	6:20 pm	\$26*	\$86*
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.						

Note: Tuesday lessons marked with * are 6 week sessions beginning 3/6

Splash Parties at the Y are better than ever! Parties are available Saturdays from 12:30-3:30 pm, or 2:00-5:00 pm. Available Sundays 11:00 am-2:00 pm or 12:30-3:30 pm. Fees: \$125 for members, \$180 for non-members.

Party packages include birthday fun for up to 24 guests, an hour of private access to half of our 25 yard pool, and 1.5 hours (plus half hour setup) in our party room for cake, presents, games and fun! Learn more at sanfordymca.org.



Is your family ready for the #bestsummerever? Stay tuned to our Facebook page and website for more information on a 2018 YMCA summer camp experience. More information coming soon!



YOUTH PROGRAMS

YOUTH FITNESS

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

TEENS IN TRAINING	Jamee Tibbetts	12 - 17 years	SAT	10:30 am	11:30 am	\$30	\$140
	USAW Weightlifting Coach/CrossFit Lvl 2						

Teens in Training is an introductory 7-week strength and conditioning class taught by a certified trainer, designed specifically for youth and teens ages 12 - 17. This progressive program incorporates an educational component and hands-on instruction creating an empowering, confidence-building experience.

YOUTH ART

KIDS' PAINT NIGHT	Amy Lapham	6 - 12 years	APR 13	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 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

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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.								
MEDITATION	Cindy Simon	16+	M	7:00 pm	8:00 pm	All	\$30	\$140
Begin or continue a journey towards self-discovery and peace. This is a practice of stillness for quieting the mind and developing inner peace, with the goal of reducing emotional and physical stress, preventing injury, and encouraging recovery. Utilize positive affirmations and rid your mind of negative chatter.								
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	Adv Beg/ Int	\$30	\$140
This is the STOTT Pilates® method paying special attention to each student's form. Each class is different and includes props such as large stability balls, foam rollers, fitness circles, and bands. 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+	FEB 20 - 22 APR 18 - 20	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.								

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	9:00 am	10:00 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 physical and mental skill sets, all while increasing self-confidence.								
PERSONAL FITNESS & HOLISTIC HEALTH								
BEYOND STRONG 1:1	Rick Smith or Jamee Tibbetts	18+	7 individual sessions by apt with Rick Smith (Strongman Coach/ Competitor) or Jamee Tibbetts (USAW Weightlifting Coach/ Crossfit Lvl 2)			All	\$140	\$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.								
SMALL GROUP TRAINING FOR POWER & STRENGTH	Jamee Tibbetts USAW Weightlifting Coach/ CrossFit Lvl 2	18+	M	10:00 am	11:00 am	All	\$75	\$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.								

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

			MAR 9	7:00 pm	9:00 pm	\$20	\$20
PAINT NIGHT	Amy Lapham	12+	MAY 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.

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?



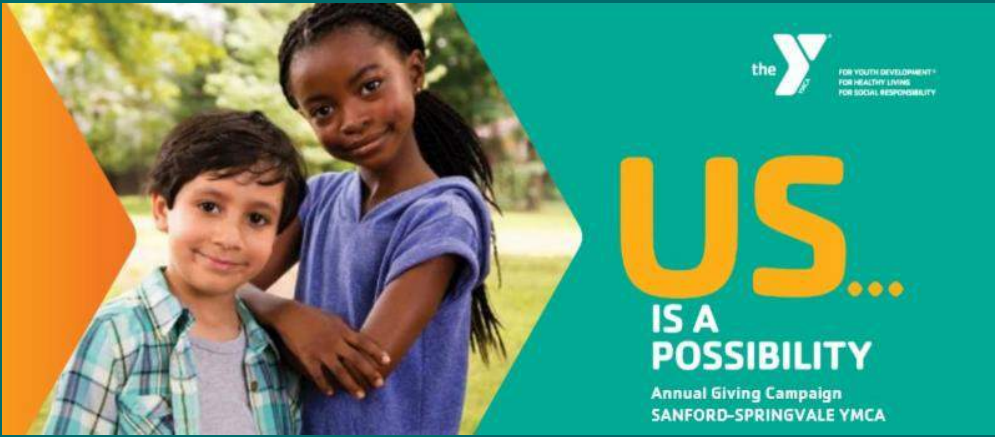
CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	COST
SPECIAL EVENTS							
SWEETHEART DANCE	N/A		FEB 9	6:00 pm	8:00 pm	N/A	\$15/couple \$5/additional child
Young ladies in grades K - 8, accompanied by an adult family member or friend, are invited to join us for a marvelous evening of dancing and fun at 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 wellness and relaxation. 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.							
BOYS NIGHT OUT AT THE Y	N/A		MAR 3	6:30 pm	8:30 pm	N/A	\$15/couple \$5/additional child
Gentlemen ages 5-12 years and a special adult family member or friend are invited to spend an evening at the Y after hours. Participants will enjoy groovy tunes, swimming, games in the game room, pizza for dinner, basketball, and a photobooth to capture all the fun.							
HEALTHY KIDS DAY	N/A	All	APR 21	10:00 am	3:00 pm	N/A	FREE to community
Charge into summer with Healthy Kids Day at the Y! Enjoy family-friendly fun including games, crafts, snacks, music and more from 10 am to 1 pm followed by public swim from 1:00 to 3:00 pm.							



**SWEETHEART DANCE, FEB 9
REGISTER NOW!**



**INDOOR TRI FOR THE TITANS, FEB 11
REGISTER NOW!**



the **Y**
FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

US...

**IS A
 POSSIBILITY**

Annual Giving Campaign
 SANFORD-SPRINGVALE YMCA

At the Y, we believe we have something special—a sense of community—and that everyone should have access to it, along with the programs and services that help us learn, grow, and thrive.

Last year, the YMCA provided over \$194,000 in scholarships to deserving kids, adults and families. With your help, we were proud to share our Y with 712 children, seniors, and families last year who otherwise might not have become part of our Y family.

But we need your help. Every dollar donated to the Sanford-Springvale YMCA has a lasting impact on the people of Sanford and surrounding communities. Give today for a better us.

ANNUAL GIVING CAMPAIGN

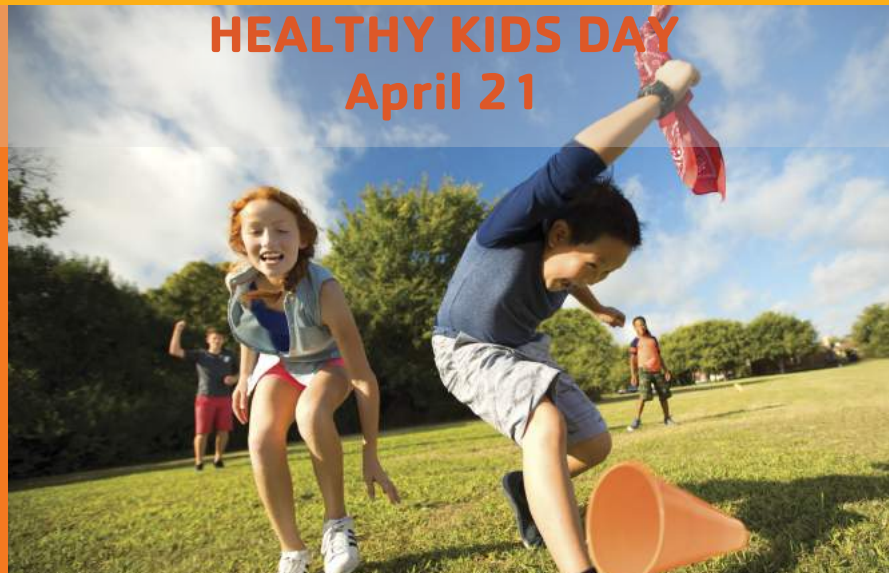
Give now for a better us.

sanfordymca.org/give

Charge into summer with Healthy Kids Day at the Y! Enjoy family-friendly fun including games, crafts, snacks, music, and more from 10 am to 1 pm, followed by public swim from 1 pm to 3 pm.

Saturday, April 21
 10:00 am – 3:00 pm

FREE to the community!



**HEALTHY KIDS DAY
 April 21**



**SAVE THE DATE!
 27TH ANNUAL
 CHARITY GOLF TOURNAMENT
 JUNE 22**