

THE

Built For This Community. Because We Are Part Of It.

PLACE

No Place Like *This Place*™



Celebrating 85 years in
Sanford-Springvale

PROGRAM GUIDE Fall 2026 SESSION 1

Registration Starting August 24th

Program Session start September 8th



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

207.324.4942 ► www.sanfordymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Contact Us:

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

 207-324-4942

 207-636-8046

 sanfordymca.org



What's Inside:

Youth Aquatics.....
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Adult Health & Wellness.....
Certifications & Trainings.....
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Upcoming Events.....

Hours of Operation:

Monday - Friday 5:00 am - 9:00 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	aorazio@sanfordymca.org
Merilee Perkins	Director of Healthy Living	mperkins@sanfordymca.org
Sara Wade	Finance & HR Director	swade@sanfordymca.org
Josh Knox	Director of Member Services	jknnox@sanfordymca.org
	Director of Marketing & Communications	
Ali Fair	Aquatics Director	afair@sanfordymca.org
Elizabeth Reynolds	Early Learning Center Director	ereynolds@sanfordymca.org
Jordan Godin	School Age Child Care Director	jgodin@sanfordymca.org
Michelle Hunter	Child Care Billing and Administrative	mhunter@sanfordymca.org
Robin Bibber	YMCA Trafton Center Director	rbibber@sanfordymca.org

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

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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 themed activities included!

Instructor: Casey Athans

Day: Wednesday

Time: 10:00-10:45AM

Ages: 18 mo - 3 years

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



Youth Engagement

MAKE A DAY OF IT AT THE Y!

One membership. So many ways for the whole family to play, move & connect.

Why make just one stop at the Y when you can make a whole day of it?

START WITH A SPLASH

Make a morning of it with family time in the pool. Swim, play, practice your skills, or simply enjoy some time together in the water.

THEN, LET THE GAMES BEGIN!

Head to the Game Room for some friendly family competition. Challenge each other to a game of pool, ping pong, shuffleboard, air hockey or foosball—or settle in with a board game, cards or a puzzle.

GET MOVING

Grab a basketball and head to the half court. Shoot some hoops, play a game, or see who can make the most baskets!

TIME FOR THE GROWN-UPS TO GET THEIR WORKOUT IN

Parents can get their workout in while children ages 1-12 enjoy Kids Connect, our supervised child care while you exercise.

GROWING UP AT THE Y

As kids grow, so do their opportunities! Following an orientation and with direct adult supervision, ages 10-11 may use cardio equipment, while age 12 may use weight machines.

END THE DAY TOGETHER

The best part? You don't have to choose just one activity. Your YMCA membership gives your family access to a place where you can play, move, connect and spend time together.

WHAT WILL YOUR DAY AT THE Y LOOK LIKE?

Your membership is more than a workout. It's a place for the whole family. Come make the most of it!

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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



Splash Parties!

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



LEVELS 1-5 (AGES 3-15)

Participants will progress through 5 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

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 SWIM

Level 1 and 2

Thursday: 10:00-10:30AM
Fee (Member/Non-member):
\$75/\$135

Level 1,2. and 3

Thursday: 10:30-11:00AM
Fee (Member/Non-member):
\$75/\$135

Level 4 and 5

Thursday: 11:00-11:45AM
Fee (Member/Non-member):
\$75/\$135

TITANS SWIM SEASON



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

Titans Swim Team

Registration Opens: August 24th, 2026

Senior: 6:00–7:30PM Monday, Wednesday, Friday

6:00–7:00PM Tuesday, Thursday

\$595

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

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

\$565

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

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

\$535

Drylands: Thursday 6:15 – 6:45PM

Teal: 5:00–6:00PM Tuesday, Thursday, Friday

\$525

Drylands: Thursday 6:15 – 6:45PM

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

\$515

Drylands: Thursday 6:15 – 6:45pm



Homeschool Titans Swim Team

11:00–12:00 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: \$525

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

Price: \$515

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.

SWIM-A-THON

Join us in a fun filled evening of swimming and games while raising money for the Aquatics Department scholarship fund!

When: October 23rd

Time: 5:00–7:45PM



FMI email Ali Fair: afair@sanfordymca.org

www.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.

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 September 15th

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.

Tuesday and Thursday 5:30-7:00PM
Space is limited

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/\$300

Day: T/Th

Time: 7-7:50 p.m.

Instructor: Thaya Lim

Cost: \$50/\$250

Day: Sat.

Time: 9-9:50 a.m.

Instructor: Thaya Lim

Cost: \$25/\$225

*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/\$250

*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/\$65

Semi-Private Lessons

2-3 People

Fee (Member/Non-member) \$65/\$85

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.

Monday: 7:00 - 7:40 PM

Tuesday: 11:10 - 11:40 AM

Wednesday 7:00 - 7:40 PM

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



Adaptive Swim Lessons

Monday 4:00-4:30PM

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

Wednesday 4:00-4:30PM

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.



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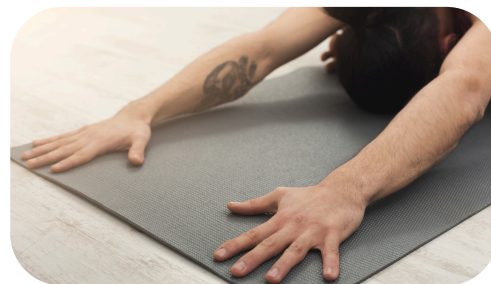
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ADULT HEALTH & WELLNESS

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

Day: Friday

Time: 10:30-11:30AM

Ages: 16+

Level: ALL

Instructor: Betsy Baker

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

Floating Meditation

Immerse yourself in a tranquil, guided practice designed to reduce stress and cultivate mindfulness while allowing the water buoyancy to support a feeling of weightless ease. Join us for a 15- minute guided meditation to bring awareness to the breath, body sensations and water support followed by sensory music to further soothe the nervous system. This experience is enhanced by dimmed ambient lighting with flameless candles placed around the pool.

Embrace tranquility, release worries and practice mindful breathing to calm the mind and body in the pool or if you prefer to stay dry-on a mat on the pool deck.



Pool noodles provided or bring your own pool float.

Members \$5 Non-members \$10

Friday September 25, November 13 6:30-7:15PM

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: 10:15-11:15 AM

Ages: 16+

Instructor: Merilee Perkins

Fee: \$50members

\$250 non-members

Contact Merilee for more information

mperkins@sanfordymca.org

Level: Intermediate/Advance

Day: Tuesday

Time: 5:30-6:30 PM

Ages: 16+

Instructor: Merilee Perkins

Fee: \$50 members

\$250 non-members

Level: Beginner

Day: Thursday

Time: 10:15-11:00 AM

Ages: 16+

Instructor: Hassina Taylor

Fee: \$50 members

\$250 non-members



CERTIFICATIONS & TRAINING

Scan to register!



CPR Courses

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

DATES: Saturdays: September 5th and October 17th **online work prior to class**)

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 Blended Learning (online work prior to class)

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, September 26th

Saturday, October 24th

Saturday, November 14th

9:30AM-3:30PM

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.

Instructors: Kim Pecararo and Teagan Perry

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 \$50.00. 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– Kristan Peachey, Alexis Marsh, Kristie Hurlburt, Kim Belanger, Sarah Tietgens & Meg McNeely

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

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Upcoming Special Events

SPOOKY SPRINT

**SATURDAY,
OCTOBER 31ST**

**KIDS RUN
8:30AM
5K STARTS
9:00AM**



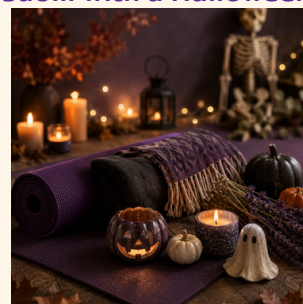
OCTOBER FLUID YOGA

Join Carrie Kahl for a nurturing four-week series designed as a whole body sensory experience—slow, grounded and deeply restorative. This floor-based yoga practice gently moves through sensation rather than speed, inviting you to listen inward as your body softens, opens and becomes more awake. Expect a meditative approach that blends hands-on assists (offered only if desired) with body scan awareness and an extended guided Savasana—a full restorative landing. Each week Carrie will guide you into deep relaxation and inner wisdom with a Halloween finale and a gentle "spooky-sweet" feel.

**When: Wednesdays 6:00–7:00pm
October 7th–October 28th**

Instructor: Carrie Kahl

**Fee: members \$30
non-members \$150**



ART WITH AMY

Trick or Treat Bag Decorating

Amy is back—and she's bringing the Halloween creativity! Join us for a fun evening of decorating your very own trick-or-treat bag.

Get ready to create a one-of-a-kind bag that's perfect for trick-or-treating!

Artist: Amy Lapham

When: Friday, October 23rd 6–8PM

Ages: 6–13 Years Old

Open to the community

Cost: \$15.00



**SHE'S
BACK!**

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the Y
85 YEARS
SANFORD-SPRINGVALE YMCA
1941–2026
CREATING COMMUNITY CONNECTIONS



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! ♥



YMCA Trafton Center September 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	
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	
Tai Chi 10-11 am	Morning Coffee 8:30 am	Pottery 12:30 pm	Chair Yoga 9:00 AM Brush Strokes 9:30 am	Hand Knee and Foot 8:30 AM Cafe	
Whist 12:45 - 3:30 pm	Cornhole 9:30 am	Bridge 12:30 pm	Power Aging 10:30 am	Seated Tai Chi 11:15 - 11:45 am	
Drawing/Painting with Jane 12:30-2:30 pm Christine covering	Whist 12:45 - 3:30 pm	FMI call 207-457-0080	Mah Jongg 1:00 pm	Lunch by RSVP Noon	
Bingo 1:00 - 3:00 pm	Scat 1 - 3:30 pm	Line Dancing 1 PM		Scat 1 - 3:30 pm	
				Tai Chi 1:00 pm	

Special Events this month:

- Thursday, Sept. 3rd
1:30 PM Julia Williams Hannaforf Dietician
- Friday, Sept. 4th
11:30 AM Ken and Mo play and sing!
- Thursday, Sept. 17th
1-3 Drop In Open Painting
- Wednesday, Sept. 23rd
10:30 AM Walk for Fun at Morin Preserve
- Thursday Sept. 24th
1 PM Music Bingo
- Friday, Sept. 25th
BBQ Last BBQ of the season Grilled Sweet Italian Sausage
- Wednesday, Sept. 30
3-5 PM Paint "Night"

YMCA TRAFTON CENTER
19 ELM STREET
SANFORD, ME 04073
207-457-0080

Balance & Strength

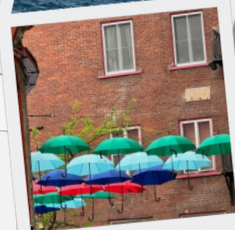
Join Fitness Instructor Kristan Peachey as she leads us through exercises designed to increase balance and strength in older adults.

NEW

Eight Weeks to a stronger you



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



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



THE Where Every Neighbor *Belongs* PLACE

At the Y, we believe a welcoming community takes all of us—creating spaces where every neighbor feels like they belong, unlikely connections are made, and each of us has the opportunity to thrive.

Join us on [September 10-19], as we celebrate Welcoming Week, because there's no place like the Y for welcoming neighbors!

Welcoming Week, [September 10-19]



Welcoming Week is an initiative of our partner,
Welcoming America.

OUR CORE VALUES

The Heart of Our Y

At the YMCA, everything we do is rooted in four core values.

These values guide our programs, shape our culture, and strengthen our community every day



CARING

Showing kindness and compassion to everyone



HONESTY

Being truthful, trustworthy, and accountable.



RESPECT

Valuing every person and embracing diversity



RESPONSIBILITY

Being dependable and taking ownership.

- Supporting families through Child Watch
- Encouraging first-time swimmers
- Staff stepping up for one another
- Members building lifelong friendships

- Open communication with members
- Teaching kids to play fair
- Transparent leadership
- Doing the right thing even when no one is watching

- Welcoming all ages and abilities
- Encouraging one another
- Celebrating differences
- Creating a space where everyone belongs

- Teens giving back
- Staff going above and beyond
- Members committed to their goals
- Supporting our community through outreach

The Y is more than a place — it's a community.

Strengthening spirit, mind, and body — for all.

