



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*
 *Beginning 9/9

**Holiday Hours for the remainder of 2018:
 Closed on 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 Are	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
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PARENT & CHILD LESSONS

PCA/PCB – This class introduces young swimmers to the aquatic environment, focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.

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

PRESCHOOL LESSONS

PS1 (Water Acclimation)– This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

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	W	6:10 pm	6:40 pm	\$30	\$100
PS1	3 - 5 years	SAT	10:15 am	10:45am	\$30	\$100

PS2 (Water Movement)– This class encourages forward movement in water and basic self-rescue skills performed independently.

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	11:20am	\$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 (Water Stamina)– This class helps swimmers develop intermediate self-rescue skills performed at longer distances than in previous stages.

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!

YOUTH AQUATICS (continued)

CLASS NAME	AGE	DAY	START	END	MEMBER	NON-MEMBER
SCHOOL AGE LESSONS						
L1 (Water Acclimation)– This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.						
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
L 2 (Water Movement)– This class encourages forward movement in water and basic self-rescue skills performed independently.						
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
L3 (Water Stamina)– This class helps swimmers develop intermediate self-rescue skills performed at longer distances than in previous stages.						
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 (Stroke Introduction)– This class introduces stroke technique in front crawl and back crawl and reinforces water safety through treading and elementary backstroke.						
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
L5(Stroke Development)– This class introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.						
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.						
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. Swimmers ages 6 to 18. Swimmers must be Y members to participate. Season runs September–March.						
GROUP	FEE	PRACTICE SCHEDULE				
SENIOR	\$455	3:45pm–5:30pm M–Th *4pm start time once HS swim begins/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 FITNESS

ADVANCED TRAINING FOR TEENS

Eugene Lockhart 12-15 years Sat 10:15am 11:45am \$30 \$140

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.

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

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 7:00 pm 7:00pm 7:45pm \$30 \$140

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

KIDS' PAINT NIGHT

Amy Lapham 6 - 12 years DEC 7 6:00 pm 8:00 pm \$20 \$20

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 NOV 30 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.

YOUTH MOVEMENT CLASSES

TUMBLE TOTS Courtney St Jean 3-5 yrs T 11:00 am 11:45 am \$26 \$100

Children will independently explore beginning tumbling skills. Classes will emphasize confidence, following directions, listening and cooperating with mats and basic tumbling equipment. Children will learn to jump, balance, and roll while practicing taking turns and following a circuit. Parent Participation Required. 6 week session.

LITTLE MOVERS Courtney St. Jean 1 ½ -3 yrs T 10:15 am 11:00 am \$26 \$100

This experience is designed to provide your child opportunities to explore fun activities, enhance their social skills, and practice our core values of honesty, respect, responsibility and caring, Your child will get the chance to sing, dance, tumble and giggle. Activities are geared for you and your child to do together, supporting your healthy family. Parent Participation Required. 6 week session.

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 +	F	10:30 am	11:30 am	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.								
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	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.								
CERTIFICATIONS								
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 twarden@sanfordymca.org .								
CHALLENGES								
FINISH STRONG 18	N/A	13+	OCT 22-DEC 31st				\$20	N/A
Stay on track into the holiday and take the time to focus on your health and wellness and finish 2018 stronger and fitter. Workout 36 times in 10 weeks, earn a t-shirt and enter a raffle to win a three month membership or six personal training sessions. Weight and body composition assessment available if desired.								

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.								
PERSONAL FITNESS & HOLISTIC HEALTH								
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 mperkins@sanfordymca.org								
ARTS								
NOV 16								
PAINT NIGHT	Amy Lapham	12+	DEC 14	7:00 pm	9:00 pm	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.								



Help local families at the Y! 11/1-15, you can give \$1 or \$5 at the Sanford Walgreens to support the Y's community programs. Strengthen your community! #giving #walgreens #community

ADULT AQUATICS



CLASS NAME	INSTRUCTOR	AGE	DAYS	START	END	MEMBER	NON - MEMBER
WATER FITNESS							
	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.							
MASTER SWIM TEAM	Tate Warden	18+	Visit sanfordymca.org/masters-swim-team				
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. Practice is 12:00-1pm M-Th Session runs Oct-Mar Members \$200 Non-Members \$45							
ADULT LEARN TO SWIM LESSONS							
Its never too late to learn to swim! From nervous ankle waders to shallow end swimmers this class will help you develop comfort in the water and gain the skills necessary to build confidence in the pool. This class will be held Fridays 10:15-10:45 Members- \$30 Non-Members \$140							
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

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
SPECIAL EVENTS								
ADULT PAINT NIGHT	Amy Lapham	12+	NOV 16 DEC 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.								
KIDS PAINT NIGHT	Amy Lapham	6-12yrs	DEC 7	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	NOV 30	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.								
HAUNTED TRAIL WALK	N/A	All	OCT 26 OCT 27	5:00pm	8:00pm	ALL	\$5	
Walk the trail and watch out for spooky surprises at our first annual Haunted Trail Walk. Admission allows for unlimited entrance to the walk. All proceeds benefit the Titans Scholarship program.								
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.								
HOLIDAY PARTY	N/A	All	DEC 21	5:00 pm	9:00 pm	N/A	FREE	
Join us at the Y for a FREE fun filled holiday party! Details to follow.								
FINISH STRONG WORKOUT CHALLENGE	N/A	13+	OCT 22-DEC 31			N/A	\$20	
Stay on track into the Holiday Season! Take the time to focus on your health and wellness and finish 2018 stronger and fitter. Work out 36 times in 10 weeks, earn a t shirt and enter a raffle to win a three month membership or six personal training sessions. Weight and body composition analysis available if desired.								