

Sports Programs

Martial Arts

Program	Class Description	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kempo	Karate, Kung Fu and Ju Jitsu movements are used to teach self-defense while providing a total mind/body workout.	Viner Room	6:40p	7:30a			7:00p	10:30a
Karate	Learn the practice of self-defense and the techniques of American Freestyle Karate	2nd Floor Hammond St. (New Location)						9:00a (Int/Adv) 10:00a (Beginner)
TaeKwonDo	This Olympic Style, Korean martial arts program teaches self-defense, confidence, discipline and respect. Uniforms and belt promotion may be purchased for an additional fee.	2nd Floor Hammond St. (New Location)	6:00p (Int/Adv) 7:00p (Adult)	4:50p (Beginner) 5:45p (Int.)	6:00p (Int/Adv) 7:00p (Adult)	4:50p (Beginner) 5:45p (Int.)	6:00p (Int/Adv) 7:00p (Adult)	
TaeKwonDo KickStart	Introduces youth to TaeKwonDo movements in a fun, engaging environment with age appropriate skill building.	2nd Floor Hammond St. (New Location)				4:15p		

Family Member: \$15 Single (Youth, Teen, Young Adult, Adult and Senior) Member: \$21 Non-Member: \$75

Rec Sports

Program	Class Description	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T-Ball	For ages 4-6. Learn the basics of America's pastime. Fielding, hitting, running the bases, and having fun. Family Member: \$9 Youth Member: \$20 Non-Member: \$45	13 St. Park, next to Mansfield Stadium.	5:10-6:10p		5:10-6:10p			
Minor League	For ages 6-8. A little more advanced than T-Ball, kids learn to hit a pitched ball from a coach while still learning the basic skills in baseball. Family Member: \$9 Youth Member: \$20 Non-Member: \$45	13 St. Park, next to Mansfield Stadium	6:15-7:15p		6:15-7:15p			
Horseback Riding	For ages 7-Adult. All abilities welcome. Learn riding skills as well as the care of horses. Family Member: \$140 Youth Member: \$140 Non-Member: \$175	Coldbrook Equestrian in Hampden						12:00-1:00p
High School Spring Basketball League	High School Age athletes. A 6-team league. Team requests can be made and individual registrations will be put on a team. Family Member: \$13 Youth Member: \$28 Non-Member: \$63	Hammond St. Gym	5:00-8:00p					
Indoor Soccer	For ages 4-12. Play sideline games and learn basic skills to more advanced skills for older kids. Family Member: \$10 Youth Member: \$28 Non-Member: \$50	Hammond St. Gym						8:30-9:20a (4-5 yrs old) 9:30-10:20a (6-8 yrs old) 11:00a-1:00p (9-12 yrs old)
Youth Climbing Gym	Ages 6-13. Instructional rock climbing techniques with trained staff. Learn knot tying, belaying, and bouldering on our 20ft. wall. Family Member: \$15 Youth Member: \$33 Non-Member: \$75	Hammond St. Gym		5:00-6:00p		5:00-6:00p		
Open Climbing Gym	For ages 6 and older. Open climb with certified instructor.	Hammond St.		6:00-8:00p	6:00-8:00p	6:00-8:00p		11:00a-1:00p
Adult Pick-Up Basketball	For ages 18 and older. Teams and games are dependent on the number of drop-ins.	Hammond St. Gym	11a-2:00p	11a-2:00p	11a-2:00p	11a-2:00p	11a-2:00p	

Red Sox Bus Trips

Saturday, May 29th vs Kansas City Royals Sunday, July 4th vs Baltimore Orioles Sunday, August 1st vs Detroit Tigers

For more information, contact Dave Hamel, Rec Sports Director, at 941-2815 or dhamel@bangorY.org



Bangor Y
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Scholarships available for those with need

March 8 - June 13, 2010

Enrichment Programs

Basic Cake Decorating (NEW)

Ages 7-12 years
Learn basic decorating techniques while decorating cookies, cakes, muffins and even a birthday cake!

Thurs: 3:15-4:30pm Isaac Farrar Mansion

Family Member: \$15 Youth Member: \$21 Non-Member: \$62

Sew-A-Lot (NEW)

Ages 6-10 years
Learn basic sewing techniques such as mending, button sewing and lots of fun sewing crafts!

Tues: 5:00-6:00pm Isaac Farrar Mansion

Family Member: \$15 Youth Member: \$21 Non-Member: \$62

Kids Can Cook!

Ages 2-9 years
Come prepared to have some fun! This hands-on class introduces the young chef to the art of cooking. We will make simple recipes and work with a variety of foods. Snack included. Yum!

Tues: 9:00-9:45am (2-5 years old) Isaac Farrar Mansion

3:15-4:30pm (5-9 years old) Isaac Farrar Mansion

Family Member: \$15 Youth Member: \$21 Non-Member: \$62

Don't Forget to Register for Our Summer Camps!

Monday, April 5th 2010 for Members and Childcare Participants

Thursday, April 7th 2010 for Non-Members

Make memories that last a lifetime with Camp Molly Molasses, Camp G. Peirce Webber, Kiddie Camp, and Camp Jordan!

Day Camp Registrations will ONLY be accepted at our Second St. Location prior to camp season and immunization forms are required at time of registration.

Hurry! Space is limited!

34TH ANNUAL SPRING FAIR SUPPORTING OUR COMMUNITY CAMPAIGN FINALE

Join Us for One of Our Biggest FUN-Raisers of the Year!

This community event is a one-of-a-kind opportunity to celebrate the beginning of spring with an indoor carnival for all ages. We'll have carnival rides for the adventurous, food to tempt the taste buds and lots more!

Tickets at the door are \$5/person for Adult (13+ yrs) and \$3/person for Children (under 12 yrs). Free for babies under 1 yrs old.

Pre-Sale Tickets are Available for \$2 per person until March 25th 2010 at our Hammond St. and Second St. locations.

Friday, March 26th
11am-8pm
Saturday, March 27th
10am-8pm
Sunday, March 28th
10am-4pm

Building Hours

SPRING SERIES March 8 - June 13, 2010

Member Registration Begins February 22nd
Non-Member Registration Begins March 1st

Classes will run on a limited schedule the week of April 19th

FACILITY HOURS

Hammond Street	Second Street	Holidays	
M-F 5am-9pm	M-F 5am-9pm	Easter, April 4th	Closed
Sat 7am-5pm	Sat 8am-4pm	Memorial Day, May 31st	Closed
Sun 7am-5pm	Sun 10am-2pm		

-Workout Rooms close 15 minutes prior to building close

www.bangorY.org

It's Time to Register for the Spring Series!

Fitness

Water Fitness Note: Both pools are at 2nd St. \$72 per class per session for Non-Members. Classes included in membership.

Program	Class Description	Year	Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics	A shallow end workout includes cardio combinations to strengthen the heart plus resistance exercises utilizing dumbbells, noodles and more to tone and strengthen.	Means	5:30p		5:30p		
Aqua Circuit	A deep water workout utilizing fins, kickboards and other training equipment for a moderate to high intensity workout. Strength and toning are achieved through interval and circuit training.	Aloupiis		6:00a		6:00a	
Aqua Yoga (60-min. class)	This class combines the therapeutic and buoyant nature of water with the energizing and harmonizing effect of yoga. It combines slow stretching with breathing and relaxation while the water provides support for the body and resistance for muscles to work against. Prior yoga experience is not needed to enjoy the benefit from this class. • Relax • Relieve • Renew	Means		8:20a		8:20a	
Deep Water Workout	Taught with the aid of a provided flotation belt. Deep water jogging will strengthen your heart and muscles using underwater resistance.	Aloupiis	6:00a 8:30a		6:00a 8:30a		6:00a 8:30a
Hi-Lo H.O.	Great combo of shallow and deep-water exercises to get the heart pumping.	Means		12:00p 3:45p		12:00p 3:45p	
Joint Ventures	Designed for members with arthritis, fibromyalgia, or other neuro-muscular complications. This class focuses on joint mobility, flexibility, strength and pain management. Both the shallow and deep end of the pool are utilized but participants may choose to stay in either location.	Means		11:00a		11:00a	
Senior Aqua Fit	This low-impact shallow water class is appropriate for all seniors. Mobility and strengthening exercises are performed in warm water using noodles for support and resistance. Modifications are offered for those with limited mobility.	Means	7:15a		7:15a		7:15a
Therapeutic Aqua Jog	Held in the deep end, class addresses the needs of those with joint, muscular, or neuro-muscular complications. Deep water jogging and strengthening exercises improve flexibility. Modifications are always offered for those needing a lighter workout.	Means	8:00a		8:00a		8:00a

A Health Information Questionnaire, available at the Welcome Center, must be completed prior to participation.

Land Fitness \$66 per class per session for Non-Members. Classes included in membership.

Program	Class Description	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Yoga	Combine yoga stances with fitness-based modifications to create a stronger, more flexible body. Less focus on spiritual aspects than traditional yoga while still emphasizing the blending of spirit, mind and body. Class is progressive, but newcomers are always welcome!	Studio Everett Room			5:45a 5:30p			
Group Active	Activate your life in only one hour. Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life!	Studio	9:30a	5:30p		4:15p	3:30p	8:00a
Group Cycling	A great cardiovascular class utilizing our Lemond group cycling bikes with lots of classes offered each week. High intensity workout, but easy to modify and no injury. Great for all fitness levels. Reserve a bike the day before by calling the Hammond St. Welcome Center at 941-2815.	Viner Room		5:45a 5:30p		5:45a 5:30p		9:15a
Group Groove	You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60-min. fitness dance program. Experience a fusion of club, urban and Latin styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.	Studio Viner Room	4:15p		9:30a 6:00p	6:40p		10:30a (subserving)
Group Power	Group Power is your hour of power! This 60-min. barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!	Studio	12:10p 6:40p	5:45a 9:30a 4:15p	12:10p	9:30a	3:45a	9:15a
Group Step	Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling program strengthens and shapes the lower body. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step!	Studio	5:45a 5:30p		5:45a 5:30p		8:40a	10:30a (subserving)
Lunchtime Yoga	End your week with an invigorating 45-min yoga class. Increase strength and flexibility and decrease stress. No experience is necessary.	Viner Room		12:10p		12:10p		
Yoga/Pilates Stretch Mix	Includes principles and exercises from the worlds of Pilates and Yoga improve flexibility, core strength, and balance. Release stress and gain peace of mind. Good for all levels.	Everett Room		5:30p				
Zumba	Fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away.	Viner Room Cole Gym			8:30a 5:30p			

For more information on our Fitness Center, Personal Training, Pulmonary or Cardiac Rehabilitation, Nutrition or other fitness related programs, please contact Kevin Dunton, Assistant Fitness Director at 941-2815 or kdunton@bangor.Yorg.

Aquatic Center

Parent & Child Program (6 months - 3 years) Family Member: \$22 Youth Member: \$52 Non-Member: \$100

Level	Age	Class Objectives	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shrimp Kipper (Infant/Toddler)	6 months to 2 years	Introduction to aquatic environment; parent/baby bonding; basic water skills	5:30p	10:30-11a	9:30a	No Class	No Class	9:45-10:15a	No Class
Inia Perch (Water Tots)	2 years to 3 years	Builds on skills from previous level; socialization and interaction with others; teaches water independence	9:30-10a	10-10:30a	5:30p	9:30-10a	No Class	11-11:30a	No Class

Preschool Program (3 - 5 years)

Level	Age	Class Objectives	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pike	3-5 yrs	Learn to blow bubbles; put face in water; proper kicking; front-back float	9:30-10a 4:15-4:45p	9:30-10a 4:15-4:45p	9:30-10a 4:15-4:45p	10-10:30a 3:30-4p 5:30p	No Class	8:30a 11:30-12p	10-10:30a 12:30-1p
Eel	3-5 yrs	Bob; kick on front & back; jump in without help; swim for 15 feet	9:30-10a 5:30p	9:30-10a 4:15-4:45p	9:30-10a 4:30p	No Class	8:30a 11:30-12p	12:30-1p	
Ray	3-5 yrs	Improve skills; build endurance; learn diving skills and treading water	9:30-10a 5:30p	10-10:30a 3:30-4p	9:30-10a 4:15-4:45p	5:30p	No Class	8:30a 11-11:30a	No class
Starfish	3-5 yrs	Refine front crawl & back stroke; improve rotary breathing; swim 25 yards of front crawl and backstroke	9:30-10a 4:15-4:45p	10-10:30a 4:15-4:45p	9:30-10a 5:30p	9:30-10a	No Class	10:30-11a	No class

Youth Programs (6-12 years) All classes held in the Means Pool

Level	Age	Class Objectives	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pollwog	6-12 yrs	For the inexperienced swimmer; learn to bob; glide with face in water; kick; front back float; swim 15 feet without assistance	3:30-4:15p	3:30-4:15p	3:30-4:15p	4:15-5p	No class	9:45-10:15a 10:30-11:15a	10:30-11:15a 12:30-1:15p
Guppy	6-12 yrs	Learn rhythmic breathing; swim 25 yards from back crawl; jump in deep end; learn diving skills	3:30-4:15p	3:30-4:15p	3:30-4:15p	4:15-5p	No class	9:45-10:15a 11:11-11:45a 12-12:45p	10:30-11:15a
Mimow	6-12 yrs	Refine front crawl with rotary breathing; back stroke and side stroke; improve diving skills; tread water; build endurance	3:30-4:15p	3:30-4:15p	3:30-4:15p	4:15-5p	No class	9:45-10:15a 11:30-12:15p	10:30-11:15a
Fish	6-12 yrs	Refine dives; open turns; swim 50 yards from crawl, back, breast and side strokes and elementary backstroke	4:15-5p	5:45-5p	3:30-4:15p	4:15-5p	No class	9:45-10:30a	No class
Flying Fish	6-12 yrs	Learn butterfly & flip turns; learn individual medley; tread water and survival float; swim 100 yards of front crawl, back, breast and side strokes	No class	No class	No class	5:45p	No class	12-12:45p	No class
Shark	6-12 yrs	Review all six strokes with emphasis on endurance, water safety skills and rescue techniques; swim 100 yards of front crawl; backstroke, breaststroke, sidestroke & elementary backstroke; 50 yards of butterfly, and 200 IM	No class	No class	4:30-5:15p	No class	No class	12-12:45p	No class

Diving Family Member: \$22 Youth Member: \$52 Non-Member: \$100 Children ages 8 yrs and older
Beginner - Learn basic diving including the approach and hurdle. Move up to intermediate/advanced at the instructor's discretion. Sat 8-8:45am
Intermediate/Advanced - Build on skills from the previous level. Kids move up to this level with instructor's permission. Sat 8:45-9:30am

Recreational Swim Schedule Valid 03/8/10 - 06/13/10

Day	Aloupiis Pool	Means Pool
Mon	1:00p-3:30p 7:00p-8:45p	11:00a-12:00p 2:00p-3:00p
Tues	1:00p-3:30p 7:00p-8:45p	6:30p-8:45p
Wed	1:00p-3:30p 7:00p-8:45p	11:00a-12:00p 6:30p-8:45p
Thurs	1:00p-3:30p 7:00p-8:45p	10:30a-11:00a 6:45p-8:45p
Fri	1:00p-3:30p 5:00p-8:45p	11:00a-12:00p 3:00p-4:00p
Sat	1:00p-3:45p 12:00p-1:45p	5:00p-6:00p 6:00p-8:45p
Sun		1:00p-2:45p 11:30a-12:30p

*Parent & Me classes are for adults with children only. Adult must be in the water with the child.

Lap Swim Schedule Valid 03/8/10 - 06/13/10

Day	Aloupiis Pool	Means Pool
Mon	5:30a-6:00a (6) 6:00a-7:00a (4) 7:00a-8:30a (6) 8:30a-9:30a (3) 9:30a-1:00p (6) 1:00p-3:30p (3) 7:00p-8:45p (3)	5:30a-7:00p (4) 1:00p-2:00p (4) 2:00p-3:00p (2) 6:30p-8:45p (2)
Tues	5:30a-6:00a (6) 6:00a-7:00a (3) 7:00a-1:00p (6) 1:00p-3:30p (3) 7:00p-8:45p (3)	5:30a-8:00a (4) 2:00p-3:00p (4) 6:45p-8:45p (2)
Wed	5:30a-6:00a (6) 6:00a-7:00a (4) 7:00a-8:30a (6) 8:30a-9:30a (3) 9:30a-1:00p (6) 1:00p-3:30p (3) 7:00p-8:45p (3)	5:30a-7:00a (4) 12:00p-2:00p (4) 6:30p-8:45p (2)
Thurs	5:30a-6:00a (6) 6:00a-7:00a (3) 7:00a-1:00p (6) 1:00p-3:30p (3) 7:00p-8:45p (3)	5:30a-8:00a (4) 1:00p-2:00p (4) 6:45p-8:45p (2)
Fri	5:30a-6:00a (6) 6:00a-7:00a (4) 7:00a-8:30a (6) 8:30a-9:30a (3) 9:30a-1:00p (6) 1:00p-3:30p (3) 7:00p-8:45p (3)	5:30a-7:00a (4) 12:00p-3:00p (4) 3:00p-4:00p (2) 7:00p-8:45p (2)
Sat	5:00p-8:45p (3) 8:00a-9:30a (3) 9:30a-11:00a (2) 11:00a-3:45p (3)	NO LAP SWIM
Sun	10:00a-12:00p (6) 12:00p-1:45p (9)	10:00a-1:30p (2)

Check www.bangor.Yorg (schedules to download) for additional lap and rec swim times.

**Schedules subject to change

Please note: Numbers in parenthesis (3) denote number of lanes available.

For more information on our Aquatics programs, please contact Holly Hatch, Aquatics Director, or Eric Palmer, Assistant Aquatics Director at 941-2808.

Teen/Adult Program (ages 13+)

Wed 6:30-7pm or Sat 10:30-11am
 Family Member: \$22 Youth Member: \$52 Non-Member: \$100
 It's never too late to learn to swim! Lessons are a great start for those who have never had the chance to learn to swim or those wanting to brush up on their skills.

Private Swim Lesson Program

Fees: (1/2 hr) classes: 4-class block
 Member: \$80 Non-Member: \$120
 Ask about multiple child fees. One-on-one lessons are offered for children and adults who desire special attention and instruction. Classes are modified to the participant's goals and abilities. Requests are filled on a first come, first served basis, and may take up to two weeks to schedule.

J.A.W.S.

Jr. Aquatic Water Safety
 Ages 12-16 yrs. Aloupiis Pool, Sat, 9am-12pm
 Members: \$80 Non-Member: \$145
 Learn the basic skills needed for life-guarding and teaching swim lessons. After completion, be a volunteer in our swim lesson program! Learn proper stroke techniques, class management skills, pre-lifeguarding and water safety skills. Participants will learn basic skills for accident prevention, decision-making and response techniques.

Zoomers

Spring Session March 9th-May 20th
 Tue/Thurs 3:45-4:30pm Member: \$80 Non-Member: \$100
 This pre-competitive swim program is a fun program that helps children prepare to enter the exciting world of competitive swimming! This program is specifically designed for children 10 years old and younger who have advanced basic swim skills but are not quite ready for the full competitive experience. To enter this program children should have completed at least two consecutive sessions of Starfish or Guppy level lessons or the equivalent and must be able to swim 25 yards of freestyle and backstroke. Children are evaluated on the first day of class.

Barracuda Swim Team

The Bangor Y's year-round competitive swimming program with a primary focus to provide a strong developmental program where everybody wins! Each swimmer has the opportunity to develop values, self-discipline, time management skills and self-esteem, as well as proper stroke mechanics. The Barracuda Swim Team is under the direction of Head Coach Eric Palmer.

Health & Safety Training

The Bangor Y offers several health and safety training courses such as Lifeguard Training, Community CPR and Standard First Aid. Must be 15 years and older. For more information check our website or call 941-2808.

