PROGRAM GUIDE

FALL 1 SESSION
SEPTEMBER 6 - OCTOBER 23, 2021

SANFORD-SPRINGVALE YMCA
1 Emile Levasseur Drive Sanford ME 04073 | 207-324-4942 | www.sanfordymca.org

REGISTER STARTING
AUG. 23rd!
207-324-4942
sanfordymca.org

FOLLOW US ON: 📞📞 IG
Scholarships are available for membership and program fees. FMI contact the Y.

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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

Hours of Operation:
Monday - Friday 5:00 am - 8:00 pm
Saturday 7:00 am - 12:00 pm
Sunday 8:00 am—12:00 pm
YMCA CLOSED: Labor Day, Thanksgiving, closing at Noon Christmas Eve, Christmas, closing at 3pm New Years Eve, New Years Day

Leadership Team:
Andy Orazio .......................... CEO/Executive Director .......................... aorazio@sanfordymca.org
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Donna Buttarazzi .................... Marketing & Communications Director ............ dbuttarazzi@sanfordymca.org
Ali Fair .......................... Aquatics Director .......................... afair@sanfordymca.org
Robin Bibber ......................... YMCA Trafton Center Director ......................... rbibber@sanfordymca.org
Chris Caswell ......................... Facilities Director .......................... ccaswell@sanfordymca.org
STAGE DESCRIPTIONS

SWIM STARTERS
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.
LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* & CHILD: STAGES A–B

3 years–5 years
PRESCHOOL: STAGES 1–4

5 years–12 years
SCHOOL AGE: STAGES 1–6

12+ years
TEEN & ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

Is the student comfortable working with an instructor without a parent in the water?

Will the student go underwater voluntarily?

Can the student do a front and back float on his or her own?

Can the student swim 10–15 yards on his or her front and back?

Can the student swim 15 yards of front and back crawl?

Can the student swim front crawl, back crawl, and breaststroke across the pool?

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET
A / WATER DISCOVERY

NOT YET
B / WATER EXPLORATION

NOT YET
1 / WATER ACCLIMATION

NOT YET
2 / WATER MOVEMENT

NOT YET
3 / WATER STAMINA

NOT YET
4 / STROKE INTRODUCTION

NOT YET
5 / STROKE DEVELOPMENT

NOT YET
6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.
YOUTH SWIM LESSONS

Swim Starters: Parent Child Classes (6 months – 3 years)
Tuesdays 10:00 - 10:30am
Wednesday 5:00 - 5:30pm

Swim Basics: Levels 1, 2 & 3 (3 to 12 years)
Monday 5:00 - 5:30pm
Monday 5:40 - 6:10pm
Monday 6:20 - 6:50pm
Tuesday 10:35 - 11:05am
Wednesday 5:40 - 6:10pm
Wednesday 6:20 - 6:50pm

Swim Strokes: Levels 4, 5 & 6 (7 to 12 years)
Must have tested into levels 4 and above in previous swim lessons or had an evaluation conducted by the aquatics director to sign up for this class.
Minimum requirements: Can swim 25 yards across the pool of both front crawl with rotary breathing and back crawl.
Tuesday 5:20 - 5:50pm
Thursday 5:20 - 5:50pm

Swim Team Preparations (7 to 12 years)
Must have tested into levels 4 and above in previous swim lessons or had an evaluation conducted by the aquatics director to sign up for this class.
Minimum requirements: Can swim 25 yards across the pool of both back crawl and front crawl with rotary breathing.
The class is for students who are interested in joining Titans Swim Team. The class will focus on stroke development, endurance, turns, circle swimming, reading the time clock and diving.
Tuesday and Thursday 5:20 - 5:50pm

Cost for Swim Team Prep: Members: $55, Non-members $120

Youth Swim Lessons:
Members: $35.00
Non-members: $100.00

Please refer to the Lesson Selector and Stage Descriptions on pages 1 and 2 to learn more about our youth swim lesson levels. FMI contact our Aquatics Director Ali Fair at afair@sanfordymca.org.
Homeschool Beginner Lessons (5 - 12 years)
For swimmers who are unable to swim independently.
Thursday 11:00 - 11:30am

Homeschool Intermediate Lessons (6 - 15 years)
For swimmers who can independently swim 15 yards with face in the water and tread water for at least 30 seconds.
Thursday 11:35 - 12:05pm

Homeschool Advanced Lessons (7 - 17 Years)
For swimmers who are able to swim 25 yards of freestyle and backstroke.
Thursday 12:10 - 12:40pm

Private swim lessons help adults and kids alike increase their skills and comfort in the water. They’re ideal for students who learn better with individual attention, including anxious first-time swimmers, kids with special needs, adults who have put off learning to swim, and competitive swimmers who would benefit from targeted training on specific skill sets. Private lessons are also a great fit for former runners and other athletes who want to learn about lower-impact exercise options. Private lessons are 30 minutes long and pair one swimmer with one instructor.

Semi-private lessons also last 30 minutes, but two swimmers can join the same lesson, which makes these lessons a wonderful fit for siblings or friends who want to swim together.

<table>
<thead>
<tr>
<th>Private Lessons</th>
<th>Semi-Private Lessons</th>
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<tbody>
<tr>
<td>Member: $20.00</td>
<td>Member: $30.00</td>
</tr>
<tr>
<td>Non-member: 40.00</td>
<td>Non-Member: $60.00</td>
</tr>
</tbody>
</table>

If you are interested in Private or Semi-Private Swim Lessons please contact our Aquatics Director, Ali Fair at 207-324-4942 or afair@sanfordymca.org
For kids looking to join a competitive swim program, the Y is ideal. Our experienced coaches work to improve swimmers’ skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level. Registration is open, register today!
FMI contact Aquatics Director, Ali Fair at afair@sanfordymca.org

**White Team: $355**
Recommended Ages: 6 - 10
Practice Days: Monday, Wednesday, Friday
Practice Time: 6:00 - 7:00 pm
Prerequisites and Description:
Streamline on front and back. 25 freestyle with rotary breathing and 25 backstroke, without grabbing the wall/lane line. Rudimentary knowledge of breaststroke and butterfly. Dives off the side and jumps from the blocks. Can tread water for 90 seconds. Shows respect to coaches by paying attention to them in between sets, and tries to complete every set.

**Blue Team: $425**
Recommended Ages: 8 - 11
Practice Days: Monday, Tuesday, Thursday, Friday
Practice Time: 5:00 - 6:00 pm
Prerequisites and Description:
100 freestyle, 100 backstroke, 25 legal breaststroke, and 25 legal butterfly. Dives off the block. Proficient open turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets.

**Juniors: $515**
Recommended Ages: 11 - 14
Practice Days: Monday, Tuesday, Wednesday, Thursday, Friday
Practice Time: 3:30 - 5:00 pm
Prerequisites and Description:
200 freestyle, 200 backstroke, 100 breaststroke, 100 individual medley and 50 butterfly. Proficient breathing on all strokes. Proficient flip turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets. Tries to attend most meets.

**Seniors: $555**
Recommended Ages: 14 - 18
Practice Days: Monday, Tuesday, Wednesday, Thursday, Friday
Saturday Practice: TBD
Practice Times: 3:30 - 5:00 pm
Prerequisites and Description:
1000 freestyle, 200 backstroke, 200 breaststroke, 100 butterfly and 200 individual medley. Tries to make it to every practice. Completes or tries to complete all swim sets. Tries to attend most meets. Assists with younger practice groups.
Adult Beginner Lessons

Thursday 10:00 - 10:45 am
Thursday 6:00 - 6:45 pm

Description: This class is designed for adult swimmers with little to no experience in the water. We will work to help adults conquer their fear of swimming and introduce basic concepts of stroke technique and water safety. The majority of this class takes place in the shallow end of the pool.

Adult Intermediate Lessons

Friday 10:00 - 10:45 am
Friday 6:00 - 6:45 am

Description: This class is for adult swimmers who feel comfortable in the water and are looking to improve technique and learn new strokes. This class covers more advanced, deep-end skills such as diving, treading water, and fitness swimming. As with all of our classes we include important safety skills.

Members: $40.00
Non-members: $105.00
### ADULT AQUATICS

<table>
<thead>
<tr>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>DAY</th>
<th>START</th>
<th>END</th>
<th>Member/Non-member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Fit</td>
<td>Christina</td>
<td>M/W/F</td>
<td>9:00am</td>
<td>9:50am</td>
<td>$52.50/$200</td>
</tr>
<tr>
<td>Aqua Fit</td>
<td>Thayi</td>
<td>T/Th</td>
<td>7:00pm</td>
<td>7:50pm</td>
<td>$35/$175</td>
</tr>
<tr>
<td>Aqua Fit</td>
<td>Thayi</td>
<td>Sat.</td>
<td>9:00am</td>
<td>9:50am</td>
<td>$17.50/$150</td>
</tr>
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Aqua fitness is a low impact, high-intensity workout intended to strengthen muscles and improve overall cardio endurance.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>INSTRUCTOR</th>
<th>DAY</th>
<th>START</th>
<th>END</th>
<th>Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydro Fit</td>
<td>Merilee</td>
<td>T/Th</td>
<td>9:00am</td>
<td>9:50am</td>
<td>$35/$175</td>
</tr>
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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.
Teen Fitness and Healthy Lifestyle Training
This program will expose teens to all aspects of healthy living and fitness training. Each session will include educational information, a proper warm up, a focus on strength training exercises for major muscle groups & a cool down. Participants will learn about upper & lower body strength training exercises, core conditioning and stretching in a progressive format. Each participant will demonstrate proficiency in form and technique for all exercises before increasing weight or level of intensity. Additional topics will include recovery, hydration, healthy eating, sleep and mindfulness.

**Day**: Saturday 8 weeks 9/11–10/30
**Time**: 10:30—11:45 a.m.
**Ages**: 13-15 years
**Instructor**: Chris Dymond (10 year Y employee and former body builder)
**Cost**: $50 members/$175 non-members

Kung Fu Kids
Using the elements of Kung Fu, this high energy class provides children the opportunity to explore their individuality through the development of skills such as strength, self-confidence, giving and receiving respect and self-regulation.

**Day**: Tuesday
**Time**: 6:00—6:45 p.m.
**Ages**: 6-12 years
**Instructor**: Sifu Craig Taylor
**Cost**: $35 members/$175 non-members

Intro to Tumbling
Children will learn the fundamentals of tumbling and lead-up gymnastics skills with proper progressions. The focus is on building strength, coordination and self-esteem.

**Day**: Friday
**Time**: 4:00—4:45 p.m.
**Ages**: 5-10 years
**Instructor**: Cindy Utgard
**Cost**: $35 members/$175 non-members

Kid’s Paint Night
Pack a snack and be ready to have fun with paints. Call to register. Space is limited!

**Date**: Friday, September 24, 2021
**Time**: 6:00-8:00 p.m.
**Ages**: 6-13 years
**Instructor**: Amy Lapham
**Cost**: $25 members and non-members

SafeSitter™ Babysitting Course
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.

**Date**: TBD
**Time**: TBD
**Ages**: 6-13 years
**Instructor**: Jen Fiandaca
**Cost**: $55 members and non-members

Did you know the Y offers FREE memberships for 13 year olds? Sign up today!
ADULT HEALTH & WELLNESS

Adult Tae Kwon Do
This Korean form of martial art includes development of self-confidence, integrity and respect, as well as 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.

Day: Wednesday
Time: 6:30-7:30 PM
Ages: 15 years to adult
Instructor: Sabunim Rufilo Lawrance - 4th degree black belt
Cost: $35 members/$175 non-members

Adult Kung Fu
Kung Fu is a Chinese phrase that means a skill learned over time through hard work. It teaches martial arts moves and discipline while increasing strength and flexibility and can be beneficial to an individual’s physical and mental state. Discipline is an important element in life, it is key to attaining and achieving some of the fundamentals in life that allow you to develop and grow as a person.

Day: Tuesday
Time: 6:45-7:45 PM
Ages: 13 years to adult
Instructor: Sifu Craig Taylor – 2nd Degree Black Belt
Cost: $35 members/$175 non-members

Hatha Yoga
Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. Self-acceptance and care are encouraged in this non-competitive class.

Day: Tuesday  Time: 5:30-6:30 p.m.
Day: Friday  Time: 10:30-11:30 a.m.
Ages: 16+
Level: All
Instructor: Betsy Baker
Cost: $35 members/$175 non-members

Pilates - MAT
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. Pilates offers a total body workout with a focus on the core.

Day: Tuesday  Time: 10:15-11:15 a.m.  Instructor: Merilee Perkins  Level: Int/Adv
Day: Wednesday  Time: 6:00-7:00 a.m.  Instructor: Merilee Perkins  Level: Int/Adv
Day: Thursday  Time: 10:30-11:30 a.m.  Instructor: Hassina Taylor  Level: Beginner
Ages: 16+
Cost: $35 members/$175 non-members

More adult classes on the next page!
Personal Training
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.
Ages: 16+
Instructor: Y Personal Trainers
Contact: Merilee Perkins mperkins@sanfordymca.org – 207-324-4942
Cost: Individual $40/hour

First Aid/CPR/AED Certifications
Take the online certification course in the comfort of your own home and test in person at the YMCA! Successful completion results in a 2-year certification. ONGOING
Ages: 15+
Contact: Ali Fair afair@sanfordymca.org for more information.
Cost: $65

Adult Paint Night
For any skill level! Spend two hours with a local artist laughing and painting your own masterpiece! Bring your own non-alcoholic beverage and snack. Call 207-324-4942 to register. Space is limited
Day: Friday, October 22nd, 2021
Time: 6:00-8:00 PM
Ages: 15+ years to adult
Instructor: Amy Lapham
Cost: $25 members and non-members

KIDS OUT ENRICHMENT PROGRAM

BEFORE AND AFTER SCHOOL CARE

Space is still available in our before and after school childcare programs.
Serving schools in the
Sanford, Acton, RSU 57 and RSU 60 school districts.
REGISTER TODAY!