



**OLD TOWN - ORONO YMCA
FALL 2 2025 PROGRAM GUIDE**

OCTOBER 13 - DECEMBER 21

MEMBER REGISTRATION: SEPT. 29 - OCT. 19
GUEST REGISTRATION: OCT. 6 - OCT. 19

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

SURVEY

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 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

**LOOKING FOR WAYS TO STRENGTHEN OUR COMMUNITY?
Visit 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	JOINER FEE
Family	\$75/mo	\$75
Youth (0-17)	\$25/mo	\$0
Young Adult (18-25)	\$35/mo	\$35
Adult (26-64)	\$50/mo	\$50
Senior (65+)	\$35/mo	\$35
Senior Couple	\$50/mo	\$50



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.

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 • 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 + SATURDAYS • 8:30 AM – 9:00 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.

WEDNESDAYS • 5:30 PM – 6:00 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!

TUESDAYS • 5:00 PM – 5:45 PM

WEDNESDAYS • 6:00 PM – 6:45 PM

FRIDAYS • 10:00 AM – 10:45 AM

SATURDAYS • 9:00 AM – 9:45 AM

SESSION PRICING • MEMBERS: \$90; GUESTS: \$140

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 • 4:45 PM – 5:30 PM; SATURDAYS • 9:00 AM – 9:45 AM

SESSION PRICING • MEMBERS: \$90; GUESTS: \$140

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); and stay tuned for more information on upcoming Family & Community events!



TINY HOOPS

Build confidence, coordination, and a love for the sport with our Rec Basketball program! Your preschooler will learn the fundamentals through fun games and skill-building drills.

MONDAYS • 4:00 PM – 4:30 PM + 4:30 PM – 5:00 PM

SESSION PRICING • MEMBERS: \$55; GUESTS: \$80

OUR 10 WEEK REC BASKETBALL PROGRAM RUNS DECEMBER 1 – FEBRUARY 23

There will be no Tiny Hoops on 12/22, 12/29, and 2/16!

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 • MEMBERS: \$55; 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 • MEMBERS: \$55; 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

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

WEDNESDAYS • 5:30 PM – 6:15 PM

FRIDAYS • 4:00 PM – 4:45 PM

SATURDAYS • 11:30 AM – 12:15 PM

SESSION PRICING • MEMBERS: \$55; 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.

MONDAYS • 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 • MEMBERS: \$55; 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 • MEMBERS: \$55; 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 • MEMBERS: \$100; GUESTS: \$125; TESTING FEE: \$51

REC BASKETBALL

Build confidence, coordination, and a love for the sport with our Rec Basketball program! Your athlete will learn the fundamentals through fun games and skill-building drills.

OUR 10 WEEK REC BASKETBALL PROGRAM RUNS DECEMBER 1 – FEBRUARY 23

There will be no practices December 23 – 25, December 30 – January 1, and February 17 – 19!

LITTLE DRIBBLERS (KINDERGARTEN & 1ST GRADE)

TUESDAYS • 4:00 PM – 4:45 PM + 4:45 PM – 5:30 PM

SESSION PRICING • MEMBERS: \$55; GUESTS: \$80

MINI BALLERS (2ND GRADE & 3RD GRADE)

GIRLS: THURSDAYS • 4:00 PM – 4:45 PM

BOYS: THURSDAYS • 4:45 PM – 5:30 PM

OUR MINI BALLERS TEAMS WILL PLAY GAMES LOCALLY AND AT THE Y ON SATURDAYS

SESSION PRICING • MEMBERS: \$100; GUESTS: \$125

BALLERS (4TH GRADE & 5TH GRADE)

WEDNESDAYS • 4:30 PM – 5:30 PM

OUR BALLERS TEAMS WILL PLAY GAMES LOCALLY AND AT THE Y ON SATURDAYS

SESSION PRICING • MEMBERS: \$100; GUESTS: \$125

BRAWNY'S BATTING & HITTING CLINICS (4TH GRADE – 12TH GRADE)

Strengthen your swing and become a more consistent hitter while building your confidence during these hitting mechanics sessions.

SUNDAYS • 6:30 PM – 7:30 PM OCTOBER 26 – NOVEMBER 16 ONLY

SESSION PRICING • MEMBERS + GUESTS: \$110, INCLUDES ALL FOUR CLINICS

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:

CARTWHEELS, 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: MONDAYS • 5:30 PM – 6:30 PM
COMBINED ALL LEVELS CLASS: SATURDAYS • 11:00 AM – 12:00 PM

SESSION PRICING • MEMBERS: \$100; GUESTS: \$155

FRIDAYS • 5:30 PM – 6:30 PM

DROP-IN PRICING • \$15/VISIT

CHEER 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!

FRIDAYS • 3:15 PM – 4:00 PM

SESSION PRICING • MEMBERS: \$90; GUESTS: \$140

DROP-IN PRICING • \$12/VISIT

JUMPS & FLEXIBILITY

Perfect for cheerleaders of all levels, our Jumps & Flexibility class is designed to build functional, sport-specific strength; improve range of motion and prevent injury; and improve a variety of cheer jumps with engaging drills focused on proper mechanics and strong fundamentals.

MONDAYS • 3:15 PM – 4:00 PM

SESSION PRICING • MEMBERS: \$90; GUESTS: \$140

DROP-IN PRICING • \$12/VISIT

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 • 4:30 PM – 5:30 PM

SATURDAYS • 10:00 AM – 11:00 AM

THURSDAYS • 5:00 PM – 6:00 PM

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!

MONDAYS • 5:30 PM – 6:30 PM

SATURDAYS • 11:00 AM – 12:00 PM

FRIDAYS • 6:30 PM – 7:30 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.

FRIDAYS • 5:30 PM – 6:30 PM

SATURDAYS • 11:00 AM – 12:00 PM

SESSION PRICING • MEMBERS: \$100; GUESTS: \$155

RIISING 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!

THURSDAYS • 4:30 PM – 6:00 PM

SESSION PRICING • MEMBERS: \$140; GUESTS: \$185

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 WITH FAMILY MEMBERSHIPS!**

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 WITH FAMILY MEMBERSHIPS!**

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
					11:30 AM – 12:00 PM

SESSION PRICING • MEMBERS: \$170; GUESTS: \$260

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
3:00 PM – 4:00 PM		2:30 PM – 3:30 PM		10:00 AM – 11:00 AM
3:30 PM – 4:30 PM				
4:00 PM – 5:00 PM	4:00 PM – 5:00 PM			
5:00 PM – 6:00 PM	4:30 PM – 5:30 PM		5:30 PM – 6:30 PM	
6:00 PM – 7:00 PM	5:30 PM – 6:30 PM		6:30 PM – 7:30 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
10:00 AM – 11:00 AM		3:00 PM – 4:00 PM	
		3:30 PM – 4:30 PM	
	6:00 PM – 7:00 PM		6:00 PM – 7:00 PM

SESSION PRICING • MEMBERS: \$130; 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 (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.

THE 2025-2026 WINTER SEASON IS HERE!

INTERESTED IN JOINING THE CCSC FAMILY?

Contact our Coaching Staff at 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.

REC TEAM PLACEMENTS: OCTOBER 19

INTERESTED IN JOINING THE OTO CHEER FAMILY?

Contact Head Coach Mikayla at mikayla.mallett@otoymca.org



TRAVEL BASKETBALL

Our Travel Basketball program, a proud member of the Eastern Maine Basketball League (EMBL), is focused on building leaders one play at a time.

Our Coaching Staff are committed to developing strong fundamental basketball skills and providing a safe environment that fosters every players' communication, leadership, and collaboration skills while promoting the values of respect, positivity, sportsmanship, discipline, and perseverance.

2025-2026 SEASON INFORMATION

- SEASON: End of October – February Vacation
- Two practices per week
- Weekend games in the greater Bangor area

• WOMEN'S & MEN'S TEAMS:

- 3rd & 4th Grade
- 5th & 6th Grade
- 7th & 8th Grade

• SEASON FEES:

- Members – \$125
- Guests – \$150

TRYOUTS WILL BE HELD ON MONDAY, OCTOBER 13

INTERESTED IN JOINING THE OTO YMCA TRAVEL BASKETBALL FAMILY?

Contact our Youth Sports & Fitness Director at Chris.Wesley@OTOYMCA.org





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

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

TEEN & ADULT

♥ 13+ 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

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 • MEMBERS: \$55; 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 • MEMBERS: \$55; 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

FRIGHT NIGHT COSTUME DANCE

SATURDAY, OCTOBER 18

PRIZES FOR:

- BEST COSTUME
- MOST CREATIVE COSTUME
- BEST DUO

TO SUPPORT OUR COMMUNITY DURING THE HOLIDAY SEASON, WE WILL BE COLLECTING CANNED GOODS AND NON-PERISHIBLES AT THE DOOR (IE. STUFFING, GREEN BEANS, ETC.)

3 - 5 GRADE • 6:00 PM - 7:00 PM
6 - 8 GRADE • 7:30 PM - 9:00 PM

ADMISSIONS: \$10 or \$7 with donations and/or costume*

* FULL FACE MASKS AND FAKE OR REAL WEAPONS ARE PROHIBITED

OLD TOWN - ORONO YMCA

FAMILY HALLOWEEN SPECTACULAR

FRIDAY, OCTOBER 24, 2025

5:00 PM - 6:30 PM

Join us for an evening full of Halloween fun for the whole family!



TRUNK-OR-TREAT



HALLOWEEN GAMES



FACE PAINTING



SPECIAL AWARD FOR BEST TRUNK

FREE COMMUNITY EVENT!

Questions? Please reach out to us at info@otoymca.org

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

Scan to volunteer with games and face painting or to decorate a spooky, silly, or spellbinding trunk!



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TikTok

FOLLOW US FOR UPDATES!



EARLY LEARNING CENTER

OLD TOWN – ORONO YMCA

AT THE Y, WE PROVIDE WHAT KIDS NEED TO LEARN, GROW, AND THRIVE:



**NUTRITIOUS
SNACKS**



**SCHOOL
READINESS**



**OUTDOOR
EXPLORATION**



**MOVEMENT
AND PLAY**

At the Y, we believe every child deserves a strong start. Our Early Learning Center nurtures curiosity, builds school readiness, and fosters social, emotional, and physical growth through hands-on experiences.

With dedicated teachers, nutritious meals, outdoor exploration, and financial assistance available, we're here to ensure every child can learn, grow, and thrive in a safe, welcoming environment.

I invite you to join us as we support your child's journey and lay the foundation for a lifelong love of learning.

Warmly,
Nicole

Nicole McClendon-Walker
CHILDCARE DIRECTOR
Nicole.McClendon@OTOYMCA.org



**SCAN HERE FOR
OUR 2025-2026
REGISTRATION PACKET**

Our Early Learning Center provides high-quality education and care for children ages 18 months to 4 years who are not yet eligible for public Pre-K. Our dedicated, passionate teachers are proud to utilize The Creative Curriculum[®], the leading research-based, whole-child early childhood curriculum, to provide the highest quality care and help every child shine. Our Toddler and Preschool classrooms are designed to make your child feel safe and comfortable while exploring, socializing, and having fun.

OUR MODEL

Our Toddler and Preschool classrooms use The Creative Curriculum[®] to provide engaging and developmentally-appropriate, play-based learning opportunities in the following areas:

- Gross motor skills
- Fine motor skills
- Social-emotional development
- Language and communication
- Cognitive development
- Creative expression
- Early literacy skills

With access to all of our Y's facilities and resources, we are also proud to offer:

- Music, movement, and dance
- YMCA Swim Lessons (Preschool Classroom ONLY)
- Nutritious snacks, prepared daily by Chef Josh
- Sensory experiences and play
- Physical activity, including tumbling and gymnastics-based play
- Structured and open-ended outdoor play

OUR GOALS

- Provide a safe and fun environment that supports growth and learning
- Foster positive, trusting relationships with both staff and peers
- Offer developmentally-appropriate, open-ended activities
- Provide hands-on, play-based learning, investigation, and exploration
- Build a solid foundation of skills to support each child as they grow
- Create opportunities to develop new interests and explore current passions

OUR TRAINING

At the Old Town - Orono YMCA, child safety is our #1 priority. We require all Y staff to maintain certifications in CPR/AED for Professional Rescuers, First Aid, and other essential safety trainings. As a State of Maine licensed Child Care Provider, we are part of the Maine Roads to Quality Professional Development Network and are committed to providing a wide variety of high quality, evidence-based training and development opportunities to all of our teachers throughout the year.

OUR ENROLLMENT PROCESS

All interested families must schedule an Early Learning Center tour and complete an Early Learning Registration Packet. Reach out to our Assistant Childcare Director, Rachel Parent, via email at Rachel.Parent@OTOYMCA.org to schedule a tour today!



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 and the Old Town - Orono YMCA Foundation, 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 and select "APPLY NOW" under "Financial Assistance" to see if you qualify for financial support!

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 or more of these discounts? Call or stop by the Y today!



AFTER SCHOOL ACTIVITY PROGRAM

OLD TOWN - ORONO YMCA

AT THE Y, WE PROVIDE WHAT KIDS NEED TO LEARN, GROW, AND THRIVE:



**NUTRITIOUS
SNACKS**



**ACADEMIC
SUPPORT**



**ART + STEM
ACTIVITIES**



**SWIMMING
SPORTS + PLAY**

At our After School Activity Program, kids have a safe and secure place to work, learn, and play together – exploring their interests and discovering their passions while turning classmates into friends.

Every afternoon, we provide over 100 Pre-K to 5th Grade students with a variety of developmentally appropriate activities and challenges that build leadership and communication skills, strengthen connections with peers, and foster a greater sense of community and togetherness. Our caring, dedicated staff are committed to building strong and positive relationships with the families we serve so we can best support each child physically, mentally, and emotionally and help them reach their full potential.

With flexible schedules, acceptance of state subsidies, and financial assistance available, the Y is committed to ensuring every family can access quality after school care. Enroll now and help your child find where they belong!

Wishing you a happy, healthy, and engaging school year!

Nicole

Nicole McClendon-Walker
CHILDCARE DIRECTOR
Nicole.McClendon@OTOYMCA.org



**SCAN HERE FOR
OUR 2025-2026
REGISTRATION PACKET**

For a better us.®

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Designed for Pre-K to 5th Grade students, our After School Activity Program is committed to creating an engaging and supportive environment while building a sense of safety and belonging for all.

OUR MODEL

All of our ASAP Classrooms provide a range of activities including:

- Structured enrichment, including STEM and art activities
- Indoor and outdoor movement and play
- Dedicated homework and academic support
- Healthy snacks, made possible by CACFP
- Weekly opportunities to swim in the Y's Herb Sargent Family Therapeutic Pool

OUR GOALS

- Help children develop healthy self-esteem
- Allow children to learn through discovery
- Offer developmentally appropriate activities
- Help children make new friends and find community
- Help children pursue interests they are passionate about
- Provide opportunities to try new things
- Encourage healthy living practices
- Support children in becoming curious learners and engaged community members
- Provide an environment where children can learn, grow, and thrive

OUR PROGRAM HOURS

The After School Activity Program runs from the end of the school day until 5:30 PM, Monday – Friday. Families who need childcare 5:30 PM – 6:00 PM may register for Extended Care for an additional \$30 per week.

IN-SERVICES AND NO SCHOOL DAYS

For those enrolled in our After School Activity Program, we offer full day care, 7 AM – 5:30 PM, on in-service days as well as snow day care, if staffing is available, for \$30/day. After School Activity Program families will be notified of our ability to provide snow day care via email and/or text message. Half day and early release day care may also be available for \$20/day. ASAP families are also able to take advantage of our School Vacation care; these weeks will have separate sign ups and fees.

DID YOU KNOW?

For families who register for both the After School Activity Program and other Y programs that happen during ASAP time, our Childcare Staff will bring your child to and from their additional activities!

Whether you're looking for swim lessons, youth sports, rec gymnastics, or one of competitive teams, the Y has something for every age and every stage! Check out our Program Guide today!



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 and the Old Town – Orono YMCA Foundation, 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 and select "APPLY NOW" under "Financial Assistance" to see if you qualify for financial support!** 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 or more of these discounts? Call or stop by the Y today!

**WE WANT TO HEAR
FROM YOU**



**SCAN TO COMPLETE OUR
COMMUNITY SURVEY**

**PLUS, INCLUDE YOUR CONTACT INFORMATION FOR A
CHANCE TO WIN SOME GREAT PRIZES LATER THIS YEAR!**

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 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 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.