

Thank you to all who joined us on September 17th in celebration of our grand opening! We are so grateful for all the members of our Y family— together, we are better.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### What's Inside:

Youth Aquatics..... P. 2-4  
Youth Programs..... P. 4  
Adult Health & Wellness..... P. 5-7  
Adult Aquatics..... P. 7  
What's Happening at the Y?.....P. 8



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

**Holiday Hours for the remainder of 2018:**  
Closed on Labor Day, Thanksgiving,  
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
Matthew Ouellette	Youth & Family Services Director	mouellette@sanfordymca.org
Sarah Littlefield	Marketing Director	slittlefield@sanfordymca.org
Tate Warden	Aquatics Director	twarden@sanfordymca.org
Thea Murphy	YMCA Trafton Center Director	tmurphy@sanfordymca.org
Chris Caswell	Facilities Director	ccaswell@sanfordymca.org

### UNDERSTANDING SWIM LESSONS:

Our swim lessons are safety focused and designed to build confidence through skill progression. Lessons are organized by age group and level to ensure the best experience possible for your swimmer.

Our Age Groups	PC	PS		L		
	Parent/Child	Preschool 3-5 years old		School Age 6-12+ years old		
Our Swim Levels Are	A/B	1	2	3	4	5
	Water Discovery/Exploration	Water Acclimation	Water Movement	Water Stamina	Stroke Introduction	Stroke Development

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
<b>PARENT &amp; CHILD LESSONS</b>						
<b>PCA/PCB – This class introduces young swimmers to the aquatic environment, focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.</b>						
PCA/PCB	6 mo - 5 yrs	M	10:50 am	11:20 am	\$30	\$100
PCA/PCB	6 mo - 5 yrs	M	5:35 pm	6:05 pm	\$30	\$100
PCA/PCB	6 mo- 5 yrs	T	10:15 am	10:45 am	\$30	\$100
PCA/PCB	6 mo - 5 yrs	W	5:35 pm	6:05 pm	\$30	\$100
PCA/PCB	6 mo- 5 yrs	SAT	10:15 am	10:45 am	\$30	\$100
<b>PRESCHOOL LESSONS</b>						
<b>PS1 (Water Acclimation)– This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</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	10:50 am	11:20am	\$30	\$100
PS1	3 - 5 years	W	6:10 pm	6:40 pm	\$30	\$100
PS1	3 - 5 years	SAT	10:15 am	10:45am	\$30	\$100
<b>PS2 (Water Movement)– This class encourages forward movement in water and basic self-rescue skills performed independently.</b>						
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	W	5:35 pm	6:05 pm	\$30	\$100
PS2	3 - 5 years	W	6:45 pm	7:15 pm	\$30	\$100
<b>PS3 (Water Stamina)– This class helps swimmers develop intermediate self-rescue skills performed at longer distances than in previous stages.</b>						
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
<b>SCHOOL AGE LESSONS</b>						
<b>L1 (Water Acclimation)– This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</b>						
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	11:20am	\$30	\$100
<b>L 2 (Water Movement)- This class encourages forward movement in water and basic self-rescue skills performed independently.</b>						
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	SAT	10:50 am	11:20 am	\$30	\$100
<b>L3 (Water Stamina)- This class helps swimmers develop intermediate self-rescue skills performed at longer distances than in previous stages.</b>						
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
<b>L4 (Stroke Introduction)- This class introduces stroke technique in front crawl and back crawl and reinforces water safety through treading and elementary backstroke.</b>						
L4	6 - 12 years	M	6:45 pm	7:15pm	\$30	\$100
L4	6 - 12 years	W	5:35 pm	6:05 pm	\$30	\$100
<b>L5(Stroke Development)- This class introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.</b>						
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.						

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



# YOUTH AQUATICS (continued)

## 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 September-March.

GROUP	FEE	PRACTICE SCHEDULE
		3:45pm-5:30pm M-Th *4pm start time once HS swim begins
SENIOR	\$455	4pm-5:15pm Friday 7am-9am Saturday
JUNIOR A	\$415	5:15pm-6:15pm M-Th 4pm-5:15pm Friday
JUNIOR B	\$315	6:15pm-7:15pm T, Th, F
WHITE	\$255	5:30pm-6:30pm T, Th

## YOUTH PROGRAMS

### YOUTH FITNESS

#### ADVANCED TRAINING FOR TEENS

Eugene Lockhart	12-15 years	Sat	10:30am	11:30am	\$30	\$140
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This class will educate and expose teens to cardio fitness and a variety of strength training exercises to include weights and body weight equipment. Each session will include a proper warm up and various strength training exercises for major muscle groups and a cool down with stretching. Teens will learn about upper body, lower body and core strengthening exercises. Puts FUN in functional fitness training!

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

Rufilo Lawrance 4th Degree Black Belt	5-7 years 8 - 12 years	W	6:30 pm 7:00pm	7:00 pm 7:45pm	\$30	\$140
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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

Amy Lapham	6 - 12 years	OCT 12	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	Oct 12	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 LEADERSHIP

#### Y Interact Leaders Club

Matt Ouellette	11-18 years
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Participants will receive leadership training and learn the importance of social responsibility and service to others. FMI

# ADULT HEALTH & WELLNESS

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
<b>YOGA &amp; MEDITATION</b>								
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								
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	\$30	\$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.								
<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	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.								
<b>CERTIFICATIONS</b>								
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 <a href="mailto:twarden@sanfordymca.org">twarden@sanfordymca.org</a> .								
LIFEGUARD CERTIFICATION	Tate Warden	15+	Sept 10, 14 Sept 15 - 16	5:00 pm 8:00 am	9:00 pm 4:00 pm	N/A	\$225	\$250
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
<b>MARTIAL ARTS</b>								
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.								
<b>PERSONAL FITNESS &amp; HOLISTIC HEALTH</b>								
7 WEEKS TO A HEALTHIER YOU	Candy Smith	18 +	M	10:30am	12:00	All	\$75	N/A
Need a little extra motivation and support as winter approaches? Aimed at achieving optimum health this program incorporates small group sessions 90 minutes per week. Each session is broken into 30-45 minutes of focused group conversation, sharing and coaching regarding living a healthy lifestyle plus 45-60 minutes of low impact movement and a targeted strength/flexibility session. Topics to be covered include goal setting, sleep, hydration, food quality and food as fuel. Minimum of 4 participants, Maximum of 10.								
PERSONAL TRAINING	Y Personal Trainers	16+	Contact Merilee Perkins			All	Individual \$40/hr	Partner Training \$60/hr
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
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 <a href="mailto:mperkins@sanfordymca.org">mperkins@sanfordymca.org</a>								
BEYOND STRONG	Rick Smith Strongman Coach/ Competitor	18+	TH	6:00pm	7:30pm	All	\$50	\$150
Regardless of your fitness level you can be your own personal trainer. Using the tenets and equipment of strongman competitions you will work to achieve greater strength, These activities build true "functional" strength from head to toe enabling you to strengthen muscles that are early impossible to strengthen with traditional weight training. It challenges the neuromuscular training and better replicates the challenges in everyday life. Minimum of 4 participants Maximum of 10								
<b>ARTS</b>								
PAINT NIGHT	Amy Lapham	12+	SEPT14	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
<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
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.							
<b>MASTER SWIM TEAM</b>	<b>Tate Warden</b>	<b>18+</b>	<b>Visit <a href="http://sanfordymca.org/masters-swim-team">sanfordymca.org/masters-swim-team</a></b>				
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.							
<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

## REGISTER NOW FOR THE SPOOKY SPRINT 5K!

Oct 27 at 9 am

Kids Run at 8:30am

Details on next page!





# SPECIAL EVENTS:

## WHAT'S HAPPENING AT THE Y?



CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER	NON-MEMBER
<b>SPECIAL EVENTS</b>								
ADULT PAINT NIGHT	Amy Lapham	12+	SEPT 14	7:00pm	9:00pm	All	\$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. \$20 per participant.								
BACK TO SCHOOL IN THE POOL			Sept 21	5:00pm	8:45pm	All		
Join us for an evening of fun, crafts, games, pool time and snacks as we take a break from school in the pool. This family fun night is FREE to the community.								
KIDS PAINT NIGHT	Amy Lapham	6-12yrs	OCT 12	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	Oct 12	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.								
Y FOR ALL: OPEN HOUSE	N/A	All	OCT 13	10:00 pm	4:00 pm			
Come see what the Y has to offer at this family friendly open house! Meet instructors, take a tour or just enjoy the pool and some light snacks.								
SPOOKY FLICK & FLOAT	N/A	All	OCT 26	6:00 pm	9:00 pm	N/A	N/A	N/A
Join us at the Y for an evening of kid-friendly movies shown in the pool area, crafts, and light snacks. FREE to the community!								
SPOOKY SPRINT 5K	N/A	All	OCT 27	9:00 am		All	\$10/\$20	\$10/\$20
Calling all spooks, specters, princesses and ghosts! Dress in your favorite costume and run the spookiest 5K around. Proceeds support the Y's scholarship program. First 50 to register get a free t-shirt! Free Kids Fun Run at 8:30 am. Call to register or register online at sanfordymca.org.								