

# DISCOVER SOMETHING NEW



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Spring II Program Guide SANFORD-SPRINGVALE

**SPRING II SESSION:** April 22 - June 9  
**Break Week:** June 10 - June 16

**Member registration begins April 9**  
**Non - member registration begins April 11th**





FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## What's Inside:

- Youth Aquatics..... P. 2-3
- Youth Programs..... P. 4
- Adult Health & Wellness..... P. 5-6
- Adult Aquatics..... P. 7
- Camp Information.....P. 8
- What's Happening at the Y?.....P. 9-10



**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 Memorial Day- Monday May 28th**  
 \*Sunday hours will differ after Memorial day

### 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 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
<b>PARENT &amp; CHILD LESSONS</b>						
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
<b>PRE-PROGRESSIVE LESSONS</b>						
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	6:05 pm	\$30	\$100
PS1	3 - 5 years	W	6:10 pm	6:40 pm	\$30	\$100
PS1	3 - 5 years	SAT	10:15 am	10:45 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

### SUMMER TITANS REGISTRATION NOW OPEN!!!

Full season April 16-- July 27  
 Half Season A April 16-- June 16  
 Half Season B June 18-July 27

Team	Full Session	Half Session
White (new 10 & under)	\$175	\$117
Junior B (ages 9 - 10)	\$200	\$134
Junior A (ages 11 - 14)	\$235	\$158
Senior	\$275	\$185

For more information or to schedule an evaluation please contact Coach Tate at



## SWIM LESSONS

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
<b>PROGRESSIVE LESSONS</b>						
L1	6 - 12 years	M	6:45 pm	7:15 pm	\$30	\$100
L1	6 - 12 years	T	6:10 pm	6:40 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	T	5:35 pm	6:05 pm	\$30	\$100
L2	6 - 12 years	T	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	T	6:10 pm	6:40 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	T	5:35 pm	6:05 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
<b>HOMESCHOOL SWIM</b>						
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.

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](http://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 on page 8!



## YOUTH PROGRAMS

### YOUTH FITNESS

<b>KUNG FU KIDS</b>	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		

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.

<b>TAE KWON DO</b>	Rufilo Lawrance	7 - 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

<b>TEENS IN TRAINING</b>	Becca Stevens	12 - 17 years	SAT	10:30 am	11:30 am	\$30	\$140
	Body Pump Certified						

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

<b>KIDS' PAINT NIGHT</b>	Amy Lapham	6 - 12 years	JUNE 8	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

<b>Y Interact Leaders Club</b>	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 <a href="http://sanfordymca.org">sanfordymca.org</a> .				
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CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
<b>YOGA &amp; MEDITATION</b>								
YENGAR YOGA	Laura Beauchesne	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.								
<b>PILATES</b>								
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.								
<b>CERTIFICATIONS</b>								
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 <a href="mailto:slittlefield@sanfordymca.org">slittlefield@sanfordymca.org</a> .								
LIFEGUARD CERTIFICATION	Sarah Littlefield	15+	APR 17 - 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
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## MARTIAL ARTS

TAI CHI	Si Fu Craig Taylor 2nd Degree Black Belt	12 +	T	7:30p	8:30p	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	6:30p	7:30 p	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

BEYOND STRONG 1:1	Rick Smith Strongman Coach/ Competitor	18+	By Appointment			All	\$150	\$250
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Establish your one rep max (1MR) and go forward from there. The emphasis of this training is to perfect power lifting form, improve metabolic conditioning and increase strength. This will be an intense experience. The focus is not on competition but it will be the direction you want to take. Individual training programs provided-homework is mandatory!

PERSONAL TRAINING	Y Personal Training	16+	Contact Merilee Perkins			All	Individual \$40/hr	Partner Training \$60/hr
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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.

## ARTS

PAINT NIGHT	Amy Lapham	12+	May 11	7:00p	9:00p	All	\$20	\$20
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Spend two hours with a local artist laughing and painting your own masterpieces. Bring your own non-alcoholic beverages and snacks. Call to register. Space is limited.

See page 8 for more information about upcoming events, including more from Rick Smith and a knee injury prevention and treatment clinic!



# ADULT AQUATICS

CLASS NAME	INSTRUCTOR	AGE	DAYS	START	END	MEMBER	NON - MEMBER
<b>WATER FITNESS</b>							
	Thayi Lim		T/Th	7:15 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>							
<b>MASTER SWIM TEAM</b>	Tate Warden	18+	Visit <a href="http://sanfordymca.org/masters-swim-team">sanfordymca.org/masters-swim-team</a>				
<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. Monthly and full session options available. Visit <a href="http://sanfordymca.org/masters-swim-team">sanfordymca.org/masters-swim-team</a> to learn more.</p>							
<b>PRIVATE/SEMI-PRIVATE SWIM LESSONS</b>							
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







FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**REGISTRATION  
BEGINS APRIL  
15 !!!**

## **CAMP MARLAND SANFORD-SPRINGVALE YMCA**

### **CAMP MARLAND @ BUNGANUT LAKE**

Our 30 acre camp is located at Bunganut Lake Park in Lyman and provides the environment for a true Maine summer camp experience. Campers have access to Bunganut Lake, shallow water front, miles of hiking trails, amphitheater, volleyball court, recreation field and main lodge. Children entering 2nd through 7th grade can enroll in one to nine weekly sessions on a part-time or full-time basis. Youth entering 8th through 10th grade can enroll in our Leader-in-Training (LIT) program, which is offered in 2 week segments throughout the summer.

### **CAMP MINI-MARLAND**

Camp Mini-Marland will be located at the YMCA facility. Mini-Marland campers will swim daily in the pool, have access to miles of hiking trails, large sports and game field, playground, and camp cabins located on YMCA premises. Children entering Kindergarten and 1st grade can enroll in one to nine weekly sessions on a part-time or full-time basis.

[sanfordymca.org/CAMP](http://sanfordymca.org/CAMP) | 324.4942 | Facebook | Twitter | Instagram

# SPECIAL EVENTS:



## WHAT'S HAPPENING AT THE Y?

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	COST
<b>SPECIAL EVENTS</b>							
CORN HOLE PRACTICE	N/A	50+	Mondays starting 4/16	10:30a	11:30a	All	FREE
Practice your skills with this indoor training time! Drop ins welcome!							
KNEES: INJURY PREVENTION AND TREATMENT	Dr. Dan Brink DC	13+	APR 26	6:00PM	7:30PM	All	FREE
Dr Brink will discuss the anatomy and biomechanics of the knee, some of the common problems in youth and adults, injuries, and exercise progressions to help heal and strengthen the muscle/joint action.							
BOYS NIGHT OUT AT THE Y	N/A	5-12	MAY 5	6:30p	8:30p	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.							
WEIGHT LIFTING CLINIC	Rick Smith Strongman Coach/Competitor	18+	MAY 26	1:00p	4:00p	All	\$45 for members and non-members
Learn how to increase the 3 Big Lifts through proper technique and body mechanics with the focus on the technical aspects of safe, strong lifting. This is an opportunity for individuals looking to learn the movements or perfect the movements. All levels welcome. Following presentation and demonstration of each lift, Rick will monitor participants' efforts at the bench press, squat and deadlift and provide coaching tips and suggestions for improved body mechanics. Improved form=improved numbers.							



**REGISTRATION FOR THE BEST SUMMER EVER BEGINS 4/15**



**TITANS SUMMER SEASON BEGINS 4/16 REGISTER NOW!**



## ANNUAL GIVING CAMPAIGN

Give now for a better us.

[sanfordymca.org/give](http://sanfordymca.org/give)

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.

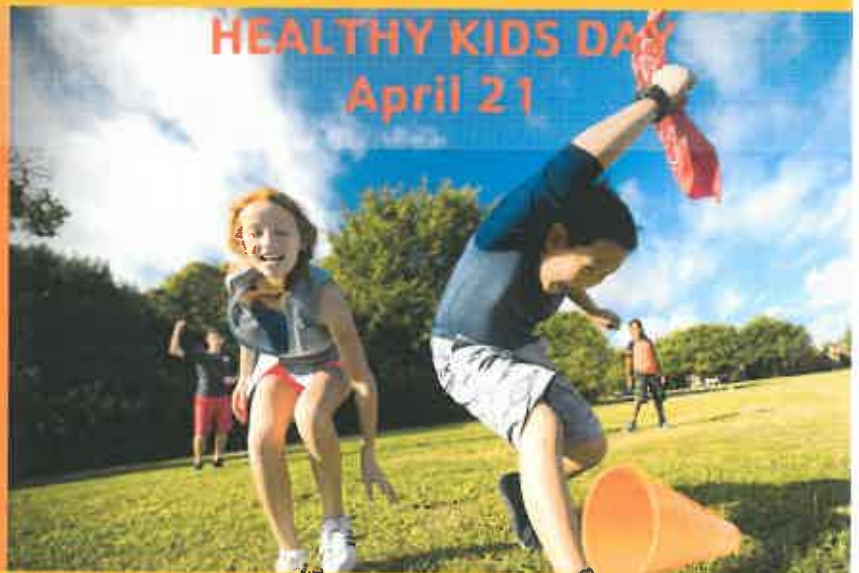
Last year, the YMCA provided over \$194,000 in scholarships to deserving kids, adults and families. With your help, we were proud to share our Y with 712 children, seniors, and families last year who otherwise might not have become part of our Y family.

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.

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!



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

