



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER FUN FOR EVERYONE

WINTER I ADULT PROGRAMS

Program registration opens December 27. Swim lesson registration opens January 3. Sessions run January 13—March 16.



FIT TOGETHER: GROUP WEIGHT TRAINING

Cost: \$54

Thursdays, 9:30-10:30am

The start of a new year is a great time to set, and reach, new goals! With the support of a Personal Coach, and accountability from your peers, you'll have everything you need to meet your Wellness goals! Full-body strength and fitness is the major goal of this program, however other personal goals could be tracked like weight, flexibility, balance, etc. Together we will reach our goals and start this year off feeling better than ever!



ADULT MARTIAL ARTS

Cost: \$54

Saturdays, 9:00-10:00am

Take mental and physical strength to a new level with this blend of self-defense, interval training and martial arts. Head instructor Bill Whitten and instructor Ryan Fitzsimmons each bring more than 20 years of experience to teaching nine different styles of Martial arts.



WATERCOLOR

Cost: \$0

Wednesday, 9:00-11:00am

Escape into a pallet of colors for two hours each week. You just might discover your inner artist! This class is open beginner and advanced advanced participants. Supply lists are available at the front desk.



Casco Bay Branch

YMCA of Southern Maine

14 Old South Freeport Rd, Freeport, ME 04032 | 207.865.9600

ymcaofsouthernmaine.org



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PARKINSON'S SUPPORT GROUP

Wednesdays, 11:15am-12:15pm

Know someone with Parkinson's Disease? Come join the weekly support group. Patients, family and caregivers are all welcome.



CARDS AND COFFEE

Tuesdays, 10:00am-Noon

Join us for a game of cards and a cup of coffee. Bridge players needed. Meets in the Thompson Wing.



WRITERS GROUP

Fridays, 10:00am-Noon

This is a group that aids people in writing their own story. Anyone who would like help with their story (memoirs, fiction, etc.) is welcome to join in. Meets in the conference room.



KNITTING GROUP

Tuesdays, 11:15am-12:30pm

Do you love to knit? Join us for a weekly opportunity to gather, knit and chat. Participants should bring their own project and supplies. Meets in the Thompson Wing.



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