

IT'S NOT JUST KID STUFF



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

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Winter Session: January 2– February 17th

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: 7:00–8:30 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.

Days & Times: TBA

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

Instructor: Various

MEN'S BASKETBALL

Ages 17 and older

Come end the work week with a few hours of pick up basketball!

Fridays: 6:30–8:30 PM

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

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 Kata(forms) and self-defense.

Ages: 18 & Up

Tuesday and Thursday: 7:00–8:30 PM

Saturday: 10:30 AM– Noon

Cost: Free Members / \$100 Participants

Instructor: David Troup

