FAMILY FUN HAPPENS AT THE Y!

November 2026 Calendar of Activities & Programs

MONDAY – THURSDAY

Morning Child Watch Babysitting* | 9 am – 1 pm

Evening Child Watch Babysitting* | 4 – 7 pm

Family Swim | 7 – 8:30 pm

FRIDAY

Morning Child Watch Babysitting* | 9 am – 1 pm

Evening Child Watch Babysitting* | 4 – 7 pm

Family Swim | 5:30 – 8:30 pm

SATURDAY

Child Watch Babysitting* | 8 am – 1:30 pm

TaeKwonDo Classes (Registration required)
September 19 – December 5
Kickstart (Ages 4 – 5), 9:15 – 9:45 am
Beginners (Ages 5 – 13), 9:50 – 10:40 am
Intermediate (Ages 6 – 17), 10:50 – 11:40 am

Family Swim | 12:30 – 3:30 pm

SUNDAY

Child Watch Babysitting* | 8 am – 1:30 pm

Family Swim | 12:30 – 3:30 pm

Family Funday | 1 – 3:30 pm (November 29)

*Reservations recommended. See back for details.

CLOSED NOVEMBER 26 & 27 FOR THANKSGIVING

SPECIAL ACTIVITIES & PROGRAMS

WINTER SWIM LESSONS

Winter Session:
January 4 – February 14, 2027
For youth ages 6 months – 12 years old.
Financial Assistance is Available!

Registration opens November 16.
Bangor & Brewer students save 10%!

TEEN CENTER

Open Monday – Friday
2 – 6 pm | Ages 12 – 18
Movies, gaming, homework help, snacks, and more!
Fridays are **FREE** dinner, movie, & swim!

FAMILY SUNDAY FUNDAY!

November 29 | 1 – 3:30 pm
Come play on our Dead River pool

JOIN THE BARRACUDAS

We are looking for swimmers, ages 6 – 18 to join our competitive swim team. Whether you're new to competitive swimming or ready to take your skills to the next level, we'd love to have you on the team!

Sponsored by Casella

DESCRIPTIONS

The following activities and programs are FREE with Household Y Memberships!

CHILD WATCH BABYSITTING SERVICE

Take a little time for yourself! **We'll watch your kids while you're at our Y to take your favorite Fitness Class, go for a swim, or do your own workout!** Parents/Guardians with one of our Household Memberships will receive FREE babysitting for up to 2 hours a visit for children ages 6 months to 10 years old. Members with an Adult Membership can take advantage of this service at $5 per child per 2 hours. To ensure availability, we recommend reserving your child's spot with at least a 24-hour notice by calling 207-941-2808 or stopping by the Welcome Center. Same-day reservations are welcome, but availability cannot be guaranteed.

FAMILY SWIM

Make a splash with your family in our Means Pool! Rings, balls, and noodles will be available for play!

Cost for Non-Members: $25 per family per visit.

TAEKWONDO KICKSTART

A program for youth ages 4 – 5 years old, designed to introduce them to TaeKwonDo movements in a fun, engaging way! Registration required.

Cost: Free for Members
$135 for Non-Members

Financial Assistance is available!

TAEKWONDO BEGINNER & INTERMEDIATE

An Olympic-style, Korean martial arts program for youth ages 5 – 17 years old, designed to teach students self-defense, confidence, discipline, and respect. Classes are taught by black belt and champion instructors.

Registration required.

Cost: Free for Members | $135 for Non-Members

Financial Assistance is available!

the YMCA **BANGOR REGION YMCA**

For more information about our programs and services, visit **bangory.org**, call **207-941-2808**, or stop by our Y for a tour with our Member Experience Associates!