



BUCKSPORT YMCA WINTER SESSION

Session runs from January 2nd-February 15th
Registration begins December 21st · (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
Starting the first week in January 2019

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 Winter Dance

January 26th 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

Weekend Motion and a Movie!

2 Saturday opportunities on 1/26 AND 2/23
Noon-4pm, Grades 1-4

Participants will be split into two age appropriate groups on the Bucksport Middle School campus. Each group will rotate between active PE games in the gym and watching a popular movie in the Performing Arts Center. Participants will be provided with a snack mid-program, we ask that anyone taking advantage of the opportunity arrives having eaten lunch. The Bucksport YMCA will provide supervision of the program, pick-up will be promptly at 4pm.

Free to the Community

CRAFTS WITH KENNY!

Grades 2nd-4th

Program Cap: 20 participants

Class starts Tuesday, 1/8 and will run every Tuesday Concluding 2/12

Do you have a budding Picasso or animator at home? Our Crafts with Kenny program encourages participants to draw, paint and craft projects, so they can develop their artistic talents and expression. Through various media, our arts and crafts class will give our kids a creative outlet and allow their imagination to flourish. We'll provide guidelines for kids to complete a particular art project, while incorporating their own ideas and inspiration into their masterpieces. Crafting is a great way to socialize after school and let the creative juices flow! We suggest that participants have a small snack prepared for class, all art material will be provided.

\$30 for session

Indoor Recreational Soccer

Starting January 28th, running for 7 weeks

Grades 1-5

Participants will be split into 2 separate grade categories, 1st&2nd or 3rd-5th. Participants will have one practice during the week followed by a game on the weekend. Players will hone their fundamental skills and get a chance to experience the fast paced game that is indoor soccer!

\$30 RSU-25, \$40 Non-RSU per participant, T-shirt is included

*Game schedule TBD, Practice schedule will be determined by volunteer coach availability

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!

Free to the Community

Pre-School Dance

Wednesdays 11:00am-12:00pm

Any child who is not school age

Join the Bucksport YMCA for this introduction to dance! Kiddos will perform different locomotor movements in the Jewett School gym to fun and fast paced music! This program intends to not only give participants a fun introduction to rhythmic movement, but also give them an introduction to class structure and routines. Crank the music up!

\$15 for session (6 classes starting 1/2/18)

Dance Fitness

Tuesdays & Thursdays 5:30pm-6:30pm (starts January 29th & runs 7 weeks) · 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 January 7th & runs 7 weeks) On Jewett School Stage

Grades 5 – 8 · Instructor: John Krauss, Master/Coach of Down East School of Fencing

12 participant max

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 9:30am-10:30am (Starting January 3rd and ending February 21st)

****PICK-UP AT BUCKSPORT SENIOR CENTER PROMPTLY AT 8:30AM****

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

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

The YMCA in the United States

Today, the Y engages more than 10,000 neighborhoods across the U.S. as the nation's leading nonprofit. We are committed to helping people and communities learn, grow and thrive. Our contributions are both far-reaching and intimate—From influencing our nation's culture during times of profound social change, to the support we may provide on an individual level.

By nurturing the potential of every child and teen, improving the nation's health and well-being, and supporting and serving our neighbors, the Y ensures that everyone has the opportunity to become healthier, more confident, connected and secure.

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!

BUCKSPORT ICE RINK!

Come enjoy skating at the Bucksport Ice Rink! Located at 29 Miles Lane, the rink relies heavily on volunteers. Interested in giving back to this wonderful winter past-time? Call 469-3518 and see how you can help! Check our Facebook @Bucksport Recreation for ice reports and potential closings on warmer days. We have a ton of skates in all sizes if you are looking to borrow for the day.

Free to the Community

OPEN SKATING:

Daylight-9PM daily

WARMING HUT:

9AM-7PM M-F

Noon-4PM Sat/Sun

FIRE AND ICE!

February 8th from 6:00pm-8:00pm

Bucksport Municipal Ice Rink

Join us at the rink and gather around the fire pit! The rink lights will be on and music will be blasting. The YMCA will supply smore's, we need you to supply the smiles and laughs 😊

Free to the Community

High School Student Upcoming Opportunities:

- RSU-25 in partnership with the Down East Family YMCA provides the opportunity to participate in the DEFY Dolphins Swim Team. This program is rolling enrollment throughout the school year! If interested please contact head swim coach Matt Montgomery at 667-3086 or MMontgomery@DEFymca.org
- Are you looking for adventure? We have a program you will want to check out! Whitewater canoe racing is coming to Bucksport! This is an early spring sport that encourages participants to learn different paddling techniques in order to navigate swift water. We will participate in the MaCKRO down-river racing schedule which includes the Kenduskeag River race! More information will be available mid-winter, please contact Nick Tymoczko for more information at Ntymoczko@DEFymca.org or by calling 469-3518.

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

