

IT'S NOT JUST KID STUFF



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

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Spring I Session: February 25 - April 11

ADULT SPORTS

VOLLEYBALL

ADULT VOLLEYBALL

Come enjoy an occasional game or show up every time! Our group of Volleyball players meet twice a week in a fun, low stress setting. Thursday nights are focused around competition, with a consistent, dedicated group of players coming each week. Sundays are more relaxed for the occasional player where all are welcome. Good sportsmanship and a sense of humor are both pre-requisites here!

Pick-Up Volleyball

Thursdays: 6:30-8:30 PM

Competitive Group

Sunday: 2:30-5:00 PM

Cost: FREE for Members or \$10/day Participants

CLIMBING WALL

OPEN CLIMB

Any Age!

The climbing wall is staffed with an instructor who is available to teach you the basics of indoor climbing and the art of having fun on the wall.

Check our Open Climb Schedule weekly for days offered

Times: 6:00-7:00 PM (Ages 4-12)

7:00-8:00 PM (Ages 13 and up)

Cost : Free to Members/\$10 Drop In Participants

ADULT LEAGUE DODGEBALL

Ages 18 and up!

It is time to gather up the best thrower and dodgers in your contact list and join in the fun of our Adult Team Dodgeball League. This is a great way to have some laughs with friends and make some new ones while getting your daily exercise. Teams will need to supply their own uniforms, these will be at the discretion of the team. You may have uniforms made, make your own or simply wear like colors. **There will be an open fun night of pre-season play Wednesday February 14th @ 6:00 PM at the Flanagan Community Center.** This will be a fun night of play and will be used to go over rules and procedures.

League Dates: February 14 - April 11

Registration Deadline: February 14

Location: Flanagan Community Center

Wednesday 6:00 - 8:00 PM

Cost: \$150.00 / Team (of at least 6)

MARTIAL ARTS

TAE KWON DO & MORE

You will feel more confident and strong with this martial arts class based on one of the oldest forms of fitness. Explore linear movements of Karate and circular patterns of Kung Fu with hand and leg techniques of Chin Na.

Ages: 18 & Up

Monday and Wednesday: 7:00-8:30 PM

Cost: Free Members / \$100 Participants

Instructor: Doug Johnstone

Traditional Okinawan Karate

You can master the detailed choreographed Kata patterns of ancient Okinawan styles of Karate- Matsubayashi Shorin-rhu forms and applications. These sessions will concentrate on Karate techniques using Karate Kata(forms) and self-defense.

Ages: 18 & Up

Tuesday and Thursday: 7:00-8:30 PM

Saturday: 10:00 AM-11:30 PM

Cost: Free Members / \$100 Participants

Instructor: David Troup

GUITAR

GUITAR-ROBICS

Any Age!

You will have new ideas transplanted into your playing in a dynamic and fun group setting. This is the perfect way to get out of your comfort zone and improve techniques, song form, vamps, grooves, melodies, scales, chords, and more. Previous experience is required. Grab a buddy and join us each week for loads of fun!

Thursday: 6:45-8:00 PM

Cost : \$85 Members / \$110 Participants

Instructor: Phil Clement

