



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER TIME, SUMMER FUN!

SUMMER YOUTH PROGRAMS: July 28 – August 24

Program registration opens July 8. Swim lesson registration opens July 15.

GAMES, SPORTS, AND FUN!

Ages: 8-12

Thursdays, 3:00-4:00pm

Kids will explore new games and activities and play some time-tested favorites! We will focus on three different sports or activities each session and there will be an Olympic-style competition on the last week! Games and activities for the week include hand ball, capture the flag, soccer, floor hockey, kickball and much more!

TODDLER ART

Ages: 3-5

Mondays, 10:30-11:15am

Children explore their creativity with fun art projects!

CHILDREN'S YOGA

Ages: 6-12

Tuesdays, 4:00pm-5:00pm

In this fun-filled and interactive yoga program, children will focus on balance, breath work, core strength, and mindfulness through a series of yoga poses and interactive games. We will end each class with arts & crafts and/or journaling.



FOR ALL

**Ask us about our
Financial Assistance
program**

Casco Bay Branch

YMCA of Southern Maine

14 Old South Freeport Rd, Freeport, ME 04032 | 207.865.9600

www.ymcaofsouthernmaine.org



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SUMMER YOUTH PROGRAMS, CONTINUED...

FLOOR HOCKEY SKILLS SESSION

Ages: 8-12

Wednesdays, 3:00-4:00pm

In this class, we will focus on learning and developing hockey skills whether your child has been playing hockey for years or is picking up a stick for the first time! Each session will include a warm-up, drills, and a game of floor hockey.

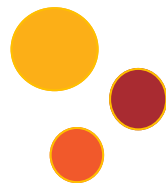
Program Costs:

\$35 w/ family membership

\$73 individual membership

\$125 community

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