



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOM AT THE Y!

YOUTH DEVELOPMENT PROGRAMS: May 26 - July 20

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

BABY MUSIC

Ages 3mo-2yrs

Thursday 9:30-10:15am

In this class we'll develop an early love of music and literacy through singing, rhymes, and books. Class time will be spent engaging babies in different ways to encourage language development. Come prepared to move, be silly, and snuggle with a book. This class is geared towards babies, so it is the perfect fit for children age three months to early walkers. A caregiver needs to attend with each child.

TODDLER MUSIC

Ages 2-4yrs

Thursday 10:30-11:15am

We'll build our love of music and literacy with songs, rhymes and books. Class time will be spent engaging Toddlers in interactive ways to encourage language development. Come prepared to move, be silly, and listen to a story or two. This class is geared towards Toddlers, so it is the perfect fit for children who can move around the room on their own until preschool.

TODDLER ART

Ages 3-5yrs

Monday 10:30-11:15am

Explore many ways to express your inner artist with various art projects!

Casco Bay Branch

YMCA of Southern Maine
14 Old South Freeport Rd., Freeport ME 04032
ymcaofsouthernmaine.org



Don't miss...
HEALTHY KIDS DAY!

Saturday
April 27
EVENT IS FREE
& OPEN TO THE
PUBLIC





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SPRING II SESSION, CONTINUED...

OUTDOOR EXPLORERS

Ages 3-6

Monday, 10:30-11:15am

Come join us as we explore a new nature and science theme each week. We'll listen to a story, get outside, observe our world and then bring it all together in an art project. Classes include outdoor exploration time, so come dressed for the weather. Each explorer will keep an art journal of their observations. (Materials provided.)

NEW! ROOT TO RISE: YOGA MINDFULNESS

Ages 6-8 & 9-11

Tuesday 9:00-10:00am & 10:15-11:15am

Enjoy outdoor yoga that incorporates playful movement, body awareness, and mindfulness skills. Each week, the program will weave in elements such as partner poses and mantras (and a craft, if it applies) to support social and emotional learning with the intention of establishing a sense of compassion towards self, others, and the world around us. The Root to Rise series will have a specific focus on how to feel grounded (self-regulate) and cultivate a healthy form of joyful self-expression!

CHILDREN'S YOGA

Ages 3-5

Wednesday, 9:00-9:30am

In Children's Yoga, students will have the opportunity to learn basic yoga postures, breathing techniques, and creative movement. Classes will focus on stretching, mindfulness, and having fun! Children will develop skills in balance, strength, focus, and listening in this relaxed, fun class.

Program Costs

\$35 w/ family membership

\$73 individual membership

\$125 community

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FOR ALL

Ask us about our
Financial Assistance
program

