



BUCKSPORT YMCA LATE SPRING SESSION

Session runs from April 29th–June 14th

Registration begins April 17th • (207) 469-3518

Did you know that registration is available online? Visit us at DEFYMCA.ORG and click register! Otherwise, call 469-3518 or drop by our office at the Jewett School.

Sporting Goods Equipment Swap

May 16th 4pm–7pm

Jewett School Gymnasium

Kids grow like weeds and specialized equipment tends to be outgrown very quickly. That means our parents are sometimes burdened by program fees and the additional cost of purchasing new sports gear every season.

The Bucksport YMCA invites you to participate in our sporting goods swap hosted at the Jewett School Gym from 3pm–7pm on Wednesday, May 16th. Please bring donations to the Bucksport YMCA office at your convenience leading up to the event.

To take advantage of this event, you will not be required to donate any used sports equipment, just show up and grab your child's size! Any equipment that is left over will be available for anyone may need it and may also be listed with an online merchant to raise money for program scholarships.

Some examples of what could be donated:

Cleats
Catching Mitts
Basketball Sneakers
Batting Gloves
Bike Helmets
Skates
Bikes
Shin Guards
Wrestling Gear
Bats, Balls, etc.

MIDDLE SCHOOL DROP-IN PROGRAM

Program will run from Dismissal–4:15, M/W/F

The Bucksport YMCA will continue to provide Middle School students with a supervised opportunity to end their school day. BMS students can participate in open gym activities OR kick back with some quiet reading/homework/social time on the stage. Please pre-register your child for this program opportunity, we will need emergency contact information and permission to ride RSU-25 transportation/walking notes.

Free to the Community, @Jewett Community Center

Treat Class!

Wednesdays, May 1st–June 5th, 5:30pm–6:45pm

Grades 2–4, RSU-25 Adult Ed Kitchen

Join experienced cook Paula Bartley for this delicious introduction to everyone's favorite meal, dessert! Kids will learn about reading recipes, safe kitchen practices, measuring, mixing and more! From whoopie pies to your favorite chain restaurant's secret butter recipe, this class will be informative and fun! Class will conclude with homemade ice cream, please inform the YMCA of any food allergies your child may have upon registration.

Capped at 6 participants, \$40 per person

Middle School Late Spring Dance

May 10th 7:00pm–9:00pm · Jewett School Gym

Grades 5–8

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

Father or Caregiver/Daughter Dance

April 19th 6:00pm–8:00pm · Miles Lane School Gym

Caregivers with RSU-25 students up to 3rd grade

Come join us for our father or Caregiver/daughter dance! This is a chance to get dressed up and cut some rug with a live DJ playing hits from your generation and theirs! Snack shack will have items for sale for \$1 each, tickets for sale at the door.

\$10 for yourself and 2 kids, \$5 for each additional child

Spring Flag Football

Starting Week of May 6th, running for 6 weeks

Grades K&1, 2&3, 4&5

Flag football provides kids with a chance to learn and have fun playing the game without the equipment needed for tackle football. This league teaches all skills and positions to players in a fast and fun atmosphere. Practice will be once per week and games will be on Saturdays. Coaches, along with the YMCA, determine practice times and locations. Mouth guards are required as well as shoes or cleats.

\$30 RSU-25, \$40 Non-RSU per participant, T-shirt is included

*Game schedule TBD, Practice schedule will be determined by volunteer coach availability

Art Therapy Group

Tuesdays, 4:30pm–5:30pm, Jewett School Stage

May 7th–June 11th, Girls ages 13–18

Through the use of art projects and relaxed group discussion, we will explore topics such as self-esteem, eating disorders/body image, healthy relationships and much more. This program is facilitated by Donna Kelly who is an experienced Licensed Clinical Professional Counselor with an excellent reputation in our community. She believes in the power of art and other creative modalities to help teens deal with daily stressors unique to their generation.

\$200 for 6 professional sessions

Middle and High School Sports Yoga

Tuesdays 5:30pm–6:30pm, Jewett School Gymnasium

May 7th–June 11th, Open to Middle/High School Students

Taught by certified Yoga instructor and YMCA Director Nick Tymoczko, this is a higher intensity Yoga class designed for athletes and those looking to increase flexibility, improve balance, promote strength, heighten cardiovascular conditioning, lower blood pressure, prevent injuries, increase oxygen supply to the tissues and much more. Limited mats are available, bring water and wear comfortable work-out attire.

\$40 for all 6 classes OR \$10 drop-in

Youth Fencing

Thursdays, 4:00pm–5:00pm (starts May 2nd & runs 7 weeks) On Jewett School Stage

Grades 5 – 8 · Instructor: John Krauss, Master/Coach of Down East School of Fencing

12 participant max

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

SENIOR AQUA AEROBICS

Tuesday AND Thursday 8:30am–9:30am, Ongoing Class

Program occurs off-site at our YMCA facility in Ellsworth, pre-registration required

Exercising in the water provides a total body workout that gives you cardio and strength training while having less impact on joints. The resistance of the water against your body helps strengthen and tone your muscles while providing a fun and unique environment to exercise.

Free to the Community

Pickleball Drop-In

Tuesday and Thursday Noon-1:30pm
Jewett Community Center Gym

Join one of the fastest growing sports in the country! Pickleball is a fun paddle sport that combines elements of tennis, badminton and ping pong into a game ideal for all ages and skill levels. The rules are simple and the game is relatively easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for more experienced players. Limited paddles will be available to loan, balls will be provided.

Free to the Community, drop-in

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 and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

Free to the Community

Fitness Facility

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

Monday – Friday: 6AM-7PM

Saturday: 7AM-NOON

We are open on school vacations but closed on major holidays.

\$10 per month with direct draft!

Personal Training

Appointments available from professional YMCA certified instructors, please call for pricing and availability.

**For the latest updates, cancellations, and general schedule information,
follow us on Facebook @Bucksport Recreation**

