



# SESSION CLASS SCHEDULE – MAY

## May 11 – June 7, 2026

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>

(No classes Monday, May 25 in observance of Memorial Day)

### IMPORTANT NOTES:

- Registration required
- **Registration OPENS: APRIL 27, 2026**
- **Registration CLOSES: MAY 6 2026**
- Members may sign up for classes at any branch

CASCO BAY BRANCH | DATES: MAY 11 – JUNE 7, 2026

REGISTRATION CLOSES: MAY 6, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>PAINT AND PLAY</b> Ages 2-7 Years</p> <hr/> <p>Come join us for Paint and Play in the Child Watch room after hours for fun family activities centered around your child’s artistic expression.</p> <p>Adults are required to stay with the child.</p>	<p><b>MONDAYS</b></p> <p><b>DATES:</b> MAY 11, 18, 25 &amp; JUNE 1</p> <p><b>TIME:</b> 11:45am-12:15pm</p>			<p><b>THURSDAYS</b></p> <p><b>DATES:</b> MAY 14, 21 28 &amp; JUNE 4</p> <p><b>TIME:</b> 11:45am-12:15pm</p>			

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>TODDLER OPEN GYM</b></p> <hr/> <p><b>Ages 0-3 Years</b></p> <hr/> <p>Bring your little ones to explore our child watch space with toys, play equipment, and fun! Meant for ages 0-3, this time is designed for younger children to play safely alongside their parents!</p>		<p><b>TUESDAYS</b></p> <p><b>DATE:</b> MAY 12, 19, 26 &amp; JUNE 2</p> <p><b>TIME:</b> 3:00pm-4:00pm</p>					
<p><b>DUNGEONS AND DRAGONS</b></p> <hr/> <p><b>Ages 9-17 Years</b></p> <hr/> <p>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!</p>			<p><b>WEDNESDAYS</b></p> <p><b>DATE:</b> MAY 13, 20, 27 &amp; JUNE 3</p> <p><b>TIME:</b> 5:00pm-6:00pm</p>				

**PRE-K  
GYMNASTICS CLASS**

**Ages 3-5 Years**

Join us for our four-week Beginner Preschool Gymnastics Class! Designed for ages 3-5, this 45-minute class will include an introduction to vault, bars, beam, and floor! The class will be held in the Youth Development room, and we ask that parents stay while the class runs. Come tumble, stretch, and play with us!

**THURSDAYS**

**DATE:**  
MAY 19, 21, 28  
& JUNE 4

**TIME:**  
5:30pm-6:30pm

**Please note,**  
there will be no  
class on May 14th,  
and instead there  
will be a makeup  
class on May 19th.

**KIDS NIGHT OUT**

**Ages 4-12 Years**

Needing a date night? Bring your kids to the Greater Portland Branch where they can play, create, and have fun with our experienced staff so you can have the night off!

**FRIDAY**

**DATE:**  
MAY 22  
(Only)

**TIME:**  
5:30pm-7:30pm

(Participants must  
be potty trained.)

**FAMILY YOGA**

**Ages 3+**

Join us for family yoga at the Greater Portland Branch to grow flexibility, balance, and strength in those of all ages!

**SATURDAYS**

**DATE:**  
MAY 16, 23,30  
& JUNE 6

**TIME:**  
11:00-11:45am

**NORTHERN YORK COUNTY BRANCH | DATES: MAY 11 - JUNE 7, 2026**

**REGISTRATION CLOSES: MAY 6, 2026**

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<p><b>DUNGEONS &amp; DRAGONS</b></p> <hr/> <p><b>Ages 9-17 Years</b></p> <p>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!</p>		<p><b>TUESDAYS</b></p> <p><b>DATES:</b> MAY 12, 19, 26 &amp; JUNE 2</p> <p><b>TIME:</b> 5:30pm - 6:30pm</p>		<p><b>THURSDAYS</b></p> <p><b>DATES:</b> MAY 14, 21, 28 &amp; JUNE 4</p> <p><b>TIME:</b> 5:30pm - 6:30pm</p>			