



## DOWN EAST FAMILY YMCA 2017 Holiday Season Newsletter

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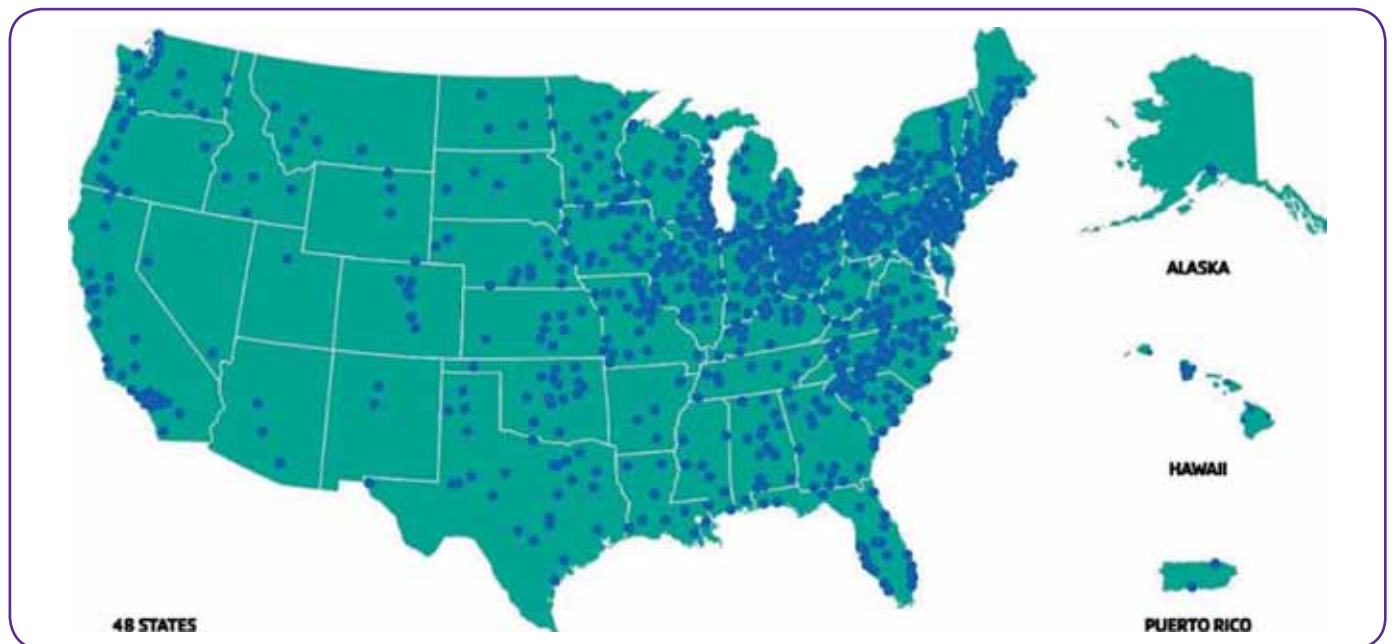
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**MY Y IS EVERY Y!**  
**YOUR YMCA MEMBERSHIP NOW ALLOWS YOU ACCESS TO  
YMCAS ACROSS THE NATION! SEE PAGE 2 FOR DETAILS.**

## DOWN EAST FAMILY YMCA

238 State Street, Ellsworth ME 04605

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

**For Youth Development, For Healthy Living, For Social Responsibility**

# News & Upcoming Events

## HALLOWEEN PARADE & TRUNK OR TREAT

**Tuesday, October 31**

Our Annual Halloween Parade & Trunk or Treat will take place on Tuesday, October 31st.

**Parade Line up: 5:00pm at Emerson Fuel on upper Main Street.**

**Parade begins: 5:15pm**

**Parade ends: 5:30ish at City Hall**

**Trunk or Treat begins: After the parade at City Hall.**



## NOVEMBER MEMBERSHIP DRIVE

### HUNTIN' FOR A NEW GYM?

Sign up for a Regional Membership at any of our Facilities in November and save! We are offering 1/2 off the Join Fee for all new Regional Memberships in the month of November. All new members receive a Hunter's Orange YMCA Bandanna to help keep yourself, or your pet, safe outdoors this Fall.

### HUNTIN' FOR A NEW WORKOUT PARTNER?

Bring in a new Regional Membership (Youth & Teen membership excluded) at any of our Facilities in November and earn a \$25 Gift Certificate to the YMCA and a Hunter's Orange YMCA Bandanna to help keep yourself, or your pet, safe outdoors this Fall.

## BEECHLAND OPEN HOUSE & BUSINESS AFTER HOURS

**OPEN HOUSE: NOVEMBER 2, 12:00PM-7:00PM**

**BUSINESS AFTER HOURS: NOVEMBER 2, 5:00PM-7:00PM**

**OPEN FOR BUSINESS: NOVEMBER 6**

Join us for the Grand Opening of our Hancock County's newest Childcare Facility. The Beechland Early Learning Center, located at 171 Beechland Rd, is now accepting enrollment applications for children aged 6 weeks through Afterschool (5th Grade).

We will be offering tours of the facility from 12:00pm-7:00pm.

The Business After Hours, sponsored by the Ellsworth Chamber of Commerce, will offer refreshments and door prizes.

**THE BEECHLAND ROAD EARLY LEARNING CENTER WILL OFFER CHILD-CARE FROM 6:00AM TO 6:00PM MONDAY THROUGH FRIDAY AND AFTERSCHOOL FROM SCHOOL RELEASE UNTIL 6:00PM.**



**OPENING NOVEMBER 6TH!**

## MY Y IS EVERY Y!

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 has expanded this opportunity nationwide. **There are over 2,700 YMCAs across the United States!**

### 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 Members

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

#### Bucksport YMCA Program Members

Bucksport YMCA Program Members can access the Wiggins Center & Blue Hill YMCA for 1/2 the daily user fee (see page 8). They may also upgrade to a Regional Memberships by purchasing the Regional Membership through the Bucksport YMCA. With the Regional Membership they would access to all 3 facilities, as well as National Reciprocity. 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.

## ARC LIFEGUARDING CLASS

**Sunday, November 11th, 8:00am-6:00pm,**

**Monday, November 12th 3-9:00pm &**

**Tuesday, November 13th 4-9:00pm**

Updated 2017 American Red Cross Lifeguarding Course! 27hr.

Blended Learning Course (Online and In Class Coursework required) Learn the skills needed to keep swimmers safe! Includes Lifeguarding, CPR/ AED for the Professional Rescuer, and First Aid certifications valid 2yr.

Pre-requisites: 300yd. Swim, 2min. tread, dive for 10lb. brick and swim 20yd on back in 1min. 40 sec.

Register ahead of time and email Jaime : [jfrost@defymca.org](mailto:jfrost@defymca.org) to request the link to the online pre-course material, which must be finished prior to the first class.

**Members \$225, Non members \$275**

## HOLIDAY HOURS & CLOSINGS

### WIGGINS CENTER

**Thanksgiving Day:** Open 7:00am-11:00am.

**December 24 & 25:** Closed.

**December 31 & January 1:** Closed.

### BLUE HILL YMCA & BUCKSPORT YMCA

**Thanksgiving Day:** Closed.

**December 24 & 25:** Closed.

**December 31 & January 1:** Closed.

# 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 now accepted.**

### 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 BASKETBALL LEAGUE

Sponsored  
by



Registration Deadline: November 30  
Practices Start: December 2  
Season ends: February 10  
Divisions: Pre K and K, 1st and 2nd Grade, 3rd and 4th Grade and 5th and 6th Grade  
**Fee: \$40 members \$70 non-members**

### TRAVEL BASKETBALL LEAGUE

Players will try out 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 100 teams in the last 13 years. This League is a great competitive opportunity for those players that are ready for the next level. Teams will practice at least once a week (depending upon gym availability) and play games every Sunday. The 5th/6th Grade and 7th/8th Grade divisions start games on November 5. The 3rd/4th Grade divisions start games on December 3. 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 members, \$145 non-members**

### TOURNAMENT BASKETBALL LEAGUE

Tryouts will be in January. Tournaments are in February & March.  
**Registration Fee: \$125 members, \$145 non-members**

### DEFY YOUTH STRENGTH & CONDITIONING

Join Maks Grover for an intense training program designed to prepare athletes for their upcoming sport season. Maks, a former standout high school athlete, is certified through American Sports and Fitness Association as a personal trainer. Workouts are intense and designed to increase overall athletic ability in a short period of time.

#### Middle School Athletes:

November 6 - November 17, Tuesdays & Thursdays 3-4pm  
\$40

#### High School Athletes:

November 6 - November 17, Monday, Wednesday & Friday 3-4pm  
\$60

### ANNUAL YOUTH SPORTS SCHEDULE

**January:** Tournament Basketball

**February:** Indoor Soccer

**March:** Spring Travel Soccer Tryouts

**May:** Spring Travel Soccer begins-

**June:** Summer Soccer, Fall Travel Soccer Tryouts, ASA Softball

**July:** Rec Baseball & Softball begins

**August:** Fall travel soccer begins

**Sept:** Recreation Soccer begins

**Oct:** Travel basketball tryouts

**Nov:** Travel basketball begins

**Dec:** Rec Basketball begins

## 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 springers-gymnastics.com

## MOORE COMMUNITY CENTER

### MUSIC INSTRUCTION

Ellsworth Community Music Institute (ECMI) offers music lessons 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

### RECREATIONAL BASKETBALL

Starting the first week in December, the Bucksport YMCA will be hosting a regional, recreational basketball experience for students in our area. Registration will be available early; our practice and game schedule will be released in mid-November. This league will follow a developmentally appropriate progression to teach fundamentals and focus on creating a fun and positive experience for participants. Teams will be co-ed unless we get ample numbers in which case, single sex teams will be created. Volunteer coaches wanted!!!

Grade Splits:

Pre-K & K (Will not travel)

1/2

3/4

5/6

**\$30 for RSU 25, \$40 Non-RSU 25 (T-shirts included)**

### FAMILY FREE CLIMB (ALL AGES)

Tuesday/Thursday 5:00pm-6:00pm, Middle School Rock Wall

On belay! Come check out this climbing program at the Bucksport middle school for all ages. Once climbers have been through an orientation, they can climb their hearts out on our indoor climbing wall! We provide climbing ropes and harnesses, bring a snack and come join the fun.

**\$20 per person for session, Families pay \$35 for entire family**

### PRE-SCHOOL PHYSICAL EDUCATION

Monday 4:00pm-4:45pm, Jewett School Gym

Instructor lead gym games that teach fundamental movement concepts such as balance, force, basic traveling skills and locomotor movements. This class will have kids moving in new and creative ways! Come join the fun as we focus on developmentally appropriate building blocks to get your son/daughter ready for Kindergarten PE!

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

**REGISTER FOR MOST PROGRAMS  
ONLINE AT WWW.DEFYMCA.ORG.**

# YOUTH DEVELOPMENT – YOUTH PROGRAMS & AQUATICS

## BUCKSPORT YMCA

Contact: Nick Tymoczko, ntymoczko@defymca.org

### PRE-SCHOOL PLAY GROUP

Jewett School Gym, Tuesday 11:00am-12:00pm  
 Any child who is not of school age.  
 Here is your chance to let the kids explore a large indoor space filled with all sorts of fun PE equipment! Parents are encouraged to use the space to socialize and let their kids have supervised free-play. We will all pitch in to clean up afterwards; folks are welcome to bring a snack to share!  
**Free to the Community**

### 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. See you there!  
**RSU 25 \$30, Non-RSU \$40**

### YOUTH FENCING

Thursdays, 4:00pm-5:00pm, On Jewett School Stage, Starting November 9th  
 Grades 5 – 8, Instructor: John Krauss, Master/Coach of 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. What youth should wear for fencing: Wear pants covering legs (jeans, wind pants, sweats are fine. Lycra, tights or yoga pants are too thin. Please, no shorts for this class). Wear athletic shoes (no sandals or flip-flops). A water bottle is recommended.  
**RSU 25 \$35, Non-RSU 25 \$45**

### MIDDLE SCHOOL WINTER DANCES

November 3rd & December 22nd, 7:00pm-9:00pm, Jewett School Gym  
 Grades 5-8  
 Come join us for both of our autumn dances. Snack shack will have items for sale for \$1 each. For safety of participants, we require a permission slip from home that includes the child's name and an emergency contact.  
**\$5 per person**

### MIDDLE SCHOOL KARAOKE

Friday, November 17th, 7:00pm-9:00pm, Jewett School Gym  
 Grades 5-8  
 A school dance with a slight twist... YOU provide the vocals! Big K entertainment service will provide karaoke equipment and participants will get a chance to sing along to their favorite songs, alone or with a group. Come see if your voice really is as good as it sounds in the shower. Snack shack will have items for sale for \$1 each. For safety of participants, we require a permission slip from home that includes the child's name and an emergency contact.  
**\$5 per person**



Eleanor and Nick have flexed their muscles & their schedules to provide more fitness opportunities in Bucksport!

## WIGGINS CENTER AQUATICS Youth Swim Lessons

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

### Session: October 30 – December 23\*

#### 7 Week Sessions – Swim 1 x per week

\*No classes November 20-25  
 \*\* Saturday classes will be a 6 week session. Those classes are discounted \$5 for members & \$10 for non-members.  
 Please see our website for Class Descriptions.

#### 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 5:35pm-6:20pm  
 Wednesday 6:05pm-6:50pm  
 Saturday 9:30am-10:15am\*\*  
**\$45 Members, \$75 non-member per session**

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

Monday 5:35pm-6:20pm  
 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 6:20pm-7:05pm  
**\$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.

Private	Mem / Non	Semi-Private (2 kids)	Mem / Non
<b>1 lesson</b>	<b>\$20 / \$25</b>	<b>1 lesson</b>	<b>\$35 / \$40</b>
<b>7 lessons</b>	<b>\$126/\$140</b>	<b>7 lessons</b>	<b>\$200/\$245</b>

## 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.

### FLIPPERS

Our Flipper Program is our pre-team for children age 5 & up who have successfully completed Progressive Level II. Swimmers need to be able to swim 1 length on their stomach and 1 length on their back. 2 practices a week. Offered October through February.  
**\$35 per month.**

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 30 - December 23**  
Break Week November 20-25

Day/Time	Class Name	Instructor
<b>MONDAY</b>		
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
10:00am-11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba ® with Strength Intervals	Emily - NEW
5:15pm-5:25pm	Core Blast	Luke - NEW
5:30pm-6:30pm	Zumba ®	Robin
6:00pm-6:45pm	TRX	Amanda/Kirstie
<b>TUESDAY</b>		
5:45am-6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:30am-9:00am	Cardio Cycle	Emily
9:00am-9:45am	Body Sculpt	Emily
10:00am-11:00am	Active Older Adult	Emily/Robin
11:00am-12:00pm	Walking Club	
12:10pm-12:50pm	Jacked Zumba ®	Robin
6:00pm-6:45pm	Evening Yoga (in TRX Room)	Ellen - New
7:30pm	Volleyball	Adam - New Night
<b>WEDNESDAY</b>		
5:45am to 6:30am	Indoor Cycling	Rhonda
6:45am to 7:15am	Interval Strength Training	Rhonda
8:30am-9:15am	Cardio Core	Emily
9:15am-10:00am	TRX	Emily
10:00am-11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba ® w/ Interval Training	Emily
5:15pm-5:25pm	Core Blast	Luke - NEW
5:30pm-6:30pm	Zumba ®	Robin
6:00pm-6:45pm	TRX	Kirstie
<b>THURSDAY</b>		
5:45am to 6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:30am-9:00am	Cardio Core	Robin - NEW
9:00am-9:45am	Body Sculpt	Emily
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	Fit Camp (in TRX Room)	Josh - NEW
<b>FRIDAY</b>		
5:45am-6:30am	Indoor Cycle	Becca
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	Emily
12:00pm-1:00pm	Instructor's Choice	Surprise! - NEW
5:30pm-6:30pm	Interval Training	Luke - NEW
<b>SATURDAY</b>		
8:00am-9:00am	Zumba ®	Beth/Brianne
<b>SUNDAY</b>		
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
<b>1 \$45/75</b>	<b>1 \$30/50</b>
<b>3 \$126/200</b>	
<b>8 \$328/550</b>	
<b>12 \$480/800</b>	

### BUDDY TRAINING (2-3 PEOPLE)

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

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

## Wiggins Center Events

### INTERVAL TRAINING

Fridays 5:30pm-6:30pm  
This class will consist of a mix of interval formats focusing on endurance and strength training to help develop all over body fitness.

### INSTRUCTOR'S CHOICE

Fridays 12:00pm-1:00pm  
We decide the workout of the day. It may be Zumba, Interval Training, Tabata, Core Blast, etc. Show up if you dare!

### CORE BLAST - BACK BY POPULAR DEMAND

Mondays & Wednesdays 5:15pm-5:25pm  
Strictly core engagement. Give your abs a workout for 10 intense minutes!

### VETERAN'S REMEMBRANCE 4 MILER

November 12  
We are teaming up with the Summit Project again for this awesome event, commemorating our Veterans. Everyone registered gets a Dogtag medal. Check our Facebook page and website for details as the race approached!



### THANKSGIVING BREAK WEEK

November 20-25  
We will be offering a variety of fitness programs throughout the Thanksgiving Break Week. Thanksgiving Day the facility will be open from 7:00am-11:00am.

### THANKSGIVING DAY CLASSES:

- 8:00am-9:00am** Zumba with Robin.
- 9:00am-10:00am** Community Walk - all paces & distances! Please bring a canned good or non-perishable item.
- 10:00am-10:45am** Core De Force - NEW class with Ashley.

**CHECK OUT OUR WEBSITE FOR A FULL THANKSGIVING BREAK WEEK SCHEDULE!**

## 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 A.M. Hours offered**

## Fitness Sponsors



# HEALTHY LIVING - ADULT & SENIOR PROGRAMS

## Wiggins Adult Aquatics

**Session: October 30 - December 23**  
**Break Week November 20-25**

**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  
**Members Free, \$78 non-member**

**HYDRO-KINETICS ♥♥**  
 Monday, Wednesday & Friday 9:30-10:30am      Jaime  
**Members Free, \$78 non-member**

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

**WET STEPPIN' ♥♥♥**  
 Tuesday & Thursday 8:30-9:30am      Liz & Muriel  
**Members Free, \$65 non-member**

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

**WATER TONING PLUS ♥♥♥♥♥**  
 Tuesday & Thursdays 6:00-7:00pm      Gretchen  
**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  
**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.

## Blue Hill YMCA Fitness

### FACILITY HOURS

Mondays-Fridays 6:00am-7:00pm, Saturdays 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

### 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!

### SOLES FOR SOULS THANK YOU!

We'd like to thank all of our sponsors for supporting the Soles for Souls which helped The berry Hut & The Blue Hill YMCA raise money & shoes for kids in Nicaragua. Thank you to: **Stanley Subaru, The Meadow, Finelli Pizza, Boyce's Boutiques, Homewood Farm, Tradewinds Market Place, G.M. Allen's Blueberries, DeadRiver Company, Downeast Properties, Mike's Market II, Astbury & Son, South Street Service, Mainescape, Harbor View Grill, Wardwell Construction, Sara Sara's, Vancil Vision Care & Nowland Masonry.**

## Bucksport YMCA Programming

### FITNESS ROOM FACILITY HOURS

Mondays-Fridays 6:00am-7:00pm, Saturdays 7:00am-12:00pm

### ZUMBA®

Tuesday and Thursday starting 11/2, Miles Lane Gym, 5:30pm-6:30pm  
 Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Classes lead by Kimberly Laplant, bring a friend!  
**\$35 per person for all 15 classes**

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

Thursdays starting 11/2, 5:30pm-6:30pm, Jewett School Fitness Room  
 This is a class for anyone! Our group instructor Luke will provide challenges based on each individual's ability and present a fun and exciting class! HIIT workouts combine intense cardio with strength training, plyometrics and stretching exercises. The American College of Sports Medicine reports that these workouts burn more fat than typical steady moderate-level exercise programs, like running, but they can also improve your aerobic capacity in just a few weeks of training.  
**\$30 per person for 8 classes**

### SENIOR FITNESS

Tuesday and Friday, 9:00am-10:00am Jewett School Gym  
 A group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Here are some of the changes our participants have noticed:

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

**Free to the Community**

### INDOOR WALKING CLUB

Wednesday, 5:00pm-6:00pm, Meet at YMCA Fitness Room  
 Brrrr.....those walks are starting to get a little bit chilly! Wouldn't it be nice to have a large HEATED indoor space to walk?! Now you have it. Join us on Wednesday nights for a walk indoors at the Jewett Community Center. You won't need to worry about slipping on any ice and 6 and a half laps around the halls will get you a mile.

**Free to the Community**

### UPDATED FITNESS ROOM

Come check out our recent upgrades and extended hours! Questions? Ask one of our helpful fitness room supervisors.

Mondays-Fridays 6:00am-7:00pm, Saturdays 7:00am-12:00pm

\*Open on school vacation, closed on major holidays

**\$10 per month, direct draft available!**

**Fitness Program Members get 1/2 off day passes to the Blue Hill YMCA and the Wiggins Center. Program Members may purchase a Regional Membership to have full access to all 3 locations (see page 8).**

### PERSONAL TRAINING

#### 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

Appointments available Tuesday for 1:00pm-6:30pm and Thursdays 1:00pm-5:30pm.

**CHECK OUT OUR WEBSITE FOR UP TO DATE SCHEDULES, BREAKING NEWS, CONTACT INFORMATION, AND MUCH MORE!**  
[WWW.DEFYMCA.ORG](http://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:

December 24 & 25  
 December 31 & January 1

### NO SMOKING FACILITY

All of our YMCA Facilities are "No Smoking" facilities. We appreciate your cooperation.



## 2017 Holiday Season Newsletter



Some of our Travel Soccer girls getting pumped for their next game!

### FIND US ON SOCIAL MEDIA

#### FACEBOOK

Down East Family YMCA  
[Facebook.com/defymca](https://www.facebook.com/defymca)

DEFY Youth Sports  
[Facebook.com/defyys](https://www.facebook.com/defyys)

DEFY Early Learning Center  
[Facebook.com/defychildcare](https://www.facebook.com/defychildcare)

DEFY Dolphins Swim Team  
[Facebook.com/defydolphins](https://www.facebook.com/defydolphins)

Blue Hill YMCA  
[Facebook.com/bluehillly](https://www.facebook.com/bluehillly)

#### INSTAGRAM

Down East Family YMCA  
[Instagram.com/defymca](https://www.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 Regional memberships, excluding Youth & Teen. The following prices reflect our monthly dues. Multiply by 12 for annual dues. Rates effective January 1, 2017.

	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

Regional Membership gives you full access to the Wiggins Center, the Blue Hill YMCA and the Bucksport YMCA. Bucksport Program Members may become Regional Members by paying the Regional Membership Fee.

### BUCKSPORT PROGRAM MEMBERSHIP

	Rate
Teen	\$5
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](http://www.defymca.org).

### MEMBERSHIP RECIPROcity

Your membership to the Down East Family YMCA can now gain you access to any YMCA in the Nation. 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](mailto:mmontgomery@defymca.org) 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, Child Care Billing	acurtis@defymca.org
Jess Montgomery, Director Child Development	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
Kellie Allen, Moore Center Manager	kallen@defymca.org

### BOARD OF DIRECTORS

<b>Chairman</b> Joe Domagala <i>Melanson, Heath</i>	Jim Boothby <i>RSU 25</i>	Louie Luchini <i>State Representative</i>
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<b>Secretary</b> Chip Butterwick <i>Chipper's</i>	Eric Columer <i>Acadia Law Group, LLC</i>	Patricia Patterson-King <i>MCMH</i>
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	Dr. Marc Horowitz <i>Marc L. Horowitz, D.D.S.</i>	