



BUCKSPORT YMCA EARLY SPRING SESSION

Session runs from March 4th-April 19th

Registration begins February 22nd · (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.

MIDDLE SCHOOL DROP-IN PROGRAM

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

Rolling Enrollment

The Bucksport YMCA will be providing Middle School students with a supervised opportunity to end their school day. BMS students will be invited to ride the bus to the Jewett School and 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

Middle School Early Spring Dance

March 15th 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

Dance Fitness

Tuesdays & Thursdays 5:30pm-6:30pm (Session runs March 4th-April 19th) · Miles Lane Gym

Similar to Zumba[®], dance fitness 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 dance rhythms take over, you'll see why dance fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Classes lead by Kim Laplant. Bring a friend!

\$5 drop-in, \$50 pre-registration for entire session

Youth Fencing

Thursdays, 4:00pm-5:00pm (Starts March 4th and runs to April 19th) On Jewett School Stage
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

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

SENIOR AQUA AEROBICS

Tuesday AND Thursday 8:30am-9:30am (Ongoing Program)

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

Laser Tag with G-Force

March 9th, 4:00pm-9:00pm

5th grade-Adult

Laser Tag is a fast-paced game that puts your teamwork to the test! Laser Tag has all the advantages of a game like paintball or airsoft, but with no projectiles. Focusing on communication, leadership, and a strategy, this program is sure to get folks moving in a fun environment!

\$10 at the door, flyer with age level splits and times will be available 2 weeks before the event date

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

Upcoming Program*** Spring Flag Football

Starting Early March, running for 6 weeks
Grades 1-5

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

Childwatch

Mondays & Wednesdays 11:00am-11:45am

Need someone to watch your kids while you work out at our fitness facility? We're here for you! Childwatch makes it easier by offering quality babysitting led by trained YMCA staff. Childwatch services are offered twice a week for children ages 6 months to 10 years old.

\$5 drop in per child, \$15 per child for session

Pre-School Play Group

Tuesdays AND Thursdays 11:00am-12:00pm · Jewett School Gym
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!

****NEW**** now featuring an obstacle course on Thursdays!

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!



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