



175  
YEAR  
ANNIVERSARY



## FALL 2 PROGRAM GUIDE

October 26, 2026 – December 20, 2026

PRIORITY MEMBER REGISTRATION: Oct. 12 – Nov. 1, 2026

OPEN REGISTRATION: October 19 – November 11, 2026

Old Town - Orono YMCA

207-827-9622 ► [OTOYMCA.org](https://OTOYMCA.org) ► 472 Stillwater Avenue, Old Town, ME

**SIGN UP  
TODAY**



# 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**

**EARLY LEARNING**

## 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.**



# THE Enjoy Life PLACE

No Place Like *This Place*™



**As we enjoy our 136th 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 136 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       | \$70/mo | \$70       |



**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.

**TUESDAYS • 9:00 AM - 9:30 AM**

**SATURDAYS • 10:00 AM - 10:30 AM**

SESSION PRICING • INDIVIDUAL MEMBERS: \$60; GUESTS: \$120; **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.

**TUESDAYS • 3:30 PM - 4:30 PM**

**WEDNESDAYS • 9:00 AM - 10:00 AM**

**FRIDAYS • 3:30 PM - 4:30 PM**

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 • 8:30 AM - 9:00 AM; SATURDAYS • 8:30 AM - 9:00 AM**

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

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

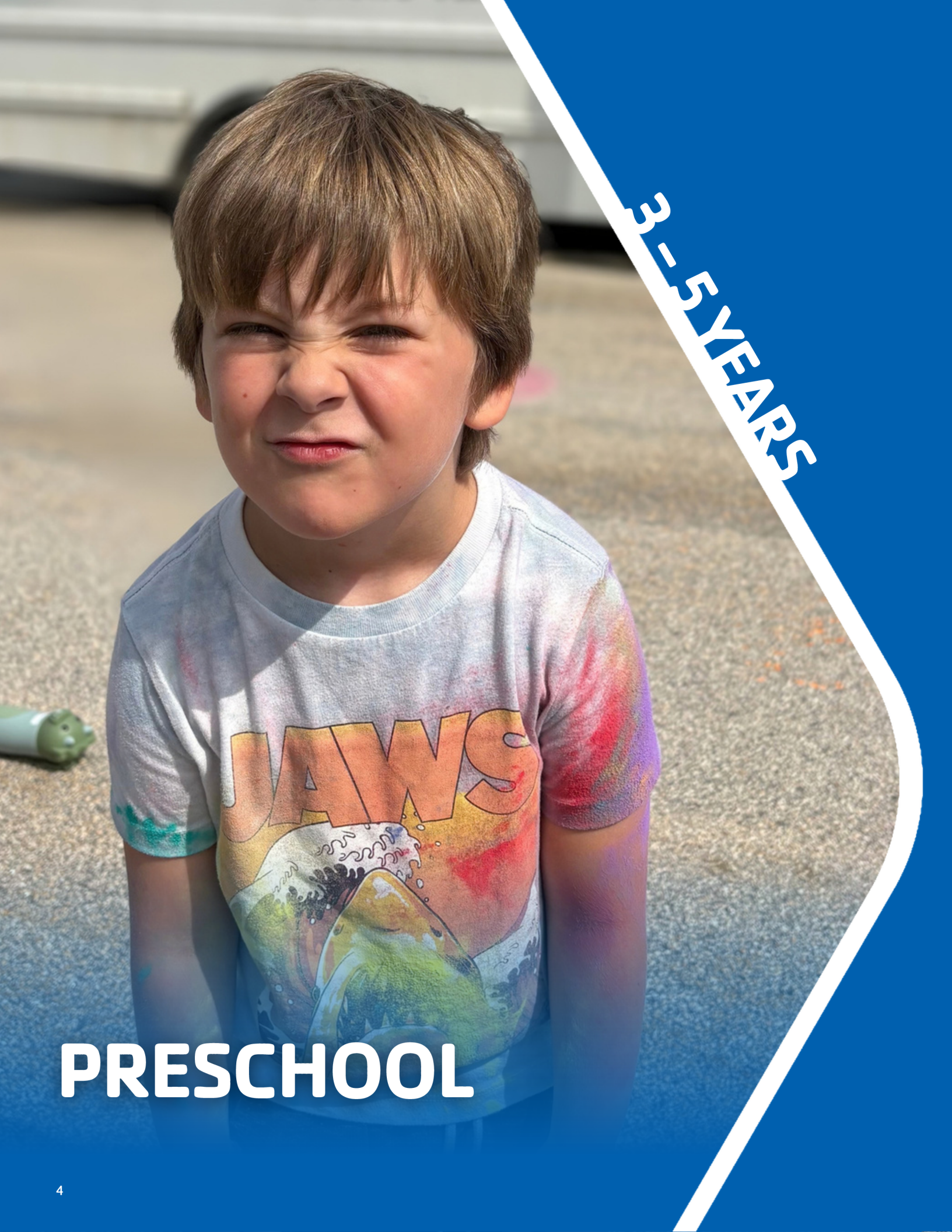
Learn how to safely assist and physically support your child as they tumble, jump, and move through a variety of cheer-based activities facilitated by our Tumbling Sports Coaches while developing motor skills, strength, coordination, and confidence in a safe, supportive, and fun environment.

**THURSDAYS • 9:00 AM - 9:30 AM**

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!

**FRIDAYS • 10:00 AM – 10:45 AM; FRIDAYS • 4:45 PM – 5:30 PM; SATURDAYS • 9:00 AM – 9:45 AM**  
SESSION PRICING • MEMBERS: \$90; GUESTS: \$160

## 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 • 4:30 PM – 5:30 PM**

SESSION PRICING • MEMBERS: \$90; GUESTS: \$160

## MINI CHEER

Designed to introduce young athletes to the sport of competitive cheer, this class uses a variety of age-appropriate and fun obstacles and games to learn basic stunting, tumbling, and jumps!

**MONDAYS • 5:30 PM – 6:30 PM**

SESSION PRICING • MEMBERS: \$90; GUESTS: \$160

## MUSIC & MOVEMENT

Introduce your preschooler to cheer motions, dance, and rhythm as our Tumbling Sports Coaches lead a variety of fun, developmentally-appropriate activities that build balance, coordination, confidence, and a love of movement

**WEDNESDAYS • 9:00 AM – 9:45 AM**

SESSION PRICING • MEMBERS: \$90; GUESTS: \$160

## 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 NOVEMBER 30 – FEBRUARY 22**

**MARK YOUR CALENDARS: There will be no Tiny Hoops on 12/21 or 12/28!**

## 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 Family Swim, Peterson Gymnasium, and Indoor Turf schedules ([OTOYMCA.org/schedules](http://OTOYMCA.org/schedules)); and stay tuned for more information on all our upcoming Family & Community events!

## 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

**MONDAYS • 4:00 PM – 4:30 PM**

**WEDNESDAYS • 4:00 PM – 4:30 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

### STAGE 2 • WATER MOVEMENT

**MONDAYS • 4:00 PM – 4:30 PM**

**WEDNESDAYS • 4:45 PM – 5:15 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

### STAGE 3 • WATER STAMINA

**MONDAYS • 4:45 PM – 5:15 PM**

**WEDNESDAYS • 4:45 PM – 5:15 PM**

**SATURDAYS • 10:45 AM – 11:15 AM**

SESSION PRICING • MEMBERS: \$60; GUESTS: \$120

**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)

**TUESDAYS • 5:00 PM – 5:45 PM; THURSDAYS • 5:00 PM – 5:45 PM; SATURDAYS • 11:30 AM – 12:15 PM**

SESSION PRICING • MEMBERS: \$60; GUESTS: \$120

## 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.

**TUESDAYS • 4:00 PM – 4:45 PM; THURSDAYS • 4:00 PM – 4:45 PM; SATURDAYS • 11:30 AM – 12:15 PM**

SESSION PRICING • MEMBERS: \$60; GUESTS: \$120

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

## 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: \$60; GUESTS: \$120

## CANOE CITY STROKE SCHOOL (9 – 14 YEARS)

Ready to take the next step in the pool? Canoe City Stroke School introduces the fundamentals of competitive swimming while building confidence, endurance, and team connection in a fun and supportive environment. Under the guidance of our CCSC Coaching Staff, swimmers will refine technique across all four strokes while learning the basics of interval training and pace awareness. With both full session and drop-in options available, it's the perfect way to learn what being part of a swim team is all about and discover what's next.

**MONDAYS • 4:00 PM – 5:00 PM**

SESSION PRICING • MEMBERS: \$80; GUESTS: \$160

DROP-IN PRICING • \$15/VISIT

## LOOKING FOR EVEN MORE TIME TO DO WHAT YOU LOVE AT THE Y?

Check out our Family Swim, Peterson Gymnasium, and Indoor Turf schedules on our website ([OTOYMCA.org/schedules](http://OTOYMCA.org/schedules)); keep an eye out for pop-up clinics and special events; and reach out to our coaches for more information on joining our competitive teams (pg. 11)!

## 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**

**MARK YOUR CALENDARS: There will be no practices December 22 or December 29!**

## LITTLE DRIBBLERS (KINDERGARTEN & 1ST GRADE)

**TUESDAYS • 3:30 PM – 4:15 PM + 4:15 PM – 5:00 PM**

SESSION PRICING • MEMBERS: \$60; GUESTS: \$85

## MINI BALLERS (2ND GRADE & 3RD GRADE)

**GIRLS: THURSDAYS • 3:30 PM – 4:15 PM**

**BOYS: THURSDAYS • 4:15 PM – 5:00 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 • 4:00 PM – 5:00 PM**

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

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



## TUMBLING & STUNTING CLASSES

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

### TUMBLING: LEVEL 1

#### WORKING TOWARDS:

CARTWHEELS, ROUND OFFS, WALKOVERS

### TUMBLING: LEVEL 2

#### REQUIRED SKILLS:

WALKOVERS

#### WORKING TOWARDS:

HANDSPRINGS

### TUMBLING: LEVEL 3+

#### REQUIRED SKILLS:

ROUND OFF BACK HANDSPRING

#### WORKING TOWARDS:

TUCKS, LAYOUTS, FULLS

COMBINED LEVEL 1 + 2 TUMBLING: WEDNESDAYS • 4:30 PM – 5:30 PM

FRIDAYS • 4:30 PM – 5:30 PM

### STUNTING: ALL LEVELS

#### WORKING TOWARDS & FOCUSED ON:

STUNT SAFETY, EXCEPTIONAL FUNDAMENTALS, BUILDING INDIVIDUAL ATHLETE'S SKILLS BASED ON CURRENT GOALS

MONDAYS • 5:30 PM – 6:30 PM

SESSION PRICING • MEMBERS: \$120; GUESTS: \$160

## CHEER CONDITIONING & STRENGTH (GRADES K – 12)

Looking to build the strength, endurance, and body control needed to become a stronger cheerleader? Work with our Tumbling Sports Coaches as they lead a variety of fun, cheer-specific conditioning exercises designed to improve tumbling, stunting, jumps, and overall athletic performance.

TUESDAYS • 4:30 PM – 5:15 PM; WEDNESDAYS • 5:30 PM – 6:15 PM; FRIDAYS • 4:30 PM – 5:15 PM

DROP-IN PRICING • \$5/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 • 3:30 PM – 4:30 PM

SATURDAYS • 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!

TUESDAYS • 6:00 PM – 7:00 PM

FRIDAYS • 5:30 PM – 6:30 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 • 6:30 PM – 7:30 PM

SATURDAYS • 11:00 AM – 12:00 PM

SESSION PRICING • MEMBERS: \$120; GUESTS: \$170

## 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!

THURSDAYS • 4:00 PM – 5:30 PM

SESSION PRICING • MEMBERS: \$140; GUESTS: \$190

## HAVE A CHEERLEADER AT HOME LOOKING FOR A FUN WAY TO SPEND WINTER BREAK?

Join us for Winter Break Cheer Camp where athletes will focus on stunting, tumbling, and cheer fundamentals with festive activities and games each day!

AGES • 4 – 18 years

DATES • December 21 – 24, 2026

TIMES • 8:30 AM – 2:30 PM (camp will end at 12 PM on Thursday, December 24)

PRICING • MEMBERS: \$185; GUESTS: \$235

## MAT MANIA (6+ YEARS)

Burn off some 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.

**FRIDAYS • 3:30 PM – 4:30 PM; SATURDAYS • 12:00 PM – 1:00 PM**

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

## OPEN STUNT & TUMBLE (6+ YEARS)

Enjoy unstructured practice time to tumble, stunt, jump, and sharpen your cheerleading skills under the supervision of our Tumbling Sports Coaches, who can provide tips and feedback upon request.

**FRIDAYS • 3:30 PM – 4:30 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 | 9:15 AM – 9:45 AM   |
|                   | 5:00 PM – 5:30 PM |                   | 5:00 PM – 5:30 PM |                   | 10:00 AM – 10:30 AM |
| 5:30 PM – 6:00 PM |                   | 5:30 PM – 6:00 PM |                   |                   | 10:45 AM – 11:15 AM |
|                   |                   |                   | 5:45 PM – 6:15 PM |                   | 11:30 AM – 12:00 PM |
| 6:15 PM – 6:45 PM |                   | 6:15 PM – 6:45 PM |                   |                   |                     |

SESSION PRICING • MEMBERS: \$180; GUESTS: \$270

## 1-ON-1 TUMBLING + GYMNASTICS LESSONS (6+ YEARS)

**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            | SATURDAY            |
|-------------------|-------------------|-------------------|-------------------|-------------------|---------------------|
|                   |                   |                   | 3:00 PM – 4:00 PM |                   | 10:00 AM – 11:00 AM |
|                   |                   | 3:30 PM – 4:30 PM |                   |                   | 11:00 AM – 12:00 PM |
|                   |                   | 4:30 PM – 5:30 PM |                   |                   |                     |
|                   | 5:00 PM – 6:00 PM |                   |                   |                   |                     |
|                   |                   | 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM | 5:30 PM – 6:30 PM |                     |
|                   | 6:00 PM – 7:00 PM |                   |                   |                   |                     |
| 6:30 PM – 7:30 PM |                   | 6:30 PM – 7:30 PM | 6:30 PM – 7:30 PM |                   |                     |
|                   | 7:00 PM – 8:00 PM |                   |                   |                   |                     |

**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!

| WEDNESDAY         | THURSDAY          | FRIDAY            |
|-------------------|-------------------|-------------------|
| 3:30 PM – 4:30 PM | 3:30 PM – 4:30 PM | 3:30 PM – 4:30 PM |

SESSION PRICING • MEMBERS: \$200; GUESTS: \$290



# 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.

**NEW ATHLETES ARE ALWAYS WELCOME!**

**INTERESTED IN JOINING THE CCSC FAMILY?**

Contact our Coaching Staff to set up a **2 week free trial** 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.

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

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



## TRAVEL BASKETBALL (3RD GRADE – 8TH GRADE)

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.

**MAKE-UP TRYOUTS WILL BE HELD ON OCTOBER 15!**

**HAVE QUESTIONS ABOUT JOINING OUR TRAVEL BASKETBALL 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.

### LYENGAR YOGA

A holistic experience that benefits the body, mind, and emotions through Asana (physical practice) and Pranayama (breath practice) taught by B.K.S. Lyengar.

### CLASSIC

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

## MODERATE INTENSITY CLASSES

### DANCE FITNESS

This high energy dance fitness class combines easy to follow choreography with powerful body weight strength, cardio, and core work for a total body workout. Enjoy a wide variety of music, from today's hits to yesterday's favorites, designed to keep you motivated, moving, and having fun from start to finish!

### 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

### SPIN

Hop on a stationary bike and get your sweat on with this challenging cardiovascular workout. You'll build endurance and strength in this high energy class with great music to keep you motivated.

## 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**

**TEEN & ADULT**

♥ 13+ YEARS



## 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 • 5:15 PM - 6:00 PM**

SESSION PRICING • INDIVIDUAL MEMBERS: \$60; GUESTS: \$120 **FREE WITH FAMILY MEMBERSHIPS!**

## 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 • 6:00 PM - 6:45 PM**

SESSION PRICING • MEMBERS: \$60; GUESTS: \$120

## PICKLEBALL (13+ 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.

**LEVELS 2.5-3.5**

**MONDAYS, WEDNESDAYS, FRIDAYS • 9:00 AM - 12:00 PM**

**LEVELS 3.0-4.0**

**TUESDAYS & THURSDAYS • 9:00 AM - 12:00 PM**

## CHEER CONDITIONING & STRENGTH (GRADES K-12)

Looking to build the strength, endurance, and body control needed to become a stronger cheerleader? Work with our Tumbling Sports Coaches as they lead a variety of fun, cheer-specific conditioning exercises designed to improve tumbling, stunting, jumps, and overall athletic performance.

**TUESDAYS • 4:30 PM - 5:15 PM**

**WEDNESDAYS • 5:30 PM - 6:15 PM**

**FRIDAYS • 4:30 PM - 5:15 PM**

DROP-IN PRICING • \$5/VISIT



## 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    | \$60   |
| 5 HOURS  | \$200   | \$250  |
| 10 HOURS | \$325   | \$400  |

### SMALL GROUP TRAINING

| PACKAGES | MEMBERS | GUESTS |
|----------|---------|--------|
| 1 HOUR   | \$25    | \$40   |
| 5 HOURS  | \$100   | \$130  |
| 10 HOURS | \$175   | \$275  |

### FITNESS PROGRAMS

| PROGRAM | MEMBERS | GUESTS |
|---------|---------|--------|
| 4 WEEKS | \$65    | \$80   |
| 6 WEEKS | \$75    | \$90   |
| 8 WEEKS | \$125   | \$140  |



# 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,

*Rachel*

Rachel Parent  
ASSISTANT CHILDCARE DIRECTOR  
Rachel.Parent@OTOYMCA.org



**SCAN HERE FOR  
OUR 2026-2027  
REGISTRATION PACKET**

**For a better us.®**

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





## 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](https://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](https://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.