



DOWN EAST FAMILY YMCA 2017 Fall Season Newsletter

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**THE BEECHLAND EARLY LEARNING CENTER
WILL OPEN NOVEMBER 6, 2017.
WE WILL BE TAKING ENROLLMENT APPLICATIONS
BEGINNING SEPTEMBER 15TH.**

DOWN EAST FAMILY YMCA

238 State Street, Ellsworth ME 04605

Phone: (207) 667-3086, Fax: (207) 664-0120, Web: www.defymca.org, Social: facebook.com/defymca

For Youth Development, For Healthy Living, For Social Responsibility

News & Upcoming Events

Our Expanding YMCA

The Down East Family YMCA is growing! What started out in rented office spaces above Maine Street, has grown into a conglomeration of facilities, from Eastbrook to Bucksport, all dedicated to providing programs and opportunities to the people of Downeast Maine.

WHO WE ARE

The Down East Family YMCA is comprised of the following facilities:

James Russell Wiggins Center.

This is our original branch, located at 238 State St, next to the Mill Mall. The Wiggins Center includes 4 dedicated fitness rooms, a full size gymnasium and a 6 lane, 25 yard pool, Locker rooms, Child Watch & Administration Offices.

DEFY Early Learning Center.

Located in the Moore Community Center, 5 General Way, Ellsworth. The Early Learning Center provides Child Care and Afterschool programming. Our Y manages the Moore Community Center for the City which also houses Friends in Action Senior Center and offers a variety of space for community organizations to host meetings and events.

Beechland Early Learning Center - Opening in November, 2017.

Located at 171 Beechland Road in the former Redlon Johnson Building. This space is dedicated to Child Care and Afterschool programming.

Camp Discovery on Webb Pond.

Located on Silver Hill Farm Rd, in Eastbrook. Camp Discovery houses our Summer Day Camp. The facilities are also available for off season events and rentals.

The Blue Hill YMCA.

Currently Located behind Tradewinds in Blue Hill. The Blue Hill YMCA offers a Fitness room, workout studio and Child Care. The Blue Hill YMCA will be expanding into a full fledged facility, including a pool, in the near future.

The Bucksport YMCA.

Located in the Jewett School, Bucksport. The Bucksport YMCA provides a Fitness Room, gymnasium, classrooms and an outdoor pool (seasonally). The Bucksport YMCA offers a variety of youth programs, including Afterschool and Summer Camp, as well as teen, adult and senior programming. The Bucksport Y serves as the Recreation Department for the Town of Bucksport.

Additional Programming.

The Down East Family YMCA currently offers additional programming outside of these facilities. Afterschool programs are also offered at Blue Hill Consolidated School, Hancock Grammar School and Lamoine Consolidated School.

Many Sites, One Vision.

Although our facilities, staff and resources are spread throughout Hancock County, we all share the same core areas of focus:

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**SAVE TIME BY REGISTERING FOR PROGRAMS ONLINE.
VISIT DEFYMCA.ORG TO SEE HOW!**



Your Y is Every Y-Coming Soon!

For a few years now YMCA members in New England have enjoyed reciprocity, allowing them to use any YMCA in New England, as a visitor, at no extra cost. The National YMCA is preparing to expand this opportunity nationwide.

HOW IT WORKS

Reciprocity is designed to allow members of a YMCA to use another YMCA, as a visitor, at no additional cost. Members must use their home YMCA more than 50% of the time in any given month. If a member finds himself using a different YMCA more than their home YMCA they must take out a membership at the other facility.

HOW TO SIGN UP

In order to take advantage of Reciprocity, members must have a Regional Membership. Members will have to have a photo on file, sign a waiver and will receive a membership access tag.

WHO HAS A REGIONAL MEMBERSHIP

Wiggins Center Members

Members of the Wiggins Center are automatically enrolled into the Reciprocity program (a photo and waiver is still needed to complete enrollment).

Blue Hill Program Members

Blue Hill Program Members can upgrade to a Regional Membership for an additional \$12 per month for Adult or \$15 per month for Family. Regional Memberships are not held to the 50% usage rule when using any of the facilities under the Down East Family YMCA umbrella (Wiggins Center, Blue Hill & Bucksport).

Bucksport YMCA Program Members

Bucksport YMCA members can upgrade to Regional memberships as well by purchasing the Regional Membership through the Bucksport YMCA. See page 8 for prices.

EXCEPTIONS

Participating in the New England and National Reciprocity Program is up to each individual YMCA. Please be sure to check with any YMCA you may be visiting before you travel. We are happy to assist you in contacting another YMCA to see if they are a participating YMCA.

New Weekend Policy for Free Gym & Swim

Effective September 9th.

To help ensure the safety of our members, guests & staff we will be requiring photo ID for any guest who wishes to take advantage of our free Saturday & Sunday Gym & Swim. The Free Gym & Swim is offered every weekend to members of our supporting communities (see list below). Anyone from the communities listed may use the gymnasium and pool at no cost from 1-4pm on Saturdays and Sundays throughout the year. Be sure to check our schedules to see that what the pool and gym schedules are for the weekends you wish to use the facility. During the swim season and basketball season there may be times when the pool or gymnasium are not available due to programming.

SUPPORTING COMMUNITIES

Blue Hill, Brooklin, Brooksville, Bucksport, Hancock, Lamoine, Mariaville, Milbridge, Orland, Otis, Sedgwick, Sorrento, Steuben, Stonington, Sullivan, Surry, Trenton, Waltham & Winter Harbor



Youth Development – Child Care & Afterschool

The Down East Family YMCA offers Child Care services in 3 locations and Afterschool services in 6 locations. We have offered childcare for over 25 years in Hancock County and continue to strive for the absolute best in educational and developmental programming.

We collaborate with over 20 different agencies in our community to ensure each child and family has access and the ability to receive every resource available. Along with our local Child Development Services agency, we have created an Early Intervention Initiative using assessments intended to open up communication between teachers and parents when developmental con-

cerns or questions arise. Children who receive early support have a greater probability of success in the classroom.

If you are interested in enrolling your child(ren) in our program, please contact us to discuss your specific childcare needs. Once we get your basic information, we will put you in touch with the Program Coordinator for your child's age group who will answer any questions you may have about the program and walk you through the enrollment process.

-Jessica Montgomery, Director of Childcare Services
 jmontgomery@defymca.org

All program rates reflect member rate for full time (5 days per week, 9 hour slots for Child Care). Rates for non-members, part-time week and 10, 11 & 12 hour slots are available online.

DEFY Early Learning Center

Location:
 Moore Community Center
 5 General Moore Way, Ellsworth, ME 04605
 (207) 307-0324

Contact:
 Child Care: Tracy Dowling, tdowling@defymca.org

INFANT CARE

Appropriate for children age 6 weeks to 18 months.
 Staff to Child ratio 1:4
 Full week \$200 for members

TODDLER CARE

Appropriate for children age 18 months to 3 1/2 years.
 Staff to Child ratio 1:5
 Full week \$190 for members

PRESCHOOL

Appropriate for children age 3 to 5 years (children must be potty trained).
 Staff to Child ratio 1:8
 Full week \$165 for members

MORNING PRESCHOOL & AFTERNOON PRESCHOOL

Mornings
 7:30 am - 12:30 pm
Afternoons
 12:00 pm - 5:30 pm
 Full week \$90 for members,

Ellsworth Afterschool & Before School

Location:
 Moore Community Center & Beechland Center
 (207) 307-0324

Contact:
 Afterschool: Roman Perez, rperez@defymca.org

AFTERSCHOOL

Appropriate for children grades K - 5.
 Full week \$75 for members

RATES AVAILABLE ONLINE

Blue Hill, Hancock & Lamoine Afterschool

Location:
 Blue Hill Consolidated School, Hancock Grammar School & Lamoine Consolidated School

Contact:
 Afterschool: Jess Montgomery, jmontgomery@defymca.org

AFTERSCHOOL

Appropriate for children grades K - 5.

RATES AVAILABLE ONLINE

Beechland Center

Location:
 171 Beechland Rd, Ellsworth, ME 04605
 (207) 307-0324

Contact:
 Child Care: Courtney Wood, cwood@defymca.org

Opening November 6th. Enrollment Applications accepted starting September 15th

INFANT CARE

Appropriate for children age 6 weeks to 18 months.
 Staff to Child ratio 1:4
 Full week \$200 for members

TODDLER CARE

Appropriate for children age 18 months to 3 1/2 years.
 Staff to Child ratio 1:5
 Full week \$190 for members

PRESCHOOL

Appropriate for children age 3 to 5 years (children must be potty trained).
 Staff to Child ratio 1:8
 Full week \$165 for members

Bucksport YMCA

Location:
 G.H. Jewett Community Center
 66 Bridge St, Bucksport, ME 04416
 (207) 469-3518

Contact:
 Afterschool: Nick Tymoczko, ntymoczko@defymca.org

AFTERSCHOOL

Appropriate for children grades K - 3.

RATES AVAILABLE ONLINE

Blue Hill YMCA

Location:
 15 South St., Blue Hill
 (207) 374-2248

Contact:
 Child Care: Crystal Follette, cfollette@defymca.org

INFANT CARE

Appropriate for children age 6 weeks to 18 months.
 Staff to Child ratio 1:4

TODDLER CARE

Appropriate for children age 18 months to 3 1/2 years.
 Staff to Child ratio 1:5

PRESCHOOL

Appropriate for children age 3 to 5 years (children must be potty trained).
 Staff to Child ratio 1:8

MORNING PRESCHOOL

6:30 am - 12:30 pm

RATES AVAILABLE ONLINE



YOUTH DEVELOPMENT - YOUTH SPORTS & PROGRAMS

WIGGINS CENTER PROGRAMS

Contact: Shane Lowell, slowell@defymca.org

YOUTH SPORTS COLLABORATIONS

The Down East Y, Bucksport Y, Waldo County Y and MDI Y are now collaborating for all Recreational Sports starting with Fall Soccer. The Recreational League at the Down East Y will still be in full operation with an addition of more towns and more teams. This will make travel less for all teams in all Leagues. The Y's are all taking full advantage of the Y brand throughout this process. We look forward to this great partnership.

RECREATIONAL OUTDOOR SOCCER

Sponsored
by



Age Determination: The U6 League is for players that were 4 or 5 years old on August 1, 2017. This is the age cutoff that SoccerMaine uses.

We will be having our coaches meeting on September 7 at 6:00pm at the Moore Community Center Conference Room. During this meeting we will be coordinating any potential schedule conflicts, going over the parent handbook, going over the rules and selecting the Ellsworth teams. If you are interested in being a volunteer coach please contact me at 667-3086 or slowell@defymca.org. Experience is not required. We can assist you in any way possible to make sure you have a successful season. We try to have two coaches per team to increase instruction for the players.

U4 RECREATIONAL SOCCER

When: Wednesday at 5:00pm and Saturdays at 10:00am
Starts: Saturday, September 9 at 10:00am, Ends: Saturday, October 28
Locations: Demeyer Field 3 and Wilson Field
Fee: **\$40 members \$70 non-members**

U6 RECREATIONAL SOCCER LEAGUE

When: Tuesday, Wednesday or Thursday practice at 5:00pm and Saturday games (trying for 11:00am)
Starts: Saturday, September 9 at 11:00am, Ends: Saturday, October 28
Home Location: Demeyer Field 3 and Wilson Field
Fee: **\$40 members \$70 non-members**

U8 RECREATIONAL SOCCER LEAGUE

When: Tuesday, Wednesday or Thursday practice at 5:00pm or 6:00pm and Saturday games (trying for 12:00pm)
Starts: Saturday, September 9 at 12:00am, Ends: Saturday, October 28
Home Location: Demeyer Field 3 and Wilson Field
Fee: **\$40 members \$70 non-members**

U11 RECREATIONAL SOCCER LEAGUE

When: Tuesday, Wednesday or Thursday practices and Saturday games (trying for 1:00pm)
Starts: Saturday, September 9 at 1:00pm, Ends: Saturday, October 28
Home Location: Wilson Field 1
Fee: **\$40 members \$70 non-members**
We do take Columbus Day weekend off.

RECREATIONAL BASKETBALL LEAGUE

Registration Deadline: November 30
Practices Start: December 5
Fee: **\$40 members \$70 non-members**
Divisions: Pre K and K, 1st and 2nd Grade, 3rd and 4th Grade and 5th and 6th Grade

TRAVEL BASKETBALL LEAGUE

Players will tryout for teams that will be participating in the Eastern Maine Basketball League. The Eastern Maine Basketball League was started in 2001 for teams in the Bangor area with 12 teams. It has grown to over 115 teams in the last 12 years. This League is a great competitive opportunity for those players that are ready for the next level. Teams will practice twice a week (depending upon gym availability) and play games every Sunday. Tryouts will be held the week of October 13 for the following divisions: Games tentatively (Eastern Maine Basketball League decision) start on November 5 and continue through January with playoffs. Divisions are:

3rd and 4th Grade Girls, 3rd and 4th Grade Boys
5th and 6th Grade Girls, 5th and 6th Grade Boys
7th and 8th Grade Girls, 7th and 8th Grade Boys
Registration Fee: **\$125**

OTHER ELLSWORTH PROGRAMS

GYMNASTICS



Springers Gymnastics Center is proud to provide gymnastics instruction for the DEFY. Springers Gym is a 6,500 sq. ft. facility dedicated to gymnastics instruction to the youth of Hancock County and surrounding communities. Springers offers programs from walking toddlers to competitive high schoolers. Program are for boys and girls. DEFY MEMBERS: Tell us you're a member of the DEFY, and receive a discount on monthly tuition. Please contact Springers Gymnastics Center directly at 667-0880;

email info@springersgymnasticscenter.com or register online at springersgymnastics.com

GIRLS ON THE RUN

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research based curricula to teach fundamental lessons through dynamic discussions, activities and running games. The 10 week program culminates with a celebratory 5K event. Register online at <http://girlsontherunmaine.org>. Email Head Coach Kim Formby at forbyk@gmail.com.



MOORE COMMUNITY CENTER

MUSIC INSTRUCTION

Ellsworth Community Music Institute (ECMI) will offer music lessons again, starting Monday, September 11 at the Moore Community Center. Registration for instruction by our professional faculty in piano, violin, viola, cello, guitar, trumpet and percussion is open. ECMI offers not only music instruction, but live professional performances that are free and open to the public. For more information, visit ellsworthcommunitymusic.org or call 207.664.9258. ECMI is looking forward to another year of collaborating with the Down East Family YMCA to create community through music!



BUCKSPORT YMCA

Contact: Nick Tymoczko, ntymoczko@defymca.org

MOM/DAD & ME COOPERATIVE PLAY TIME

T/TH 10:00am-10:30am, On Jewett Stage
Ages 2-4

A great time to introduce 2-4 year olds to semi-structured play. This class will be a mixture of obstacle courses, dance moves and movement exploration. Parents are invited to participate with their children and work with them on experiencing light, structured activities for what could be their first time! This can be a great social experience for kiddos as well.
Member **\$15, RSU 25 \$25 non-RSU**

BASIC TUMBLING

T/TH 5:00-5:45pm, On Jewett Stage
Ages Pre-K (3-5), capped at 10 students

Tumbling skills are the building blocks of gymnastics, dance and athletics. Work on these fundamental skills can help students feel more comfortable and confident with their body movements. We will develop skills in balance, coordination and body awareness in this fun, half hour class!
Member **\$20, RSU 25 \$35**

K-2 SOCCER

Tuesday 4:00pm, Saturday 9:00am, On High School baseball field
Ages K-2

Kids practice skill development with kicking, passing, dribbling and shooting on goal. Teams play games once a week in a modified game format appropriate to their developmental level. YMCA staff and volunteer coaches lead our teams. Each player receives a team shirt, children must have shin guards to play, cleats are helpful but not mandatory. Our league will follow FIFA best practices and follow a developmentally appropriate progression through the season. Emphasis will be on having fun in a team environment while cultivating a love for the game. More information and game schedule available upon sign-up.
Member **\$20, RSU 25 \$35**

YOUTH DEVELOPMENT – YOUTH PROGRAMS & AQUATICS

BUCKSPORT YMCA

Contact: Nick Tymoczko, ntymoczko@defymca.org

LITTLE KICKERS PRE-K SOCCER

Wednesday 3:00pm-3:45pm, High school Baseball field
Ages 3-Kindergarten

An introduction to the lifelong sport of soccer. We focus on very basic skill building activities and fun games to teach soccer fundamentals. Our goal is to provide a fun introduction to structured practices and help kids explore new lead up skills.

Member \$15, RSU 25 \$25

HALLOWEEN FAMILY DANCE

October 27th

Elementary School Students (K-4)

Jewett School Gym, 7:00pm-9:00pm

The most spooky dance of the season! Join us for this spook-tacular night of music and Halloween themed games.

\$5 per person, wear your Halloween costume!

HIGHSCHOOL FIT KIDS

Jewett School Weight Room

13-16 years of age

Teens under the age of 16 years old will be invited to schedule 3 introduction to weight training sessions with our staff before they are allowed to use equipment on their own. Each class will run for approximately 45 mins and cover basic lifting form, education about equipment and developing a routine. At the end of these 3 classes, participants will be allowed to use the equipment without direct supervision.

\$15 includes all 3 classes

ART WITH AERIANNA

Tuesday dismissal-4:00pm, Miles Lane School Art Room

Grades 1-4

Join local artist Aerianna Blue for an art class that will always keep you guessing! Each class will offer new challenges and really fun projects! We can't wait to unwind after the school day with you and let our inner artist shine.

Member \$30, non-member \$40

CHEERING

Miles Lane School Gym

3rd-6th Grade

Bucksport High School Varsity Cheerleading Coach Lauren Lugdon will be offering a pop warner cheerleading team for 6 weeks. Practices will be held beginning 9/13/17 in the Miles Lane Gymnasium. Practices will be held every Wednesday from 3-4:50 pm for 6 weeks. They will also cheer for home pop warner football games. This program is open to Third and Fourth Graders, and Fifth and Sixth Graders. In this program, you will be learning a variety of cheers, jumps, stunting and overall crowd spirit!

\$25 RSU 25, \$35 Non-RSU

HIGH SCHOOL DODGEBALL TOURNAMENT

Sunday, October 22

10:00am-12:00pm

Jewett School Gym

Dodgeball is a game of strategy, cunning and beastliness. This tournament will be an all out war between participants. Official dodgeball rules will be upheld with no more than 6 members per team, minimum of 4 to play. We will employ a round robin format with a championship game being determined by best all around record. Team captains will be responsible for registering their team with the Y.

\$20 per team, individual trophies awarded to champions

MIDDLE SCHOOL FALL DANCES

September 22, October 20

Grades 5-8

Jewett School Gym, 7:00pm-9:00pm

Come join us for both of our Fall dances. Snack shack will have items for sale at \$1. For safety of participants, we require a permission slip from home that includes the child's name and an emergency contact.

\$5 per person

YOUTH FENCING

Grades 5 – 8th

Thursdays 6:00pm-7:00pm.

Instructor: John Krauss, Master/Coach of the Down East School of Fencing

En garde! Youth are introduced to the martial art and sport of foil fencing.

Swordplay has been a martial art for centuries and is today the modern sport of fencing. Fencing is fun, mentally challenging and great exercise for youth.

This introductory class in foil fencing will teach youth the basic skills of fencing: safety, basic footwork, blade work, and essential rules of play for bouting matches. All protective fencing equipment will be provided for the course.

Member \$35, RSU 25 \$45

WIGGINS CENTER AQUATICS Youth Swim Lessons

Swim Lesson Coordinator: Jaime Frost, jfrost@defymca.org

Session: September 11 – October 28

7 Week Sessions – Swim 1 x per week

SHRIMP – 30 minute class – Ratio 1 instructor/10 children

Monday 9:00am-9:30am

Wednesday 9:00am-9:30am

Saturday 10:30am-11:00am

\$40 Members, \$70 Supp comm

PRESCHOOL I – 30 minute class – Ratio 1 instructor/5 children

Monday 9:00am-9:30am

Monday 5:35pm-6:05pm

Wednesday 9:00am-9:30am

Wednesday 5:35pm-6:05pm

Saturday 10:30am-11:00am

Saturday 11:15am-11:45am

\$40 Members, \$70 non-member per session

PRESCHOOL II – 30 minute class – Ratio 1 instructor/6 children

Monday 9:00am-9:30am

Monday 5:35pm-6:05pm

Wednesday 5:35pm-6:05pm

Saturday 11:15am-11:45am

\$40 Members, \$70 non-member per session

PROGRESSIVE I – 45 minute class – Ratio 1 instructor/7 children

Monday 5:35pm-6:20pm

Monday 6:05pm-6:50pm

Wednesday 5:00pm-5:45pm

Wednesday 5:45pm-6:30pm

Saturday 9:30am-10:15am

\$45 Members, \$75 non-member per session

PROGRESSIVE II – 45 minute class – Ratio 1 instructor/8 children

Monday 6:05pm-6:50pm

Wednesday 6:05pm-6:50pm

Saturday 9:30am-10:15am

\$45 Members, \$75 non-member per session

PROGRESSIVE III – 45 minute class – Ratio 1 instructor/8 children

Monday 6:05pm-6:50pm

\$45 Members, \$75 non-member per session

Homeschool Swim Lessons – 30 minute class

PRESCHOOL I & PRESCHOOL II Monday 1:00pm-1:30pm

PROGRESSIVE I & PROGRESSIVE II Monday 1:30pm-2:00pm

\$35 members, \$60 non-member

\$5 sibling discount for 2nd, 3rd...siblings.

PRIVATE LESSONS – 30 minute class

Contact Jaime Frost at the Y to schedule your class.

	Mem / Non
1 lesson	\$20 / \$25
7 lessons	\$126 / \$140

2 in 1 class (semi-private)	
	Mem / Non
1 lesson	\$35 / \$40
7 lessons	\$200 / \$245

DEFY SWIM TEAM

Head Coach: Matt Montgomery, mmontgomery@defymca.org

The DEFY Dolphins are celebrating their 25th year! The team has grown to be one of the premier youth athletic teams in Maine. Over 100 kids aged 6 - 18 train and compete in the Maine YMCA and USA Swim leagues.

NEW SWIMMER PLACEMENT DAYS

New swimmers interested in swimming for DEFY are invited to show their skills to the coaches on September 6 or 7, 3:30-4:00pm for kids aged 10 & under, 4:00-4:30pm for kids aged 11 & over.

Contact Matt Montgomery, mmontgomery@defymca.org, for information about the team.

HEALTHY LIVING – ADULT & SENIOR PROGRAMS

Wiggins Center Adult Fitness

Fitness Director: Robin Clarke
rclarke@defymca.org

Session: September 11 – October 28

Day/Time	Class Name	Instructor
MONDAY		
5:45am-6:30am	Indoor Cycling	Becca
8:30am-9:00am	Tabata	Emily
9:00am-10:00am	Yoga	Martina
9:00am-9:30am	Cardio Cycle	Emily
9:30am-10:00am	TRX	Emily
10:00-11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba ® with Strength Intervals	Emily - NEW
5:00pm-5:45pm	TRX	Rhonda
5:30pm-6:30pm	Zumba ®	Robin
TUESDAY		
5:45am-6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:30am-9:00am	Cardio Cycle	Naomi
9:00am-9:45am	Body Sculpt	Naomi
10:00am-11:00am	Active Older Adult	Emily
11:00am-12:00pm	Walking Club	
12:10-12:50	Jacked Zumba ®	Robin
5:00pm-5:30pm	Interval Training	Laura - NEW
5:30pm-6:15pm	Obstacle Trainer	Adam
WEDNESDAY		
5:45am to 6:30am	Indoor Cycling	Rhonda
6:45am to 7:15am	Interval Strength Training	Rhonda
7:30am-8:10am	Morning Vinyasa	Ellen - NEW
8:30am-9:15am	Cardio Core	Emily
9:15am-10:00am	TRX	Emily
9:15am-10:00am	Intro to Boxing	Chris - NEW Time
10:00am-11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba ® w/ Interval Training	Emily
5:30pm-6:30pm	Zumba ®	Brianne
6:00pm-6:45pm	TRX	Kristie
THURSDAY		
5:45am to 6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:30am-9:00am	Cardio Cycle	Naomi
9:00am-9:45am	Body Sculpt	Naomi
10:00am-11:00am	Active Older Adult	Robin
11:00am-12:00pm	Walking Club	
12:10pm-12:50pm	Jacked Zumba ®	Robin
5:30pm-6:30pm	Obstacle Trainer	Josh
6:00pm-6:45pm	Evening Yoga	Ellen
FRIDAY		
5:45am-6:30am	Indoor Cycle	Becca
8:00am-8:30am	BOSU Body Blast - 12 person limit	Robin - NEW
8:30am-9:00am	CTC	Emily
9:00am-9:30am	Cardio Cycle	Emily
9:30am-10:00am	TRX	Emily
10:00am-11:00am	Cardio Pulmonary Rehab	Robin
12:00pm-1:00pm	Group Run	Robin - NEW
5:30pm-6:30pm	Intro to Boxing	Chris
SATURDAY		
8:00am-9:00am	Zumba ®	Beth
SUNDAY		
10:30am-11:30am	Yoga	Ellen

Wiggins Personal Training

FITNESS ASSESSMENTS/ BMI READINGS/MEASUREMENTS
\$5 for members, \$20 non-members

PERSONAL TRAINING

1 Hour Sessions	1/2 Hour Sessions
Mem/Non	Mem/Non
1 \$45/75	1 \$30/50
3 \$126/200	
8 \$328/550	
12 \$480/800	

BUDDY TRAINING (2-3 PEOPLE)

1 Hour Sessions
Mem/Non
1 PT + 60/90 per extra person
3 PT + 160/240 per extra person
8 PT + 240/360 per extra person

Prices do not include Daily User Fee for non-members (see page 12).

Wiggins Adult Aquatics

Session: September 11 – October 28

ADULT SWIM LESSONS (ALL LEVELS)

	INSTRUCTOR
Mondays 11:30am-12:15pm	Jaime
Wednesdays 6:00pm-7:00pm	Jim

Members Free, \$65 non-member

H2O WORKS ♥♥♥♥

Monday, Wednesday & Friday 8:00-9:00am	Jaime
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Members Free, \$78 non-member

HYDRO-KINETICS ♥♥

Monday, Wednesday & Friday 9:30-10:30am	Staff
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Members Free, \$78 non-member

AQUA FIT ♥♥♥♥

Monday, Wednesday & Friday 10:30-11:30am	Tina
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Members Free, \$78 non-member

WET STEPPIN' ♥♥♥

Tuesday & Thursday 8:30-9:30am	Liz & Muriel
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Members Free, \$65 non-member

ARTHRITIS FOUNDATION ♥

Tuesday & Thursday 10:30-11:30am	Anita & Trudie
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Members Free, \$65 non-member

WATER TONING PLUS ♥♥♥♥♥

Tuesday & Thursdays 6:00-7:00pm	Gretchen
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Members Free, \$65 non-member

WATA' TABATA ♥♥♥♥♥

Tuesday 9:30-10:00am	Jaime
Friday 9:00-9:30am	Jaime

Members Free, \$50 non-member

MASTER SWIM TEAM ♥♥♥♥♥

Saturday 8:00am-9:30am	Matt
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Members Free, Daily user fee for non member

Aqua Aerobic Intensity Guide

- ♥ Gentle level. Perfect for someone looking to increase flexibility.
 - ♥♥ Basic level. Stretching & some cardio movements.
 - ♥♥♥ Intermediate level. Mostly cardio with some stretching.
 - ♥♥♥♥ Advanced level. More intense cardio workout.
 - ♥♥♥♥♥ Intense level. Our most challenging classes.
- As with any aerobic program, a participant may adjust the level of intensity of each class according to their needs and abilities.

Fitness Sponsors



Child Watch

Child Watch is a free program for members providing parents an opportunity to workout or attend a class (staying in our facility) while their child/children are looked after by staff provided by our Early Learning Center. Members may sign up on Friday for the following week. Non-members may take advantage of the program when space allows for \$2.50 per half hour.

Monday-Friday 8:00am-10:30am

HEALTHY LIVING - ADULT & SENIOR PROGRAMS

Wiggins Center Events

SPECIAL BOXING CLASS

Friday, September 8.

We are happy to welcome New England Heavyweight, 2 time Northern New England Golden Glove Champion and 1 time New England Golden Glove Champion boxer Justin Rolfe for a night of boxing Sep 8th 530 - 8p. ALL PROCEEDS go to buying new boxing gear for our students. Whether you want a good work out and learn some valuable skills or just want to watch, everyone is welcome!

\$20 adults, \$15 youth.

ROGER WILLEY 5K & 10K ROAD RACE

Saturday, September 23

Our Annual Willey's 5K & 10K Road Race returns this fall. The 10K is for runners only, walkers (and dogs) welcome on the 5K. 7:00am day of registration, 8:00am race start.

PRESS FEST

October 28th

This year we are teaming with Crossfit Acadia to host the Press Fest. Details will be available in early September!

VETERAN'S REMEMBRANCE 4 MILER

November 12

We are teaming up with the Summit Project again for this awesome event, commemorating our Veterans. Check our Facebook page and website for details as the race approached!

NEW EQUIPMENT

Coming Soon! We will be replacing our well worn Treadmills with newer models. We have also ordered a Sled Tred!

What's a Sled Tred? The S-Drive Performance Trainer combines a self-powered treadmill, weighted sled, resistance parachute and harness system, and turnkey programming makes it easy to integrate into athletic performance training or group circuit training. Our athletic performance programming includes specific drills to help athletes significantly enhance explosiveness, endurance, speed and agility.



Blue Hill YMCA Fitness

FACILITY HOURS

Mon.-Fri. 6:00am-7:00pm
Sat. 8:00am-12:00pm

PERSONAL TRAINING

Prices do not include Daily User Fee for non-members.

One Hour Sessions		1/2 Hour Sessions	
	Mem/Non		Mem/Non
1	\$43/55	1	\$31/44
3	\$105/118	3	\$69/112
8	\$241/254	8	\$145/158
12	\$321/334	12	\$177/190

ARE YOU LOOKING FOR THE BLUE HILL YMCA'S SCHEDULE?

LIKE us on Facebook to get the most current up to the minute changes in our facility schedule.

FREE OUTDOOR FITNESS

Joy and crew will continue to offer Free Outdoor Fitness programs this fall (as long as the weather holds out). Check out our page on defymca.org or Facebook for details!

WILBUR'S 5K RUN & 1 MILE FUN RUN

Sunday, September 2nd

Our Annual Wilbur's 5K Run and 1 Mile Fun Run returns to the Blue Hill Fair Grounds. Participants receive a free pass to the Fair.

\$20 for the 5K, the 1 Mile Fun Run is free.

TRADEWINDS PUMPKIN 4K

Sunday, September 24

Registration will begin at Tradewinds at 8:00am, the race begins at 9:30am. All proceeds benefit the GSA Cross Country Team.

\$6 students, \$12 Adults.

SOLES FOR SOULS 5K

Saturday, October 7th

The Berry Huts and the Blue Hill YMCA are teaming up for the first year to raise money to buy shoes for kids in Nicaragua. Shoes are something that mostly everyone owns, so it is not often that we take a second to appreciate the value they provide to us daily. Shoes are something that many people who live in Nicaragua have never owned. We come from a place where people own many pairs. Providing these kids with just one pair of shoes will mean more to them than we could even imagine. This event will take place at Homewood Farm, 118 Ackley Rd, Blue Hill.

\$20 for the 5K or you can donate a pair of new children's shoes.

RACE SERIES THANK YOU'S

We'd like to thank all of our sponsors for supporting the Blue Hill Race Series. Thank you to: **The First, Blue Hill Memorial Hospital, Tradewinds, Homewood farm, lawns and Order, EBS, Mike's Market II, Wellness Chiropractic P.C. Cadillac mountain Sports, Blue Hill Garage, Dr. Juan Aponte, DDS. and Cory Lynn Photography.**

Bucksport YMCA Programming

FITNESS ROOM FACILITY HOURS

Mon.-Fri. 7:00am-5:00pm

NOW HIRING

Come join the team! We are looking for Fitness staff, Afterschool staff, and more to help our growing YMCA! We are planning on expanding our Fitness Room hours as soon as possible!

SENIOR TEA TIME AT GREAT POND CONSERVATION TRUST

Depart from Senior Citizen Center at 10:30am, depart Picnic area at 12:00pm.

Join the YMCA in partnership with the Great Pond Conservation Trust for this relaxing voyage into the heart of our protected land. We will be serving tea and coffee with light snacks while local artist and land steward Shawn Mercer plays us music. Did we mention the spectacular view from our picnic area? Transportation is provided, we are capped at 10 participants.

Free to community

CHECK OUT OUR WEBSITE FOR UP TO DATE SCHEDULES, BREAKING NEWS, CONTACT INFORMATION, AND MUCH MORE!
WWW.DEFYMCA.ORG

MEMBERSHIP, POLICIES & CONTACTS

OUR MISSION STATEMENT

To build strong communities, families and individuals by fostering respect and promoting a healthy spirit, mind and body for all.

CONTACT INFORMATION

P.O. Box 25, Ellsworth, Maine 04605 * Phone: (207) 667-3086 * Fax: (207) 664-0120 * www.defymca.org

WIGGINS FACILITY HOURS

Monday- Friday 5:30am-9:00pm
Saturday & Sunday 8:00am-5:00pm

BLUE HILL FACILITY HOURS

Monday- Friday 6:00am-7:00pm
Saturday 8:00am-12:00pm

BUCKSPORT FACILITY HOURS

Monday- Friday 7:00am-5:00pm

THE YMCA WILL BE CLOSED ON:

September 3 & 4

NO SMOKING FACILITY

The YMCA is a "No Smoking" facilities. We appreciate your cooperation.



2017 Fall Season Newsletter



Our crew busy getting the pool ready for another season!

FIND US ON SOCIAL MEDIA

FACEBOOK

Down East Family YMCA
 Facebook.com/defymca

DEFY Youth Sports
 Facebook.com/defyys

DEFY Early Learning Center
 Facebook.com/defychildcare

DEFY Dolphins Swim Team
 Facebook.com/defydolphins

Blue Hill YMCA
 Facebook.com/bluehilly

INSTAGRAM

@defymca
 Down East Family YMCA
 Instagram.com/defymca

OUR EASY PAYMENT OPTIONS INCLUDE:

Payment through a monthly bank draft, credit card or ATM card draft or payment in full. All bank information is kept confidential. Money is drafted on the 1st or 15th business day of the month. For more information please contact Heidi Tupper, the Membership Secretary, at 667-3086 or via email at htupper@defymca.org. A one time **Joiner Fee of \$50** applies to all new Wiggins memberships, excluding Youth & Teen. There is a \$30 Join Fee for new Blue Hill memberships. The following prices reflect our monthly dues. Multiply by 12 for annual dues. Rates effective January 1, 2017.

	Wiggins/Regional Rate	Corporate Rate
Youth (13 & under)	\$14	
Teen (14 - 18)	\$21	\$18
Young Adult (19-23)	\$36	\$34
Adult	\$45	\$42
One Parent Family	\$47	\$44
Family	\$58	\$53
Senior (62 & up)	\$36	\$34
Senior Couple	\$46	\$43

REGIONAL MEMBERSHIP

The rate for a Regional Membership is the same as our Wiggins Membership rates. Wiggins Members are automatically enrolled in the Regional Membership. Bucksport & Blue Hill Program Members may become Regional Members by paying the Regional Membership Fee.

Blue Hill Program Membership	Rate	Bucksport Program Membership	Rate
Adult	\$33	Teen	\$5
Family	\$43	Adult	\$10

DAY PASSES & TEMPORARY MEMBERSHIPS

The Wiggins Center & the Blue Hill YMCA offer temporary memberships & Day Passes. Rates are available online at www.defymca.org.

MEMBERSHIP RECIPROCITY

Your membership to the Down East Family YMCA can now gain you access to any YMCA in New England. Each YMCA has the right to limit the number of visits per month as well as entrance to certain programs. For more information contact Heidi Tupper at htupper@defymca.org.

WIGGINS CENTER DAILY USER FEE

Individual or families who do not wish to take out a membership may use the facilities by paying the following:

Adults	\$10
Youth & Teen	\$5 **
Young Adult	\$8
Seniors (62 & over)	\$8
Families	\$15

** Youth may not use the weight room.
 Buy a 12 visit pass for \$99!

WITHDRAWALS

To withdraw from a program and receive a full cash refund, the request must be made in writing prior to the first class. All requests made after the first class may be eligible for a credit at a prorated amount. No request may be submitted after the 2nd class. A \$10 administration fee will be assessed for all cash refunds. Medical excuses will be evaluated on an individual basis.

FINANCIAL ASSISTANCE

The YMCA strives to make our programs and facilities available to everyone who wishes to participate, regardless of the individual's ability to pay. See the Service Desk for an application.

CORPORATE MEMBERSHIPS

A corporate membership is available to any organization that has 6 or more employees with memberships at our YMCA. Those eligible receive a reduction in membership fees, and in some cases the opportunity for payroll deduction for dues, as well as other benefits. Contact Matt Montgomery at mmontgomery@defymca.org.com for more info.

SERVICE CHARGE

All returned checks and drafts will be assessed a \$10 fee. Replacement payment must be paid in cash.



YMCA STAFF CONTACT LIST

Peter Farragher, CEO	pfarragher@defymca.org
Jeanne Wood, Associate Executive	jwood@defymca.org
Robin Clarke, Fitness Director	rclarke@defymca.org
Matt Montgomery, Marketing Director	mmontgomery@defymca.org
Bob Dyer, Facilities Director	defymca@defymca.org
Heidi Tupper, Membership Administration	htupper@defymca.org
Amy Curtis, Moore Center Manager	acurtis@defymca.org
Jess Montgomery, Child Care Director	jmontgomery@defymca.org
Crystal Follette, Child Care Director, Blue Hill	cfollette@defymca.org
Shane Lowell, Youth Sports	slowell@defymca.org
Liz Carter, Development Director	ecarter@defymca.org
Joy Bragdon, Blue Hill	jbragdon@defymca.org
Jaime Frost, Swim Lesson Coordinator	jfrost@defymca.org
Roman Perez, Afterschool/Day Camp	rperez@defymca.org
Nick Tymoczko, Bucksport Director	ntymoczko@defymca.org

BOARD OF DIRECTORS

Chairman Joe Domagala <i>Melanson, Heath</i>	Harvard Austin <i>Darling's</i>	Dr. Marc Horowitz <i>Marc L Horowitz, D.D.S.</i>
Vice Chairman Jeff Dalrymple <i>Machias Saving Bank</i>	Jim Boothby <i>Superintendent, RSU 25</i>	Louie Luchini <i>MaineState Legislator</i>
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	Dan Curtis <i>EBS</i>	Ashley Rosborough <i>JT Rosborough, Inc.</i>
	Scott Fernald <i>Camden National Bank</i>	Sara Spencer <i>Wallace Events</i>