



WALDO COUNTY YMCA SPRING 2019 PROGRAMS & UPCOMING EVENTS

YOUTH SPORTS

Co-ed Youth Spring Soccer:

Day/Dates: Saturdays, April 27 - June 8
(No session 5/26)

Grades/Times: K: 9:00 - 10:00 a.m.
1 - 2: 10:00 - 11:00 a.m.
3 - 5: 11:00 - noon

Where: Waldo County YMCA Field
(Rain? Bring sneakers for Y gym)

Fee: \$25 Annual Members
\$40 3-Month & Non-Members

Youth Softball: Our goal is to teach proper mechanics, skills & fundamentals preparing youth to move to the next level. Coaches will use the same curriculum for their evenly divided teams.

Dates: April 29 - June 7
Days: Monday and Wednesday
Time: 5:00 - 7:30 p.m.
Age: 6 - 12 *birthday cut-off May 1, 2019
Where: Lower Walsh Field

(Rain? Bring sneakers for Y gym)
Fee: \$25 Annual Members
\$40 3-Month & Non-Members

Youth T-Ball: Our two age groups will have separate focuses: age 4 - 5 will only hit off a tee; ages 6 - 7 will start with a tee and slowly transition to pitches.

Dates: April 23 - June 4
Day: Age 4 - 5, Tuesday
Age 6 - 7, Thursday

Where: Belfast City Park
(Rain? Bring sneakers for Y gym)

Time: 5:00 - 7:30 p.m.
Fee: \$25 Annual Members
\$40 3-Month & Non-Members

ADULT SPORTS

Co-ed Adult Volleyball:

Day/Dates: Wednesday, April 17 - May 22
Time: 6:00 - 9:00 p.m.

Age: High school and up
Where: Waldo County YMCA Gymnasium
Fee: \$150 per team

Fee & Roster due at time of registration.

Captains/Free Agent Meeting:
Monday, April 8, 6:00 p.m. at the Y.

Co-ed Adult Indoor Soccer:

Day/Dates: Sunday, April 7 - May 14
(no game Sunday, April 21)

Time: Noon - 5:00 p.m.
Age: High school and up
Where: Waldo County YMCA Gymnasium

Fee: \$150 per team
Fee & Roster due at time of registration.

Captains/Free Agent Meeting:
Tuesday, April 2, 6:00 p.m. at the Y.

RED CROSS LIFEGUARD COURSE

These blended learning classes take 4 days to complete. All classes must be attended.

Upcoming courses:

Dates: April 16 - 19
Time: 1:00 - 6:00 p.m.

Dates: May 14 - 17
Time: 1:00 - 6:00 p.m.

Dates: June 18 - 21
Time: 1:00 - 6:00 p.m.

For more information please see our website at www.waldocountyyymca.org or contact our Aquatics Department.

DEPARTMENTS: Current schedules at www.waldocountyyymca.org or at our front desk (subject to change).

ACTIVE OLDER ADULTS: Our Active Older Adult programs (for ages 50 & better) accommodate a wide variety of interests and functional abilities of older adults. *Contact: Sue Lapham*

ADULT SPORTS: Current offerings above. *Contact: Sophie Pfander & Kristen Van de Geer*

AQUATICS: Enjoy our Tom & Sally Savage Pool Complex's hot tub, therapy & lap pool. *Contact: Carolyn Steeves & Eryn Thostenson*

CHILDCARE: Our many year-round options include babysitting, Little Learners Pre-school, Teen Access & Summer Day Camps. *Contact: Faith Boynton, Jen Johnson & Sandi Roman*

FITNESS: We offer more than 40 fitness classes a week; everything from Yoga to Cycling to Zumba to Personal Training. Find the right class for you. *Contact: Tamera Blades & Sophie Pfander*

YOUTH SPORTS: Current offerings above. *Contact: Tyler Miles*

40th Annual St. George River Race

Race starts at St. George Bridge in Searsmont village. 3 miles of dead water, 1 mile of rapids, 2 miles of dead water and curves with one Class III drop. This race has Class II-III rapids (plus or minus depending on the water level.)

Call 338.4598 for an early number.

When: Saturday, March 30, 2019
Registration: 8:30 - 10:30 a.m.
Where: Searsmont Methodist Church
Route 131, Searsmont, Maine
Race Start: 11:00 a.m.
Fee: \$20 per paddler

Questions? Please contact Karen Varney at 338.4598 or kvarney@waldocountyyymca.org.

46th Annual Passagassawakeag River Race

Starting at Littlefield Farm, mile flat with many curves, passing under cement bridge, 1 mile flat followed by short stretch of Class II rapids, 2 mile flat to Rolerson's bridge then Class I, II, & III whitewater for 1-1/2 mile, flat water finish.

Call 338.4598 for an early number.

When: Saturday, April 6, 2019
Registration: 8:30 - 10:30 a.m.
Where: Savage Road, Littlefield Farm,
Waldo Maine
Race Start: 11:00 a.m.
Fee: \$20 per paddler

Questions? Please contact Karen Varney at 338.4598 or kvarney@waldocountyyymca.org.

Easter Egg & Scavenger Hunt

You asked for it and we listened! The Easter Bunny is coming to the Waldo County YMCA for a super morning filled with colorful eggs, games, crafts and a scavenger hunt. We follow 5210! Guidelines and will not be serving candy.

Our Easter Egg Hunt is for age 2 - grade 1. Each child will be able to find UP TO 8 eggs.

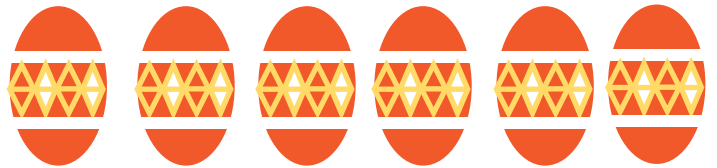
Our Scavenger Hunt is for grades 2 - 3 and other crafts and activities for all ages.

When: Saturday, April 20
Time: 9:00 - 11:00 a.m.
Ages:

- Easter Egg Hunt age 2 - grade 1
- Scavenger Hunt for grades 2 - 3

Where: Waldo County Y Gymnasium
Cost: \$1.00 per participating child

Want to help? Please contact Jan McIntyre at 338.4598 or jmcintyre@waldocountyyymca.org.



**FREE
and Open
to the public!**

Healthy Kids Day®

Saturday, April 27 9:30 a.m. - Noon



AWAKEN SUMMER IMAGINATION!

Are the kids in your life already dreaming of summer? Inspired kids can do anything. Awaken their imagination so they can explore new activities & healthy habits.

NEW THIS YEAR:

- 1 mile Family Fun Run
- Meet the Coast Guard & Game Wardens.
- Starting at 9:30 a.m. rain or shine.

RETURNING FAVORITES:

- Bounce House
- Fitness Activities
- Face Painting
- Girl Scouts
- P.A.W.S.
- 5210 Let's Go
- Music Together
- Bahner Farms
- Free Books for Kids
- Police/Fire/Ambulance
- Raffle to include a **FREE** bicycle (one boys, one girls)

Enter our coloring contest with a chance to win a gift certificate to Out on a Whimsey!

Want to help? Please contact Faith Boynton at fboynton@waldocountyyymca.org or Jen Johnson jjohnson@waldocountyyymca.org