



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 Swim

Cost: \$20 Family Membership, \$73 Individual Membership

Ages: 16+

Saturdays, 9:00–9:45 OR 10:30–11:15am

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

Prenatal Water Aerobics

Cost: Free with membership

Mondays, 9:00–10:00am

Wednesdays, 5:30–6:30pm

Enjoy safe exercise during pregnancy to increase flexibility, improve recovery after childbirth, and support emotional wellbeing.

Spring Decathlon

Cost: \$20

Friday, May 24, 6:00–8:00pm

Join us for an evening of sprint fitness events on land in the water. All are welcome!

Greater Portland Branch

YMCA of Southern Maine

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www.ymcaofsouthernmaine.org

FOR ALL

Ask us about our
Financial Assistance
program

