

## Agilities Training

Designed for the young athlete as well as youth who want to stay active. Coaches will help athletes to achieve their personal goals and show them the techniques of physical fitness that will foster a healthy attitude toward exercise.

**COED:** Gr. 3rd-8th  
Tuesday & Thursday 4:30-5:30 and Saturday 11:30-12:30

**Pricing:** Members \$20 Non Members: \$30

### WHAT TO EXPECT DURING Spring 1 Session

**REGISTRATION** | All registrations will be on a first come, first serve basis. Payment must be taken prior to the first practice to be eligible.

**ARRIVAL** | Enter through the Main Doors. Face masks may be required when the class is unable to practice social distancing. Please practice social distancing if there is a line. Stop at the desk and turn in all necessary paper work. Immediately go to a bathroom to wash your hands before entering your activity area.

**SPECTATORS** | All spectators must remain in the designated spectator area for the duration of the lessons. Seating will be limited and preferred usage to those that **MUST** sit down.

**DEPARTURE** | Return signed out equipment and then go to the bathroom to wash your hands/ use hand sanitizer. Gather your belongings and exit through the Main Doors.

**CLEANING** | ALL used equipment will be disinfected between each class. The gym is being cleaned routinely with added on the hour sanitization to all high touch/ high traffic areas.

### OTHER POLICIES

**COVID-19 CANCELLATION POLICY:** Should we have to cancel a class due to COVID-19, make ups will not be provided and there will not be a credit/refund option for the missed class. Should we have to end the session due to COVID-19, only YMCA system credit will be available for the missed classes.

**CANCELLATION AND REFUND POLICY:** The Old Town - Orono YMCA program fees are non-transferable and non-refundable. Exceptions may be made for those with a diagnosed physical medical condition. We reserve the right to cancel or reschedule classes that do not have sufficient enrollment, in which case a YMCA system credit may be issued. No refunds or credits will be issued for individual classes missed and make up options will not be available. If a class needs to be cancelled, we will make every effort to notify you in advance via email. Make up options for class cancellations will not be available.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET IN THE GAME

## Youth Sports OLD TOWN-ORONO YMCA



Our Youth Sports programs build young athletes by giving them a foundation for a lifetime. Whether it's improving their skills and coordination, or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

*Detailed program information inside.*

**WHEN:** Spring 1 Session: March 7th - May 7th

**REGISTER:** Member Registration starts Monday, February 14th  
Non Member Registration starts Monday, February 21st

No classes April 18th-22nd for April Vacation Week.

Old Town - Orono YMCA  
472 Stillwater Avenue, Old Town ME 04468  
207.827.9622 [www.otoyymca.org](http://www.otoyymca.org)

Stay Connected with the Y on Social Media



## Youth Basketball

Youth basketball at the Y provides a safe place for young athletes to learn the basics and thrive in a recreational atmosphere. Skills, drills and games will continue weekly to enable players to stay at the top of their game. We are always looking for volunteers to assist in any way they are comfortable.

The season starts with practices in November and will evolve into games December and January.

COED: Gr. K-2 Tuesday 4:30-5:30pm  
3-6 Thursday 4:30-5:30pm

Members: \$40  
Non Members: \$50



## Youth Tee-ball (Ages 6-7)

Swing for the fences with the Y's Tee-ball program! This is a great introductory program that will teach the basics of the sport. Participants will work on their hand-eye coordination, making balanced contact with the ball off the tee, and different running techniques.

COED: Wednesday 4:30-5:30pm

Members: \$40  
Non Members: \$50



**Cancellation/Refund Policy:** The Old Town - Orono YMCA program fees are non-transferable and non-refundable. Exceptions may be made for those with a physical diagnosed medical condition. We reserve the right to cancel, reschedule or combine classes that do not have sufficient enrollment in which case a credit shall be issued. No refund or credits are issued for individual classes missed. If a class needs to be cancelled then we will make every effort to notify you in advance. As a rule, make ups for class cancellations are not provided.

## Preschool Sports (Ages 3-5)

### Tee-ball

Your little sluggers will follow an 8-week curriculum focusing on improving their hand-eye coordination, making balanced contact with the ball off the tee, and developing running technique.

Wednesday: 3:30-4:15 pm  
Members: \$40 Non Members: \$50



### Preschool Basketball

Have fun while learning basic basketball skills along with developing motor skills in a positive environment.

**WHEN:** 3:30-4:15 Tuesday  
**COST:** Member: \$30 Non-Member: \$40



## Dance Lessons

At the Y, we provide a nurturing environment where children can learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity, and balance. Classes are broken up into age groups.

Creative Movement (Ages 3-5): Mondays 3:30-4:00 pm  
Intro to Dance (Ages 6-7): Wednesdays 3:00-3:45 pm  
Intro to Dance: (Ages 8-9): Wednesdays 4:00-4:45 pm  
Jazz and Hip Hop Combo (Ages 10-12): Mondays 2:15-3:15 pm

### Pricing

30 minute class: \$40 members; \$60 non members  
45 minute class: \$60 members; \$80 non members  
60 minute class: \$80 members; \$100 non members

