

# Penobscot Bay & Rockland Harbor YMCA

## ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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### SUMMER SESSION: JUNE 30 – AUGUST 16

#### MONDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
9:00–9:45 AM	Aqua Fit \$	Rockport / Pool
11:00–11:50 AM	Senior Strength Advanced	Rockport / 249
Noon–12:45 PM	Senior Strength, Stability, & Balance	Rockport / 249

#### TUESDAY

7:00–8:00 AM	Masters Swimming	Rockport / Pool
9:00–9:45	Splash Dance \$	Rockport / Pool
10:15–11:15 AM	Yin Yoga	Rockland
5:30–6:45 PM	Ayurvedic Yoga	Rockport / Lily Pond

#### WEDNESDAY

7:45–8:30 AM	Core & More	Rockland
8:00–9:00 AM	Beginner Tai Chi/ 24 Forms	Rockport / Lily Pond
9:00–9:45 AM	Aqua Fit \$	Rockport / Pool
8:45–9:30 AM	Healthy Seniors	Rockland
11:00–11:50 AM	Senior Strength Advanced	Rockport / 249
12:00–12:45 PM	Senior Strength, Stability, & Balance	Rockport / 249
5:30 – 6:30 PM	Yin Yoga	Rockport / Lily Pond

#### THURSDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
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#### FRIDAY

7:45–8:30 AM	Core & More	Rockland
7:00–8:00 AM	Masters Swimming	Rockport / Pool
8:45–9:30 AM	Healthy Seniors	Rockland
9:00 – 9:45 AM	Splash Dance \$	Rockport / Pool
11:00–11:50 AM	Senior Strength Advanced	Rockport / 249
12:00 – 12:45 PM	Senior Strength, Stability, & Balance	Rockport / 249

#### HEALTHY SENIORS

Also offered at Thomaston Library  
Tuesdays and Thursdays 11–11:50 AM

No Yin Yoga classes in August

#### SOCIAL & CLUB OPPORTUNITIES:



##### Tuscany Trip Preview

July 17 at 1:00 PM

Travel Info Session for Active Older Adults

Join us for a special gathering with a representative from Collette Vacations! We'll be sharing all the exciting details about our upcoming trip to Tuscany this spring—from the itinerary to travel tips and more. Whether you're already dreaming of rolling hills and Italian cuisine or just curious about group travel opportunities, this is a great chance to learn more and ask questions. Light refreshments will be served.



##### Hiking Club

Fridays starting at 1:00 PM

Location: various trailheads around mid-coast Maine.

Join our Active Older Adult Hiking Club for weekly adventures exploring the scenic trails of Midcoast Maine. Each week we meet at a different trailhead to enjoy nature, stay active, and connect with fellow outdoor enthusiasts.

Jul 4 – NO HIKE

Jul 11 – Maiden's Cliff, Camden Hills State Park Camden

Jul 18 – Mount Megunticook, Camden

Jul 25 – Oyster River Bog Trail Via Baker Woods Trailhead Thomaston

Aug 1 – Rockland Breakwater Trail

Aug 8 – Ducktrap River Lincolnville

Aug 15 – Spruce Mountain Trail W. Rockport



##### Ice Cream Social

August 22 at 1:00 PM

Meet at Penobscot Bay YMCA for ice cream and then hike out to Beauchamp Point



##### Hiking Day on Monhegan

August 29 10:30 AM – 5:30 PM

Join us for a scenic and memorable day on beautiful Monhegan Island! We'll depart from Port Clyde on the 10:30 AM ferry—please plan to arrive by 10:15 AM. Enjoy a day of exploring the island's trails, art galleries, and breathtaking views before returning on the 4:30 PM ferry. The round-trip ferry fare is \$50. Space is limited, so please RSVP by August 22 to reserve your spot!

Active Older Adult programs are sponsored by:



#### REGISTRATION:

- Classes listed in GREEN require registration for the entire session..
- Classes listed in BLACK require weekly registration, which opens 1 week prior to each class.
- Please try to register at least 1 hour before the class.
- The teacher listed for the class is not guaranteed and may sometimes be replaced by a substitute.

- Adult Aquatics programs are available to Members only. You pay a one-time fee for the entire session.
- Masters swimming is free for members.

Member Registration: June 23

Non-member Registration: June 26

Scan QR code to register.



# PROGRAM DESCRIPTIONS

**LOW IMPACT TRX** – Learn the basics of TRX and explore flexibility, muscle, core and balance.

**CORE AND MORE** – A 45 minute core intensive, designed to build strength and balance. Body weight exercise, stability balls, core boards and free weights will be used to challenge the core!

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**HEALTHY SENIORS** – Active older adults can experience a simple 45 minute program introducing the basic components of fitness: strength, balance, flexibility and relaxation. Please join us for a fun fitness class that will help you build greater selfconfidence and independence! Please note: There is a drop-in fee for participants (non-members).

**SENIOR, STRENGTH, STABILITY AND BALANCE** – Come experience movement and strength with Sandy as she leads you through a seated with standing opportunities to increase strength, posture, balance and mobility,

**SENIOR STRENGTH STRETCH ADVANCED** – All the components of fitness: strength training, flexibility and balance will be addressed with the addition of mat core work. Participants should be prepared to bring their own mat and go to the floor. Both seated and standing, using free weights, bands and balls.

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**AQUA FIT (EASY GOING)** – Aqua Fit will focus on increasing your muscular strength, building cardiovascular endurance, and improving flexibility in a low-impact environment. The class will utilize props such as barbells, noodles, and resistance paddles.

**JOINT VENTURES** – This class will enhance activities of daily living by improving joint mobility, flexibility, range of motion, strength, and endurance. Begin with a brief warm up, some light cardio and balance/coordination work, and end with a cool down.

**MASTERS SWIMMING** – Enhance your swimming skills and endurance with our sessions designed for swimmers of all levels. Whether you're training for a competition or looking to stay fit, our Swim Masters program is perfect for you. Don't miss this opportunity to take your swimming to the next level!

**SPLASH DANCE** – What a feeling! Groove to great music and enjoy a lively aerobic workout in the water with our Splash Dance class. This class offers a fun and engaging way to build aerobic capacity and enjoy a great workout in the water. Come ready to move and have a blast!

**WATER...WORKS!** – This class will focus on total body exercise, improving muscle tone, flexibility and balance, increasing strength and range of motion, delivering a cardiovascular workout, all in a low-impact environment.

**YOGA** – This class focuses on building strength, flexibility, and balance while fostering mindfulness and relaxation. Modifications and variations will be provided to suit your individual needs, ensuring everyone feels supported and challenged at their own pace.

**AYURVEDIC YOGA** – Join us for an all-levels vinyasa x kundalini style yoga flow, using breath work, physical postures, aromatherapy, and tailored places to increase strength and flexibility, stimulate the lymphatic system, calm the nervous system, cultivate mindfulness, and use Ayurveda to promote peace, patience, and well-being within ourselves.

**SLOW FLOW YOGA** – An all levels flow class in which each movement is linked with the breath. We commence the flow in a brief seated meditation, set an intention and practice various breath work techniques (pranayama).

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**TAI CHI FOR HEALTH** – Tai chi is an ideal way to relax deeply into mindful movement, to improve balance, increase health of all kinds, and to find a pleasant, grounding center for ourselves in the middle of challenging times. It can be modified as needed to meet various needs and has far reaching benefits for most everyone.

**TAI CHI FOR BEGINNERS** – A gentle introduction to tai chi which incorporates Qigong exercises and work on strong foundational movements. The movements you will learn can be incorporated into a more advanced practice.

**YANG-STYLE 24 FORMS TAI CHI** – Tai chi is an ideal way to relax deeply into mindful movement, improve balance and health of all kinds, and find a pleasant, grounding center for ourselves in the middle of challenging times. It has far reaching benefits for most everyone. This simplified version of Tai chi builds on the lessons in

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## NEW TO GROUP CLASSES?

It can be intimidating to try something new, especially in a group setting. Please know that you are welcome!

Follow these steps to make your first class a success:

- Wear comfortable clothes.
- Arrive early.
- Introduce yourself to the instructor and let them know that this is your first time trying a group class.
- If necessary get a quick rundown of important prop and poses.