



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FUN!

FALL I YOUTH PROGRAMS: September 8 – November 2

Program registration opens August 19. Swim lesson registration opens August 26.

Tumbling

Ages: 2-3, Wednesdays 10:00-11:00am

Ages: 3-5, Wednesdays 11:00am-12:00pm

An energetic class that teaches coordination, physical awareness, and creative motor skills! Your child will learn basic gymnastic movement and build strength, flexibility and confidence!

Preschool Movement and Games

Ages: 2-4

Mondays 10:00-11:00am

This gives kids the opportunity to RUN! Each session will include a warm-up and stretching before learning how to play games that focus on developing gross-motor skills.

Discovery Playgroup

Ages: 3 months-2 years, Wednesdays, 9:45-10:45am

Ages: 3-5, Thursdays 9:30-10:30am

Come participate in fun educational games and activities!

Youth Martial Arts

Ages: 7-14

Saturdays 10:00-11:00am

Martial Arts teaches kids respect for self and others while improving confidence and physical fitness.

Primal Strength for Kids

Ages: 7-14

Saturdays 9:00-10:00am

Primal Strength is about getting back to nature and allowing your body to move as it's intended, in a more functional way. Kids can be kids; throw, carry, pull, jump, climb, get dirty, and play!

FOR ALL

**Ask us about our
Financial Assis-
tance program**



Casco Bay Branch

YMCA of Southern Maine

14 Old South Freeport Rd | 207.865.9600 | www.ymcaofsouthermaine.org

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FALL I YOUTH PROGRAMS, CONTINUED...

Toddler Art

Ages: 3-5

Fridays 10:30-11:15am

Children explore their creativity with fun art projects!

Children's Yoga

Ages: 3-5

Tuesdays 9:00-9:30am

Students will have the opportunity to learn yoga postures, breathing techniques, and creative movement.

Yoga Club

Ages: 6-12

Wednesdays 4:30-5:30pm

In this fun-filled interactive yoga program, students will focus on core strength, balance, breath work, and mindfulness. We will end each class with arts & crafts and/or journaling.



Root to Rise Yoga

Ages: 6-11

Thursdays 4:00-5:00pm

Enjoy outdoor yoga that weaves in elements such as partner poses and mantras. This series will have a specific focus on how to feel grounded (self regulate) and cultivate a healthy self-expression!

Floor Hockey Skills

Ages: 8-12

Mondays 4:30-5:30pm

This is an introduction to hockey skills for children who may be picking up a stick for the first time or playing for years. We will learn and develop hockey skills and play a variety of games.

Program Costs:

\$36 w/ family membership

\$75 individual membership

Itty Bitty Soccer

Ages: 3-5

Tuesdays 4:00-4:45pm

Come and learn the basics of soccer! Your child will learn to dribble the ball, how to pass, and some basic footwork drills. Each day we will end with a fun, interactive game with the skills learned in class.

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