



# FIND YOUR AUTUMN ADVENTURE

**OLD TOWN – ORONO YMCA**  
**FALL 1 2025 PROGRAM GUIDE**

**SEPTEMBER 1 – OCTOBER 12**

**MEMBER REGISTRATION: AUG. 4 – SEPT. 7**  
**GUEST REGISTRATION: AUG. 11 – SEPT. 7**

**For a better us.®**

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



# 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**

**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 our 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/donate](https://OTOYMCA.org/donate) 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 |



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





6 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.

**SELECT MONDAYS • 10:00 AM – 10:30 AM (SEPTEMBER 15 + OCTOBER 13 ONLY)**

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

**TODDLER EXPLORATION STATION** (18 MONTHS – 3 YEARS)

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

**SELECT MONDAYS • 10:00 AM – 11:00 AM**

**SEPTEMBER 8: APPLE ADVENTURES**

**OCTOBER 6: FALL INTO FUN**

DROP-IN PRICING • \$10/VISIT

**FREE WITH FAMILY MEMBERSHIPS!**

**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!**

**SPLASH + PLAY** (6 MONTHS – 3 YEARS)

Come join us for a morning of songs, games, and fun in the pool! Strengthen your family bonds, build relationships with new friends, and get acclimated to the water with 20 minutes of activities led by our YMCA Swim Lesson Instructors followed by 25 minutes of open play!

**TUESDAYS + THURSDAYS • 9:00 AM – 9:45 AM**

DROP-IN PRICING • \$5/VISIT; **FREE 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.

**MONDAYS + FRIDAYS (Y CLOSED SEPTEMBER 1) • 9:00 AM – 9:45 AM**

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

**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.

**WEDNESDAYS • 9:00 AM – 9:45 AM**

DROP-IN PRICING • \$5/VISIT; **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.

**MONDAYS • 10:00 AM – 10:30 AM (Y CLOSED SEPTEMBER 1, BEGINS SEPTEMBER 8)**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$55; **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.

**WEDNESDAYS • 2:30 PM – 3:00 PM; SATURDAYS • 8:30 AM – 9:00 AM**

SESSION PRICING • INDIVIDUAL MEMBERS + GUESTS: \$55; **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 (Y CLOSED SEPTEMBER 1, BEGINS SEPTEMBER 8) • 8:00 AM – 8:45 AM**

**THURSDAYS • 4:45 PM – 5:30 PM**

**FRIDAYS • 10:00 AM – 10:45 AM**

**SATURDAYS • 9:00 AM – 9:45 AM**

SESSION PRICING • FAMILY MEMBERS: \$80; INDIVIDUAL MEMBERS + GUESTS: \$125

## TINY TUMBLERS

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 • 3:00 PM – 3:45 PM; SATURDAYS • 8:00 AM – 8:45 AM**

SESSION PRICING • FAMILY MEMBERS: \$80; INDIVIDUAL MEMBERS + GUESTS: \$125

## LOOKING FOR MORE WAYS TO STAY ACTIVE AND ENJOY SOME FAMILY FUN AT THE Y?

Drop in for Gym Explorers or Adventure Zone (pg. 3); check our website for the most up-to-date Open Swim, Peterson Gymnasium, and Indoor Turf schedules ([OTOYMCA.org/schedules](http://OTOYMCA.org/schedules)); and stay tuned for more information on upcoming Family & Community events!



## FALL SOCCER

Kick off the fall with our Youth Soccer program! Led by our Youth Sports Coaches, your preschooler will learn the fundamentals with an emphasis on skills, drills, and fun.

**TUESDAYS • 3:30 PM – 4:00 PM + 4:00 PM – 4:30 PM**

SESSION PRICING • FAMILY MEMBERS: \$35;  
INDIVIDUAL MEMBERS + GUESTS: \$50

Practices will take place on the multi-sport field behind the Y. If it rains, practice will be held on the Indoor Turf. Please bring a water bottle and shin guards to practice if you have them.

## 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            | STAGE 2 • WATER MOVEMENT               | STAGE 3 • WATER STAMINA                |
|--|--|--|
| <b>TUESDAYS • 4:45 PM – 5:15 PM</b>    | <b>TUESDAYS • 5:30 PM – 6:00 PM</b>    | <b>TUESDAYS • 4:45 PM – 5:15 PM</b>    |
| <b>WEDNESDAYS • 4:15 PM – 4:45 PM</b>  | <b>WEDNESDAYS • 4:15 PM – 4:45 PM</b>  | <b>WEDNESDAYS • 4:45 PM – 5:15 PM</b>  |
| <b>SATURDAYS • 10:45 AM – 11:15 AM</b> | <b>SATURDAYS • 10:45 AM – 11:15 AM</b> | <b>SATURDAYS • 10:45 AM – 11:15 AM</b> |

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 TUESDAYS • 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: STAGES 1-3**

(Y CLOSED SEPTEMBER 1, MONDAY CLASSES BEGIN SEPTEMBER 8)

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 • 4:00 PM – 4:45 PM****FRIDAYS • 4:00 PM – 4:45 PM****WEDNESDAYS • 5:30 PM – 6:15 PM****SATURDAYS • 11:30 AM – 12:15 PM**

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

**SWIM STROKES: STAGES 4-6**

(Y CLOSED SEPTEMBER 1, MONDAY CLASSES BEGIN SEPTEMBER 8)

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 • 5:00 PM – 5:45 PM****FRIDAYS • 4:00 PM – 4:45 PM****WEDNESDAYS • 6:15 PM – 7:00 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.

**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** (5+ YEARS)

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 • FAMILY MEMBERS: \$75; INDIVIDUAL MEMBERS + GUESTS: \$85; TESTING FEE: \$51

**FALL TENNIS IN THE PARKS** (3RD GRADE – 8TH GRADE)

Led by a USTA-approved coach, athletes will develop the skills to serve, rally, and play using modified tennis balls, age-appropriate rackets and court sizes, and the latest engaging activities that help kids learn and play the game quicker. All players in their first session will receive a new age-appropriate racket and ball!

**THURSDAYS • 3:30 PM – 4:30 PM AT OLD TOWN HIGH SCHOOL**

SESSION PRICING • FAMILY MEMBERS: \$85; INDIVIDUAL MEMBERS + GUESTS: \$100

**FIELD HOCKEY** (KINDERGARTEN – 5TH GRADE)

Athletes will develop their field hockey skills across all positions, learn specialty stick skills, and grow their communication and teamwork skills under the guidance of OTHS Head Coach, Courtney Lanham.

**Athletes must have a size-appropriate stick, mouth guard, field hockey shin guards, and cleats or sneakers.****SEPTEMBER 6 – OCTOBER 25: SATURDAYS • 10:00 AM – 11:00 AM AT OLD TOWN HIGH SCHOOL +  
2-3 GAMES ON SATURDAY AFTERNOONS AT HAMPDEN ACADEMY**

SESSION PRICING • FAMILY MEMBERS: \$40; INDIVIDUAL MEMBERS + GUESTS: \$55

**FLAG FOOTBALL** (1ST GRADE & 2ND GRADE)

Athletes will learn football fundamentals and grow skills while the coaches foster a love for the sport.

**TUESDAYS • 5:00 PM – 5:45 PM** SESSION PRICING • FAMILY MEMBERS: \$35; INDIVIDUAL MEMBERS + GUESTS: \$50**FALL SOCCER** (KINDERGARTEN – 5TH GRADE)

Led by our Youth Sports Coaches, athletes will learn the fundamentals with an emphasis on skills, drills, and fun. If possible, athletes should bring a water bottle and shin guards to every practice.

**SEPTEMBER 3 – OCTOBER 22: 2-3 GAMES ON SATURDAY MORNINGS, LOCATIONS TBD****WEDNESDAYS • K-1: 3:00 PM – 3:45 PM** **2-3: 3:45 PM – 4:30 PM** **4-5: 4:30 PM – 5:15 PM**

SESSION PRICING • FAMILY MEMBERS: \$40; INDIVIDUAL MEMBERS + GUESTS: \$55



## TUMBLING CLASSES

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:

CARTHEELS, ROUND OFFS, WALKOVERS

### LEVEL 2

#### REQUIRED SKILLS:

WALKOVERS

#### WORKING TOWARDS:

HANDSPRINGS

### LEVEL 3+

#### REQUIRED SKILLS:

CONNECTED HANDSPRINGS

#### WORKING TOWARDS:

TUCKS, LAYOUTS, FULLS

**COMBINED LEVEL 1 + 2 CLASS: TUESDAYS • 4:30 PM – 5:30 PM  
SATURDAYS • 9:00 AM – 10:00 AM**

**TUESDAYS • 5:30 PM – 6:30 PM  
SATURDAYS • 11:00 AM – 12:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$135

## JUMPS, MOTIONS, AND TUMBLING EXECUTION

Are you an experienced cheerleader hoping to perfect your skills and jumps before your next school season or club team tryouts? Join our Tumbling Sports Coaches to work toward your goals and unlock your next level of skills!

**WEDNESDAYS • 4:00 PM – 5:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$135

## FOOTBALL CHEER (Y CLOSED SEPTEMBER 1, MONDAY PRACTICES BEGIN SEPTEMBER 8)

Bring your spirit to the sidelines! With opportunities to cheer at youth football games, perform a halftime routine, and build essential cheerleading skills such as motions, jumps, chants, and teamwork, athletes will gain confidence, learn performance fundamentals, and experience the fun of cheerleading for their community!

### MINI: PRE-K – 2ND GRADE

**MONDAYS • 4:00 PM – 5:00 PM**

PRICING • FAM: \$115; IND + GUEST: \$150

### YOUTH: 3RD – 5TH GRADE

**MONDAYS • 5:00 PM – 6:00 PM +**

**WEDNESDAYS • 5:00 PM – 6:00 PM**

### JUNIOR: 6TH – 8TH GRADE

**MONDAYS • 6:00 PM – 7:00 PM +**

**WEDNESDAYS • 6:00 PM – 7:00 PM**

**SEPTEMBER 3 – OCTOBER 25: 2-3 MANDATORY GAMES ON SUNDAYS + COMPETITION ON OCT. 25**

SESSION PRICING • FAMILY MEMBERS: \$165; INDIVIDUAL MEMBERS + GUESTS: \$215

## RECREATIONAL GYMNASTICS CLASSES

### ROCKING ROOKIES (Y CLOSED SEPTEMBER 1, MONDAY CLASSES BEGIN SEPTEMBER 8)

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 • 4:30 PM – 5:30 PM**

**TUESDAYS • 5:30 PM – 6:30 PM**

**THURSDAYS • 5:00 PM – 6:00 PM**

**SATURDAYS • 10:00 AM – 11:00 AM**

### NEXT LEVEL NOVICE (Y CLOSED SEPTEMBER 1, MONDAY CLASSES BEGIN SEPTEMBER 8)

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!

**MONDAYS • 5:30 PM – 6:30 PM**

**THURSDAYS • 6:00 PM – 7:00 PM**

**SATURDAYS • 10:00 AM – 11:00 AM**

### 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.

**FRIDAYS • 5:30 PM – 6:30 PM**

**SATURDAYS • 11:00 AM – 12:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$90; INDIVIDUAL MEMBERS + GUESTS: \$135

## 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 • 4:30 PM – 6:00 PM**

SESSION PRICING • FAMILY MEMBERS: \$115; INDIVIDUAL MEMBERS + GUESTS: \$160



**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            |
|------------------------|-------------------|-------------------|-------------------|-------------------|---------------------|
| 4:45 PM – 5:15 PM      | 4:45 PM – 5:15 PM | 4:45 PM – 5:15 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 | 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 |
| NO CLASSES SEPTEMBER 1 |                   |                   |                   |                   | 11:30 AM – 12:00 PM |

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

**1-ON-1 TUMBLING + GYMNASTICS 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!

| MONDAY                 | WEDNESDAY         | THURSDAY          | FRIDAY            | SATURDAY            |
|------------------------|-------------------|-------------------|-------------------|---------------------|
| 2:00 PM – 3:00 PM      | 2:00 PM – 3:00 PM |                   | 2:30 PM – 3:30 PM | 10:00 AM – 11:00 AM |
| 3:00 PM – 4:00 PM      | 3:00 PM – 4:00 PM |                   | 3:00 PM – 4:00 PM |                     |
|                        | 4:00 PM – 5:00 PM |                   | 3:30 PM – 4:30 PM |                     |
| 5:00 PM – 6:00 PM      |                   | 5:30 PM – 6:30 PM | 4:00 PM – 5:00 PM |                     |
| NO CLASSES SEPTEMBER 1 | 7:00 PM – 8:00 PM |                   |                   |                     |

**1-ON-1 GYMNASTICS LESSONS** provide gymnasts of all levels with the opportunity to receive personalized programming and feedback focused on the specific skills they hope to improve and master!

| MONDAY                 | TUESDAY           | WEDNESDAY         | THURSDAY          | FRIDAY            |
|------------------------|-------------------|-------------------|-------------------|-------------------|
| 3:00 PM – 4:00 PM      |                   |                   |                   |                   |
| 3:30 PM – 4:30 PM      | 3:30 PM – 4:30 PM | 3:30 PM – 4:30 PM | 3:30 PM – 4:30 PM |                   |
| 4:00 PM – 5:00 PM      | 4:30 PM – 5:30 PM | 4:30 PM – 5:30 PM |                   |                   |
| NO CLASSES SEPTEMBER 1 | 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM | 6:30 PM – 7:30 PM |

SESSION PRICING • FAMILY MEMBERS: \$130; INDIVIDUAL MEMBERS + GUESTS: \$160



# 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<br>(STAGES A + B) |
| SUBMERGE AND BLOW BUBBLES                 | NOT YET | STAGE 1:<br>WATER ACCLIMATION   |
| FLOAT ON MY FRONT + BACK WITHOUT HELP     | NOT YET | STAGE 2:<br>WATER MOVEMENT      |
| SWIM 15 YARDS ON MY FRONT + BACK          | NOT YET | STAGE 3:<br>WATER STAMINA       |
| PASS THE Y'S DEEP END TEST                | NOT YET | STAGE 4:<br>STROKE INTRODUCTION |
| SWIM 25 YARDS OF FREESTYLE + BACKSTROKE   | NOT YET | STAGE 5:<br>STROKE DEVELOPMENT  |
| SWIM 25 YARDS OF BUTTERFLY + BREASTSTROKE | NOT YET | STAGE 6:<br>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 (5-18 YEARS)

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.

**PRE-SEASON BEGINS ON TUESDAY, SEPTEMBER 2!**

**INTERESTED IN JOINING THE CCSC FAMILY?**

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



## OTO CHEER (PRE-K – HIGH SCHOOL)

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.

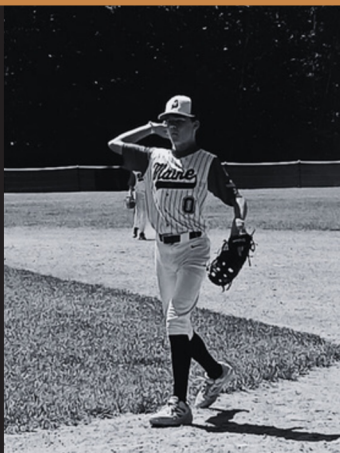
Our dedicated coaches are committed to providing a safe and supportive environment for cheerleaders of all ages and skill levels to build strong and trusting relationships with their teammates, develop new skills, and soar to new heights.

**HIGH TRAVEL TRYOUTS: SEPTEMBER 21**

**REC TRYOUTS: OCTOBER 19**

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

Contact Head 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.

**FALL BASEBALL: MID-AUGUST TO MID-OCTOBER (12U-18U)**

**FALL BASKETBALL TRYOUTS: SATURDAY, AUGUST 16 (3RD – 12TH)**

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

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



## CONTACT FOOTBALL (3RD GRADE – 6TH GRADE)

Old Town – Orono YMCA Football is open to 3rd to 6th Grade athletes from any town! Our team competes in the Northern Maine Football League with three practices each week: Mondays, Tuesdays, and Thursdays, 5 PM – 7 PM, at Old Town High School's practice football field.

All games are played on Sundays with our 3/4 Team's kickoff at 12 PM and our 5/6 Team's kickoff at 2 PM.

**OUR SEASON WILL RUN AUGUST 11 – NOVEMBER 2!**

**HAVE QUESTIONS ABOUT JOINING OUR YOUTH FOOTBALL FAMILY?**

Contact our Sports & Fitness Director at [Chris.Wesley@otoymca.org](mailto:Chris.Wesley@otoymca.org)



**COMP. TEAMS**

♥ 5 – 18 YEARS





13 YEARS & OLDER

TEEN & ADULT



## LOW INTENSITY CLASSES

### CHAIR YOGA

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

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

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

## MODERATE INTENSITY CLASSES

### AQUA MOTION

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.

### ZUMBA®

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

### AQUA BLAST

Jumpstart your day with a full body workout focused on improving your Balance, Lifestyle, Aerobic fitness, Strength, and Tenacity. Join Miller for the class where everyone is sure to have a B.L.A.S.T.!

### PUNK ROPE FUSION

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

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

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

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

### TABATA

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

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.

**FIND OUR MOST UP-TO-DATE GROUP EXERCISE SCHEDULE AT [OTOYMCA.ORG/SCHEDULES](http://OTOYMCA.ORG/SCHEDULES)**

**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](http://OTOYMCA.org/join)**

**TEEN & ADULT**

♥ 5 - 18 YEARS



## PICKLEBALL (18+ YEARS)

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.

**ALL LEVELS: WEEKDAYS • 9:00 AM – 12:00 PM** DROP-IN • \$10/VISIT; **FREE FOR ALL MEMBERS!**

**INTERMEDIATE/ADVANCED: TUESDAYS • 5:00 PM – 8:00 PM** DROP-IN • MEMBERS: \$5/VISIT; GUESTS: \$7/VISIT

## SWIM BASICS: STAGES 1-3 (4 – 8 YEARS)

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)

**FRIDAYS • 5:30 PM – 6:15 PM**

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

## SWIM STROKES: STAGES 4-6

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.

**FRIDAYS • 6:15 PM – 7:00 PM**

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

## 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 & FRIENDS

Get ready to make moves with Miller and 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 in the Y Lobby before embarking on your next great adventure together!

**MONDAY + TUESDAY • 9 AM; WEDNESDAY + FRIDAY • 11 AM**



## 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  |





## 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.