



# **PISCATAQUIS REGIONAL YMCA 20<sup>TH</sup> ANNIVERSARY OPEN HOUSE / CELEBRATION**

**Come join us as we celebrate the 20 years of health and fitness  
working with members, volunteers and the community  
to offer programs and services  
that promote healthy spirit, mind and body for all.**

**THE Y IS OPEN TO MEMBERS AND NON-MEMBERS  
FOR A FULL DAY OF FUN SATURDAY, MAY 31<sup>ST</sup>  
10:00 A.M. – 2:00 P.M.**

**TOT WATCH AVAILABLE 10:00 A.M. – 1:00 P.M.**

**FITNESS TRAINERS WILL BE ON HAND  
TO ASSIST IN THE CARDIO/WEIGHT CENTER**

## **POOL SCHEDULE:**

**OPEN LAP SWIM - 7:30 – 9: A.M.  
SWIM LESSONS - 9:00 – 11:00 A.M.  
OPEN SPLASH - 11:00 – 2:00 P.M.**

## **LAND CLASSES:**

**STEP IT UP CLASS – 10:00 – 10:45 A.M.  
BIG BALL CLASS - 11:00 – 11:45 A.M.  
BOOTCAMP 201 - 12:00 – 12:45 P.M.**

## **CLIMBING WALL**

**Piscataquis Regional YMCA  
48 Park Street  
Dover-Foxcroft, ME 04426  
Phone: (207) 564-7111  
Fax: (207) 564-8791  
Email: [prymca@verizon.net](mailto:prymca@verizon.net)  
Website: [www.prymca.org](http://www.prymca.org)**