



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.

### ADULT SWIM LESSONS: BEGINNER

Cost: \$20 with family membership / \$70 with individual membership

Ages 16 & Up

Saturdays, 9:00-9:45am, 10:30-11:15am

Lessons for adults interested in learning water safety and stroke basics.

### CORE & PELVIC FLOOR TRAINING

Cost: FREE to members!

Ages 16 & Up

Monday, 12:00-1:00pm

A class focused on improving core function, proper alignment, and lower back stability.

### PRE-NATAL WATER AEROBICS

Cost: FREE to members / \$12 drop-in

Monday, 9:00-10:00am

Wednesday, 5:30-6:30pm

Safe exercise during pregnancy to increase flexibility, improve postnatal recovery and support emotional well-being.

### PICKLEBALL / CORNHOLE

Cost: FREE to members!

Ages 16 & Up

Monday, 10:00-12:00pm

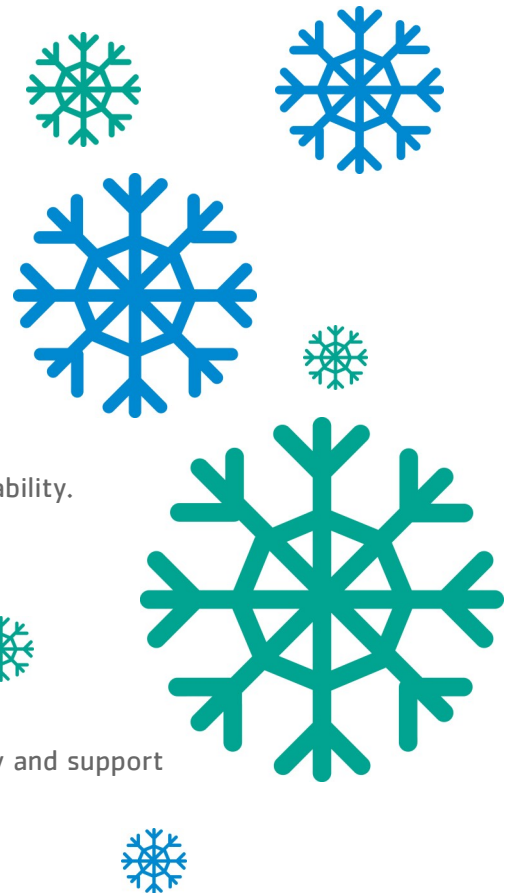
Join instructor John Turrell for these classic games in Portland's indoor gym.

### Greater Portland Branch

YMCA of Southern Maine

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ymcaofsouthernmaine.org



### FOR ALL

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