



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREAT YOURSELF TO HEALTHY LIVING



**REGISTER
ONLINE**

boothbayregionymca.org

BOOTHBAY REGION YMCA WINTER PROGRAMS

Winter I: January 2 – February 17

Online Registration: 12/17 @NOON; In-House 12/26

Winter II: February 26 – April 13

Online Registration: 2/5 @ NOON; In-House 2/12

SESSION & REGISTRATION DATES

WINTER I: January 2 – February 17
Online Registration: 12/17 @ NOON
Break Week: 2/19-2/23

WINTER II: February 26 – April 13
Online Registration: 2/5 @ NOON
Break Week: 4/15-4/19

HOURS OF OPERATION

Monday – Thursday: 5:30am–8pm
Friday: 5:30am–7pm
Saturday: 7am–5pm
Sunday: Closed

HOLIDAY HOURS/CLOSURES

NEW YEAR'S DAY, 1/1 (CLOSED)
MARTIN LUTHER KING JR. DAY, 1/15 (OPEN)
EASTER, 3/31 (CLOSED)

POOL & SAUNA HOURS OF OPERATION

Emery Pool & Sauna:

*Monday – Friday: 5:30am–6pm
Saturday: 7am–11am
Sunday: Closed

Therapy Pool:

*Monday – Friday: 7am–6pm
Saturday: 7am–11am
Sunday: Closed

*Closed daily from 11am–1pm

CLASSES INCLUDED WITH MEMBERSHIP!

- Aerobics for All / Aqua Aerobics
- Bootcamp
- Cycling
- Pilates/Yoga Stretch
- Yoga
- Zumba®

REFUND/CANCELLATION POLICY

If you need to cancel participation in a program due to personal reasons, we ask that you cancel before the session begins, as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel prior to attending the 2nd class. Refund will not be available after the second class, unless there is a medical reason that is supported with a doctor's note. If a doctor's note is provided, a prorated refund will be made.

MEMBERSHIP FOR ALL

Through the generosity of our donors, we are able to provide programs and services of a YMCA membership to those who may not otherwise be able to participate. Rates are available based on income. Proof of income will be required for Membership for All. If you cannot afford the full cost of a YMCA membership on the Membership for All sliding fee scale, you may apply for financial assistance. All Y members receive the same benefits, regardless of assistance.

NEW MEMBER ORIENTATION

As a new member, your free wellness center orientation provides you with an opportunity to become comfortable in our YMCA. During your orientation, we will guide you through our cardio and strength training machines, as well as our fitness programs and resources.

**Visit www.boothbayregionymca.org
or our Welcome Center for current schedules.**

WHAT'S NEW?

JOB POSTINGS

FULL TIME Aquatic Aide

Join the team FULL TIME as an Aquatic Aide-- this position is a 40-hour a week plus benefits and paid time off. Must be or willing to train to be a certified American Red Cross lifeguard. Other training opportunities include group exercise instructor, swim lesson instructor, certified pool operator, and/or lifeguard instructor. Interested or have questions? E-mail David Washburn for details at dwashburn@brymca.org or call 207-633-2855.

PART TIME Lifeguards & Swim Instructors

This part time position is intended for someone interested in lifeguard or swim lesson hours at the pool. We are willing to train the right person, considering they can pass the pre-course for lifeguarding. This position's hours can fluctuate from 4-30 hours a week, depending on the schedule of lessons and hours of operation. Interested or have questions? E-mail or call David Washburn at dwashburn@brymca.org or 207-633-2855 ext. 251.

PART TIME Healthy Living Instructors

We're looking for more group exercise instructors to join our team! From Aerobics for All to yoga, you could make an impact on the journey members are taking to health and fitness. Contact Caroline Earle Ivens for more information at civens@brymca.org.

PART TIME Program Instructors

We're looking for more program instructors to join our team! Contact Erin Gray at egray@brymca.org

MONTHLY EXPERIENCES- REGISTER NOW FOR ALL 4 MONTHS!

Looking to sign up for something fun but don't want to commit to an entire session? Check out the next four pages to see something NEW that we've never done before, for only 3-4 weeks at a time-- for multiple age groups!

BRUNCH & LEARN SEMINARS

Managing Stress: It's Time to Let Go

Thursday, 12/7, 10:30am-11:15 in the Community Room

You are not alone if you think you are under too much stress. Whether it's because of your job or family issues and concerns, the nightly news, our technological devices, or "just not enough hours in the day" – you can learn some strategies so that your stress is "just enough". Join us as Ruth breaks down the components of stress and explains where it comes from and what's going on in our bodies when the stress response is activated. Then she'll teach you some strategies to help you manage the stress in your life so you can enjoy the upcoming holidays and all the days after!

Relaxation: Techniques to Evoke Your Relaxation Response

Thursday, 12/14, 10:30-11:15AM in the Community Room

You may think that activities such as reading, watching TV, hanging out with friends, or going sailing are relaxing. These leisure activities are certainly beneficial to your psychological well-being, but these are not "relaxation". The relaxation response is a physiological state which is the exact opposite of the stress response. For example, a stress response to a near accident, or an argument with someone could increase your blood pressure. Will reading a book lower your blood pressure? Perhaps, unless it's a thriller! Join us and learn the differences between the stress response and the relaxation response and practice a few different relaxation techniques. Ruth has been certified to guide you through these scientifically based exercises which are completely safe. You'll feel great afterward. Please wear loose, comfortable clothing.

MONTHLY EXPERIENCES

JANUARY

WOODEN TRAINS (with David)

Ages: 5-7

Thursdays, 3:30pm-4pm (1/11-1/25)

Location: Upstairs Community Room

\$15/\$25/\$45

In this course, participants will be using wooden tracks we are going to design a railway each week.

ITTY BITTY ARTS & CRAFTS (with Gretchen)

Ages: 2-5

Fridays, 2:30pm-3pm (1/5, 1/19 & 1/26)

Location: Annex

\$15/\$25/\$45

Join the fun in the Annex for new experiences with ART for our youngest members. Come play and create!

TEEN COOKING CLUB (with Sarah)

Grades: 6-8 (1/11-1/25)

Thursdays, 3:30pm-4:30pm (FREE!)

Location: Teaching Kitchen (FREE!)

Teens in the kitchen is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Learn how to prepare simple, healthy foods that can be made for family at home.

ANIMATION BASICS (with Lindsey)

Ages: 10+ (1/8-1/22)

Mondays, 4:30pm-5pm

Location: Camp K Lodge

\$15/\$25/\$45

In this class that is a mandatory pre-course to Animation Filming & Editing, students will develop their own story, make a storyboard, and design scenery and colorful characters.



DODGEBALL (with Rudi)

Ages: 12+ (1/10-1/24)

Wednesdays, 2pm-2:30pm

Location: Gymnasium

\$15/\$25/\$45

Come on down to the Y and get ready to dip, duck, dodge, dive and duck! Dodgeball is a great way to get some energy out, so come join us! Contact Rudi for more details at rbottse@brymca.org.

LEGO CHALLENGE (with Erin)

Ages: 10+

Mondays, 3:30pm-4pm (1/8-1/22)

Location: Community Room

\$15/\$25/\$45

Join Erin in the community room once a week to play with LEGOs! Each week there will be a new challenge for participants to try and re-create. Contact Erin for more details at egray@brymca.org

SLEDDING (with Adam)

Ages: 7-9 (1/10-1/24)

Wednesdays, 2pm-2:30pm

Location: Camp K

\$15/\$25/\$45

Take to the hills at Camp K to enjoy time sledding with Adam and other friends! No sled necessary, but can bring your own if you want. Contact Rudi for more details at rbottse@brymca.org.

TODDLER TENNIS

Ages: 18 months-2 years

Tuesdays, 9:30am-10am (1/2, 1/9, 1/16, 1/23)

Location: Tennis Courts

\$20/\$30/\$50

An introduction to tennis for our youngest players!

PEE WEE BASKETBALL (with Adam)

Ages: 4-5

Saturdays, 8am-8:30am (1/6-1/27)

Location: Gymnasium

\$20/\$30/\$50

Pee Wee basketball is back! Join Adam in the gym on Saturday mornings to fall in love with the game of basketball, practice simple skills, and play basketball related games/activities.

MONTHLY EXPERIENCES

FEBRUARY

SPLISH, SPLASH, SWIM (with David)

Ages: 6 months–2 years

Thursdays, 10am–10:30am (2/8, 2/15, 2/29)

Location: Therapy Pool

\$15/\$25/\$45

Jump in the pool to work with your child on basic swimming skills for younger students!

SPEED TRAINING (Tennis)

Ages: 12–17 years

M/W, 3:30pm–4pm (2/5, 2/7, 2/12, 2/14)

Location: Tennis Courts

\$20/\$30/\$50

Agility and speed training for athletes preparing for spring sports.

TEEN COOKING CLUB (with Sarah)

Grades: 6–8

Thursdays, 3:30pm–4:30pm (2/8–2/22)

Location: Teaching Kitchen (FREE!)

Teens in the kitchen is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Learn how to prepare simple, healthy foods that can be made for family at home.

TRY TENNIS

Ages: Middle School

M/W, 3pm–3:30pm (2/5, 2/7, 2/12, 2/14)

Location: Tennis Courts

\$20/\$30/\$50

Learn to rally and keep score– If you're entering high school, think about joining the tennis team!

PEE WEE BASKETBALL (with Adam)

Ages: 4–5

Saturdays, 8am–8:30am (2/3, 2/10, 2/17)

Location: Gymnasium

\$15/\$25/\$45

Pee Wee basketball is back! Join Adam in the gym on Saturday mornings to fall in love with the game of basketball, practice simple skills, and play basketball related games/activities.

DODGEBALL (with Rudi)

Ages: 12+ (2/7, 2/14, 2/28)

Wednesdays, 2pm–2:30pm

Location: Gymnasium

\$15/\$25/\$45

Come on down to the Y and get ready to dip, duck, dodge, dive and duck! Dodgeball is a great way to get some energy out, so come join us!

ANIMATION FILMING & EDITING (with Lindsey)

Ages: 10+

Mondays, 4:30pm–5pm (2/5, 2/12, 2/26)

Location: Camp K Lodge

\$15/\$25/\$45

As a second part to Animation Basics, take your story, characters and design to the camera! Film your story and learn how to edit it to make it into a mini-movie!

ICE FISHING (with Adam)

Ages: 8–12 (2/7, 2/14, 2/28)

Wednesdays, 2pm–2:30pm

Location: Camp K

\$15/\$25/\$45

Take to the lake at Camp K to enjoy learning about ice fishing with Adam and other friends! No equipment necessary, but can bring your own if you want.

ITTY BITTY MUSIC: RHYTHMS & MORE (with Emily)

Ages: 2–8

Fridays, 2:30pm–3pm (2/2, 2/9 & 2/16)

Location: Multi-Purpose Studio

\$15/\$25/\$45

Join Emily in the Multi-purpose Studio for a class for our youngest rising stars! Come beat on drums and dance around with Emily in a silly and supportive environment.

MONTHLY EXPERIENCES

MARCH

BLOCK TO BASICS (with David)

Ages: 5-7

Wednesdays, 2:30pm-3pm (3/6-3/20)

Location: Upstairs Community Room

\$15/\$25/\$45

Using a different block a week we are going to build anything we want to.

ITTY BITTY STORY & DANCE (with Emily)

Ages: 2-5

Fridays, 3pm-3:30pm (3/15, 3/22, 3/29)

Location: Multi-Purpos eStudio

\$15/\$25/\$45

Join Emily in the Multi-purpose Studio for fun adventures with stories and dance. Each class will feature a story and fun dances!

TEEN COOKING CLUB (with Sarah)

Grades: 6-8

Thursdays, 3:30pm-4:30pm (3/7-3/21)

Location: Teaching Kitchen (FREE!)

Teens in the kitchen is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Learn how to prepare simple, healthy foods that can be made for family at home.

MIDDLE SCHOOL / HIGH SCHOOL PICKLEBALL

Grades: Middle School & High School

Wednesdays, 2:30pm-3pm (3/6-3/20)

Location: Tennis Courts

\$15/\$25/\$45

Fun and competitive Pickleball play!

INTRO TO AMERICAN SIGN LANGUAGE (with Erin)

Ages: 8+

Mondays, 3:30pm-4pm (3/4-3/18)

Location: Upstairs Community Room

\$15/\$25/\$45

Wanting to pick up a new skill that helps get the creative juices flowing? Join Erin in the community room to learn the basics of ASL: letters, numbers, and basic communications such as manners and important rooms.

SHUFFLEBOARD (with Rudi)

Ages: 12+ (3/5-3/19)

Tuesdays, 2:30pm-3pm

Location: Gymnasium

\$15/\$25/\$45

Join Rudi in the gym for a fun game of shuffleboard. Learn the rules and compete against friends! Contact Rudi for more details at rbottse@brymca.org.

ANIMATION BASICS (with Lindsey)

Ages: 7-9 (3/4-3/18)

Mondays, 4:30pm-5pm

Location: Camp K Lodge

\$15/\$25/\$45

In this class that is a mandatory pre-course to Animation Filming & Editing, students will develop their own story, make a storyboard, and design scenery and colorful characters.



MONTHLY EXPERIENCES

APRIL

CARNIVAL GAMES (with David)

Ages: 18 months–4 years

Thursdays, 3pm–3:30pm (4/4, 4/11, 4/25)

Location: Upstairs Community Room

\$15/\$25/\$45

In this course, we will make homemade carnival games where everyone is a winner.

ITTY BITTY ARTS & CRAFTS (with Gretchen)

Ages: 2–5 years

Fridays, 2:30pm–3pm (4/5, 4/12, 4/26)

Location: Annex

\$15/\$25/\$45

Join the fun in the Annex for new experiences with ART for our youngest members. Come play & create!

TEEN COOKING CLUB (with Sarah)

Grades: 6–8

Thursdays, 3:30pm–4:30pm (4/4, 4/11, 4/25)

Location: Teaching Kitchen (FREE!)

Teens in the kitchen is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Learn how to prepare simple, healthy foods that can be made for family at home.

ANIMATION FILMING & EDITING (with Lindsey)

Ages: 7–9

Mondays, 4:30pm–5pm (4/1, 4/8, 4/22)

Location: Camp K Lodge

\$15/\$25/\$45

As a second part to Animation Basics, take your story, characters and design to the camera! Film your story and learn how to edit it to make it into a mini-movie!



ACES IN ACTION (Tennis)

Grades: High School (4/3, 4/10, 4/24)

Wednesdays, 2:30pm–3pm

Location: Tennis Court

\$15/\$25/\$45

Get your serve ready for high school tennis season! Serve for targets and prizes!

SHUFFLEBOARD (with Rudi)

Ages: 12+ (4/2, 4/9, 4/23)

Tuesdays, 2:30pm–3pm

Location: Gymnasium

\$15/\$25/\$45

Join Rudi in the gym for a fun game of shuffleboard. Learn the rules and compete against friends! Contact Rudi for more details at rbottse@brymca.org.

LEARN TO CROCHET (with Erin)

Ages: 10+

Mondays, 3:30pm–4pm (4/1, 4/8, 4/22)

Location: Community Room

\$15/\$25/\$45

Wanting to pick up a new skill that helps get the creative juices flowing? Join Erin in the Community Room once a week to learn basic crochet (slip stitches, single crochet, double crochet)!

ADULT SWIM LESSONS (with David)

Ages: 18+

Thursdays, 4:30pm–5pm (4/4, 4/11, 4/25)

\$15/\$25/\$45

Jump in the Emery Pool to learn the basics in this swim lesson session designed for adults new to swimming. Skills included will be endurance training, swimming with faces in the water, and breath control.



WINTER | YOUTH PROGRAMMING

ITTY BITTY NINJA WARRIOR

Mondays, 4:15pm-5pm

Ages: 4-6 in the Annex

\$55/\$65/\$85

Participants will be navigating obstacles to reach the finish line in the Annex! This program provides great exercise and a ton of fun in a safe and healthy environment.

GAMING CLUB

Thursdays, 3:30pm-4:30pm

Grades: 6-8 in the Community Room

FREE to Y Members / \$10 drop in NM

Come to the Community Room where staff will have various video games!

COOKING & BAKING

Mondays, 4pm-5pm

Ages: 8-12 in the Teaching Kitchen

\$70/\$100/\$140

In our cooking & baking program, participants will learn to bake cakes, breads, pies, cookies, and all kinds of other yummy recipes. We will be learning fun new recipes in every class.

RETURNING! FLOOR HOCKEY

Wednesdays, 5pm-6pm

Ages: 8-12 in the Gymnasium

\$50/\$60/\$80

Come to the Y's gymnasium for a fun game of floor hockey! No sticks are required, as the Y can provide for participants. This is a fun way for youth to unwind and play with friends!

ROOKIES BASKETBALL

Saturdays, 8:30am-9:30am

Ages: 6-8 in the Gymnasium

\$50/\$60/\$80

This co-ed beginner league is for future basketball players to learn the fundamentals of the sport through practice and play on Saturday mornings. Healthy competition through the sport will help develop good sportsmanship!

SWIM LESSONS: SCHOOL AGE LEVEL 1/2

Ages: 6+

Tuesdays, 4-4:45pm

\$65/\$75/\$95

For beginner swimmers, who are not yet comfortable in the water. We will work on going under water, floating on our backs and bellies, gliding and jumping in and climbing back out. This is the very basics of swimming.

SWIM LESSONS: SCHOOL AGE LEVEL 3/4

Ages: 6+

Mondays, 3:30-4:15pm

\$65/\$75/\$95

This lesson includes introduction to most swim strokes. The goal will be to pass the swim test. Swimmers should be able to float, jump in, and go underwater already.

SWIM LESSONS: SCHOOL AGE LEVEL 5/6

Ages: 7+

Wednesdays, 3:30-4:15pm

\$65/\$75/\$95

There are 5 strokes, four for racing one for resting. They are freestyle, backstroke, breaststroke, butterfly, and sidestroke. Your swimmer needs to be able to swim 50 yards for at least 2 of them without rest. We will build up skill with the other strokes as well as diving and flip turns.

SWIM LESSONS: PRESCHOOL SWIM LEVELS 1/2

Ages: 3-5

Wednesdays, 3-3:30pm

\$55/\$65/\$85

Beginner swimmers, who are not yet comfortable in the water. We will work on going under water, floating on our backs and bellies, and jumping in and climbing back out. This is the very basics of swimming.

NEW! Y ARTS LEADERS CLUB

Grades 5-12

Mondays, 3pm-5pm

Location: Annex

\$40/\$50/\$70

Pre-teens & Teens are invited to join the new Y Arts Leaders Club! Participants are invited to spend Monday afternoons in the Annex discussing current topics, getting homework help, participating in theater/art activities, and planning community service endeavors and fundraisers.

ADVENTURES IN ART

Ages: 6-12

Tuesdays, 3pm-3:45pm

Location: Annex

Price: \$50/\$60/\$80 per session

Join our creative Art Teacher, Gretchen, for weekly art activities and projects in the YMCA Annex. Participants will paint, color, and create in a supportive and encouraging environment.

WINTER I YOUTH PROGRAMMING

KIDDIE CHOIR

Ages: 3-7

Wednesdays, 3:30pm-4:00pm

Location: Multi-Purpose Studio

Price: \$50/\$60/\$80 per session

Join Emily for weekly singing and dancing fun at the YMCA! Participants will enjoy time together as they learn the basics of music in a safe and supportive environment. The Y Arts Choirs perform in concerts bi-annually.

Y ARTS SINGERS

Ages: 8-12

Thursdays, 4:30pm-5:00pm

Location: Annex

Price: \$50/\$60/\$80 per session

Join Emily in the Annex for weekly singing and basic music theory lessons. Y Arts Singers will work together to learn part singing and vocal dynamics. The Y Arts Choirs perform in concerts bi-annually.

BALLET & TAP COMBO CLASSES

Age 3-5, 3:00-3:30

Grades 1-3, 4:00-4:45

Grades 4-8, 4:45-5:30

Day: Wednesdays

Location: Multi-Purpose Studio

\$50/\$60/\$80 for ½ hour classes per session

\$60/\$70/\$90 for ¾ hour classes per session

Join Emily & Imij for our series of Ballet/Tap Combo classes. All students will need ballet flats and tap shoes. Y Arts Dancers perform in recitals bi-annually.

*Additional costs may include costumes for the recital performance.

ADVANCED MUSIC THEATER DANCE

Ages: Grades 6-12

Thursdays, 5:00-6:00

Location: Annex

Cost: \$70/\$80/\$100 per session

This class is intended for dancers with previous dance and/or theater experience. Taught by Emily, this class will learn routines from Broadway musicals and prepare pieces for upcoming recitals and special events.

NEW! LET'S MAKE A MOVIE

Ages: Grades 1-8

Fridays, 3:15pm-4:00pm

Location: Multi-purpose Studio

Cost: \$50/\$60/\$80

Participants in this new class will work with Emily to take a modern twist on a classic fairy tale. Film times will be scheduled during February break. Come join the fun! Let's make a movie!

*This class begins on January 25 with film times scheduled during February Vacation.

APPLIED ENGINEERING CONCEPTS

Wednesdays, 3pm-4pm

Grades 5-12 in the Community Room

\$70/\$80/\$100

Take your engineering knowledge to the next level! Based on the success of our Introduction to Engineering program, we are very pleased to introduce Applied Engineering Concepts. This engineering course applies the concepts learned in Introduction to Engineering, which concludes with building a Gizmo that responds to buttons and sensors, and provides a more in-depth approach to each of the topics introduced.

INTRODUCTION TO ENGINEERING

Wednesdays, 4pm-5pm

Grades: 5-12 in the Community Room

\$70/\$80/\$100

Bolster your success by immersing yourself in a customized, uniquely impactful experience in our new program, Introduction to Engineering: Electrical, Mechanical, and Programming. From Bits, Bytes, and Words to Building a Gizmo, explore the fun and exciting world of engineering!



YOUTH TENNIS

LEVEL	DAY	TIME	AGE	COST: FM/M/NM	SESSION
MIDDLE/HIGH SCHOOL TOURNAMENT	MON & WED	4pm-5:30pm	12-17	\$90/\$100/\$120	Winter I
MIDDLE/HIGH SCHOOL PLAY	TUE & THU	3pm-4pm	12-17	\$80/\$90/\$120	
SPIN (Orange Ball)	TUE & THU	4pm-5pm	7-10	\$80/\$90/\$120	
PLAY (Red Ball)	MON & WED	3:15pm-4pm	5-8	\$70/\$80/\$100	
REACH (Green Ball)	MON & WED	3pm-4pm	9-12	\$80/\$90/\$120	

WINTER II YOUTH PROGRAMMING

ITTY BITTY NINJA WARRIOR

Mondays, 4:15pm-5pm

Ages: 4-6 in the Annex

\$55/\$65/\$85

Based on the hit TV show "American Ninja Warrior," participants will be navigating obstacles to reach the finish line in the Annex! This program provides great exercise and a ton of fun in a safe and healthy environment.

GAMING CLUB

Thursdays, 3:30pm-4:30pm

Grades: 6-8 in the Community Room

FREE to Y Members / \$10 drop in NM

If you enjoy competitive video games or just enjoying video games in general. Come down to the Community Room where staff will have games!

APPLIED ENGINEERING CONCEPTS

Wednesdays, 3pm-4pm

Grades 5-12 in the Community Room

\$70/\$80/\$100

Take your engineering knowledge to the next level! Based on the success of our Introduction to Engineering program, we are very pleased to introduce Applied Engineering Concepts. This engineering course applies the concepts learned in Introduction to Engineering, which concludes with building a Gizmo that responds to buttons and sensors, and provides a more in-depth approach to each of the topics introduced.

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COOKING & BAKING

Mondays, 4pm-5pm

Ages: 8-12 in the Teaching Kitchen

\$70/\$80/\$100

In our cooking & baking program, participants will learn to bake cakes, breads, pies, cookies, and all kinds of other yummy recipes. We will be learning fun new recipes in every class.

SWIM LESSONS: PRESCHOOL SWIM LEVELS 1-3

Ages: 3-5

Tuesdays, 9:30-10am

\$55/\$65/\$85

Beginner swimmers, who are not yet comfortable in the water. We will work on going under water, floating on our backs and bellies, and jumping in and climbing back out. This is the very basics of swimming.

SWIM LESSONS: PRESCHOOL SWIM LEVELS 2/3

Ages: 3-5

Mondays, 3:30-4pm

\$55/\$65/\$85

This lesson builds more confidence in the water while slowly working farther from the wall. We will work on turning gliding into swimming on bellies or backs. We will continue to jump, but now it's jump and swim. Swimmers should be working to float on their own, roll from back to belly, and swimming while looking at the bottom of the pool.

SWIM LESSONS: SCHOOL AGE LEVELS 2/3

Ages: 6+

Wednesdays, 3:15-4pm

\$65/\$75/\$95

Build more confidence in the water while slowly working farther from the wall. We will work on turning, gliding, & swimming on bellies or backs. We will continue to jump, but now it's jump and swim. Swimmers should be working to float on their own, roll from back to belly, and swimming while looking at the bottom of the pool.

YOUTH TENNIS

LEVEL	DAY	TIME	AGE	COST: FM/M/NM	SESSION
MIDDLE/HIGH SCHOOL TOURNAMENT	MON & WED	4pm-5:30pm	12-17	\$90/\$100/\$120	Winter II
MIDDLE/HIGH SCHOOL REC	TUE & THU	3pm-4pm	12-17	\$80/\$90/\$120	
SPIN (Orange Ball)	TUE & THU	4pm-5pm	7-10	\$80/\$90/\$120	
PLAY (Red Ball)	MON & WED	3:15pm-4pm	5-8	\$70/\$80/\$100	
REACH (Green Ball)	MON & WED	3pm-4pm	9-12	\$80/\$90/\$120	

WINTER II YOUTH PROGRAMMING

SWIM LESSONS: SCHOOL AGE LEVELS 5/6

Ages: 7+

Tuesdays, 4-4:45pm

\$65/\$75/\$95

There are 5 strokes, four for racing one for resting. They are freestyle, backstroke, breaststroke, butterfly, and sidestroke. Your swimmer needs to be able to swim 50 yards for at least 2 of them without rest. We will build up skill with the other strokes as well as diving and flip turns.

New! Y ARTS LEADERS CLUB

Grades 5-12

Mondays, 3pm-5pm

Location: Annex

\$40/\$50/\$70

Pre-teens & Teens are invited to join the new Y Arts Leaders Club! Participants are invited to spend Monday afternoons in the Annex discussing current topics, getting homework help, participating in theater/art activities, and planning community service endeavors and fundraisers.

ADVENTURES IN ART

Ages: 6-12

Tuesdays, 3pm-3:45pm

Location: Annex

Price: \$50/\$60/\$80 per session

Join our creative Art Teacher, Gretchen, for weekly art activities and projects in the YMCA Annex. Participants will paint, color, and create in a supportive and encouraging environment.

KIDDIE CHOIR

Ages: 3-7

Wednesdays, 3:30pm-4:00pm

Location: Multi-Purpose Studio

Price: \$50/\$60/\$80 per session

Join Emily for weekly singing and dancing fun at the YMCA! Participants will enjoy time together as they learn the basics of music in a safe and supportive environment. The Y Arts Choirs perform in concerts bi-annually.

Y ARTS SINGERS

Ages: 8-12

Thursdays, 4:30pm-5:00pm

Location: Annex

Price: \$50/\$60/\$80 per session

Join Emily in the Annex for weekly singing and basic music theory lessons. Y Arts Singers will work together to learn part singing and vocal dynamics. The Y Arts Choirs perform in concerts bi-annually.

BALLET & TAP COMBO CLASSES

Age 3-5, 3:00-3:30

Grades 1-3, 4:00-4:45

Grades 4-8, 4:45-5:30

Day: Wednesdays

Location: Multi-Purpose Studio

\$50/\$60/\$80 for ½ hour classes per session

\$60/\$70/\$90 for ¾ hour classes per session

Join Emily & Imij for our series of Ballet/Tap Combo classes. All students will need ballet flats and tap shoes. Y Arts Dancers perform in recitals bi-annually.

*Additional costs may include costumes for the recital performance.

ADVANCED MUSIC THEATER DANCE

Ages: Grades 6-12

Thursdays, 5:00-6:00

Location: Annex

Cost: \$70/\$80/\$100 per session

This class is intended for dancers with previous dance and/or theater experience. Taught by Emily, this class will learn routines from Broadway musicals and prepare pieces for upcoming recitals and special events.

NEW! COOKING WITH SHOWTUNES

Ages: Grades 4-8

Day/Time: Fridays, 3:00pm-4:00pm

Location: Teaching Kitchen

Cost: \$50/\$60/\$80

Participants in this new class will join Emily in the kitchen at the YMCA. Each week our participants will cook or bake a tasty treat while listening to and learning about a famous musical. Don't miss this fun new class!

*There is not a class on March 8 due to the Winter Musical performances.



WINTER | ADULTS PROGRAMS & CLASSES

ADULT INTRAMURAL: VOLLEYBALL

Wednesdays, 6:30pm-8:30pm

Ages 18+ (1/3-2/14)

Location: BRYMCA Gymnasium

\$20/Session

Calling all adults, come join us for some fun! We are beginner friendly so come on down to the Y's gym for good competition with great people. This will be league play and be broken up into teams.

NEW! CYCLE BOOTCAMP (LAUREN)

Mondays, 5:30pm-6:15pm

Location: Cycle Studio (begins 1/8)

\$20/\$40

A mix of indoor cycling, strength, core and more! Join Lauren Albaum as she challenges you with heart-pumping moves to strengthen your entire body. All levels are welcome.

ZUMBA (SARAH & MONICA)

Mondays & Fridays, 8-9am (Downstairs Studio)

Saturdays, 8:30am-9:30am (Multi-Purpose Studio)

FREE

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

AQUA COMBO (Emery Pool)

Monday/Wednesday/Friday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Come make a splash and form relationships with participants and instructors!

AQUA BOOTCAMP (ERIN)

Tuesday/Thursday, 5:15pm-6pm

\$25/\$50

Join Erin for a water workout in the lap pool. Classes focus on toning, cardio, flexibility, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style, as well as traveling the length of the pool. Ideal for folks coming out of work to get a sweat on before heading home for the evening!

AQUA FIT (Emery Pool)

Tuesday/Thursday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Traveling the length of the pool may be planned. Come make a splash and form relationships with participants and instructors!

STROKE OF THE WEEK (TENNIS)

Tuesdays, 11:30am-12:30pm

\$10 Drop In Fee

Take to the tennis courts to learn or improve a different stroke each week!

CARDIO TENNIS

Tuesdays, 5pm-6pm

\$10 Drop In Fee

Join tennis pros to get a cardio workout in on the courts by playing games and drills!

NEW! LEARN TO CROCHET FOR ADULTS!

Mondays, 10am-10:45am (begins 1/8)

\$20/\$30/\$50

Join Erin once a week to learn the basics of crochet. From slip stitches to double crochet, vertical patterns to circles, we will create simple projects to get you on your way to more complex ones!

PICKLEBALL: SKILLS & DRILLS

Wednesdays, 11am-12pm

\$10 Drop In Fee

Work on skills and drills to either learn the game of pickleball, or to just get in some more practice!

LEARN TO PLAY PICKLEBALL

Saturdays, 11am-12pm

Learn to play is offered on the first Saturday of each month, led by Tennis Pro and Pickleball Instructor, Susan Kirby. Dates are 1/6, 2/3, 3/2 & 4/6.

SOCIAL TENNIS

Thursdays, 5pm-6:30pm

January -March

\$25 for 3 months of drop/in play. Or a \$15 drop-in rate per night. Doubles round robin style format on two courts.

WINTER II ADULTS PROGRAMS & CLASSES

ADULT INTRAMURAL: VOLLEYBALL

Wednesdays, 6:30pm-8:30pm

Ages 18+ (2/28-4/10)

Location: BRYMCA Gymnasium

\$20/Session

Calling all adults, come join us for some fun! we are beginner friendly so come on down to the Y's gym for good competition with great people. This will be league play and be broken up into teams.

NEW! STRENGTH & SCULPT (CAROLINE)

Mondays, 5:15pm-6pm

Location: New Studio

COST: \$20/\$40

A mix of exercises using resistance bands, weights, sandbags and more! All levels are welcome.

ZUMBA (SARAH & MONICA)

Mondays & Fridays, 8-9am (Downstairs Studio)

Saturdays, 8:30am-9:30am (Multi-Purpose Studio)

COST: FREE

Let the party begin! Dynamic, exciting, and effective Latin-inspired dance cardio class led by certified and welcoming instructors. You'll feel great and love it!

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Monday/Wednesday/Friday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Come make a splash and form relationships with participants and instructors!

AQUA BOOTCAMP (ERIN)

Tuesday/Thursday, 5:15pm-6pm

\$25/\$50

Join Erin for a water workout in the lap pool. Classes focus on toning, cardio, flexibility, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style, as well as traveling the length of the pool. Ideal for folks coming out of work to get a sweat on before heading home for the evening!

AQUA FIT (Emery Pool)

Tuesday/Thursday, 8am-8:45am

FREE! To Members

Join a variety of instructors for a great water workout in the lap pool. Classes vary based on instructor, but the overall goal is to work on toning, cardio, and balance. Classes can be conducted as a traditional aerobics style, TABATA, or HIIT style. Traveling the length of the pool may be planned. Come make a splash and form relationships with participants and instructors!

STROKE OF THE WEEK (TENNIS)

Tuesdays, 11:30am-12:30pm

\$10 Drop In Fee

Take to the tennis courts to learn or improve a different stroke each week!

CARDIO TENNIS

Tuesdays, 5pm-6pm

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Join tennis pros to get a cardio workout in on the courts by playing games and drills!

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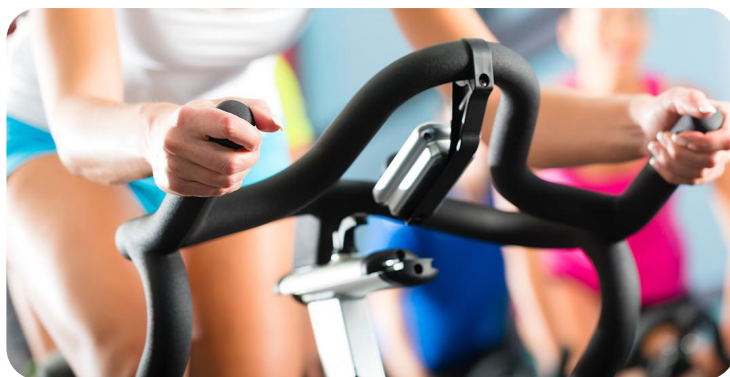
ADULT SWIM LESSONS (with David)

Ages: 18+

Thursdays, 4:30pm-5pm (4/4, 4/11, 4/25)

\$15/\$25/\$45

Jump in the Emery Pool to learn the basics in this swim lesson session designed for adults new to swimming. Skills included will be endurance training, swimming with faces in the water, and breath control.



WINTER MUSICALS & LESSONS

New! Community Musical- My Son Pinocchio, Geppetto's Musical Tale

Ages: 6+ (Adults Included!)

Day/Time: First Rehearsal/Casting: Tuesday, January 2, 5pm-6pm

Location: Boothbay YMCA in the Community Room

Price: Participating Youth \$90/\$180/\$360, No Fee for Participating Adults

Join the Blue Fairy, Stromboli and a lively cast of characters, as Geppetto journeys beyond the toy shop to discover the meaning of family. Don't miss this fun community adventure on stage at the Lincoln Theater! Come, one and all, to join the cast of the Y Arts Winter Musical. This musical is intended for all ages including caregivers and local adult actors. Regular Rehearsals are on Tuesdays & Fridays from January 23 until the performances over the weekend of March 8. A complete rehearsal schedule will be released once casting is complete. Full cast rehearsals will be on Tuesdays from 4pm-6pm with smaller group rehearsals on Fridays.

*Both Adults and Youth will be responsible for an additional costume fee.

Youth Spotlight Musical- Roald Dahl's Willy Wonka Junior!

Ages: 6-18

Day/Time: First Rehearsal/Casting: Tuesday, March 19, 4pm-5pm

Location: Boothbay YMCA in the Community Room

Price: \$90/\$180/\$360

The delicious adventures of Willy Wonka's chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film, in addition to a host of fun new songs, Roald Dahl's Willy Wonka JR. is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Regular Rehearsals are on Tuesdays & Fridays from March 21 until the performances over the weekend of May 24. A complete rehearsal schedule will be released once casting is complete. Full cast rehearsals will be on Tuesdays from 4pm-6pm with smaller group rehearsals on Fridays.

*Youth will be responsible for an additional costume fee.

New! Youth Curtain Up Musical- Alice in Wonderland

Ages: 3-9

Day/Time: Thursdays, 3:30pm-4:15pm, beginning on January 25 and continuing until performances on April 4. Performance location TBD.

Location: Annex

Price: \$60/\$120/\$240

Fall down the rabbit hole with Alice as she navigates the curious world of Wonderland on a journey of self-discovery. The classic tale will be adapted by director, Emily Mirabile, to give our youngest rising stars a moment to shine as they learn the basics of acting and dancing in this musical theater adventure!

*Youth will be responsible for an additional costume fee.

PRIVATE MUSIC LESSONS

The YMCA offers private lessons in Voice, Piano and Violin. Please reach out to the teachers below for information and availability. Lessons take place weekly throughout the year and students perform in a recital biannually. Lessons are paid for on a session based payment plan.

Voice: Emily Mirabile, emirabile@brymca.org

Violin: Emily Barker, fiddleheadlessons@gmail.com

Piano: Anne Barker, sweetanniesessentials@gmail.com

FACILITY RENTALS

The Y offers several rental options of various rooms within our facility, subject to availability.

FM= Family Member

M= Member

NM= Non Member

MEETING/PARTY ROOM RENTALS

Community Room (Main Level)

FM \$50/hour; M \$75/hour; NM \$100/hour

Located in the lower level of the Y, this room is perfect for business meetings, corporate training, large group meetings, seminars or family events including baby showers, bridal showers, graduations, first communions and confirmations.

Accommodations: Wi-Fi; 85" Smart TV
Full-room rental—seats up to 32 people

Emery Community Room (Upstairs)

FM \$50/hour; M \$75/hour; NM \$100/hour

Located on the second level of the Y, this space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

Accommodations: Wi-Fi
Full-room rental – seats up to 24 people

Barker Conference Room (Upstairs)

FM \$50/hour; M \$75/hour; NM \$100/hour

Minimum 2 hour rental

Located on the second level of the Y, this space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

Accommodations: Wi-Fi
Full-room rental – seats up to 10-12 people

Interested in renting space at the Y?
Connect with Lisa, lmcintosh@brymca.org

Interested in renting space at Camp K?
Connect with Erin, egray@brymca.org

BIRTHDAY PARTIES

Pool & Emery Community Room

FM \$150; M \$175; NM \$200

Looking for a great place to celebrate your child's birthday? Contact David Washburn, dwashburn@brymca.org

Want to add on the Key Log Rolling experience? Add \$50 to your rental!

CAMP KNICKERBOCKER

Looking for a unique place to hold a family event, or a birthday party? A set-up and cleaning deposit of \$500 is required for use of full facility rental. Contact Erin Gray, egray@brymca.org

McEvoy Lodge

FM \$50/hour; M \$75/hour; NM \$100/hour

Enjoy the McEvoy Lodge for indoor space for meetings, parties, and more! Maximum 50 people.

Waterfront

FM \$250/hour; M \$275/hour; NM \$450/hour

Enjoy the waterfront for either boating or swimming. Rentals depend on number of lifeguards required.

Baldwin Center Low-Ropes Course

FM \$250/hour; M \$275/hour; NM \$450/hour

The low-ropes course is designed for teamwork and team building. Whale watch, peanut butter pit and porthole are popular elements! Maximum 12 participants; extra people will be an additional \$20/person.

Baldwin Center High-Ropes Course

FM \$350/hour; M \$375/hour; NM \$550/hour

The high-ropes course is designed for teamwork and team building on a higher level, so to speak. Zip line, rock wall and burma bridge are favorites! Maximum 12 participants; extra people will be an additional \$20/person.

WE'RE HIRING!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FULL TIME Aquatic Aide

Join the team FULL TIME as an Aquatic Aide-- this position is a 40-hour a week plus benefits and paid time off. Must be or willing to train to be a certified American Red Cross lifeguard. Other training opportunities include group exercise instructor, swim lesson instructor, certified pool operator, and/or lifeguard instructor. Interested or have questions? E-mail David Washburn for details at dwashburn@brymca.org or call 207-633-2855 ext. 251.

PART TIME Lifeguards & Swim Instructors

This part time position is intended for someone interested in lifeguard or swim lesson hours at the pool. We are willing to train the right person, considering they can pass the pre-course for lifeguarding. This position's hours are flexible-- pick up one shift a week, or a shift each day! Interested or have questions? E-mail or call David Washburn at dwashburn@brymca.org or 207-633-2855 ext. 251.

PART TIME Healthy Living Instructors

We're looking for more group exercise instructors to join our team! From Aerobics for All to yoga, you could make an impact on the journey members are taking to health and fitness. Contact Caroline Earle Ivens for more information at civens@brymca.org.

PART TIME Program Instructors

We're looking for more program instructors to join our team! From programs we already offer to new ideas, you could make an impact on the community! Contact Erin Gray for more information at egray@brymca.org.



More Information:
boothbayregionymca.org/careers