



SESSION CLASS SCHEDULE – July

June 30 – July 27, 2025

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>
(No classes Friday July 4th)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: June 16, 2025**
- **Registration CLOSES: June 25, 2025**
- Members may sign up for classes at any branch

NORTHERN YORK COUNTY BRANCH | DATES: June 30 – July 27, 2025

REGISTRATION CLOSES: June 25, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATURE HIKE Ages 5–12 Years Bring the whole family for a fun-filled nature hike as you explore our trail system! Along the way, enjoy interactive activities that make the journey exciting and educational for all ages!		TUESDAY DATES: 7/8 and 7/22 TIME: 5:30pm – 6:30pm					
DUNGEONS & DRAGONS Ages 9–17 Years Come and play Dungeons and Dragons at the YMCA! Whether you've played before, or are entirely new to the game, there will be plenty of goblins to fight and adventures to be had!			WEDNESDAYS DATES: JULY 2, 9, 16, & 23 TIME: 5:30pm – 6:30pm				

FAMILY STORY TIME
.....
Ages infant-12 Years

Enjoy weekly story time
with your family. Drop in for
one story or stay as long
as you like!

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THURSDAYS

DATES:

JULY 3, 10, 17 & 24

TIME:

11:30am - 12:30pm

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FAMILY HEALTH & WELLNESS SERIES

Ages 5-12 Years

Join us for a fun and interactive family program all about healthy eating, led by a nutritionist from Biddeford Hannaford!

Families will explore the basics of nutrition, discover the benefits of wholesome foods, and learn simple tips for making healthier choices every day.

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