



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOM AT THE Y!

HEALTHY LIVING PROGRAMS, SPRING II: May 26 – July 20

Program registration opens 5/6. Swim lesson registration opens 5/13.

ADULT HIP HOP

Cost: \$54

Tuesdays, 4:30–5:30pm

Mix up your fitness routine and join a dance troupe—no dance experience necessary! As a team, you'll learn a short piece of hip-hop choreography! Taught by Chelsie Vega.

*FIT TOGETHER II: Group Weight Training

Cost: \$54

Thursdays, 9:30–10:30am

Build upon the strength and confidence you gained in Session I. You'll learn a new set of skills while increasing your challenge. *Completion of Level I is required.

ADULT MARTIAL ARTS

Cost: \$54

Saturdays, 9:00–10:00am

Build mental and physical strength 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, teaching nine different styles of Martial arts.

FOR ALL

Ask us about our
Financial Assistance
program



Casco Bay Branch
YMCA OF SOUTHERN MAINE
14 Old South Freeport Rd. | 207.865.9600
ymcaofsouthernmaine.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOM AT THE Y!

HEALTHY LIVING PROGRAMS, SPRING II CONTINUED...

PARKINSON'S SUPPORT GROUP

Wednesdays, 11:15am-12:15pm

Know someone with Parkinson's Disease? Come join our weekly support group. Patients, family, and caregivers are all welcome. Free and open to the community!

WRITERS GROUP

Fridays, 10:00am-Noon

This group helps people to write their story. Anyone who would like help with their writing (memoirs, fiction, etc.) is welcome to join. Free to Members. Meets in the conference room.

WATERCOLOR

Wednesdays, 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 to all skill levels. Free to Members. Supply lists available at front desk.

CARDS AND COFFEE

Tuesdays, 10:00am-Noon

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

**Registration opens May 6.
Session runs May 26 - July 20**

Casco Bay Branch
YMCA OF SOUTHERN MAINE
14 Old South Freeport Rd. | 207.865.9600
ymcaofsouthernmaine.org

