



# SPRING FUN FOR EVERYONE

OLD TOWN – ORONO YMCA  
SPRING 2 2025 PROGRAM GUIDE

**MAY 5 – JUNE 29**

MEMBER REGISTRATION: APRIL 14 – MAY 11  
GUEST REGISTRATION: APRIL 21 – MAY 11

OLD TOWN – ORONO YMCA  
472 Stillwater Avenue  
Old Town, ME 04468  
207 827 9622 • OTOYMCA.org

For a better us.®



# WHAT'S INSIDE?

## MEMBERSHIP

PARENT & ME: 6 months – 3 years

PRESCHOOL: 3 – 5 years

YOUTH: 6 – 12 years

SWIM LESSON SELECTOR

COMPETITIVE TEAMS

TEEN & ADULT: 13+ years

SPECIAL EVENTS

SUMMER CAMP

CHILDCARE

CAREERS

## FINANCIAL ASSISTANCE

**At the Y, we are committed to reducing financial barriers for families so that everyone has access to opportunities to learn, grow, and thrive.**

Thanks to the generous support of our Annual Campaign donors, we are proud to provide income-based Financial Assistance for Membership, Child Care, and Program fees to ensure everyone in our community can access our Y.

**Visit [OTOYMCA.org/join](https://OTOYMCA.org/join) and select “APPLY NOW” under “Financial Assistance” to see if you qualify for financial support today!**

In addition to our Financial Assistance program, we are also proud to offer discounts for many of hometown heroes and their families, including First Responders, Healthcare Workers, Teachers, Active Duty Service Members, and Veterans.

**Curious if you qualify for one of these discounts?  
Call or stop by the Y today!**

**FOR CURRENT  
POOL, GYM, AND  
TURF SCHEDULES:**



 [OTOYMCA.org/schedules](https://OTOYMCA.org/schedules)

**LOOKING FOR WAYS TO STRENGTHEN OUR COMMUNITY?  
Visit [OTOYMCA.org/give](https://OTOYMCA.org/give) to transform lives.**





**As we enter our 135th year, we strive to honor our heritage while investing in critical upgrades and improvements that will help us to serve and strengthen our communities for the next 135 years.**

When you join the Old Town - Orono YMCA, you'll not only have access to our 85,000 square foot facility, located in the heart of Old Town, you'll also be able to enjoy open gym and pickleball in our newly renovated Peterson Gymnasium, all-day access to our Fitness Center and indoor tracks, more than twenty group exercise classes, and Lap, Adult Open, and Family Swim offerings in our Herb Sargent Family Therapeutic Pool!

**Want to participate in all our Y has to offer at the best rates?** Invest in a Family Membership and enjoy additional benefits including early access to Program and Child Care registrations, free Parent & Me programming, up to 50% off other Y programs, and so much more!

## MEMBERSHIP

## RATE

Family	\$68/mo
Youth (0-17)	\$24/mo
Young Adult (18-25)	\$32/mo
Adult (26-64)	\$45/mo
Senior (65+)	\$30/mo
Senior Couple	\$45/mo

**JOIN US**



**TODAY!**

**PLUS, FREE MEMBERSHIPS FOR ADULTS AGED 90+**







9 MONTHS TO 3 YEARS

# PARENT\* & ME

\* We know families take a variety of forms so we define parent broadly to include all adults who share the responsibility of raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, and any other type of parenting or caretaking relationship.





## MELODY MAKERS (1 - 3 YEARS)

Fill your mornings with the sounds of music and blossoming creativity! This guided family music, rhythm, and sound exploration class will engage your toddler in creative experiences while supporting their cognitive, physical, social, and emotional development.

**FRIDAYS • 10:00 AM - 10:30 AM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$90 DROP-IN PRICING • \$10/VISIT  
**FREE SESSION OR \$5 DROP-IN WITH FAMILY MEMBERSHIPS!**

## TODDLER EXPLORATION STATION (1 - 3 YEARS)

Join us for a morning full of themed sensory play, socialization, and family bonding!

**SELECT TUESDAYS • 9:45 AM - 10:45 AM**

**MAY 6: CELEBRATING FAMILIES**

**MAY 20: VROOM VROOM VEHICLES**

**JUNE 3: FUN IN THE SUN**

DROP-IN PRICING • \$10/VISIT

**\$5 DROP-IN WITH FAMILY MEMBERSHIPS!**

## GYM EXPLORERS (6 MONTHS - 5 YEARS)

Jump into the Cyr Family Fieldhouse and enjoy a morning of parent-supervised movement, discovery, and play on a variety of age-appropriate obstacles and gymnastics equipment.

**TUESDAYS & FRIDAYS • 9:00 AM - 9:45 AM**

DROP-IN PRICING • \$5/VISIT; **FREE FOR ALL MEMBERS!**

## ADVENTURE ZONE (6 MONTHS - 5 YEARS)

Bounce into the Adventure Center and get the wiggles out with parent-supervised exploration and movement on our climbing, bouncing, swinging, and sliding structures.

**MONDAYS • 9:00 AM - 9:45 AM**

DROP-IN PRICING • \$5/VISIT; **FREE FOR ALL MEMBERS!**

### HAVE A TODDLER WHO LOVES TO SPLASH + PLAY?

Build water comfort and confidence while strengthening family bonds during our daily Family Swim times!

**FAMILY SWIM SCHEDULE**



## SWIM STARTERS (6 MONTHS - 3 YEARS)

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.

**SATURDAYS • 9:15 AM - 9:45 AM; 10:00 AM - 10:30 AM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$110  
**FREE WITH FAMILY MEMBERSHIPS!**

## PARENT + TOT GYMNASTICS (1 - 3 YEARS)

In this structured class facilitated by our Tumbling Sports Coaches, parents will guide their children through obstacles and activities that build confidence on a variety of gymnastics equipment and develop body awareness, coordination, strength, and balance in a safe, supportive, and fun environment.

**FRIDAYS • 11:00 AM - 11:30 AM; SATURDAYS (7 WEEKS, BEGINS MAY 17) • 8:15 AM - 8:45 AM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$75; **FREE WITH FAMILY MEMBERSHIPS!**

## PARENT + TOT TUMBLING (1 - 3 YEARS)

Learn how to safely assist and physically support your child as they tumble, jump, and move through a variety of cheer-based activities facilitated by our Tumbling Sports Coaches while developing motor skills, strength, coordination, and confidence in a safe, supportive, and fun environment.

**THURSDAYS • 4:00 PM - 4:45 PM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$75; **FREE WITH FAMILY MEMBERSHIPS!**





3-5 YEARS

**PRESCHOOL**



## PRESCHOOL MOVEMENT

Keep your preschooler active; build their confidence; and develop their balance, coordination, flexibility, and strength while introducing them to new skills on a variety of gymnastics equipment!

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 2:30 PM – 3:15 PM**

**THURSDAYS • 2:15 PM – 3:00 PM**

**FRIDAYS • 10:00 AM – 10:45 AM**

**SATURDAYS (7 WEEKS, BEGINS MAY 17) • 9:00 AM – 9:45 AM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$145

## TINY TUMBLERS (3 – 6 YEARS)

In this class, our Tumbling Sports Coaches focus on fun and introduce basic tumbling skills using a variety of developmentally-appropriate activities in a safe and productive environment.

**WEDNESDAYS • 4:00 PM – 4:45 PM; THURSDAYS • 3:15 PM – 4:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$145

## MINI CHEERLEADING (3 – 6 YEARS)

Designed to keep your cheerleader active with a variety of age-appropriate obstacles, stunting, and jumps, this fun and engaging class is perfect for both beginners and experienced little ones!

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 5:00 PM – 6:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$145



## PRESCHOOL SPORTS

Introduce your preschooler to a variety of sports while developing their motor skills, promoting teamwork, and fostering a love for active play and fun! Each week, we will try something new, including basketball, soccer, t-ball, kickball, flag football, and more!

**6 WEEKS, ENDS JUNE 12**

**THURSDAYS • 4:30 PM – 5:00 PM**

SESSION PRICING

FAMILY MEMBERS: \$35

INDIVIDUAL MEMBERS + GUESTS: \$45

## SWIM BASICS

In these small group classes, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim-float-swim (which sequences front glide, roll, back float, and water exit) and jump-push-turn-grab (which sequences water entry, submersion, front glide, and water exit)

### STAGE 1 • WATER ACCLIMATION

**WEDNESDAYS • 4:15 PM – 4:45 PM**

**THURSDAYS • 4:45 PM – 5:15 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

### STAGE 2 • WATER MOVEMENT

**WEDNESDAYS • 4:15 PM – 4:45 PM**

**THURSDAYS • 5:30 PM – 6:00 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

### STAGE 3 • WATER STAMINA

**WEDNESDAYS • 4:45 PM – 5:15 PM**

**THURSDAYS • 4:45 PM – 5:15 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

SESSION PRICING • FAMILY MEMBERS: \$55; INDIVIDUAL MEMBERS + GUESTS: \$110

## SWIM STROKES

Having mastered the fundamentals, students in these small group classes 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.

**STAGE 4 • STROKE INTRODUCTION THURSDAYS • 4:45 PM – 5:15 PM**

SESSION PRICING • FAMILY MEMBERS: \$55; INDIVIDUAL MEMBERS + GUESTS: \$110

**SEE PAGE 10 FOR HELP DECIDING WHICH STAGE IS THE BEST FIT FOR YOUR CHILD!**

**DID YOU KNOW WE ALSO OFFER 1-ON-1 TUMBLING AND SWIM LESSONS?**

Check out page 9 for more information and the full schedule of our 1-on-1 swim and tumbling lesson offerings!





6-12 YEARS

YOUTH



## SWIM BASICS

In these small group classes, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim-float-swim (which sequences front glide, roll, back float, and water exit) and jump-push-turn-grab (which sequences water entry, submersion, front glide, and water exit)

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 4:00 PM – 4:45 PM**  
**WEDNESDAYS • 5:30 PM – 6:15 PM**

**FRIDAYS • 4:00 PM – 4:45 PM**  
**SATURDAYS • 11:30 AM – 12:15 PM**

SESSION PRICING • FAMILY MEMBERS: \$55; INDIVIDUAL MEMBERS + GUESTS: \$110

## SWIM STROKES

Having mastered the fundamentals, students in these small group classes 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.

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 5:00 PM – 5:45 PM**  
**WEDNESDAYS • 6:15 PM – 7:00 PM**

**FRIDAYS • 4:00 PM – 4:45 PM**  
**SATURDAYS • 11:30 AM – 12:15 PM**

SESSION PRICING • FAMILY MEMBERS: \$55; INDIVIDUAL MEMBERS + GUESTS: \$110

## SEABREEZE: SWIM TEAM PREP PROGRAM (4 – 8 YEARS)

Designed to increase endurance and foster a lifelong love for the water while strengthening connections between future teammates, Seabreeze will build confidence, develop a strong kick, and cultivate excellent technical habits across all four competitive strokes while athletes learn how to interact in a team environment.

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 4:45 PM – 5:15 PM; WEDNESDAYS • 4:00 PM – 4:30 PM**

SESSION PRICING • FAMILY MEMBERS: \$55; INDIVIDUAL MEMBERS + GUESTS: \$110

**SEE PAGE 10 FOR HELP DECIDING WHICH STAGE IS THE BEST FIT FOR YOUR CHILD!**

## MARTIAL ARTS

Our Y is proud to partner with Maine Traditional Karate & Fitness to offer martial arts programming to our community! These classes are open to all youth and students will have the option to test for their belt at the end of each session (additional testing and continuing education fees required).

**AGES 5-8**

**THURSDAYS • 5:45 PM – 6:30 PM**

**AGES 9 & UP**

**THURSDAYS • 6:30 PM – 7:30 PM**

SESSION PRICING • \$95; TESTING FEE: \$51

## BASEBALL SMALL GROUP FUNDAMENTALS (KINDERGARTEN – 2ND GRADE)

Looking to get back into the swing of things as baseball season kicks off? Here's your chance to work on fielding, hitting and pitching skills in a small group setting (MAXIMUM: 6 athletes/group)!

**TUESDAYS (6 WEEKS, ENDS JUNE 12) • 4:15 PM – 5:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$35; INDIVIDUAL MEMBERS + GUESTS: \$45

# PLANNING FOR SUMMER?

REGISTER NOW FOR OUR SUMMER SPORTS OFFERINGS!

- Cheer Camp
- Football Camp
- Tumbling Camp
- Rec Gymnastics Camp
- All Sports Camp
- Gymnastics & Swim Camp
- Basketball Camp
- Tennis In The Parks
- Soccer Camp
- Old Town Summer Track
- Ball Games Camp
- Canoe City Swim Club





## TUMBLING CLASSES (7 - 17 YEARS)

In these level-based classes, our Tumbling Sports Coaches will help tumblers improve their current skills and accomplish new ones with drills tailored to their current tumbling level. Classes will focus on correct form and technique, progressive training on back tumbling skills, and an opportunity to improve skills each athlete is struggling to master.

### LEVEL 1

#### WORKING TOWARDS:

CARTWHEELS, ROUND OFFS, WALKOVERS

**7 WEEKS, NO CLASS MAY 26**

**MONDAYS • 4:00 PM - 5:00 PM**

### LEVEL 2

#### REQUIRED SKILLS:

WALKOVERS

#### WORKING TOWARDS:

HANDSPRINGS

**TUESDAYS • 4:00 PM - 5:00 PM**

### LEVEL 3+

#### REQUIRED SKILLS:

CONNECTED HANDSPRINGS

#### WORKING TOWARDS:

TUCKS, LAYOUTS, FULLS

**THURSDAYS • 4:00 PM - 5:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$100; INDIVIDUAL MEMBERS + GUESTS: \$150

## STUNT CLASSES (7 - 17 YEARS)

Our level-based stunt classes are perfect for beginner and experienced cheerleaders to strengthen their existing stunt skills, improving technique, and learning new skills!

### BEGINNER

#### CURRENT EXPERIENCE:

Mini or Level 1

**TUESDAYS • 5:00 PM - 6:00 PM**

### ADVANCED

#### CURRENT EXPERIENCE:

Level 2+

**THURSDAYS • 5:00 PM - 6:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$100; INDIVIDUAL MEMBERS + GUESTS: \$150

## RECREATIONAL GYMNASTICS CLASSES

### ROCKING ROOKIES

Introduce your gymnast to foundational skills on bars, beam, floor, and vault through developmentally-appropriate stations and activities while learning proper technique and increasing strength, flexibility, and body awareness in a fun and safe environment!

**MONDAYS (7 WEEKS, NO CLASS MAY 26) • 3:30 PM - 4:30 PM**

**TUESDAYS • 5:30 PM - 6:30 PM**

**SATURDAYS (7 WEEKS, BEGINS MAY 17) • 10:00 AM - 11:00 AM**

### NEXT LEVEL NOVICE

Watch your gymnast's confidence soar as they expand on the skills learned in Rocking Rookie and increase their comfort on bars, beam, floor, and vault. Our Tumbling Sports Coaches will focus on refining and mastering technique while maintaining a fun and positive environment for all gymnasts!

**THURSDAYS • 4:30 PM - 5:30 PM; SATURDAYS (7 WEEKS, BEGINS MAY 17) • 11:00 AM - 12:00 PM**

### ADVANCED AERIALS

See your gymnast's strength and abilities grow with the support of our Tumbling Sports Coaches as they expand their skills and embrace new challenges in a safe, fun, and technique-focused environment.

**THURSDAYS • 5:30 PM - 6:30 PM; SATURDAYS (7 WEEKS, BEGINS MAY 17) • 11:00 AM - 12:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$100; INDIVIDUAL MEMBERS + GUESTS: \$150

## RISEING STARS: GYMNASTICS PRE-TEAM (BY INVITATION)

Is your child interested in becoming a competitive gymnast in the future? Rising Stars is the perfect class! Gymnasts will continue to improve their existing skills and learn new ones across all four events while gaining valuable experience in what it means to support other gymnasts and be part of a team!

**TUESDAYS • 4:00 PM - 5:30 PM**

SESSION PRICING • FAMILY MEMBERS: \$125; INDIVIDUAL MEMBERS + GUESTS: \$175





**MAT MANIA** (6 - 17 YEARS)

Burn off some mid-week energy in the Cyr Family Fieldhouse and enjoy unstructured time to jump, flip, and play in the tumbling sports area under the supervision of our Tumbling Sports Coaches.

**WEDNESDAYS • 2:30 PM - 3:30 PM**

DROP-IN PRICING • \$5/VISIT; **FREE FOR ALL MEMBERS!**

**SKILLS GYM** (6 - 17 YEARS)

Want more practice time to work on your technique? Skills Gym is for you! This is the chance for gymnasts and cheerleaders to work on their skills during unstructure time supervised by our Tumbling Sports Coaches.

**FRIDAYS • 3:00 PM - 4:00 PM; SATURDAYS • 12:00 PM - 1:00 PM**

DROP-IN PRICING • \$5/VISIT; **FREE FOR ALL MEMBERS!**

Group lessons aren't for everyone - and that's okay! At the Old Town - Orono YMCA, we are committed to providing all youth with opportunities that make them feel safe and supported as they work to grow their skills and build confidence.

**1-ON-1 SWIM LESSONS** (3+ YEARS)

From working to overcome a fear of the water and build basic self-rescue skills to improving stroke technique and increasing endurance, our YMCA Swim Lesson Instructors will work with each 1-on-1 student to make progress toward their individual goals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PM - 4:30 PM		4:45 PM - 5:15 PM		5:00 PM - 5:30 PM	9:15 AM - 9:45 AM
5:30 PM - 6:00 PM	5:30 PM - 6:00 PM		5:30 PM - 6:00 PM		10:00 AM - 10:30 AM
6:15 PM - 6:45 PM	6:15 PM - 6:45 PM	6:15 PM - 6:45 PM	6:15 PM - 6:45 PM		10:45 AM - 11:15 AM
					11:30 AM - 12:00 PM

7 WKS, NO CLASS MAY 26

SESSION PRICING • FAMILY MEMBERS: \$160; INDIVIDUAL MEMBERS + GUESTS: \$250

**1-ON-1 TUMBLING LESSONS** (5+ YEARS)

1-on-1 tumbling lessons provide both beginner and advanced tumblers with the opportunity to receive individual programming and feedback focused on the specific skills they hope to master!

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2:30 PM - 3:30 PM	3:00 PM - 4:00 PM	
		4:00 PM - 5:00 PM	4:00 PM - 5:00 PM
	5:00 PM - 6:00 PM	5:00 PM - 6:00 PM	5:00 PM - 6:00 PM
6:00 PM - 7:00 PM		6:00 PM - 7:00 PM	6:00 PM - 7:00 PM

SESSION PRICING • FAMILY MEMBERS: \$145  
INDIVIDUAL MEMBERS + GUESTS: \$175





# WHAT SWIM LESSON STAGE AM I READY FOR?

## I AM ABLE TO CONFIDENTLY AND WILLINGLY...

APPROACH THE WATER AND I AM 3 YEARS OLD	NOT YET	SWIM STARTERS (STAGES A + B)
SUBMERGE AND BLOW BUBBLES	NOT YET	STAGE 1: WATER ACCLIMATION
FLOAT ON MY FRONT + BACK WITHOUT HELP	NOT YET	STAGE 2: WATER MOVEMENT
SWIM 15 YARDS ON MY FRONT + BACK	NOT YET	STAGE 3: WATER STAMINA
PASS THE Y'S DEEP END TEST	NOT YET	STAGE 4: STROKE INTRODUCTION
SWIM 25 YARDS OF FREESTYLE + BACKSTROKE	NOT YET	STAGE 5: STROKE DEVELOPMENT
SWIM 25 YARDS OF BUTTERFLY + BREASTSTROKE	NOT YET	STAGE 6: STROKE MECHANICS

**ELIGIBLE FOR STAGES 5 OR 6 AND LOVE TO SWIM?  
YOU'RE READY TO BE A PART OF THE SWIM TEAM, TOO!**

### STAGE 1: WATER ACCLIMATION

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

### STAGE 2: WATER MOVEMENT

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.

### STAGE 3: WATER STAMINA

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.

### STAGE 4: STROKE INTRODUCTION

Students develop stroke technique in freestyle and backstroke and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

### STAGE 5: STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

### STAGE 6: STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.





## CANOE CITY SWIM CLUB

The Canoe City Swim Club is the Old Town – Orono YMCA's year-round competitive swim team. Our program emphasizes teamwork, sportsmanship, and personal development while working with athletes to improve stroke mechanics, endurance, race strategy, and confidence in and out of the pool.

From young swimmers curious about the sport to high school aged athletes looking to compete in college and beyond, we are committed to providing a safe and supportive environment where all children reach their full potential in the water and in our community.

**INTERESTED IN JOINING THE CCSC FAMILY?**

Contact our Coaching Staff at [aquatics@otoymca.org](mailto:aquatics@otoymca.org)



## OTO CHEER

As the Old Town – Orono YMCA's premier football and competition cheer program, OTO Cheer offers young athletes the chance to get active and have fun while learning the fundamentals of cheerleading, building their confidence on and off the mat, and developing critical leadership and communication skills.

Our dedicated coaches are committed to providing a safe and supportive environment for cheerleaders of all ages and skill levels to build strong and trusting relationships with their teammates, develop new skills, and soar to new heights.

**INTERESTED IN JOINING THE OTO CHEER FAMILY?**

Contact Coach Mikayla at [mikayla.mallett@otoymca.org](mailto:mikayla.mallett@otoymca.org)



## MAINE FURY BASKETBALL & BASEBALL

Maine Fury, the Old Town – Orono's AAU program, is dedicated to providing a safe environment that fostering players' skill development, teamwork, and leadership while promoting the values of sportsmanship, discipline, and hard work.

Our passionate and dedicated Coaching Staff is committed to building fierce competitors and respectful teammates with the skills needed to persevere in athletics and in life.

**INTERESTED IN JOINING THE MAINE FURY FAMILY?**

Contact Chris Wesley at [chris.wesley@otoymca.org](mailto:chris.wesley@otoymca.org)



## OTO GYMNASTICS

OTO Gymnastics is the Old Town – Orono YMCA's year-round competitive girls gymnastics team, offering USAG Levels 3-10 and EXCEL competitive opportunities. Our program emphasizes athlete safety and development with a focus on quality competitive training, commitment, team-building, and fun.

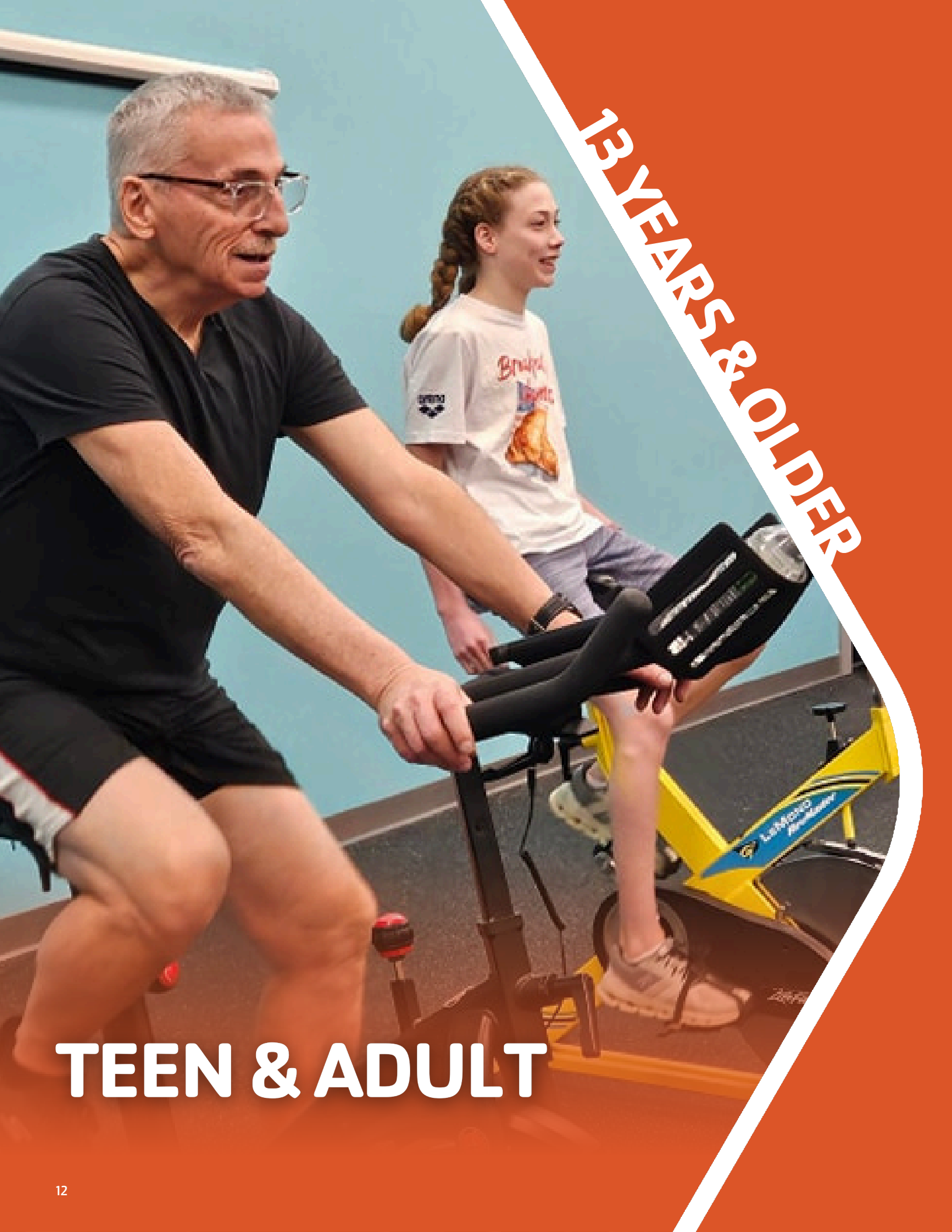
We believe in meeting each athlete where they're at and supporting them in the continued pursuit of their goals.

**INTERESTED IN JOINING THE OTO GYMNASTICS FAMILY?**

Contact our Coaching Staff at [otogymnastics@otoymca.org](mailto:otogymnastics@otoymca.org)







**13 YEARS & OLDER**

**TEEN & ADULT**



## LOW INTENSITY CLASSES

### AQUA TONE MONDAYS + WEDNESDAYS • 6:00 AM – 6:45 AM

A moderately-paced class that may use weights and other water equipment to help strengthen and tone all your muscles.

### CHAIR YOGA WEDNESDAYS • 9:00 AM – 10:00 AM + 10:00 AM – 11:00 AM

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase balance.

### PILATES WEDNESDAYS • 8:00 AM – 9:00 AM

A safe and effective way to reduce pain, prevent injury, and feel stronger and more balanced. Pilates is a full-body workout that targets deep core muscles helping with stability, increased mobility, and coordination.

### SilverSneakers® Classic TUESDAYS • 9:00 AM – 9:45 AM

Focuses on strengthening muscles and increasing range of movement for daily activities

### TAI CHI TUESDAYS + THURSDAYS • 10:15 AM – 11:00 AM

This mind-body integration can help reduce stress, improve balance by strengthening the lower body, and increase overall well-being. Classes begin with meditation followed by gentle stretching and warm up Qi Gong exercises, progressing to slow moving martial arts postures along with deep breathing techniques

## MODERATE INTENSITY CLASSES

### AQUA MOTION TUESDAYS + THURSDAYS • 8:00 AM – 8:45 AM

The benefits of both deep and shallow water in one class! Low to no impact and a great way to rev up your metabolism. This class is cardio and toning combined using a variety of pool equipment.

### TRANSFORM 2<sup>ND</sup> + 4<sup>TH</sup> SATURDAY OF THE MONTH • 9:00 AM – 10:00 AM

This dynamic class unites yoga and sport in a refreshing and unique journey. You'll build flexibility, balance, and mobility through yoga/pilates.

### ZUMBA® WEDNESDAYS • 6:00 PM – 7:00 PM

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

## MODERATE TO HIGH INTENSITY CLASSES

### PUNK ROPE:FUSION TUESDAYS • 5:00 PM – 5:30 PM

Join a certified jump rope instructor for this high energy jump class. Grow your jump skills and get a little jump-dancy to music with taps, shuffles, and combos. We mix jumping with intervals of core, calisthenics, and footwork practice. All skill levels welcome; ropes provided.

### SPIN MONDAYS • 5:30 AM – 6:30 AM + 5:30 PM – 6:30 PM; WEDNESDAYS • 5:30 PM – 6:30 PM

This dynamic class unites yoga and sport in a refreshing and unique journey. You'll build flexibility, balance, and mobility through yoga/pilates.

## HIGH INTENSITY CLASSES

### FIT & FLEX MONDAYS + THURSDAYS • 5:15 PM – 6:15 PM

Work your legs; tone your arms, back, and shoulders; and enjoy phenomenal core training while you destroy calories; develop coordination, agility, and speed; and feel empowered.

### KICKBOXING 1<sup>ST</sup> + 3<sup>RD</sup> SATURDAY OF THE MONTH • 9:00 AM – 10:00 AM

A martial arts-inspired group fitness format that is both heart pumping and exhilarating using punches and kicks.

### TABATA WEDNESDAYS • 5:00 PM – 6:00 PM

This class uses Tabata and circuit-style workouts with high intensity, cardiovascular exercises mixed with total body strength training using dumbbells, med balls, stability balls, resistance tubing, kettlebells, plyo boxes, and bodyweight exercises.

### WARRIOR FITNESS TUESDAYS • 5:30 PM – 6:30 PM

Find your inner warrior through strength, endurance, and stamina workouts that you can modify to any fitness level and ability. Focus on full body training that allows you to go farther than you thought possible.



## PICKLEBALL

Pick up a paddle and learn the hottest sport in America! Pickleball is a paddle sport that combines elements of tennis, badminton and ping-pong and is also fun, social, and easy to learn. Drop-in weekly and build relationships with other new and experienced players! Bring your own paddle; balls provided.

**WEEKDAYS • 9:00 AM - 12:00 PM**

**TUESDAYS • 6:00 PM - 8:00 PM**

## MIDDLE SCHOOL KICKBALL (6<sup>TH</sup> - 8<sup>TH</sup> GRADE)

Our first-ever intramural kickball league is here! Stop by the Y after school to stay active and have fun! Please make sure you have sneakers and activewear to play in and meet the Ref (Coach Chris) in the Lobby before heading to the field each week!

**EVERY WEDNESDAY IN MAY • 4:00 PM - 5:00 PM**

## SPORT-FOCUSED STRENGTH & CONDITIONING (8 - 17 YEARS)

Athletes will focus on fitness components important in all sports while using the Fieldhouse equipment to build balance, agility, strength, and power under the guidance and supervision of a Certified Personal Trainer and experienced multi-sport coach!

**WEDNESDAYS • 6:15 PM - 7:00 PM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$80; **FREE WITH FAMILY MEMBERSHIPS!**

DROP-IN PRICING • \$5/VISIT; **FREE DROP-IN WITH FAMILY MEMBERSHIPS!**

## SENIOR SOCIAL TIME

Stay connected and engaged with our Y community while you enjoy coffee, conversation, and a space to play cards and other games. Enjoy meeting new people and strengthen relationships with your Y family.

**THURSDAYS • 10 AM - 12 PM**

## WALK AND TALK WITH MILLER & RACHEL

Get ready to make moves with Miller and Rachel as they explore all the walking opportunities available right outside our doors! Enjoy the fresh air and a good laugh as you improve your health and well-being. Meet Miller & Rachel in the Y Lobby before embarking on your next great adventure together!

**EVERY WEDNESDAY + FRIDAY IN MAY • 11:00 AM - 12:00 PM**

## PERSONAL TRAINING + PERSONALIZED FITNESS PROGRAMS

One-on-one training with a certified personal trainer will keep you connected and motivated, hold you accountable and ultimately improve your chances of reaching your fitness goals. Our expert Personal Trainers will develop a personal training program specifically for you with your needs, experience, and health history in mind. Whether you want to lose weight, gain muscle mass, run a marathon or simply improve your overall health and well-being, we have a Personal Trainer that's a perfect match for you. Need help adding structure to your routine but feel confident working out on your own? Work one-on-one with a Trainer to discuss your fitness goals and develop a Personalized Fitness Program designed to fit your schedule, goals, and comfort level and then check in weekly to ensure you're on the right track!

### 1-ON-1 TRAINING

PACKAGES	MEMBERS	GUESTS
1 HOUR	\$40	\$50
5 HOURS	\$150	\$165
10 HOURS	\$225	\$300

### SMALL GROUP TRAINING

PACKAGES	MEMBERS	GUESTS
1 HOUR	\$40	\$50
5 HOURS	\$150	\$165
10 HOURS	\$225	\$300

### FITNESS PROGRAMS

PROGRAM	MEMBERS	GUESTS
4 WEEKS	\$60	\$65
6 WEEKS	\$70	\$75
8 WEEKS	\$120	\$125

**INTERESTED IN TRYING OUT EVERYTHING THE Y HAS TO OFFER?**

**BECOME A MEMBER TODAY OR TRY IT OUT WITH A DAY PASS!**

DAY PASS RATES • Youth (0-17): \$5; Adult (18-64): \$10; Senior (65+): \$5; Family: \$25

 [OTOYMCA.org/join](https://otoymca.org/join)

# SPRING FUN FOR EVERYONE

## S P R I N G 2 S P E C I A L E V E N T S



MENTAL HEALTH + WELLNESS

**BANGOR CHCS:  
LARGER THAN  
LIFE PROJECT**

MAY

**5**

2025



YOUTH SPORTS

**MAINE FURY PRESENTS:  
BASKETBALL CLINIC  
WITH CODY HAWES**

MAY

**5**

2025



FAMILY PROGRAMMING

**MOTHERS' DAY TEA  
PARTY: OPEN TO ALL  
FAMILY MEMBERS!**

MAY

**10**

2025



YOUTH SPORTS

**OTO CHEER PRESENTS:  
STUNT & TUMBLE  
CLINIC**

MAY

**18**

2025



HEALTHY LIVING

**MEMORIAL DAY 5K**

MAY

**26**

2025



TEEN PROGRAMMING

**EXPRESSIVE INK:  
JOURNALING & ART  
TEEN NIGHT**

MAY

**28**

2025



FAMILY PROGRAMMING

**FATHERS' DAY FIELD  
DAY: OPEN TO ALL  
FAMILY MEMBERS!**

JUNE

**1**

2025



YOUTH SPORTS

**MAINE FURY PRESENTS:  
BASKETBALL CLINIC  
WITH CODY HAWES**

JUNE

**16**

2025

 [oto\\_ymca](https://www.instagram.com/oto_ymca)

 Old Town Orono YMCA

# FOLLOW US FOR UPDATES!



FOR 5<sup>TH</sup> - 8<sup>TH</sup> GRADERS...



COMPASS CONNECT

SIGN UP  
TODAY  
FOR A SUMMER  
ADVENTURE

FOR 5 - 12 YEAR OLDS...



SUMMER ADVENTURE PROGRAM

SIGN UP  
TODAY  
FOR A SUMMER  
SMILES

PLUS, CHECK OUT OR SPECIALTY CAMP OFFERINGS!



# NOW HIRING HEROES!

YOUTH DEVELOPMENT  
& EARLY LEARNING



TEACHING  
& COACHING



HEALTHY LIVING  
& AQUATIC SAFETY



COMMUNITY ENGAGEMENT  
& MEMBER EXPERIENCE



SCAN HERE  
TO APPLY

 [OTOYMCA.org/careers](https://otoymca.org/careers)





## PROGRAM REGISTRATION & POLICIES

### BEFORE YOU REGISTER

If this is your first time registering for an Old Town - Orono YMCA program, you will need to create an online account by visiting [OTOYMCA.org](http://OTOYMCA.org) and selecting "MEMBER LOGIN" under "MENU". In the upper right corner, select "SIGN UP" and follow the prompts to either sign up for an Old Town - Orono YMCA membership or create a Guest account.

### REGISTRATION

To register online, visit [OTOYMCA.org/programs](http://OTOYMCA.org/programs) and select "REGISTER TODAY". To register in person or by phone, please ensure you have created an online account before calling or visiting the Y.

### MEMBER RATES

Old Town - Orono YMCA Family Memberships enjoy FREE Parent & Me programming, a 50% discount on swim lessons, and substantial savings on other Y programs. Your membership must remain current throughout the entire program session/sports season to receive Family Membership rates. If you cancel your membership during the session, or change from a Family Membership to an Individual Membership, you will be charged the difference of the Individual Member + Guest rate for the full program session/sports season at the time of cancellation/change.

### CANCELLATIONS & REFUNDS

The Old Town - Orono YMCA may cancel classes due to unforeseen events (ie. severe weather, power outages, unplanned maintenance and repairs, etc.) and will not offer make up options under these circumstances. In the event of planned facility closures that have been scheduled before the start of the session (ie. holidays, special events, rentals, etc.), program fees may be prorated at the time of registration to reflect the abbreviated session. In the event that classes must be cancelled due to staffing shortages, Program Directors may choose to offer a make up option or provide a system credit for the class(es) missed. No make ups or credits will be offered for classes missed due to personal conflicts; however, exceptions may be made for those with a diagnosed medical condition at the discretion of the Program Director. After the first week of programming, classes without sufficient enrollment may be combined or cancelled. In the event of cancellation due to low enrollment, a system credit will be provided.

### CHILD SUPERVISION

All children under 13 must be accompanied by an adult at all times while in the Y or participating in Y programs.