



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEAP INTO SPRING

PROGRAM GUIDE
WINTER/SPRING

3/01-4/17





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

What's Inside:

Aquatic Fitness..... P. 1
 Adult Health & Wellness..... P. 2
 Youth Programs..... P. 3
 Science Sunday.....P. 4



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 - 8:00 pm
 Saturday 7:00 am - 4:00 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, Easter

Leadership Team:

Andy Orazio	CEO/Executive Director	aorazio@sanfordymca.org
Merilee Perkins	Director of Healthy Living	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
Shannon Robinson	Marketing & Communications Director	srobinson@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

CLASS	INSTRUCTOR	DAY	START	END	MEMBER
Aqua Fit	Christina	M/W/F	9:00am	9:45am	\$52.50
Aqua Fit	Thayi	T/Th	6:00pm	6:45pm	\$35
Aqua Fit	Thayi	Sat.	9:00am	9:45am	\$17.50

Aqua fitness is a low impact, full body workout intended to strengthen muscles and improve overall cardio endurance. Exercise modifications will be offered for all fitness levels and may include the use of buoyant water weights. Classes will be held in designated spaces appropriately distanced. Individuals must be willing to duck under lane lines to get to there personal space. Music and fun included.

CLASS	INSTRUCTOR	DAY	START	END	MEMBER
Hydro Fit	Merilee	T/Th	9:00am	9:45am	\$35

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. Classes will be held in designated spaces appropriately distanced. Individuals must be willing to duck under lane lines to get to there personal space. Music and fun included.

CLASS NAME	INSTRUCTOR	AGE	DAY	START	END	LEVEL	MEMBER
------------	------------	-----	-----	-------	-----	-------	--------

YOGA

HATHA YOGA	Betsy Baker	16+	T	5:30pm	6:30pm	All	\$35
------------	-------------	-----	---	--------	--------	-----	------

HATHA YOGA	Betsy Baker	16 +	F	10:30 am	11:30 am	All	\$35
------------	-------------	------	---	----------	----------	-----	------

Hatha incorporates a sequence of postures designed to align your body and provides a path to create balance and unite opposites. Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. Self-acceptance and care are encouraged in this non-competitive class.

PILATES

PILATES - MAT	Merilee Perkins	16+	T	10:15 am	11:15 am	Int/Adv	\$35
---------------	-----------------	-----	---	----------	----------	---------	------

PILATES - MAT	Merilee Perkins	16+	W	6:00 am	7:00 am	Int/Adv	\$35
---------------	-----------------	-----	---	---------	---------	---------	------

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.

PERSONAL TRAINING

PERSONAL TRAINING	Y Personal Trainers	16+	Contact Merilee Perkins	All	Individual	\$40/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

CERTIFICATIONS

FIRST AID/CPR/AED	Ali Fair	15+	ONGOING	N/A	N/A	N/A	\$65
-------------------	----------	-----	---------	-----	-----	-----	------

Take the 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 afair@sanfordymca.org for more information

YOUTH CLASSES

Intro Safe

Babysitting by

SafeSitter®

Jen Fiandaca

11 – 15 years

March 26

3:30 pm

8:00 pm

\$55

This nationally recognized non-profit program provides skills to youth in order to build safer communities. Appropriate for ages 11-15 years. The course curriculum covers: Safety Skills, Child Care Skills, First Aid and Rescue Skills, and Life and Business Skills. Students receive a safe sitter handbook and certificate of completion card.

KIDS HIP HOP

Tiffani Bourque

7 - 13 years

M

4:30 pm

5:15 pm

\$35

This is a fun high-energy class for youth ages 9-13 that lays a good foundation in hip-hop while exposing the students to a variety of styles. The dance choreography will further develop musicality, style, and performance personality. Students will also be given an encouraging opportunity to express their freestyle movements, fostering their own unique style and building self-confidence.

