

# State of Maine Gym Program

As an active State of Maine employee, you can join one of many gyms scattered throughout the state – for free! The State has partnered with YMCAs and the university system to extend gym privileges to employees at the locations listed below. The gyms' websites have been included so you can check out what each facility has to offer. Choose the gym that is most convenient for you.

## Auburn

Auburn-Lewiston YMCA, <http://www.alyymca.com>

## Bath

Bath Area Family YMCA, <http://www.bathymca.org>

## Belfast

Waldo County YMCA, <http://waldocountymca.org>

## Biddeford

Northern York County YMCA,  
<http://www.nycymca.org>

## Boothbay Harbor

Boothbay Region YMCA,  
<http://www.boothbayregionymca.org>

## Cumberland County

Casco Bay Region and Freeport,  
<http://cumberlandcountymca.org>

Pineland and New Gloucester,  
<http://cumberlandcountymca.org>

Greater Portland, <http://cumberlandcountymca.org>

## Dover-Foxcroft

Piscataquis YMCA, <http://www.prymca.org/>

## Ellsworth

Down East Family YMCA, <http://www.defymca.org>

## Farmington

University of Maine Farmington,  
<http://frc.umf.maine.edu>

## Machias

University of Maine Machias,  
<http://www.umm.maine.edu>

## Old Town

YMCA Old Town-Orono, <http://www.otoyymca.org>

## Orono

University of Maine,  
[www.umaine.edu/campusrecreation](http://www.umaine.edu/campusrecreation)

## Presque Isle

University of Maine Presque Isle,  
<http://www.umpi.edu/gentile-hall>

## Rockport - Rockland - Camden

Penobscot Bay YMCA, <http://www.penbayymca.net>

## Sanford

Sanford-Springvale YMCA,  
<http://www.sanfordymca.org>

## Waterville

YMCA at the Alford Youth Center,  
<http://www.alfondyouthcenter.org>

### Contact person:

Valerie Leathers  
Gym Program Coordinator  
6 Elkins Lane, SHS #96  
Augusta, ME 04333

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Phone: 287-6440  
Fax: 287-6449



### To sign up:

1. Contact Valerie by phone or you can e-mail her by clicking on her e-mail address above to get the paperwork.
2. Fill out the application and return to Valerie (via e-mail, fax or regular mail).
3. Valerie will mail you a *Wellness Works* swipe card after reviewing and processing your application.
4. When you receive your swipe card, go to the gym and get started!



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