

NO PLACE

Like This Place

PROGRAM GUIDE WINTER SESSION

Registration Starting
December 15th

January 5, 2026 – February 28, 2026

Celebrating YMCA's 175th Anniversary
Celebrating Sanford - Springvale YMCA's 85th Anniversary





Contact Us:

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

 207-324-4942

 207-636-8046

 sanfordymca.org



Leadership Team:

| | | |
|--------------------|-----------------------------------|--|
| Andy Orazio | CEO/Executive Director | aorazio@sanfordymca.org |
| Merilee Perkins | Director of Healthy Living | mperkins@sanfordymca.org |
| Sara Wade | Finance & HR Director | swade@sanfordymca.org |
| Josh Knox | Member Service Director | jknox@sanfordymca.org |
| Ali Fair | Aquatics Director | afair@sanfordymca.org |
| Elizabeth Reynolds | Early Learning Center Coordinator | ereynolds@sanfordymca.org |
| Jordan Godin | School Enrichment Coordinator | jgodin@sanfordymca.org |
| Mark Caverno | Marketing Specialist | mcaverno@sanfordymca.org |
| Robin Bibber | YMCA Trafton Center Director | rbibber@sanfordymca.org |

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

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

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: 9:30-10:15AM

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



NO PLACE

Like This Place





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.



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.

051618 08/16



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

HOMESCHOOL LESSONS

Beginner lessons Levels 1 & 2
Beginner lessons Levels 1, 2, 3
Intermediate lessons Levels 4, 5

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

Thursdays 10:00 - 10:30am
Thursday 10:30 - 11:00am
Thursday 11:00 - 11:45 am

TITANS SWIM SEASON
September 08, 2025 – March 01, 2026



TITANS SWIM TEAM

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. Registration is open.

Titans Swim Team September 08, 2025 – March 2026

Registration Opens: October 13, 2025

Groups

| | |
|----------|--|
| Senior: | 6:00-7:30pm Monday, Wednesday 6:00-7:00pm Tuesday, Thursday, 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 |

Price

\$580

\$545

\$510

\$495



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: \$510

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

Price: \$495

Blue and White group 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.

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.

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

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

New Class Starting Late January!

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



LIVE STRONG[®]
AT THE YMCA

Classes start in February

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.

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@SANFORDYMCAC.ORG

207-324-4942 | www.sanfordymca.org | 1 Emile Levasseur Drive Sanford, Maine



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/\$255 |
| Day: T/Th | Time: 7-7:50 p.m. | Instructor: Thayi Lim | Cost: \$50/\$225 |
| Day: Sat. | Time: 9-9:50 a.m. | Instructor: Thayi 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

*member/non-member

AQUA ZUMBA TM

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!

8 Week Classes

Day: Thursday

Time: 8-8:45 a.m.

Instructor: Sarah Tietgens

Cost: \$25/\$200

*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 - 11:40am

Friday: 7:05 - 7:40pm

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

Adaptive Swim Lessons

Monday: 4:30 – 5:00

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

Wednesday 4:30 – 5:00

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



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



Guided Meditation

Guided Meditation: A Balanced Life from the Inside Out

In a world that feels like it is constantly speeding up, cultivating inner stillness and stability is more important than ever. Take this seven-week journey to building inner calm and self-awareness in a safe, welcoming space. The sessions begin with gentle movement followed by a deep, guided meditation with a different focus each week closing with journaling and discussion.

Thursdays 6:30-7:30pm

Ages: 18+

Instructor: Megan Titcomb, RN, Holistic Health Coach

Fee: members \$50 / non-members \$225



Pilates

This is the STOTT 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. Each class is different and includes props such as large stability balls, foam rollers, fitness circles and bands. Improve body awareness while challenging strength and endurance levels. 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. Pilates offers a total body workout with a focus on the core.

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

CPR Courses

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

DATES: Saturdays: January: 24th February: 21st March: 21st

TIME: 9:00 am – 12:30

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: TBD

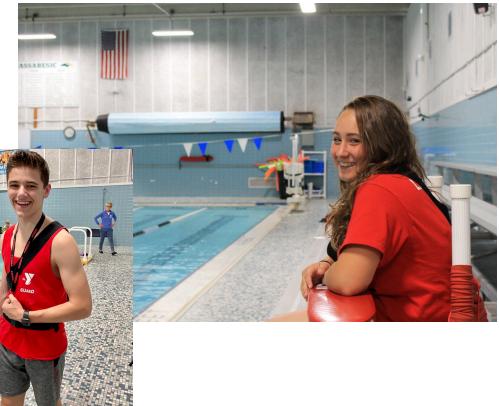
Re-certification: TBD

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



SAFESITTER BABYSITTING COURSE



**SATURDAY, January 10th & February 28th
10AM – 4:00PM**

AGES: Students in 6-8th grades

COST: \$65 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



ENRICHMENT PROGRAMS

Scan to register!



KIDS ARTS & CRAFTS

For any skill level. Everyone loves our popular PAINT NIGHT!
Pack a snack and be ready to have fun with paints or crafts!



Kids Arts and Crafts

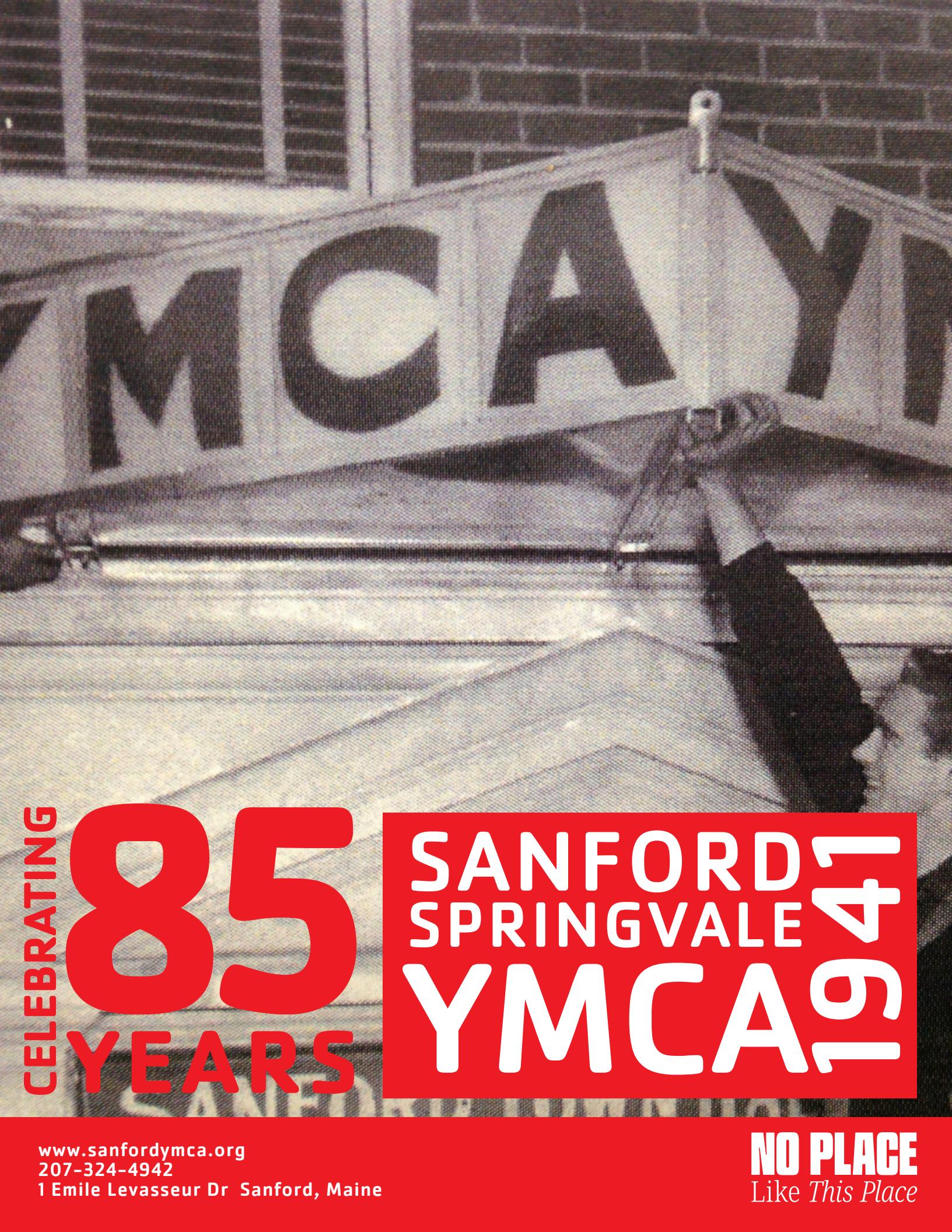
Pack a snack and come have fun with arts and crafts! Art helps children to express their creativity and imagination
Join our resident artist, Amy Lapham for a fun evening creating a master piece for yourself or to give as a gift.
Bring a snack. All materials are included in the fee.

Amy Lapham
February 13
Ages 6-12
\$25 members, \$30 non members



THE
Creating
Masterpieces
PLACE





CELEBRATING

85
YEARS

SANFORD
SPRINGVALE
YMCA 1941

www.sanfordymca.org
207-324-4942
1 Emile Levasseur Dr Sanford, Maine

NO PLACE
Like This Place

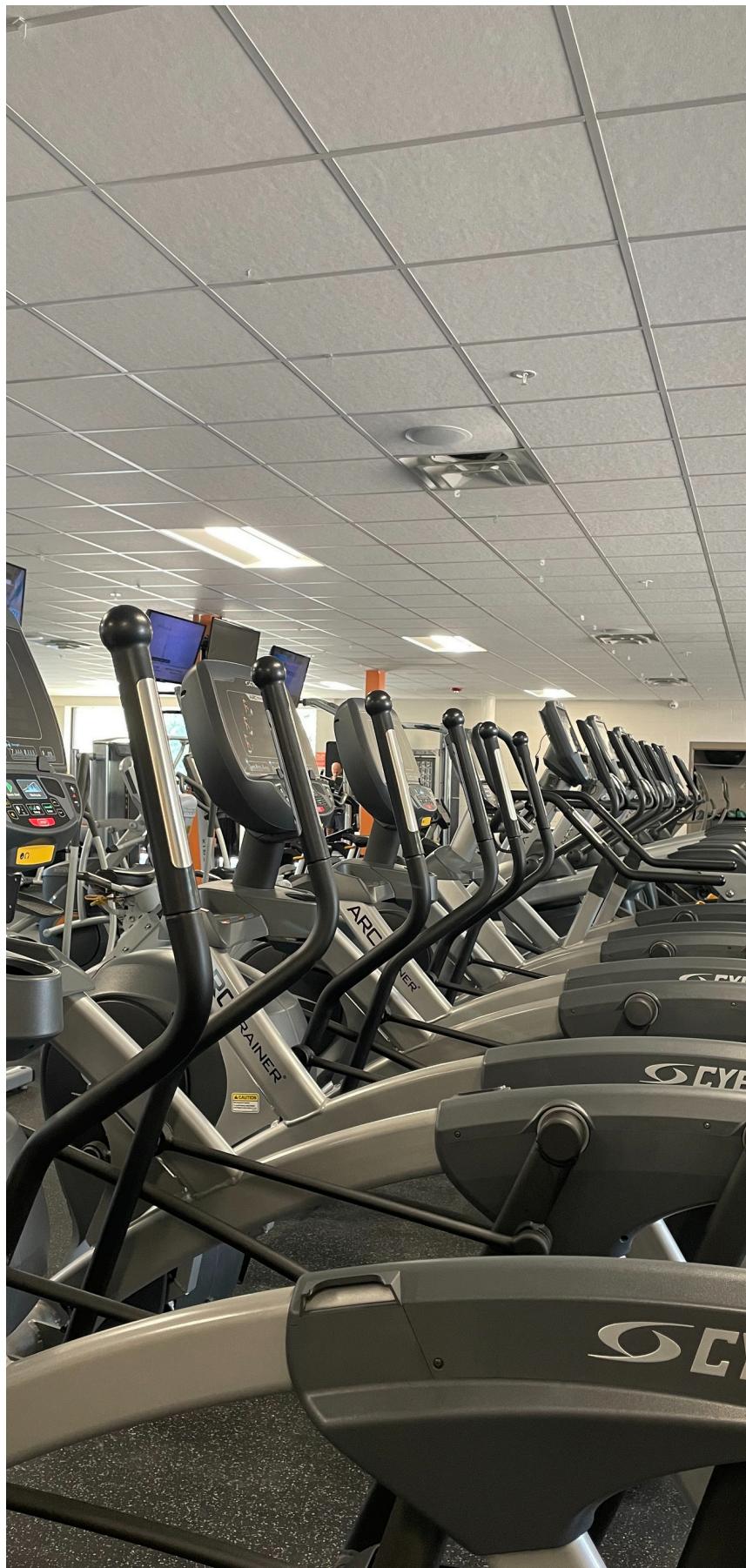
YMCA

- Maine Senior Games
- Let's Go 5-2-1-0
- Little Library at the YMCA
- Maine Snap Ed Program
- Sanford Veteran's Center
- Sanford Backpack Program drop off site
- Nasson Health Center
- Maine Behavioral Health
- Maine Health
- Nasson Health Center
- Friends of Downtown Sanford
- Sanford Mainers
- Maine Veterans Association
- Sanford School Department
- Massabesic School Department
- Noble School Department
- Maine CDC
- Maine Office of Population Health Equity
- Maine Primary Care Association
- York County Community Action Corporation
- York County Community College
- Granite Y
- Maine Special Olympics and United Sports
- Sweetser
- Sanford High Alumni Assoc Spree of Trees
- Sanford Springvale Historical Society
- Goodall Public Library
- Springvale Public Library
- Toys for Tots
- Lions Club
- Partners for Healthier Communities

TRAFTON CENTER

- The Foundation for Art and Healing
- St. Thomas School Pen Pal project
- Thriving in Place with Sanford Housing and YCCA
- Hosts Altrusa Club bi-monthly meetings
- Partnered with the Sanford Farmer's Market for Senior Farm Share
- Sanford Backpack drop off location
- Community Little Pantry
- Participated in the Elks Club Spree of Trees
- Drop off site for Caps for Care - hats for cancer patients
- Southern Maine Agency on Aging
- Maine Department of Agriculture
- York County Elder Abuse Task Force
- Cancer Care Center
- Maine AARP Age-Friendly Network

PARTNERSHIPS





Italian Night at the Trafton Center

Una Notte Buona



Two types of pasta and sauce combos

- choice of meatball, chicken or grilled vegetables
- dessert and drink.

SNOW DATE FEBRUARY 7TH

Saturday, January 24, 2026

4PM-6PM

Y Trafton Senior Center, 19 Elm St. Sanford

\$15 per person

To Benefit the programs of the Y Trafton Senior Center

Safe Sitter Babysitting Class

Learning life-saving skills for the future!



LIVESTRONG® AT THE YMCA

This program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Includes a 3 Month YMCA Membership at No Cost!

**JOIN US
FOR A
FREE 12
WEEK PROGRAM**
LIVESTRONG® AT THE YMCA CANCER SURVIVOR PROGRAM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Diabetes Prevention Program

CHANGE TODAY FOR A HEALTHIER FUTURE

www.sanfordymca.org

207-324-4942

1 Emile Levasseur Dr Sanford, Maine

December DECOMPRESSION

Tuesday, December 30th 6:30-7:30pm

Give yourself the ultimate gift of one hour of relaxation, the antidote to holiday stress this season. You deserve a dedicated time to unplug, recharge, and recenter before the new year.

Join us for an hour-long, stress-free session focused on tending to your body, mind, and spirit.

- Gentle, mindful movement to release tension and excess energy.
- Soothing guided meditation to calm feelings of stress and anxiety.
- Ending with quiet reflection, journaling and the option for conversation.

\$10 for both Members and Non-Members of the Sanford-Springvale YMCA

Call the Member Services Desk to register at 207-324-4942 or register online through your membership portal.



Kids Paint Night - Craft Edition DIY HOLIDAY CANDY DISH

Construct this wooden gingerbread house with included battery light & decorate it for the holidays!

Friday
December 19th
6-8pm



NO PLACE
Like This Place