

YOUTH SOCCER

Challenge yourself to tackle new skills in our Soccer Program with Coach Corey. Focus will be on the fundamentals of the game by introducing new drills and skill work. Practices will be split by age + ability and will be outside weather permitting.

WHO: 4-8th GRADE
WHEN: Tuesday 4-5pm

FEE: MEMBER \$15 / NON MEMBER \$20

TUMBLING LESSONS

ALL tumblers will have an opportunity for one on one lessons INSIDE. Lessons will occur on the same day and time for the 4 week session. Participants may have one spectator with them who MUST STAY for the entire length of the lesson.

LIMITED TIME PRICING

Fees: MEMBER \$60/ NON MEMBER \$75
SUMMER SESSION: August 3rd - 29th

RUNNING CLINIC

Join our middle school cross country + track coach for a 4 week FUN running clinic! This program is for all ability levels and will help build on each runners own individual strengths.

Summer 2 Session: August 3 - August 29

WEDNESDAY 3:30-4:30pm

Drop In: \$6.00
4 Week Bundle: \$20.00

**CALL THE FRONT DESK
NOW TO REGISTER**

MEMBERSHIP RATES

Bank Draft	1 Month	Annual	Membership Type
\$15	\$25	\$180	Pre-School (Ages 2-5)
\$18	\$28	\$216	Youth (Ages 6-12)
\$24	\$34	\$288	Teen (Ages 13-18)
\$26	\$36	\$312	Young Adult (Ages 19-21)
\$42	\$52	\$504	Adult (Ages 22-64)
\$28	\$38	\$336	Older Adult (Ages 65+)
\$60	\$70	\$720	Family
\$40	\$50	\$480	Senior Couple

Free memberships for children under 2 years of age and older adults aged 90 or older.



SUMMER Hours of Operation

Monday - Friday: 5:30 am - 7:00 pm

Saturday: 8:00 am - 1:00 pm

Sunday: CLOSED

Stay Connected with the Y on
Social Media



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMMER SUN + FUN ATTENTION STUDENTS

OLD TOWN - ORONO YMCA



OLD TOWN - ORONO YMCA

472 Stillwater Ave
Old Town, ME 04468
P (207) 827-9622

www.otoymca.org

SPORT SPECIFIC TRAINING

Are you a student athlete that recently received the news that your summer sports practice was going to be postponed?

Don't let this news stop you from becoming better, faster, and stronger for when your sport resumes. Work with one of our talented staff members one on one to become **EVEN BETTER** than you were last season and **STAND OUT** on the field/court/mat!

FEES

4 HOUR PACKAGE

MEMBER: \$70

NON MEMBER: \$90

8 HOUR PACKAGE

MEMBER: \$136

NON MEMBER: \$176



TEEN BOOTCAMP

A FUN class that uses interval training to get your heart rate up! We will mix calisthenics and body weight **exercises** with cardio and strength **training** to push participants harder than they'd push themselves and to always keep the body guessing.

MEETS OUTSIDE FIELD HOUSE

DROP IN FEE: \$6.00

THURSDAY 6:15pm-7:15pm



We're all in this...

TOGETHER

HIKING, BIKING, + MORE!

This group will go on a new adventure every week! Explore the UMaine trails on foot or by bike, go on a canoeing trip, and many more adventures! Sign up for one trip or all four weeks!

WEEK 1: August 3: UMaine Trail Hike
WEEK 2: August 10: Biking Adventure
WEEK 3: August 17: Bangor Forest Hike
WEEK 4: August 24: Canoeing Trip

MONDAY 10a-12pm

FEES:

Per Day: \$10.00

4 Week Bundle: \$35.00



DJ Course w/ DJ BIG BLUE

Have you ever wanted to learn how to be a DJ? This introductory course will teach you the basics of dee jay equipment, audio controls and more! You'll be on your way to becoming a future "Spin Doctor" after completing this fun course.

Thursday: 2:30 - 3:30 pm

MEMBERS: \$40.00

NON MEMBERS: \$55.00

DRAMA CAMP

We are excited to have Angelina Buzzelli as our play director! Angelina has 15 years of experience in singing an acting and was most recently cast in Ten Bucks Theatre Company's production of The Taming of the Shrew.

We will work on enhancing each cast member's self confidence, stage presence, and overall strengthening their performance skills. In a fun, encouraging, and safe atmosphere each member will flourish in the endless possibilities of theater. For ages 5+

SUMMER 2 SHOW:

The Fairy Tale Network

Camp will run from 8am-2pm Monday - Thursday from August 3rd - 13th.

FEES: \$175 PER WEEK

FOREIGN LANGUAGE

Bonjour! In this French language course, you'll learn to speak some of the basic terms and phrases in French. This class is for a small group. If you are interested in a 1 on 1 instructional lesson please call for availability. Ages 10+

Wednesdays: 2:00 - 3:00 pm

MEMBERS: \$40.00

NON MEMBERS: \$55.00