

# NO PLACE



*Like This Place*

## PROGRAM GUIDE Spring SESSION 2

Registration Starting  
April 13th

April 27<sup>th</sup> 2026 - June 14<sup>th</sup> 2026


Celebrating YMCA's 175<sup>th</sup> Anniversary  
Celebrating Sanford - Springvale YMCA's 85<sup>th</sup> Anniversary





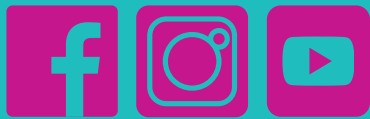
**Contact Us:**

Sanford-Springvale YMCA  
1 Emile Levasseur Drive, PO Box 249  
Sanford, Maine 04073

 207-324-4942

 207-636-8046

 [sanfordymca.org](http://sanfordymca.org)



**What's Inside:**

- Youth Aquatics.....
- Titans Swim Team.....
- Adult Aquatics.....
- Youth Health & Wellness.....
- Adult Health & Wellness.....
- Certifications & Trainings.....
- Enrichment Programs.....
- Upcoming Events.....

**Hours of Operation:**

Monday - Friday 5:00 am - 8:00 pm  
 Saturday 7:00 am - 4:00 pm  
 Sunday 7:00 am - 12:00pm

**YMCA is Closed: Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, Christmas Day, New Year's Day**

**Leadership Team:**

Andy Orazio	CEO/Executive Director	<a href="mailto:aorazio@sanfordymca.org">aorazio@sanfordymca.org</a>
Merilee Perkins	Director of Healthy Living	<a href="mailto:mperkins@sanfordymca.org">mperkins@sanfordymca.org</a>
Sara Wade	Finance & HR Director	<a href="mailto:swade@sanfordymca.org">swade@sanfordymca.org</a>
Josh Knox	Director of Member Services Director of Marketing & Communications	<a href="mailto:jknnox@sanfordymca.org">jknnox@sanfordymca.org</a>
Ali Fair	Aquatics Director	<a href="mailto:afair@sanfordymca.org">afair@sanfordymca.org</a>
Elizabeth Reynolds	Early Learning Center Director	<a href="mailto:ereynolds@sanfordymca.org">ereynolds@sanfordymca.org</a>
Jordan Godin	School Age Child Care Director	<a href="mailto:jgodin@sanfordymca.org">jgodin@sanfordymca.org</a>
Michelle Hunter	Child Care Billing and Administrative	<a href="mailto:mhunter@sanfordymca.org">mhunter@sanfordymca.org</a>
Robin Bibber	YMCA Trafton Center Director	<a href="mailto:rbibber@sanfordymca.org">rbibber@sanfordymca.org</a>

Scholarships are available for memberships and program fees. FMI contact the Y.

# YOUTH HEALTH & WELLNESS

Scan to register!



## Little Movers

This parent/caregiver assisted class provides students the opportunity to interact with each other in a safe, developmentally appropriate environment. The focus is on sensory awareness and play, allowing children to build gross motor skills and practice social engagement skills while gaining independence through guided and supportive activities. Music and story time included!

**Instructor: Casey Athans**  
**Day: Wednesday**

**Time: 10:00-10:45AM**  
**Ages: 18 mo - 3 years**  
**Fee: \$50 members/\$225 non-members**



## Tumbling

Children will learn the fundamentals of tumbling and lead-up gymnastics skills with proper progressions. The focus is on building strength, coordination and self-esteem. Children in the older class must be able to successfully forward roll, backward roll and perform cartwheels. They will learn more advanced moves and routines. The instructor reserves the right to place children by skill level rather than age for safety and appropriate progressions.

**Day: Tuesday**  
**Time: 4:00-4:45PM**  
**Ages: 5-7 years**  
**Instructor: Julie Rose Utgard**  
**Fee: \$50 members/\$225 non-members**



**Day: Tuesday**  
**Time: 5:00-5:45PM**  
**Ages: 8-11 years**  
**Instructor: Julie Rose Utgard**  
**Fee: \$50 members/\$225 non-members**



## Mindfulness: Calm minds, Strong days

Help your child build calm, focus and resilience with four sessions of meditation. Mindfulness helps children manage their emotions better, reducing anxiety and it encourages awareness of thoughts and feelings. The sessions will include movement, focused breathing, body scans and guided meditation.

**Ages: 8-12 years**  
**Fridays 5:00-5:45pm**  
**Instructor: James Turnbull**  
**Members \$35 Non member \$125**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

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# YOUTH SWIM LESSONS

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin with the development of basic self rescue skills as well as gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills. Please refer to the Lesson Selector and Stage Descriptions to learn more about our youth swim levels.

## SWIM STARTERS (Ages 6 months – 4 years) Parent/Child

Discover swimming and water safety through songs, instructions and games. Parent/adult caregiver participation required.

- Monday 5 – 5:30 PM
- Tuesday 10 – 10:30 AM
- Wednesday 5 – 5:30 PM

Fee (Member/Non-member): \$75/\$135

## LEVELS 1-3 (AGES 3-15)

Participants will progress through 6 levels of stroke development focusing on water safety and mastering swim skills. Progress reports are given at the end of the session.

### LEVEL 1, 2 & 3

- Monday 5:40-6:10 PM
- Monday 6:20-6:50 PM
- Tuesday 10:35-11:05AM
- Wednesday 5:40-6:10 PM
- Wednesday 6:20-6:50 PM

Fee (Member/Non-member): \$75/\$135

### LEVEL 3 (only)

- Monday 5-5:30 PM
- Wednesday 5-5:30 PM

Fee (Member/Non-member): \$75/\$135

### LEVEL 4 and 5

- Monday 5-5:30 PM
- Wednesday 5-5:30 PM

Fee (Member/Non-member): \$75/\$135



Reserve a splash party with us and create a memorable experience!

Check for availability First come, first served

**Saturdays 1:00 – 3:45**

Member Price: \$195  
Non-Member Price: \$225

May Dates: 02, 09, 16, 23, 30



## HOMESCHOOL LESSONS

Fee (Member/ Non-member) \$75 / \$135

- Levels 1 & 2 Thursdays 10:00 – 10:30am
- Levels 1, 2, & 3 Thursday 10:30 – 11:00am
- Levels 3, 4 & 5 Thursday 11:00 – 11:45 am

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# TITANS SUMMER SWIM SEASON

April 27, 2026 – August 08, 2026



For kids looking to join a competitive swim program, the Y is ideal. Our experienced coaches work to improve swimmers' skill level and endurance while promoting a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level.

# TITANS SWIM TEAM

## Summer Titans Swim Team April 27 – August 08, 2026

Registration Opens: April 20, 2026

Season A April 27 – June 13, 2026

Season B June 15 – August 08, 2026

Senior: 6:00–7:00pm Monday – Friday

Drylands: Tuesday and Thursday 5:00 – 5:45pm

Juniors: 6:00–7:00pm Monday, Tuesday, Thursday, Friday

Drylands: Tuesday and Thursday 5:00 – 5:45pm

Blue: 5:00–6:00pm Tuesday, Thursday, Friday

Drylands: Thursday 6:15 – 6:45pm

White: 5:00–5:45pm Tuesday, Thursday, Friday

Drylands: Thursday 6:15 – 6:45pm

Whole Half

\$395 \$265

\$360 \$240

\$310 \$220

\$295 \$205



## Homeschool Titans Swim Team

11:00–12:00pm Tuesday, Thursday, Friday

Drylands Thursday 12:15 – 12:45pm

Blue Group: The swimmer has learned all four strokes but is not proficient and can swim up to 100 yards straight.

Price: Whole \$310 Half \$220

White Group: The swimmer knows front crawl and backstroke and is able to swim across the pool.

Price: Whole \$295 Half \$205

All Homeschool swimmers are allowed to interchange their practice times between day and night.

FMI about the different teams and minimum requirements see Titans Brochure and Registration Package. You may also contact the Aquatics Director, Ali Fair: [afair@sanfordymca.org](mailto:afair@sanfordymca.org).

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# CHRONIC DISEASE PREVENTION PROGRAMS

## Diabetes Prevention Program

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

- 26 sessions delivered over the course of one year.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.

### Open to the Community

Sanford-Springvale YMCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

## New Class Starting in June

FMI Contact: Merilee Perkins  
Director of Healthy Living  
mperkins@sanfordymca.org  
207-324-4942



## LiveStrong

LIVESTRONG at the YMCA is a FREE 12-week program that supports adult cancer survivors in regaining their physical, emotional and spiritual strength. This health and wellness exercise program is conducted in a small group environment that includes individualized attention for each participant. 26 classes.

### You will focus on:

- building muscle mass and strength
- increasing flexibility and endurance
- improving confidence and self-esteem

Contact Merilee for more information and enrollment details  
Merilee Perkins, Director of Healthy Living mperkins@sanfordymca.org

LIVESTRONG

AT THE YMCA

## Classes start in June

FREE 12-week program includes:

- Free family membership during the program
- Two 90 minute sessions each week
- Small group setting with multiple certified instructors
- Access to all Y membership programs, such as group exercise classes, the Fitness Center and pools.

## Blood Pressure Self-Monitoring Program

One in three American adults has high blood pressure, which puts them at risk for stroke and heart disease, two of the leading causes of death in the U.S.


In response to this critical health issue, YMCA's Blood Pressure Self-Monitoring program offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure.

Blood Pressure Self-Monitoring is one part of Y-USA's suite of evidence-based chronic disease prevention programs. Since 2005, the Y has worked to become a leading provider of chronic disease prevention programs to communities across the U.S.

Participants will:

- Take and record their blood pressure at least two times per month
- Attend two consultations a month with a Healthy Heart Ambassador
- Attend monthly nutrition education seminars

## Registration Ongoing-Contact us for more Info



### Blood Pressure Self-Monitoring Program (BPSM)

- Receive a free blood pressure cuff
- Learn how to measure and record their blood pressure
- Attend two 10-min. blood pressure consultations per month
- Attend monthly nutrition education seminars to develop healthier eating habits

**HEALTHY HEARTS, LOW PRESSURE**

Includes FREE digital blood pressure cuff.

**4-month program**  
Scholarships are available.

Program cost \$40.00 - For more information or to enroll in the program email our Director of Healthy Living, Merilee Perkins at MPERKINS@SANFORDYMCA.ORG

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# ADULT AQUATIC

## AQUA FIT

High-intensity and low impact to give you a full body workout with cardio and strength training.

**Ages: 16+**

Day: M/W/F	Time: 9-9:50 a.m.	Instructor: Christina Almeida	Cost: \$75/\$250
Day: T/Th	Time: 7-7:50 p.m.	Instructor: Thai Lim	Cost: \$50/\$225
Day: Sat.	Time: 9-9:50 a.m.	Instructor: Thai Lim	Cost: \$25/\$200

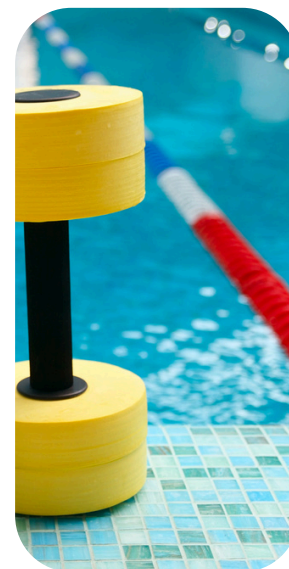
\*member/non-member

## HYDRO FIT

This class incorporates all of the components of aqua fit in a more progressive fashion. Low or high impact, Hydro Fit is a great program for active older adults, pregnant women, and those who are overweight, inactive, or recovering from an injury. Ages: 16+

Day:T/Th	Time: 9-9:50 a.m.	Instructor: Merilee Perkins	Cost: \$50/\$225
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\*member/non-member



## AQUA ZUMBA™

Aqua Zumba is a low impact, high energy water workout. The moves are slow and exaggerated, more challenging than on land, and still coordinated with international music. Aqua Zumba is suitable for all fitness levels. It's a dance party in the pool!

Day:Thursday	Time: 8-8:45 a.m.	Instructor: Sarah Tietgens	Cost: \$25/\$200
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\*member/non-member

Looking for a different swim lesson setting? Inquire about private or semi-private swim lessons:

### Private Lessons

Fee (Member/Non-member) \$45/\$70

### Semi-Private Lessons

2-3 People

Fee (Member/Non-member) \$65/\$90

## ADULT SWIM LESSONS

The pool isn't just for kids. Join the fun and learn something new! It's never too late to learn how to swim! Our adult swim lessons provide a place for adults and teens 16 and older to learn how to swim in a friendly group setting. Adult swim lessons are for those individuals who wish to learn to swim or those who want to improve their technique and feel safe and secure in any body of water - whether it's a pool, lake, or the ocean.

Our swim lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes, and lap swimming skills. Advanced swimmers will focus on increasing endurance.

**Tuesday: 11:10 - 11:40 AM**

**Friday: 7:05 - 7:40 PM**

Fee (Member/Non-member): \$75/\$135

## Adaptive Swim Lessons

Saturday 11:10-11:40

Fee (Member / Non-member) \$125 / \$175

Student to Instructor ratio max of 2 : 1

Adaptive Aquatics, sometimes referred to as Special Needs Swim Lessons, are swimming lessons geared towards people with cognitive, developmental, and neurological challenges.



# ADULT HEALTH & WELLNESS

Scan to register!



## Refuel & Rewire to Better Eating

Join registered dietitian, Shannon Crowley for a transformative program designed to empower you to make informed dietary choices and cultivate a healthy lifestyle. Each week, participants will dive into guided discussions about foods and explore the social pressures of eating, strategies for navigating dining out and practical strategies for building sustainable habits. To reinforce learning, each week there will be take home exercises to encourage participants to apply what they have learned in their daily lives.

Come take the first steps towards a healthier you!

Instructor: Shannon Crowley RD  
Tuesday 6:00-7:00pm  
Members \$75 Non-members \$300



## Hatha Yoga

Proper alignment brings strength, flexibility, balance and increased energy & quality of breath. self-acceptance and care are encouraged in this non-competitive class.

Day: Monday  
Time: 5:45-6:45PM  
Ages: 16+  
Level: ALL  
Instructor: Betsy Baker  
Fee: \$50 members/\$225 non-members

Day: Friday  
Time: 10:30-11:30AM  
Ages: 16+  
Level: ALL  
Instructor: Betsy Baker  
Fee: \$50 members/\$225 non-members

## Floating Quietude

Floating in water while listening to sacred sounds can create a blended relaxation response: buoyancy reduces physical tension, breathing slows, and harmonic sounds promote brain states associated with calm and focus. Together, these may improve mood and support a sense of renewal and spiritual or existential balance.

Let the vibrations wash away your stress and rejuvenate your mind, body, and soul. Bring a pool float or use one of our noodles. Or you may lay on a yoga mat/blanket on the deck.

Members \$5 Non-members \$10  
Friday 6:30-7:15pm April 24<sup>th</sup> and May 22<sup>nd</sup>



## Pilates

This is the STOTT Mat Pilates method paying special attention to each student's form. Special breathing relieves stress and promotes adequate oxygen flow to muscles for a strong core. This is a total body workout designed to build endurance, enhance flexibility, and strengthen muscles using carefully selected exercises to help stretch and lengthen the body.

Level: Intermediate  
Day: Tuesday  
Time: 10:15-11:15am  
Instructor: Merilee Perkins  
Fee: \$50 members/\$225 non-members

Level: Beginner  
Day: Thursday  
Time: 10:15-11:00 AM  
Ages: 16+  
Instructor: Hassina Taylor  
Fee: \$50 members/\$225 non-members

Contact Merilee for more information

Merilee Perkins, Director of Healthy Living mperkins@sanfordymca.org



# CERTIFICATIONS & TRAINING

Scan to register!



## CPR Courses

### Adult and Pediatric First Aid / CPR / AED – Blended Learning

DATES: Saturdays: May 16<sup>th</sup> June 20<sup>th</sup>

TIME: 9:00 am – 1:00PM

Ages: 14 and over

Fee: \$80 (members/non-members) Must be paid at registration



The Adult, Child and Infant First Aid/CPR/AED course equips participants to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants.

Upon successful completion of our courses, you will earn a certification that satisfies OSHA-mandated job requirements, workplace or other regulatory requirements, and is valid for 2 years.

Be prepared to act when emergencies arise. Join the ranks of those who can spring into action when trouble strikes to help people in the “minutes that matter”. Sign up today to get certified in First Aid, CPR and AED.



## LIFEGUARD COURSES

### FULL LIFEGUARD COURSE

Full Course Dates: April 24<sup>th</sup> (4-8PM), April 25<sup>th</sup> (9AM-5PM), April 26<sup>th</sup> (9AM-5PM)

Re-certification: April 25<sup>th</sup> (9AM-5PM), April 26<sup>th</sup> (9AM-5PM)

Fee: \$400 (members/non-members) Must be paid at registration

### LIFEGUARD RECERTIFICATION COURSE

\*Must have a CURRENT Red Cross lifeguard certification that is not more than 30 days expired.

Fee: \$225 (members/non-members) Must be paid at registration

May and June classes TBD



## SAFESITTER BABYSITTING COURSE



SATURDAY, May 16th  
9:30AM-3:30PM

AGES: Students in 6-8th grades

COST: \$60 members

\$75 non-members

Bring a drink  
and a snack!

This nationally accredited course includes: indoor and outdoor safety, child care routines and behavior management, injury prevention and management, choking rescue and basic CPR. Students receive an official SafeSitter handbook and completion card.

## PERSONAL TRAINING

Work with a certified personal trainer to maximize your fitness potential. One-on-one personal training gives you the education, motivation and confidence to execute a program designed for you. 1-hour sessions \$45.00. Lower rates for purchase of 6 or more sessions. Partner sessions are also available. Personal training in the pool is an option!

Ages: 16+

Instructor: Y Personal Trainers– Christina Almeida, Kristie Hurlburt, Amanda Chenevert, Sarah Tietgens & Meg McNeely

Contact: Merilee Perkins mperkins@sanfordymca.org – 207-324-4942



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# Upcoming Special Events

Scan to register!



## MYOFASCIAL RELEASE AND RESTORE

This rejuvenating experience combines myofascial release with gentle flow yoga and guided meditation. Fascia is the connective tissue surrounding muscles, organs and nerves throughout the body. Using tension balls this practice helps release muscular tension, improve mobility, enhance circulation and reconnect your body with breath and mindful movement.

Sarah Shippee LPTA and yoga instructor  
Wednesday, May 13  
6:00-7:30pm  
Members \$25.00 Non-members \$50.00



## KIDS ARTS & CRAFTS

Pack a snack and join us for a night of creative fun! Kids will explore arts and crafts, spark their imagination, and create a masterpiece with resident artist Amy Lapham. All materials included, just bring your snack and your creativity.

**Amy Lapham**  
May 8<sup>th</sup>  
Ages 6-12

\$25 members, \$30 non members



## NUTRITION SEMINAR

### Dietary Approaches to Manage Hypertension

This interactive presentation focuses on the DASH diet which is a flexible and balanced eating plan designed primarily to prevent and control high blood pressure. It emphasizes eating vegetables, fruits and low fat or fat free dairy, whole grains while cutting back on sweets, sodium and red meats. Discussion will also include choosing healthy options and physical activity.

Wednesday April 27<sup>th</sup> 6-7pm  
No charge for Y members. Please register  
Suzanne Rickard, YMCA Healthy Heart Instructor



## Kids After School Drop In Yoga

**Drop-in Yogis**  
We'll stretch, breathe, and build strength, flexibility, and emotional resilience in a relaxed, supportive environment. Perfect for tweens who want to try yoga or grow their mindfulness practice in a joyful way. Come move, unwind, and connect with friends.

Mondays 4:30-5:15

Call the Front Desk to reserve a spot.

Ages: 8-12 years old

May 4

Instructor: Betsy Baker



**BUILD CONFIDENCE!**

**MAKE FRIENDS!!**

**HAVE FUN!!!**



Registrations forms at Member Service Desk and Online

**Camp Mini Marland**

For campers entering Kindergarten and Grade 1! Nestled along the Mousam River and surrounded by wooded landscapes, Campers enjoy a classic Maine camp experience filled with nature exploration, friendship, and confidence building while staying close to the comfort and safety of the YMCA campus. It's a nurturing place where our youngest campers can belong, try new things, and grow through fun, discovery, and the YMCA's core values.

**Camp Marland**

Campers entering grades 2-7 this is where summer adventure comes to life! Campers spend their days exploring the outdoors, building friendships, trying new activities, and growing confidence through classic camp experiences rooted in the YMCA's core values of Caring, Honesty, Respect, and Responsibility. Each week includes exciting on-site activities and off-site field trips, giving campers even more opportunities to explore, learn, and make unforgettable summer memories.

**L.I.T. Program**

We're excited to offer our Leaders in Training (L.I.T.) Program for ages 13-15 a special opportunity for teens to grow confidence, develop leadership skills, and make a positive impact while still enjoying all the fun of camp! Participants will work alongside YMCA staff, build independence, and practice being positive role models for younger campers. LITs are encouraged to show up ready to learn, stay engaged, and represent the YMCA's core values of Caring, Honesty, Respect, and Responsibility. It's a summer filled with growth, connection, leadership, and fun—we can't wait to see our LITs shine!



**Camp Muscatowa**



Focused Fun at Camp Muscatowa on Kennebunk Pond offers campers entering Grades 5-7 the chance to dive into immersive, specialty week-long experiences in a beautiful outdoor setting. With private waterfront access, trails, open fields, and dedicated indoor learning spaces, campers can explore focused programs like Alluring Art, Creative Minds, and Adventure. This unique partnership creates the perfect environment for creativity, exploration, skill-building, and summer fun.

Send Program questions to Jordin Godin [jgodin@sanfordymca.org](mailto:jgodin@sanfordymca.org)

Send Registration forms and financial questions to Michelle Hunter [mhunter@sanfordymca.org](mailto:mhunter@sanfordymca.org)

[www.sanfordymca.org](http://www.sanfordymca.org)  
207-324-4942  
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# TRAFTON Senior Center

"Stay Active, Stay Engaged, Stay Happy."

Members ages 50+ are invited to explore the YMCA Trafton Senior Center, where your YMCA membership includes access to engaging programs, social opportunities, wellness activities, and a welcoming community just for you. It's a great place to stay active, make connections, and discover new interests in a supportive environment!



## 12th Annual Stepping Out for Seniors

Join us on Saturday, May 9, 2026, for our annual community walk benefiting the YMCA Trafton Senior Center. Registration begins at 8:00 AM, and the walk starts at 9:00 AM at the YMCA Trafton Center, 19 Elm St., Sanford. Come support local seniors while enjoying a fun and meaningful morning with friends and neighbors!

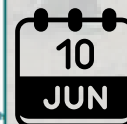


### YMCA Trafton Center April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Special Events this month:	
Chair Yoga 9:00 am	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM	YMCA Exercise Class 8:00 am	Crafters Group 8:30 - 11 AM	<ul style="list-style-type: none"> <li>Friday, April 3<sup>rd</sup> at 11:30 Ken and Mo play and sing.</li> <li>Friday, April 3<sup>rd</sup> at Noon: Good Friday Haddock Lunch</li> <li>Wednesday, April 15<sup>th</sup> 1:30 PM Game Afternoon</li> <li>Wednesday, April 22<sup>nd</sup> 1:30 PM: Sheriff Bill King talks about Scams</li> <li>Thursday, April 23<sup>rd</sup> at 11:30 AM Book Club</li> <li>Thursday, April 23<sup>rd</sup> 1:30 PM: Make a polymer clay Ornament with Taryn Menard</li> <li>Wednesday, April 29<sup>th</sup> 1 PM Line Dancing</li> <li>Thursday April 30<sup>th</sup> 1-4 ART SHOW</li> </ul>	
Monday Morning Games/Cribbage 10:00 am	Yoga 8:30 am bring your own mat		Morning Coffee 8:30am	Yoga 9:00 am bring your own mat Hand Knee and Foot 8:30 AM Cafe		
Tai Chi 10-11 am	Morning Coffee 8:30 am Hand & Foot 8:30 am	Pottery 12:30 pm	Chair Yoga Front Room 9:00 AM Brush Strokes 9:30 am	Seated Tai Chi 11:15 - 11:45 am		
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 12:30 pm	Power Aging 10:30 am	Lunch by RSVP Noon		
Drawing/Painting with Jane 11:30-3:30 pm	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Mah Jongg 1:00 pm	Scat 1 - 3:30 pm		
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM Starting April 29th		Tai Chi 1:00 pm		
						<b>YMCA TRAFTON CENTER</b> 19 ELM STREET SANFORD, ME 04073 207-457-0080

## Healthy Living Expo

The YMCA Trafton center and thriving in PLACE: AGE friendly sanford present the 7th annual healthy living expo. Local vendors, healthy ideas, door prizes and loads of fun.



June 10<sup>th</sup> from 10-12  
Sanford Springvale  
YMCA  
1 Emile Levasseur Dr.  
Sanford



FMI, call the Trafton Center at 207-457-0080

www.sanfordymca.org  
207-457-0080  
19 Elm Street Sanford, Maine



# The World's Largest Swimming Lesson™

June 25, 2026



Reserve your spot NOW  
Register online or at  
the Member Service  
Desk

- 12:00 – 1:00pm
- 1:00 – 2:00pm
- 2:00 – 3:00pm
- 3:00 – 4:00pm
- 4:00 – 5:00pm
- 5:00 – 6:00pm

## BE PART OF SOMETHING BIG!

Join us for the The World's Largest Swimming Lesson™ (#WLSL)—a powerful global event teaching lifesaving water safety skills to children and families across six continents in one synchronized day! Now in its 17th year, this inspiring initiative helps raise awareness that swimming lessons save lives. Alongside 40,000+ participants worldwide, our certified instructors will lead hands-on lessons focused on confidence, safety, and smart choices in and around the water. Be part of something big! Learn together, stay safer together, and make a splash that matters!



# HEALTHY KIDS DAY®

2026



**Saturday, April 25th**  
**10:00AM-1:00PM**

*Strong bodies, active  
minds, brighter futures*

To kick-start physical activity and learning now and throughout the summer, the Sanford Springvale YMCA is celebrating Healthy Kids Day® with a FREE community event for kids and families. YMCA's Healthy Kids Day®, the Y's national initiative to improve families' health and well-being, features activities such as music, games, and arts and crafts to motivate and teach families how to develop a healthy routine at home.



**Healthy kids today,  
strong leaders  
tomorrow**

- Kona Ice
- Bounce House
- Petting Zoo
- Photo Booth
- and MORE!

*Kickstart lifelong healthy habits at Healthy Kids Day—where families come together to play, learn, and thrive! 🌸*

## SANFORD SPRINGVALE YMCA

1 Emile Levasseur Drive, Sanford, Maine 04073  
[www.sanfordymca.org](http://www.sanfordymca.org)

[www.sanfordymca.org](http://www.sanfordymca.org)  
207-324-4942  
1 Emile Levasseur Dr Sanford, Maine





# BOLD VISION. BRIGHTER FUTURE.

## Sanford-Springvale YMCA 2026 Annual Campaign

Join us and discover what a gift it is to give.

Annual Giving Campaign | Sanford-Springvale YMCA

THIS CAMPAIGN  
MATTERS TO...

331

Children who have the  
BEST. SUMMER. EVER. At  
Camp Marland.

399

Children in 13 schools  
who have a safe place to  
go after school in our  
Kids Out Enrichment  
Programs

144



Families, children,  
adults and seniors who  
benefit from Y  
membership and  
programs.

93



Early  
Learners who  
discover and  
grow in our  
Early  
Learning  
Center

scan the code  
to donate



## YMCA 35th Annual Golf Tournament

**THE**  
Drive Change and  
Putt for Purpose  
**PLACE**



2026

Thursday, June 18th  
Sanford Country Club

[www.sanfordymca.org](http://www.sanfordymca.org)  
207-324-4942  
1 Emile Levasseur Dr Sanford, Maine

