



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Lincoln County YMCA PROGRAM GUIDE

JAN | FEB | MAR | APR

Registration begins
12/16 at 8am for
monthly sessions:

JAN

Thu 1/2–Fri 1/31

FEB

Sat 2/1–Fri 2/28

MAR

Sat Mar 1–Sun 3/30

APR

Mon 3/31–Fri 5/2



REGISTER ONLINE: clcymca.org

Try new
experiences
at the Y!



ADULT PROGRAMS

FM = Family Member; M = Member; NM = Non-Member

REGISTER ONLINE: clcymca.org

FITNESS

Personalize your routine with training to help you achieve your goals. To sign up for training, contact the Welcome Center to schedule a consultation.

SMART START COACHING

Get the results you want! Together, we'll create SMART goals and learn about the equipment and programs at the Y. Stop by the Welcome Center to sign up today!

Free for members

PERSONAL TRAINING

Get a personalized, guided workout at the Y! Expert trainers provide individual attention, motivation, and workouts structured to your specific goals to show measurable progress. 30-, 45-, or 60-minute sessions and virtual options are available to meet your needs and schedule.

SMALL GROUP TRAINING

Get quicker fitness results while enjoying the camaraderie of teammates. Choose from among Pilates, heavy bag training, core and flexibility, speed and agility, newbie fitness, beginner weightlifting, or "trainer's choice" in these monthly classes with flexible scheduling.

1-ON-1 NUTRITION COACHING

Meet with our nutrition coach for expert advice and personal attention, either virtually or in-person. You'll discuss your individual nutrition needs and create a plan for a healthier diet, in half-hour sessions.

BOXING & STRENGTH

Ages 13+

Learn the basics of boxing by "knocking out" head-to-toe strength and bodyweight circuits that challenge your muscles. This intermediate to advanced class uses punch bags, speed bags, weights, gloves, and mirrors for shadowboxing. Gloves available for purchase.

Sessions: JAN | FEB | MAR | APR

TUE & WED 11-11:45am

MON & WED 5-5:45pm • NO CLASS: 1/20

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

3x per week: FM/M: \$150 • NM: \$300

Adult drop in: FM/M: \$15 • NM: \$30

Teen drop in: FM/M/NM: \$10

BOXING FOR LIFE

Become more energized and empowered with Coach T in this seated boxing class that's for EVERYONE!

Sessions: JAN | FEB | MAR | APR

THU: 12:30-1:15pm

FM/M: \$25 • NM: \$50

INTRO TO BOXING

Ages 13+

Unleash your potential by learning the basics of boxing. Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. This class is for beginners or those interested in trying out the sport, so no experience is necessary. Gloves available for purchase.

Sessions: **JAN | FEB | MAR | APR**

SAT: 10–10:30am

FM/M: \$25 • NM: \$50

**ACHY &
SORE?**

ASK THE PT

Sore and achy muscles?
Pain in your joints?
Fear of falling?
Not sure of what to do next?

**Fridays
8:30–9:30am
CLC YMCA Lobby**



HEALTH MANAGEMENT

TAI CHI FOR HEALTH & BALANCE I & II

Tai Chi for Health and Balance is an effective exercise program for improving health and wellbeing that's proven to help prevent falls and relieve pain for those living with arthritis. You'll focus on improving strength, balance, and mental health. This low-impact exercise is performed in slow, fluid movements that are easy on the joints and can be done either sitting or standing.

TUE & THU 9:15–10am

TAI CHI I: 1/7–3/6; NO CLASS: 2/25, 2/27

TAI CHI II: 3/11–5/1

FM/M: \$100 • NM: \$200

DIABETES PREVENTION PROGRAM

Two new January class options:

MON 4–5pm starting 1/6

WED 9:15–10:15am starting 1/8

Sessions: JAN–DEC

Join a trained lifestyle coach for this yearlong group-based program. In 16 core sessions, followed by monthly maintenance sessions, you'll discuss topics like healthy eating, increasing physical activity, reducing stress, and problem solving. Program requires referral and includes individual Y membership.

FM/M: \$25/mo • Free for Medicare participants

COMMUNITY NAVIGATION

The Y offers services that help you access local community and state resources, benefits, and assistance programs. Our Community Navigator will listen to your needs and provide information and referrals to a wide array of professionals in particular specialties, all while keeping your information confidential.

- Housing
- Food Access
- Employment
- Vocational Support
- Recovery Support
- Fuel Assistance
- Child Care
- Transportation
- Home Repair
- And more

Email Karen-Ann Hagar-Smith at khagar@clcymca.org to begin!

BOXING FOR PARKINSON'S

Improve your functional movement and overall quality of life through boxing! Research shows that exercise is an important component in the management of Parkinson's Disease. Must register in advance.

Sessions: JAN | FEB | MAR | APR

MON & WED 12–12:45pm

FM/M: \$50 • NM: \$100 • Drop in: \$8/class

FALLS PREVENTION CLINIC

FRI 9–10:15am, 1/10 or 2/14

Learn about ways to prevent falls with LincolnHealth physical therapists at the Y. Falls can lead to injuries that can cause loss of mobility, function, independence, and quality of life. Fortunately, falling can be prevented! Includes a presentation, assessments, and information on programs to prevent falls.

FM/M: \$10 • NM: \$15

WALK WITH EASE

Need a walking buddy or just can't find the motivation to get started? Put on your walking shoes and join us for a walking experience. This class offers two interactive sessions with a Lifestyle Coach to get you started and teach you the basics! Then, you'll track your walking and receive weekly walking workouts to follow on your own or with a friend! Includes a CLC YMCA track membership for the month if a nonmember.

Sessions: JAN | FEB | MAR | APR

TUE 10:30–11:30am

FM/M: \$25 • NM: \$40

BLOOD PRESSURE SELF-MONITORING

Get personalized support in developing good blood pressure monitoring habits. You'll take and record your blood pressure at least twice per month, attend two consultations per month with a Healthy Heart Ambassador, and attend optional nutrition education seminars.

Without blood pressure monitor:

FM/M: Free for all

With blood pressure monitor:

FM/M: \$25 • NM: \$50

ENHANCE®FITNESS

MON, WED, and FRI 10:30–11:30am • Ages 55+

Using wrist and ankle weights, this 16-week evidence-based class helps you become more active, energized, and empowered to sustain an independent life. Both chair-based and standing versions of the exercises are demonstrated to ensure you get an individualized workout! Pre and post program surveys are required.

FM/M/NM: \$35 per 8-week session

LIVESTRONG AT THE YMCA

1/14–4/3

Reclaim your health after surviving cancer in this research-based 12-week physical activity and well-being program. You'll meet with your small group twice a week to regain your physical, emotional, and spiritual strength. Program includes a 3-month Y membership.

TUE & THU 10–11:30am

Free

PICKLEBALL

BEGINNERS AND BEYOND

Learn and perfect the fundamentals of pickleball, including serves, returns, dinks, and scoring. Incorporate new strategies to improve your game and get to the next level. Paddles and balls provided.

Sessions: **JAN | FEB | MAR | APR**
TUE 10–11am

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

PICKLEBALL INTERMEDIATE PLAY 3.0–3.5

Play matches during this program specially designed for intermediate players!

Sessions: **JAN | FEB | MAR | APR**
FRI 10:30am–12pm

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$8 • NM: \$15

SOCIAL PICKLEBALL OPEN PLAY

All ages

Socialize in a relaxed atmosphere while rotating in and out of pickleball games on one court.

Sessions: **JAN | FEB | MAR | APR**
WEEKDAYS 9am–12pm • NO CLASS: 1/20

Drop in: FM/M: Free • NM: Free w/day pass

PICKLEBALL PROGRAM OPEN LEVEL

Play pickleball on three hard courts to your heart's content. All levels welcome.

Sessions: **JAN | FEB | MAR | APR**
MON, WED, FRI 6–8am • NO CLASS: 1/20

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$5 • NM: \$15

INTERMEDIATE PICKLEBALL

Exercise your brain and body with play-based drills that require concentration, skill, and a sense of humor. Last 30 min are open play. Recommended skill level 3.5+.

Sessions: **JAN | FEB | MAR | APR**
THU 11am–12:30pm

FM/M: \$60 • NM: \$120

Drop in: FM/M: \$20 • NM: \$35

PICKLEBALL COMPETITIVE PLAY 3.5+

USTA 3.5+ rated players can join this advanced group.

Sessions: **JAN | FEB | MAR | APR**
TUE & THU 6:30–9am
SAT 6:30–9am

FM/M: \$25 • NM: \$50

Drop in: FM/M: \$5 • NM: \$15

HEALTHY LIVING OFFICE HOURS

Need help figuring out where to begin your journey to better health? The CLC YMCA's Healthy Living Director, Lauren Ober, offers office hours! Stop in to get your questions answered, sign up for programs, and find the best health options for you. No appointment necessary.

Fridays from 9:00–10:30am • All ages

PICKLEBALL DRILLS AND SKILLS

Practice your pickleball skills with a partner under the guidance of a pro, who will lead you through several drills to help improve your game. All skill levels welcome; register with a partner of your level.

Sessions: **JAN | FEB | MAR | APR**

THU 5:30–6:30pm

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

FIT PICKLE

Run, hit, and play in this new class that will help you get fit while you have fun playing pickleball points to 80s cardio music. This class includes a dynamic stretch, footwork, balls fed by a pro, and fun games.

Sessions: **JAN | FEB | MAR | APR**

TUE & THU 7–8am

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

PICKLEBALL LEAGUE

Join this fun league with two flights of 3.5+ and 3.0 and below. You'll play with a different partner in each timed 15 min. round. Every game you win adds a point to your individual score, and the two top players from each flight win a prize at the end of the month!

Sessions: **APR**

THU 6:30–8pm

M/FM: \$30 • NM: \$60



TENNIS

DOUBLES DRILLS & STRATEGY

Take your game to another level as you meet new people. A play-based teaching style will have you hitting balls, playing points, and learning strategies constantly. You must have a basic command of the game to register.

Sessions: **JAN | FEB | MAR | APR**

MON 8–9am

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

RUSTY, RUSTED, AND RECOVERING

Get back in the game! Learn to play Masters Tennis on the 60ft court with drills and strategies taught within this framework. Designed for players who want to ease back into tennis. You'll use the transitional green ball, which plays like a clay court and moves a bit slower. Focus is on fun, friendships, and feeling like a kid again.

Sessions: **JAN | FEB | MAR | APR**

TUE 11–12pm & THU 10–11am

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

LUNCH BUNCH

Brush up on your ground strokes and learn some new strategies in this fun afternoon of intermediate tennis. One hour of drills with 30 minutes of open play.

Sessions: **JAN | FEB | MAR | APR**
MON 12–1:30pm • NO CLASS: 1/20

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30

LIVE BALL

Join us for this fun, fast-paced game where a pro feeds the ball in and players battle it out to become the champion.

Sessions: **JAN | FEB | MAR | APR**
FRI 12–1pm

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30

GRIP AND RIP

Join us for an evening of tennis drills that will up your level, then end with some fun match play. For players intermediate level and up.

Sessions: **JAN | FEB | MAR | APR**
THU 5:30–6:30pm

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30

LADIES TEAM CLINIC

Improve your chemistry with your doubles partner using mindful drills and tactical games. You'll focus on a combination of skill-building and tennis strategy for doubles teams. For players with USTA rating 3.0–3.5

Sessions: **JAN | FEB | MAR | APR**
THU: 12:30–2:30pm

FM/M: \$110 • NM: \$230
Drop in: FM/M: \$30 • NM: \$55

HEAVY HITTERS/LIVE BALL 3.5+

Enjoy some organized match play under the guidance of a pro. USTA level 3.5+ for men and 4+ for women. The first hour is a fun, fast-paced game of Live Ball if there are more than five players. The second hour is three courts of heavy hitter open play singles and doubles.

Sessions: **JAN | FEB | MAR | APR**
MON 6–8pm • NO CLASS: 1/20

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30

ULTIMATE TENNIS WORKOUT

This cardio yellow ball workout starts with 20 minutes of footwork and 20 minutes of tennis drills, then ends with 50 minutes of Live Ball, a fun, fast-paced game where a pro feeds the ball in and players battle it out to become the champion.

Sessions: **JAN | FEB | MAR | APR**
THU 11–12:30pm

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30

LEARN TO PLAY TENNIS

Learn all the basic strokes of tennis in four weeks using adaptive equipment while keeping score and having fun meeting new people.

Sessions: **JAN**
FRI 9–10am

FM/M: \$55 • NM: \$110
Drop in: FM/M: \$15 • NM: \$30



FOCUS HITTING

Improve your consistency, depth, variety, placement, and pace. Sign up with a partner for an hour's worth of guided hitting led by a pro. Must join with a hitting partner of similar ability.

Sessions: **JAN | FEB | MAR | APR**

TUE 1–2pm

THU 9–10am

FM/M: \$55 • NM: \$110

Drop in: FM/M: \$15 • NM: \$30

BEGINNERS AND BEYOND TENNIS LEAGUE

Play with a different partner in each timed 15 min. round. Every game you win adds a point to your individual score, and the two top players from each team win a prize at the end of the month!

Sessions: **APR**

TUE 6:30–8pm

FM/M: \$55 • NM: \$110

OTHER PROGRAMS

ACTIVE OLDER ADULT POTLUCK LUNCHES

Eat, socialize, and learn at our potluck lunches! Bring a shareable dish and join us on the first Wednesday of the month to catch up with old friends and meet new ones! Sign up at the Welcome Center or by emailing Robin Maginn at rmaginn@clcymca.org.

Sessions: **JAN | FEB | MAR | APR**

1st WED of each month, 11:45am–12:45pm

Free, and open to the community

MAHJONG GROUP

THU 1pm in the CLC YMCA lobby

Join the tile-based game of mahjong, which was developed in 19th-century China and has spread throughout the world since the early 20th century. For more information, please contact Nick Menice at nmenice@clcymca.org.

Free for all

AMERICAN RED CROSS CPR/AED/FIRST AID TRAINING CERTIFICATION

Ages 12+ • TUE 2/11, 1–3pm OR TUE 3/11, 5–7pm

Get certified through our blended learning option that allows you to complete the classroom portion of the course ahead of time in the comfort of your home. After 2–3 hours of online work, you will advance to the 2-hour in-person skill session with an instructor.

FM: \$85 • M: \$95 • NM: \$160

Interested in CPR/First Aid training for a group? Please contact Lauren Ober at lober@clcymca.org to schedule a full-day, in-person class or a blended learning class for your group.

KARATE

Ages 8+

Learn self-defense techniques and discipline, taught by Black Belt Nancy Ault Sensei. You're encouraged to continue this class for the whole year.

Sessions: **JAN | FEB | MAR | APR**

TUE & THU 6:15–7:45pm

FM: \$85 • M: \$102 • NM: \$170

PRIME TIME K-5 AFTERNOON PROGRAMMING

LOOK AT OUR PROGRAM GUIDE FOR FULL DESCRIPTIONS ON ALL OF OUR PROGRAMS!

K-2 Programs	Monday	Tuesday	Wednesday	Thursday	Friday			
2:30 - 3:30	Prime Time		Prime Time	Prime Time	Adventure Club			
3:30 - 4:00	Red Ball	GAME ON!	Youth Ninjas	Youth Ninjas				
4:00 - 4:30	Red Ball	JAN MAR - Soccer FEB APR - Floor Hockey	Art Creations	Y Fit		Red Ball	Book Bites	Young Chefs

3-5 Programs	Monday	Tuesday	Wednesday	Thursday	Friday				
2:30 - 3:30	Prime Time		Prime Time	Prime Time	Adventure Club				
3:30 - 4:00	Y Fit for Girls	JAN MAR - Soccer FEB APR - Floor Hockey	Kids in the Kitchen (end at 5pm)	Intro to Youth Boxing		Y Fit for Girls	Create & Build	Art Creations	Intro to Youth Boxing
4:00 - 4:30	Y Fit for Girls	GAME ON!	Kids in the Kitchen (end at 5pm)	Youth Ninjas		Y Fit for Girls	Art FUN	Art Creations	Youth Ninjas

Enroll your child in grade K-5 in these fun and healthy programs while you finish your day at work! We can pick up children at GSB or meet their bus from BCS or NCS. Kids will start their afternoon in our Prime Time program while they enjoy a healthy snack and prepare for their afternoon. Register them for the other monthly activities above to have care until at least 4:30 each weekday.

No Prime Time or related programs if there is no school.

Additional youth programs are offered outside of Prime Time model. Please reach out to Nick at nmenice@clcymca.org to find out how other programs can work for you!

To sign up for Prime Time scan here:



To sign up for afternoon programs scan here:



YOUTH PROGRAMS

FM = Family Member; M = Member; NM = Non-Member

REGISTER ONLINE: clcymca.org

TENNIS AND PICKLEBALL

Our youth tennis and pickleball programs are supported by the USTA Foundation and the Sanford Open. Email Georgia Ahlers at gahlers@clcymca.org if your child needs a scholarship.

RED BALL

Ages 5–8

Hop, skip, jump, throw, run, catch, and play games to music—your child will be encouraged to move in this physical tennis activity! Equipment is provided.

Sessions: **JAN | FEB | MAR | APR**

MON & WED 3:30–4:30pm

NO CLASS: 1/20, 2/17, 2/19, 4/21, AND 4/23

Free for all; registration required

GREEN BALL

Ages 11–14

Elevate your child's game with technique and strategy feedback from a pro that will make them a confident player.

Sessions: **JAN | FEB | MAR | APR**

TUE & THU 3–4:30pm; FRI 3–5pm

NO CLASS: 2/18, 2/20, 2/21, 4/22, 4/24, AND 4/25

FM/M: \$125 • NM: \$250

ORANGE BALL

Ages 8–12

Your child will become a real tennis player while emphasizing effort, sportsmanship, and respect! Orange ball tennis uses age-appropriate balls and courts designed for your child to play tennis successfully. All Thrive at the Y kids enjoy free orange ball. Fridays are match play days!

Sessions: **JAN | FEB | MAR | APR**

MON & WED 4:30–5:30pm; FRI 3–5pm

NO CLASS: 1/20, 2/17, 2/19, 4/21, AND 4/23

M: \$100 • NM: \$200

HIGH SCHOOL TENNIS CLINIC

Ages 14–18

Your child will be match-ready by the end of this fun, fast-paced clinic! Players will focus on perfecting their shots, improving their agility, and overall strategy.

Sessions: **JAN | FEB | MAR | APR**

SAT 8:30–10am

FM/M: \$60 • NM: \$120

Drop in: FM/M: \$15 • NM: \$30

HIGH SCHOOL TENNIS TRAINING

Ages 14–18

Prepare for high school tennis season with a tennis pro! This class focuses on technique, conditioning, and strategy. Basic tennis knowledge required to register.

Sessions: JAN | FEB | MAR

TUE & THU 6:30–8pm • NO CLASS: 2/18, 2/20

FM/M: \$125 • NM: \$250

FREE FAMILY TENNIS AND STAY AND PLAY

All ages

Enjoy a healthy meal or snack, play some gently guided tennis, and work with your hands at our art table. This is a safe space to be you, in whatever form you want.

Sessions: JAN | FEB | MAR | APR

SAT 10am–12pm

Free for all

YOUTH PICKLEBALL

Ages 5–11

Your child will learn the basics of pickleball and play fun matches! Equipment provided.

Sessions: JAN | FEB | MAR | APR

Ages 5–8

THU 4–4:30pm • NO CLASS: 2/20, 4/24

FM/M: \$25 • NM: \$50

Ages 9–11

THU 4:30–5:30pm • NO CLASS: 2/20, 4/24

FM/M: \$50 • NM: \$100

● ● ● ● ● YOUTH SPORTS ● ● ● ● ●

ITTY BITTY SPORTS SAMPLER

Ages 2–5

Your child will be introduced to a sampling of our fun, age-appropriate programs, such as indoor soccer, basketball, and gymnastics. As they develop skills, your child will continue to grow their social skills and body awareness.

Sessions: FEB

MON 4:45–5:30pm

FM/M: \$25 • NM: \$50

ITTY BITTY MOVERS

Ages 2–5

Your child will be introduced to our new movement program, where they will learn and develop body awareness, social skills, and movement skills by dancing, jumping, and running through activities together.

Sessions: MAR | APR

FRI 4:45–5:30pm

FM/M: \$25 • NM: \$50

ITTY BITTY INDOOR SOCCER

Ages 2–5

Your child will be introduced to the basic skills of soccer, such as dribbling, passing, and shooting, with a focus on developing social skills and having fun through age-appropriate games and activities.

Sessions: APR
MON 4:45–5:30pm
FM/M: \$25 • NM: \$50

ITTY BITTY BASKETBALL

Ages 2–5

Your child will be introduced to the basic skills of basketball, such as dribbling, passing, and shooting, with a focus on developing social skills and having fun through age-appropriate games and activities.

Sessions: JAN | MAR
MON 4:45–5:30pm • NO CLASS: 1/20
FM/M: \$25 • NM: \$50

TINY TUMBLERS

Ages 2–5

Your child will learn the basics of gymnastics while developing motor skills and body awareness in a safe, fun, structured environment. Parents/guardians are required to interact and assist during your child's class.

Sessions: JAN | FEB
FRI 4:45–5:30pm
FM/M: \$25 • NM: \$50

INDOOR SOCCER

Grades K–5

Your child will dive into the exciting world of futsal soccer in a fun and supportive environment that emphasizes the basics of dribbling, passing, and shooting. Age-appropriate drills and playful activities will foster teamwork and coordination, and instill a passion for soccer and physical activity.

Sessions: JAN | MAR
Grades 3–5: MON 3:30–4pm • NO CLASS: 1/20
Grades K–2: MON 4–4:30pm • NO CLASS: 1/20
FM/M: \$25 • NM: \$50

FLOOR HOCKEY

Your child will explore the game of floor hockey in a fun and encouraging setting that introduces fundamental skills like stick handling, passing, and shooting. Age-appropriate drills and engaging activities will foster teamwork and coordination, and instill a passion for floor hockey and physical activity.

Sessions: FEB | APR
Grades 3–5: MON 3:30–4pm • NO CLASS: 2/17, 4/21
Grades K–2: MON 4–4:30pm • NO CLASS: 2/17, 4/21
FM/M: \$25 • NM: \$50

TRAVEL TEAM BASKETBALL

Boys Grades 3–4 & 5–6; Girls Grades 3–4 & 5–6

Travel teams provide a more competitive game play than regular youth basketball leagues. There will be an emphasis on advanced skills, positive competition, and teamwork. Each team will practice during each week and compete against other travel teams in the area. Each team will participate in a maximum of 3 weekend tournaments. Players must register for free tryout. Tryout dates and times TBD. Payments will be completed for children who make the travel teams.

M: \$160 • NM: \$220

FARMS AT THE Y

BOOK BITES

Grades K–2

Your child will bring literacy and culinary skills together by preparing recipes based on a book, then reading the book aloud.

Sessions: **JAN | FEB | MAR | APR**
WED 3:30–4:30pm • NO CLASS: 2/19, 4/23
M: \$50 • NM: \$100

YOUNG CHEFS

Grades K–2

Your child will love our fun, hands-on cooking classes in our teaching kitchen.

Sessions: **JAN | FEB | MAR | APR**
THU 3:30–4:30pm • NO CLASS: 2/20, 4/24
M: \$50 • NM: \$100

KIDS IN THE KITCHEN

Grades 3–5

Your child will learn cooperative cooking skills while meeting new friends in this fun, interactive class.

Sessions: **JAN | FEB | MAR | APR**
TUE 3:30–5pm • NO CLASS: 2/18, 4/22
M: \$75 • NM: \$150

TEEN COOKING CLASSES

Grades 6–8

Through hands-on and group learning, your child will cook healthy meals for themselves and become a knowledgeable and confident cook. To register, contact Leslie Wicks at lwicks@clcymca.org.

Sessions: **JAN | FEB | MAR | APR**
MON 3–4:30pm • NO CLASS: 1/20, 2/17, 4/21
Suggested donation: M: \$25 • NM: \$50

FITNESS

INTRO TO BOXING

Ages 13+

Unleash your potential by learning the basics of boxing. Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. This class is for beginners or those interested in trying out the sport, so no experience is necessary. Gloves available for purchase.

Sessions: **JAN | FEB | MAR | APR**
SAT 10–10:30am
FM/M: \$25 • NM: \$50

BOXING ACADEMY

Grades 2–6

Looking for an active program that will build your child's confidence, independence, and character? Boxing Academy is a safe, fun way to keep your child engaged in physical activity while teaching valuable lessons in dedication, discipline, and community. Your child will advance their boxing techniques, footwork, and body movement. Intro to Boxing is a prerequisite.

Sessions: **JAN | FEB | MAR | APR**
MON & WED 3:30–4:30pm
FM/M: \$150 • NM: \$200

INTRO TO YOUTH BOXING

Grades 3–5

Boxing has many important elements, like physical and mental discipline; you don't just put on gloves and start hitting. This class is for beginners or those interested in trying out the sport, so no experience is necessary. Gloves available for class.

Sessions: **JAN | FEB | MAR | APR**

TUE 3:30–4pm

THU 3:30–4pm

FM/M: \$25 • NM: \$50

BOXING & STRENGTH

Ages 13+

Learn the basics of boxing by “knocking out” head-to-toe strength and bodyweight circuits that challenge your muscles. This intermediate to advanced class uses punch bags, speed bags, weights, gloves, and mirrors for shadowboxing. Gloves available for purchase.

Sessions: **JAN | FEB | MAR | APR**

TUE & WED 11–11:45am

MON & WED 5–5:45pm

1x per week: FM/M: \$50 • NM: \$100

2x per week: FM/M: \$100 • NM: \$200

3x per week: FM/M: \$150 • NM: \$300

Adult drop in: FM/M: \$15 • NM: \$30

Teen drop in: FM/M/NM: \$10

TEEN PERSONAL TRAINING

Grades 6–12

By appt. only, with free consultation

Your teen can increase their speed, get stronger, and prevent injuries during the offseason with personalized and guided workouts with our specialists. Experienced Y trainers provide individual attention, motivation and workouts structured to your teen's specific goals to show measurable progress. Multiple options and pricing available. Sign up at the Welcome Center for a consultation with a trainer today!

YOUTH SMART START & ORIENTATIONS

Grades 6–8

Enroll your child in our fitness center orientation so they can learn to use our equipment safely and properly. Upon completion, they'll receive a wristband that grants them fitness center access from 3–4pm, Monday–Friday, without a parent or guardian, and allows them to attend group exercise classes.

MON & TUE 3–4pm or by appointment

Free for members

YOUTH NINJAS

Unleash your child's inner warrior as they tackle obstacle courses inspired by the famous Ninja Warrior challenges. Through a series of fun and interactive activities, kids will learn essential ninja skills such as balance, coordination, and speed. Each session is crafted to enhance physical activity while fostering teamwork, resilience, and determination. Each session may change location based on skill development.

Sessions: **JAN | FEB | MAR | APR**

Grades K–2: TUE 3–3:30pm; THU 3–3:30pm

Grades 3–5: TUE 4–4:30pm; THU 4–4:30pm

FM/M: \$25 • NM: \$50

STRENGTH ACADEMY

Grades 6–9

Your child will learn a combination of functional and athletic movements including strength, balance, coordination, agility, and cardiovascular endurance. Class will include developmental lifting skills. They'll fall in love with fitness—it's fun and accessible to all levels!

Sessions: **JAN | FEB | MAR | APR**

TUE & THU 4:30–5:30pm

FM/M: \$125 • NM: \$225

M drop in: \$20/class • NM drop in: \$30/class

Y FIT FOR GIRLS

Grades 3–5

Your child can get moving and improve her fitness without playing sports! This class guides girls through dynamic lessons on confidence, joy, optimism, and strength, which will get them laughing and moving while they play games.

Sessions: **JAN | FEB | MAR | APR**
MON & WED 3:30–4:30pm
FM/M: \$100 • NM: \$150

MINI NINJAS

Unleash your child's inner mini-warrior as they tackle obstacle courses. Kids will learn essential ninja skills such as balance and coordination through a series of fun and interactive activities. Each session is crafted to enhance physical fitness while fostering teamwork, resilience, and determination.

Sessions: **JAN | FEB | MAR | APR**
Ages 2–3: FRI 10:30–11am
Ages 4–5: FRI 11–11:30am
FM/M: \$25 • NM: \$50

KARATE

Ages 8+

Learn self-defense techniques and discipline, taught by Black Belt Nancy Ault Sensei. You're encouraged to register for all four sessions below and continue this class for the entire year.

Sessions: **JAN | FEB | MAR | APR**
TUE & THU 6:15–7:45pm
FM/M: \$50 • NM: \$100



TEEN FITNESS CENTER PRIVILEGES

After completing Youth Smart Start (above), kids can access the fitness center at the Y using their special wristband.

- **Ages 12 and 13 may access the fitness center:** Monday through Friday from 3pm to 4pm OR at any time when accompanied by a parent or guardian.
- **Ages 14+ may access the fitness center:** Any time the fitness center is open.

OTHER PROGRAMS

GAME ON!

Grades K–5

Your child will embark on an exciting journey into the world of board games! This program introduces classic and modern games that encourage critical thinking, problem-solving, and social interaction.

Sessions: JAN | FEB | MAR | APR

Grades K–2: MON 3:30–4pm • **NO CLASS:** 1/20

Grades 3–5: MON 4–4:30pm • **NO CLASS:** 1/20

FM/M: \$25 • **NM:** \$50

ADVENTURE CLUB

Grade K–5

Send your child on exciting field trip adventures with the YMCA! Each adventure is designed to inspire curiosity and foster learning through hands-on experiences, helping kids develop a sense of discovery and an appreciation for their community.

Sessions: JAN | FEB | MAR | APR

FRI 2:30–4:30 • **NO CLASS:** 2/21, 4/25

Members only: \$80

FAT TIRE BIKING

Grade 4–8

Your child will experience the thrill of Fat Tire Biking at Hidden Valley Nature Center! They'll ride through scenic trails, taking in stunning views and enjoying the excitement of exploring rugged terrain. This unique adventure is perfect for young outdoor enthusiasts of all skill levels, offering a fun and active way to connect with nature. Transportation and equipment are included.

Sessions: MAR | APR

THU 3–5pm

M: \$100 • **NM** \$200

CAMDEN SNOW BOWL

Grades: 5–8

Your child will enjoy skiing and snowboarding! They must have prior experience and be able to navigate chairlifts independently to participate. Each individual will need to sign up for an account and purchase the RFID card (lift ticket/lift ticket and rental) through the Camden Snow Bowl. Email Nick Menice at nmenice@clcymca.org for more information. Y price only includes transportation and Y staff supervision.

Sessions: JAN | FEB

THU 3–7pm

FM/M: \$75 • **NM:** \$150

ART CREATIONS

Grades K–5

Your child will learn the basics of art through this hour-long, project-based class. Your artist will create masterpieces using their creativity and art skills. Our team will lead your children through projects, teaching new skills each week. All materials are provided.

Sessions: JAN | FEB | MAR | APR

Grade K–2: TUE 3:30–4:30 • **NO CLASS:** 2/18, 4/22

Grade 3–5: THU 3:30–4:30 • **NO CLASS:** 2/20, 4/24

FM/M: \$50 • **NM:** \$100

CREATE & BUILD

Grades 3–5

Your child will unleash their imagination and engineering skills in this exciting program that promotes the development of problem-solving abilities, teamwork, and creativity.

Sessions: JAN | FEB | MAR | APR

WED 4–4:30pm • **NO CLASS:** 2/19, 4/23

FM/M: \$25 • **NM:** \$50

TEEN LEADERS

Grades 6–12

This fun, active social and service club focuses on preparing youth for life after high school. Guided by Nick (nmenice@clcymca.org), teens learn and practice leadership, determine rules of engagement for their club, and participate in multiple volunteer service projects. Teens develop self-confidence, independence, and cooperation.

Sessions: **JAN | FEB | MAR | APR**

WED 3–4pm starting 1/8

Free

ROCK CLIMBING AT KIEVE

Grades 3–8

Climb at Kieve's indoor wall! Your child will engage in the very best high and low ropes course team-building and individual experience available. The courses are supervised by certified professionals whose number one goal is safety. Proper safety measures will be reviewed with all participants upon arrival. Bus will depart the Y around 3pm and return around 4:45.

Sessions: **JAN | FEB**

TUE 3–4:45pm • NO CLASS: 2/18

FM/M: \$100 • NM: \$200

ART FUNDAMENTALS

Grades 3–5

Paint, clay, pencils, and more. Your young artists will learn the fundamentals of art with a focus on FUN. All materials are provided.

Sessions: **JAN | FEB | MAR | APR**

WED 4–4:30pm • NO CLASS: 2/19, 4/23

FM/M: \$25 • NM: \$50



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FAMILY FUN NIGHT

1/10, 2/28, and 3/21 from 5:30–7:30 pm

Join us every month for a night of family-friendly fun, food, and community connections! Enjoy a delicious dinner, engaging activities, and a chance to connect with local community partners who share valuable resources and services. Don't miss out on the memories from this special event—bring the whole family for an evening of laughter and bonding!

Free for all

KIDS NIGHT OUT

Grades K–5 • 4/11 from 5:30–8pm

Your child can enjoy dinner and activities at the Y with friends while their parents enjoy a well-deserved night off!

1st child: M: \$25 • NM: \$50

Each additional child: M: \$15 • NM: \$30

WHO, WHAT, WHERE, WHEN, Y

The CLC YMCA enriches lives, strengthens community, and drives social change.

FACILITY HOURS

Monday–Friday: 5am–8pm

Saturday: 7am–4pm

Sunday: 9am–1pm (closed 5/25/25 to 10/12/25)

WELCOME CENTER BUSINESS HOURS

Have a question about billing? Need to change your membership? The Welcome Center can assist you Monday through Friday from 9am to 4pm.

HOLIDAY SCHEDULE

We are closed on: New Years Day, MLK JR. Day, Easter, Memorial Day, Independence Day, Labor Day, Indigenous Peoples' Day, Thanksgiving, and Christmas

We close at 1pm on: Christmas Eve and New Year's Eve

SESSION	START DATE	END DATE	REGISTRATION BEGINS
JAN	Thu, Jan 2nd	Fri, Jan 31st	Mon, Dec 16th
FEB	Sat, Feb 1st	Fri, Feb 28th	Mon, Dec 16th
MAR	Sat, Mar 1st	Sun, Mar 30th	Mon, Dec 16th
APR	Mon, Mar 31st	Fri, May 2nd	Mon, Dec 16th

PROGRAM REGISTRATION

Online, phone, and in-person registration take place simultaneously. All payments due at registration. We will charge your account on file if it is not paid by the first class. Balances due on Y accounts must be paid before registration. To register online, visit our website before registration to confirm you're properly linked in our membership database. Those receiving financial assistance must register in person. We reserve the right to cancel programs that do not reach the minimum required number of participants. Questions? Contact our Welcome Center at 207-563-9622 or membership@clcymca.org.

PROGRAM CANCELLATIONS

We make every effort to run session programs as scheduled. In the event that we are forced to cancel a program due to uncontrollable factors such as weather, power outages, etc., no refunds will be given. All attempts will be made to offer make up sessions. If a program is canceled due to lack of enrollment, the Y will credit or refund your program fee in full.

WITHDRAWING FROM A PROGRAM

If you need to withdraw from a program, you must notify the appropriate director before the first day of the session in order to receive a full refund or credit. On or after the first day, program fees are nonrefundable. Withdrawals will be eligible for a credit for future programs with approval of the director.

Register for programs at www.clcymca.org

Y MEMBERSHIP

Questions? Email membership@clcymca.org

Join online at clcymca.org

MEMBERSHIP BENEFITS

- FREE unlimited group exercise classes
- FREE Smart Start Coaching
- Special program rates for family members
- Nationwide YMCA access (some exclusions may apply)
- 2 Guest passes/member/year
- Access to YMCA360 and Zoom classes

Abbreviations:

M = Member: one active member on the account is eligible for member pricing/benefits

FM = Family Member: each family member on the account is eligible for family pricing/benefits

NM = Non-Member: no reduced pricing/benefits

MEMBERSHIP FOR ALL

Thanks to the generosity of our donors, we are able to provide YMCA membership on a sliding scale. If your annual income is less than \$58,000, you are eligible for a reduced-rate membership (proof of income required). If you cannot afford the price of membership on the sliding scale below, please visit the Welcome Center to apply for financial assistance. At the Y, we believe in membership for all and everyone is welcome to enjoy the full benefits of being part of our Y.

SHORT TERM MEMBERSHIPS

If you are visiting the area and would like to join for 1, 3, or 6 months, we have an option for you. Dues are paid in full upon joining. This category generally serves the needs of most of our summer seasonal guests. Inquire at the Welcome Center or email membership@clcymca.org for more information.

We now offer 1-day, 1-week, and 2-week passes! Inquire at the Welcome Center or email membership@clcymca.org for more information.

CLC YMCA Reduced-rate Membership Sliding Scale

Annual Income	Fee to Join	Fee Type	Family (2 adults + dependents)	Adult (26-64)	Young Adult (19-25)	Youth (0-18)	Senior (65+)
\$58k or more	\$65	Annual	\$986	\$727	\$452	\$325	\$636
		Monthly	\$83	\$61	\$38	\$27	\$54
\$48-58k	\$52	Monthly	\$66	\$49	\$30	\$22	\$43
\$38-48k	\$49	Monthly	\$62	\$46	\$29	\$20	\$40
\$18-28k	\$46	Monthly	\$58	\$43	\$27	\$19	\$37
\$18k or less	\$39	Monthly	\$50	\$37	\$23	\$16	\$32

A 3% discount is offered to members who pay by EFT, cash, or check. To receive this discount on your monthly draft, payment must be made by EFT.

GROUP EXERCISE

FREE for members • \$10/class for non-members

Become a member online at www.clcymca.org!



SCAN FOR CLASS
SCHEDULE



SCAN FOR CLASS
DESCRIPTIONS



525 Main Street
PO Box 787
Damariscotta, ME 04543
(207) 563-9622

Monday–Friday: 5am–8pm | Saturday: 7am–4pm
Sunday: 9am–1pm (closed Sundays from Memorial
Day weekend through Indigenous Peoples’ Day)
membership@clcymca.org