



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM GUIDE

WINTER 1 SESSION

Jan. 2nd – Feb. 17th, 2023

SANFORD-SPRINGVALE YMCA

1 Emile Levasseur Drive Sanford, ME 04073 | 207.324.4942 |
www.sanfordymca.org

Register
Starting

Dec. 18

207.324.4942

www.sanfordymca.org

Scan register!



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SANFORD-SPRINGVALE
YMCA
EST. 1941

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 | 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: Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving, closed Christmas Eve, Christmas, closing at noon New Years Eve, New Years Day

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
Shannon Robinson	Member Service Director	srobinson@sanfordymca.org
Matthew Ouellette	Youth & Family Services Director	mouellette@sanfordymca.org
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



FOR YOUTH DEVELOPMENT*
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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?

NOT YET

**A / WATER
DISCOVERY**

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

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

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

NOT YET

**2 / WATER
MOVEMENT**

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

NOT YET

**3 / WATER
STAMINA**

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

NOT YET

**4 / STROKE
INTRODUCTION**

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

NOT YET

**5 / STROKE
DEVELOPMENT**

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

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.



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.



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 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



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.

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.



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YOUTH SWIM LESSONS

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.

Please refer to the Lesson Selector and Stage Descriptions to learn more about our youth swim levels.



SWIM STARTERS (Ages 6 months–4 years) Parent/Child

Discover swimming and water safety through songs, instructions and games. Parent/adult caregiver participation required.

Monday 5–5:30 PM

Tuesday 10–10:30 AM

Wednesday 5–5:30 PM

Fee (Member/Non-member): \$50/\$120

AGES 3–13 – LEVELS 1–3

Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills.

Progress reports are given at the end of the session.

LEVEL 1 & 2

Tuesday 10:35–11:05 AM

Fee (Member/Non-member):
\$50/\$120

LEVEL 1, 2 & 3

Monday 5:40–6:10 PM

Monday 6:20–6:50 PM

Wednesday 5:40–6:10 PM

Wednesday 6:20–6:50 PM

Fee (Member/Non-member): \$50/\$120

LEVEL 3 (only)

Monday 5–5:30 PM

Wednesday 5–5:30 PM

Fee (Member/Non-member): \$50/\$120

LEVEL 4, 5 & 6

Monday 5–5:30 PM

Wednesday 5–5:30 PM

Fee (Member/Non-member): \$50/\$120

HOMESCHOOL LESSONS

LEVEL 1 & 2 (Beginner)

Thursday 10:00–10:30 AM

Thursday 10:35–11:05 AM

Fee (Member/Non-member): \$50/\$100

LEVEL 3 (Intermediate)

Thursday 11:10–11:40 AM

Fee (Member/Non-member): \$50/\$100

LEVEL 4 & 5 (Advanced)

Thursday 11:10–11:40 AM

Fee (Member/Non-member): \$50/\$120



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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 while promoting a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level. Registration is open, REGISTER TODAY!



TITANS SWIM SEASON

SEPTEMBER 18, 2023 - MARCH 3, 2024

*REGISTRATION IS OPEN (rolling registration)

Practice Times

Performance Group:

Practice: M - F 5:30 - 7 pm
Practice: Sat 7 - 8:50 am

Fees:

Performance: \$585.00
Junior: \$520.00
Blue: \$475.00
White: \$450.00

Juniors:

Practice: M, Tu, Th, F 5:30 - 6:30 pm

Blue Team:

Practice: Tu, Th, F 4:30 - 5:30 pm

White Team:

Practice: Tu, Th, F 4:30pm - 5:15 pm

For more information about the different teams and minimum requirements see Titans Brochure and Registration Package. You may also contact the Aquatics Director; Ali Fair @afair@sanfordymca.org.

ADULT AQUATICS

SANFORD-SPRINGVALE YMCA



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AQUA FIT

High-intensity and low impact to give you a full body workout with cardio and strength training. Ages: 16+

Day: M/W/F	Time: 9-9:50 a.m	Instructor: Christina Almeida	Cost: \$65/\$225
Day: T/Th	Time: 7-7:50 p.m.	Instructor: Thai Lim	Cost: \$45/\$200
Day: Sat.	Time: 9-9:50 a.m.	Instructor: Thai Lim	Cost: \$22.50/\$175

*member/non-member

HYDRO FIT

This class incorporates all of the components of aqua fit in a more progressive fashion. Low or high impact, Hydro Fit is a great program for active older adults, pregnant women, and those who are overweight, inactive, or recovering from an injury. Ages: 16+

Day: T/Th	Time: 9-9:50 a.m.	Instructor: Merilee Perkins	Cost: \$45/\$200
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*member/non-member

ADULT SWIM LESSONS

NEW!

The pool isn't just for kids. Join the fun and learn something new!

It's never too late to learn how to swim! Our adult swim lessons provide a place for adults and teens 16 and older to learn how to swim in a friendly group setting. Adult swim lessons are for those individuals who wish to learn to swim or those who want to improve their technique and feel safe and secure in any body of water - whether it's a pool, lake, or the ocean.

Our swim lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes, and lap swimming skills. Advanced swimmers will focus on increasing endurance.

BEGINNERS & ADVANCED

Tuesday 11:10 - 11:40 AM

BEGINNERS ONLY

Friday 7:05 - 7:35 PM

Fee (Member/Non-member): \$50/\$120



MAKE SOME WAVES!

Looking for a different swim lesson setting? Inquire about private or semi-private swim lessons:

Private Lessons

Fee (Member/Non-member) \$40/\$55

Semi-Private Lessons

Fee (Member/Non-member) \$60/\$85

Taekwondo NEW!

This is a Korean form that focuses on foot movements and power kicks to "develop spirit within" for all aspects of life.

Day: Thursday

Time: 5:30-6:15 PM

Ages: 6-11 years

Instructor: Sabunim Rufilo Lawrence

Fee: \$45 members/\$200 non-members

Martial Arts

Whether your child is bursting with energy or quiet in social settings, martial arts can help develop qualities and habits such as confidence, patience and self-discipline. It provides opportunity to explore individuality through the development of skills. Instructors reserve the right to place students by skill rather than age for safety and appropriate progressions.

Kung Fu Kids

This is a Chinese-style martial art based on animal fighting skills using jabs, kicks and punches in different ways to "keep harmony and balance".

Day: Tuesday

Time: 6:00-6:30 PM

Ages: 5-8 years

Instructor: Sifu Craig Taylor

Fee: \$45 members/\$200 non-members

Day: Tuesday

Time: 6:30-7:15 PM

Ages: 9 and up

Instructor: Sifu Craig Taylor

Fee: \$45 members/\$200 non-members



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. Children in the older class must be able to successfully forward roll, backward roll and perform cartwheels. They will learn more advanced moves and routines. The instructor reserves the right to place children by skill level rather than age for safety and appropriate progressions.

Day: Tuesday

Time: 4:00-4:45 PM

Ages: 5-7 years

Instructor: Cindy Utgard

Fee: \$45 members/\$200 non-members

Day: Tuesday

Time: 5:00-5:45 PM

Ages: 8-11 years

Instructor: Cindy Utgard

Fee: \$45 members/\$200 non-members



Advanced Tumbling

This class is designed for youth with an interest in advancing their floor tumbling skills; great for cheerleaders, gymnasts or your adventurous child. All students must be able to perform a cartwheel, hand stand, bridge and rolls without assistance as well as backbend, round off and bridge kick over with minimal instructor assistance.

Day: Thursday

Time: 4:30-5:15 PM

Skills required: See class description

Instructor: Cindy Utgard

Fee: \$45 members/\$200 non-members

Little Movers

This parent/caregiver assisted class provides students the opportunity to interact with each other in a safe, developmentally appropriate environment. The focus is on sensory awareness and play, allowing children to build gross motor skills and practice social engagement skills while gaining independence through guided and supportive activities. Music and story time included!

Day: Wednesday

Time: 9:30-10:15 AM

Ages: 18 mo - 3 years

Instructor: Kate Roller

Fee: \$45 members/\$200 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: Monday
Time: 5:45-6:45PM
Ages: 16+
Level: ALL
Instructor: Betsy Baker
Fee: \$45 members/\$200 non-members



Day: Friday
Time: 10:30-11:30AM
Ages: 16+
Level: ALL
Instructor: Betsy Baker
Fee: \$45 members/\$200 non-members

Pilates

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: 10:15-11:15AM
Ages: 16+
Level: Intermediate
Instructor: Merilee Perkins
Fee: \$45 members/\$200 non-members

Day: Thursday
Time: 10:15-11:00 AM
Ages: 16+
Level: Beginner
Instructor: Hassina Taylor
Fee: \$45 members/\$200 non-members

Kung Fu

Awaken your mental discipline and positive attitude. Kung Fu is a progressive style of martial arts adapted to our modern lifestyle. The class covers fundamental moves, traditional forms, basic hand techniques and coordination and strength drills.

Day: Tuesday
Time: 6:30-7:15 PM
Ages: 16 and older
Instructor: Sifu Craig Taylor
Fee: \$45 members/\$200 non-members



Sound Therapy

NEW!

Lay back, close your eyes and let the sacred sounds of the Gong, Crystal & Tibetan Singing Bowls, Vocal Soul Song Sounds and more, help you feel relaxed, uplifted and empowered in your life. Sound Journey is the easiest meditation ever! Class consists of laying or sitting and breathing; no movement. It's Great for anxiety/stress relief, pain/inflammation reduction, mental/physical rejuvenation, and emotional balance.

Dates: Friday, January 5th
Friday, February 2nd
Time: 6:30-7:30 PM
Instructor: Sarah Daigle
Fee: \$15 members/non-members



CPR Courses



DATES: Saturday, January 6th
Saturday, February 10th

TIME: 9:00 am – 12:00 noon

Ages: 14 and over

Fee: \$75 (members/non-members) Must be paid at registration

The Adult, Child and Infant First Aid/CPR/AED course equips participants to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants.

Upon successful completion of our courses, you will earn a certification that satisfies OSHA-mandated job requirements, workplace or other regulatory requirements, and is valid for 2 years.

Be prepared to act when emergencies arise. Join the ranks of those who can spring into action when trouble strikes to help people in the "minutes that matter". Sign up today to get certified in First Aid, CPR and AED.

LIFEGUARD COURSES

FULL LIFEGUARD COURSE

DATES: December 27th, 28th, 29th
OR

January 6th, 7th, 21st

TIME: 9 am – 5 pm

Fee: \$375 (members/non-members) Must be paid at registration

LIFEGUARD RECERTIFICATION COURSE

DATES: December 28th, 29th
OR

January 7th, 21st

TIME: 9 am – 5 pm

Fee: \$200 (members/non-members) Must be paid at registration



Safe Sitter Babysitting Class

.....
Learning life-saving skills for the future!



SAFESITTER BABYSITTING COURSE

DATES:

Sat. Jan. 20 10am – 3:30pm

Sat. Feb. 24 10am – 3:30pm

AGES: Students in 6-8th grades

COST: \$65 members/non-members

• **Bring a drink
and a snack!**

This nationally accredited course 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 and their name is listed on the SafeSitter sight as a certified sitter.

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. 1-hour sessions \$45.00. Lower rates for purchase of 6 or more sessions. Partner sessions are also available.

Ages: 16+

Instructor: Y Personal Trainers– Christina Almeida, Kristie Hurlburt, Vicki Farmer, Amanda Chenevert, and Sarah Tietgens

Contact: Merilee Perkins mperkins@sanfordymca.org – 207-324-4942

ENRICHMENT PROGRAMS

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PAINT NIGHT!

For any skill level. Everyone loves our popular PAINT NIGHT! Pack a snack and be ready to have fun with paints!

ADULT PAINT NIGHT

Day: FEB 16

Time: 6:00-8:00 p.m.

Ages: 15+

Instructor: Amy Lapham

Fee: \$35 includes materials and instruction.



KID'S PAINT NIGHT

Day: JAN 19

Time: 6:00-8:00 p.m.

Ages: 6 - 12

Instructor: Amy Lapham

Fee: \$35 includes materials and instruction.

INTRODUCTION TO GUITAR

Young or old, you can learn to play guitar fast...no frustration or pain! Our guitar lessons are designed to teach you how to play guitar by covering the basics including playing chords and how to play along to almost any song in seconds. You'll learn about parts of the guitar, scales, chord progressions, strumming patterns and more. Students must bring their own guitar, preferably acoustic or electric. Jason will evaluate the guitar at the first class to ensure it is a properly working instrument. Relax, have fun, and start learning how to play guitar NOW!

Day: Wednesday

Time: 6-6:45 p.m.

Ages: 16 to adult

Instructor: Jason Muchmore

Fee: \$75 members/\$250 non-members





SERVING THOSE WHO SERVE US

FREE YMCA Memberships for Maine Veterans

Thanks to a new partnership with the US Department of Veterans Affairs, Maine Bureau of Veterans' Services, a limited number of Maine veterans will receive FREE YMCA memberships at the Maine YMCA of their choice starting August 1, 2023.

To be eligible, a Maine veteran must receive a referral from his/her Togus primary care physician.

Visit the Welcome Center to learn more!

YMCA ALLIANCE OF NORTHERN NEW ENGLAND
PO Box 282, Southport Harbor, ME 04106
207.280.5472 • maymain.org



FOR YOUTH DEVELOPMENT®
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Sound Journey

with Sarah Daigle

Friday, Jan. 5 | 6:30-7:30 pm

Friday, Feb. 2 | 6:30-7:30 pm

SANFORD-SPRINGVALE YMCA
1 Emile Levasseur Dr. Sanford

Lay back, close your eyes and let the sacred sounds of the Gong, Crystal & Tibetan Singing Bowls, Vocal Soul Song Sounds and more, help you feel relaxed, uplifted and empowered in your life.



Registration \$15
Open to the community

To Register:
call the Y - 207.324.4942
www.sanfordymca.org/programs

- Bring something comfortable & warm - mat, blanket, pillows, eye covering.
- Arrive by 6:15 and settle in. Doors will close at 6:25 to allow uninterrupted meditation.
- Sound Journey is the easiest meditation ever! Class consists of laying or sitting and breathing; no movement. It's Great for anxiety/stress relief, pain/inflammation reduction, mental/physical rejuvenation, and emotional balance.

Sarah Daigle is a Spiritual Catalyst, Sound Alchemist, Gong Master, Reiki Master, Clinical HeartMath Practitioner, Intuitive Wellness Coach, Meditation Guide, Licensed Acupuncturist.

Learn more at: SuperNovaEnergetics.com 808.226.5868

SANFORD-SPRINGVALE YMCA | EMILE LEVASSEUR DR | 207.324.4942 | WWW.SANFORDYMCA.ORG



JOIN US FOR YMCA DAY AT THE MAINE MARINERS

YMCA attendees have a chance to be involved in some of the game's assets such as first shot, puck drop, warmups in the penalty area, high-five in the tunnel, being on ice during the national anthem and a huge group photos at the end.



FEBRUARY 18, 2024 3:00 P.M.

CROSS INSURANCE ARENA
1 CIVIC CENTER SQUARE, PORTLAND, ME 04101

Cost: \$15 PER TICKET

SCAN THE QR CODE
OR BUY TICKETS [HERE](#)



All are welcome...open to Y staff, volunteers, members, family members, and community members

Questions contact Holly Richards at 207-931-8075 OR
holly.richards@nneymcas.org



NEW CLASS STARTS JAN. 11th!

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE
Diabetes Prevention Program
SANFORD-SPRINGVALE-YMCA

If you're at risk for Type 2 Diabetes, you can take small, manageable changes that can reduce your risk and help you live a happier, healthier life.
(Changes is tough - we can help.)

Lookin' to Gettin' Healthy (LGH) is a comprehensive lifestyle change program that helps you take control of your health, one step at a time.

- PROGRAM FEATURES:
 - 12 weeks delivered over the course of 12 weeks
 - Led by a trained Lifestyle Coach
 - 12 group-based sessions with support

CONTACT: Sarah Richards
Sanford-Springvale Director
Sanford-Springvale YMCA
207.324.4942
sarah.richards@sanfordymca.org

YMCA MEMBERSHIP
NOT REQUIRED