

February 17– April 18, 2025

# MDI YMCA Program Guide



Our Easter Egg Scavenger Hunt and Eggcellent Swim will take place on Thursday, April 17th. The scavenger hunt will be in the gym from 3:30–4:15pm and the Egg swim will be from 4:15–5:15pm. Come swim with the eggs! Free and open to all.



Save the date! Our annual Gala will be held on Thursday, June 17th at the Bar Harbor Club. Tickets are on sale now through our website. We had such a wonderful evening of community building and celebrating around supporting our community Y. We would be honored to have even more Y friends attend this year.



We are fortunate to have great donors helping us to make the SWIM MDIY at Age 5 Swim Program a success! We are currently in our second round of seeking endowed gifts to make sure every 5 year old in our area gets a free session of swim lessons. If you'd like to help ensure the sustainability of this program and its impact, reach out to Ann Tikkanen [ann@mdiyymca.org](mailto:ann@mdiyymca.org)

## From the Desk of the Executive Director,

Happy New Year from all of us at your community YMCA! We are excited to have more new faces walking the track, in fitness classes, using personal training services, and swimmers in the pool. I enjoy the energy at this time of year. There is focus and determination as our swimmers get ready for the Aquathon Fundraiser and championship season (Go Sharks and Go Trojans!) people with New Year resolutions and wellness goals work hard to make those a reality, and we get to connect with the people who are here year-round in our community. I may be biased but there is no better place to connect and experience community than our Y. We are excited to announce that we are making great progress toward our Annual Campaign goals. THANK YOU to everyone who has donated so far to help us achieve our goals and ensure we can serve our community with scholarships and access for all.

We are also excited to encourage you to Save the Date for our annual Gala to be held on Thursday, July 17th. Tickets will be on sale soon. It will be another great event to connect and rally around our common goals. May all your goals and dreams

Program registration opens for members on 2/5 at 6:00 am and non-members on 2/10 at 6:00 am. The session starts Monday, February 17 for adult programs and Monday, February 24th for youth programs

**REGISTER ONLINE:**  
[mdiyymca.org](http://mdiyymca.org)

# Welcome to the Mount Desert Island YMCA

## Hours

Monday–Friday 6:00 am–8:00 pm

Saturday 8:00 am–2:00 pm

Sunday 8:00 am–12:00 pm

## Holiday Schedule:

We are closed on: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.

## Session and Registration Dates:

The Early Spring session runs for 8 weeks for adult programs 2/14–4/18, and 7 weeks for youth programs 2/24–4/18/2025

## Upcoming Events:

**2/14 8am Summer Camp Registration Opens!**

**2/17 MDI HS Boys State Meet @ UMaine**

**2/18 MDI HS Girls State Meet @ UMaine**

**2/28– 3/2 ME Y State Swim Champs @ Colby**

**3/1 Wibit Pool Obstacle Course Day! 12–1:45 pm**

**3/8–9 Maine Winter Trials**

**3/14 No School Day Care 8 am–4 pm**

**3/13–3/16 Maine Winter Championships**

**3/28 Kid's Night Out**

**3/31–4/4 YMCA Swim Nationals**

**4/2–4/5 Eastern Zone AG Championships**

**4/11 Kid's Night Out**

**4/17 Easter Egg Scavenger Hunt 3:30–4:15 and Eggcellent Swim 4:15–5:15 pm FREE and open to the community**

**4/20 YMCA Closed in Observance of Easter**

**4/30 Y Sharks Awards Banquet @ MDI HS**

**5/17 Healthy Kids Day at the MDI YMCA 9–12 pm**

**7/17 YMCA Gala at the Bar Harbor Club 5–8 pm**

Mount Desert Island YMCA

21 Park Street Bar Harbor, ME

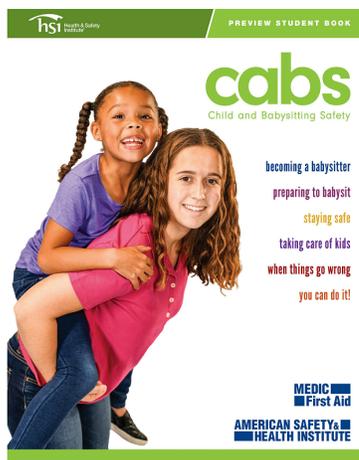
(207)288-3511 | mdiymca.org



**Mark Your Calendars For our 2025 Road Races**  
**Acadia Half Marathon(full) & 10k 6/1, Bar Harbor Half Marathon & 5k 9/13, Catch That Turkey 5k 11/30 Registration Links and FAQ at [mdiymca.org/races](https://mdiymca.org/races)**

## Age Guidelines and Access

- Children below Grade 4 are welcome to be in the building for programs and events and with supervising adults only. Children younger than 4th grade are not allowed to hang out at the Y without direct adult supervision.
- Children in grades 4–8 are allowed to be in the building for a program, special event, or to work out and hang out without adult supervision after signing our behavior agreement. (Effective 9/1/2024). Copies are available at the front desk. If they are spoken to about behavior and/or are disrespecting staff more than twice in any given week, access will be suspended for a week. Continued behavior issues will mean they will not be allowed in without a supervising adult.
- Grades 4+ can use the indoor track and equipment on it.
- Grades 6–8 can use the Fitness Center ONLY AFTER taking the FitKids Program.
- Grades 9+ can use the Fitness Center but orientation is recommended for everyone's safety.



## HSI Child and Babysitting Care Course

Take this safety and babysitting preparedness class with MDI YMCA Safety Coordinator and Health & Safety Institute Trainer Jenn Britz. Get practical and hands-on first aid and childcare training to prepare tweens to become mothers' Helpers and Babysitters. Students will leave with a preparedness bag and printed course materials.

March 6 AND March 13, 3:45–5:45 pm

Ages 12+ (Max. 8)

Members \$50/child | Non-Members \$75/child

# Y Membership

Questions? Email [membership@mdiyymca.org](mailto:membership@mdiyymca.org)

Stop by 21 Park Street or call (207) 288-3511

Begin the join process online at [mdiyymca.org](http://mdiyymca.org)

## Membership Benefits

**Free Programming!** Most programs are free for YMCA members, and paid programs are offered at a discounted rate.

**Nationwide YMCA Access** to all YMCAs that participate in the nationwide program.

**Easy payment options** with auto draft (comes out the 3rd of every month) or pay in full yearly.

The YMCA is for everyone and we want to make sure everyone feels welcome and included in our YMCA. Please let us know how we can help you feel welcome.

5 guest passes are included with long-term memberships each year.

Fitness Center orientation is included with membership.



## 2025 Member Rates

Membership Type	Monthly Draft
Family	\$84
Single Parent Family	\$68
Adult (Age 24-59)	\$60
Senior (Age 60+)	\$49
Senior Couple (Age 60+)	\$74
Young Adult (Age 18-23)	\$30
Youth (Age 3-17)	\$22

The purple dots are all of the YMCAs in the United States that participate in Nationwide membership. Visit for free or reduced rates on your next trip!

The MDI YMCA is a destination YMCA and honors full reciprocity from October 1 to May 31st only. Half-price rates are available to members of other YMCAs during the summer months.

We offer membership and program scholarships of 10-50% depending on adjusted household income and participation in other government aid programs. Our scholarship form can be filled out on our website at [mdiyymca.org/membershipforall](http://mdiyymca.org/membershipforall) or with a printed form at our welcome center.

Membership For All Scholarship assistance is offered thanks to the generosity of our donors. Proof of income is required. The inability to pay will not exclude anyone from obtaining an MDI YMCA membership or participating in programs.

We also offer day, week, 1-month, and 3-month passes for visitors and guests.

Single visit rate options include shower pass, rec. sports, or full facility access.

We offer rental property memberships for Airbnb's and Bed & Breakfasts, Motels, and Hotels, who would like to advertise and provide their guests with the amenities of the MDI YMCA.

## 2025 Rental Property Memberships are now available!

Get your Airbnb, guest cottage, or B&B set up for success in 2025 with a Rental Property Membership to the Mount Desert Island YMCA

Be able to market all of the amenities of membership to guests they'll have a membership to the MDI YMCA during their stay!

3-month memberships for all guests/staff are \$700.

6-month all guests/staff \$1000.

[membership@mdiyymca.org](mailto:membership@mdiyymca.org) FMI

## MDI YMCA Party Rentals Y Parties are MORE FUN!

We offer flexible party options to make your next party or event more FUN!

-Single pool lane, whole pool rentals, and Wibit Pool Obstacle Course private rentals.

-Multi-purpose room meeting and party rentals, half and full gym rentals with sports equipment to make your next event a hit!

A minimum 2-week advance notice is needed for all parties. \$100 deposit and completed rental contract to book event. We do not provide cakes or decorations but you may bring your own.

Contact Maegan Haney at [maegan@mdiyymca.org](mailto:maegan@mdiyymca.org) (207)288-3511 FMI



# Aquatics

Private Swim Lessons available by request.  
Email [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org)

## Group Swim Lessons

A minimum of 3 students is required to run a class. We will make every effort to transfer your child into another class in the event of low enrollment. If we are unable to transfer your registration, private and/or semi-private lessons can be discussed. New swimmers to Swim Strokes will need an evaluation to determine their level, email [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org) to set that up.

Due to the increased popularity of swim lesson classes, each child may only be signed up for one class. Beginning Friday, February 14, children may be enrolled in a second class. If a child is signed up for two classes before February 10, one of the registrations will be canceled to make room for all the children who would like to take swim lessons.

Members \$63 Non-Members \$126	Monday	Tuesday	Wednesday	Thursday	Saturday
Swim Starters 6mo.-3yrs (Max 8)		11:30-12:00pm w/ Amanda		Swim evaluations are needed for any new swim lesson students for lessons Level 2+	
Swim Basics Levels 1 Ages 3-5 (Max 4)		4:15-4:45pm w/ Lexi 4:45-5:15pm w/ Amy	4:15-4:45pm w/ Willa 4:45-5:15pm w/ Angela	email <a href="mailto:swimlessons@mdiymca.org">swimlessons@mdiymca.org</a> to schedule to see what level your swimmer fits into	
Swim Basics Level 1 Ages 6+ (Max 4)		5:15-5:45pm w/ Angela		5:15-5:45pm / Angela	
Swim Basics Level 2* Ages 4+ (Max 4)	5:15-5:45pm w/ Angela		5:15-5:45pm w/Angela		9:30-10:00am w/ Ed
Swim Strokes Level 3* Ages 4+ (Max 4)	4:45-5:15pm w/ Angela		4:45-5:15pm w/ Amy		10:00-10:30am w/ Ed
Swim Strokes Levels 4-5* Ages 6+ (Max 6)	4:15-4:45pm w/ Angela				10:30-11:00am w/ Ed

This session is (7) weeks long: 30 Min. Lessons: \$63 Members | \$126 Non-Members

## Swim Team

### Wee Sharks

Come try Wee Sharks to get a feel for what the Swim Team might be like! Children need to be able to swim the length of the pool. Open to children ages 5+. Come to practice up to 2/week. Practice offered Monday-Thursday 4:15-4:45 pm Winter Session of Wee Sharks 2/27-4/18

Members \$90 | Non-Members \$120

## Aquatics Fitness Classes

Aqua Aerobics and Strength Training  
M/W/F 10:45-11:45am w/ Lisa

Members FREE | Non-Members \$12/class

Low Impact Water Aerobics  
M/W/F 9:00-9:50am w/ Kim

Members FREE | Non-Members \$12/class

## Private Swim Lessons

Private Swim Lessons are available with Ed (sign up based on time), Angela (sign up based on lesson package 1,5), and Kara (synchronized swimming lessons) To schedule, register for private/semi-private lessons through our website or front desk with the preferred instructor.

## FREE Swim Lessons for local 5-year-olds through the MacLeod Fund

The free session of (7) Swim Lessons is available to all 5-year-olds at any time during the year they are five through generous donations to the MacLeod Fund. Use promo code **SWIMMDIAGES!** at registration checkout with online registration or mention the program at registration with the front desk in person or on the phone.



Teaching water safety and lifelong swimming skills free to the 5-year-olds in our community since 2023.

# Childcare

## Afterschool Care

Know your child is safe, fed, and cared for afterschool with Afterschool Care at the Y. Preschool-4th grade Connors-Emerson and Mount Desert Elementary School buses both drop off at the Y. A healthy snack is provided. Know your child is busy and engaged after school.

Scheduled school half-day care is included.

Open from 3:30-5:30 pm and all scheduled school half-days.

Members \$80/week | Non-Members \$100/week

## No School Care

Friday, March 14, 8:00-4:00 pm (Max 25)

Open to Grades K-5

Please send outside clothes, swim gear, snacks, and lunch. Members \$50 | Non-Members \$90

## Kid's Night Out

Ages 5-12 (Max. 26)

Kids get a night at the Y while parents get a night on the town together, win-win for the whole family! Kiddos will swim or play games in the gym, enjoy dinner, and board games. 5:30-8:00 pm

March 3/28

April 4/11

Members \$25/child | Non-Members \$50/child

## MDI YMCA Chickadee Preschool

Our licensed Chickadee Preschool Program is open to potty-trained children ages 3+. (Max 16)

There are three- and five-day-a-week options to fit families' needs. Preschoolers have scheduled time in the pool, the gym, at the town library, and outside at the playground. They are involved with our preschool-age programming at the YMCA such as preschool yoga, swim lessons, tumbling, Book and Cook, and Kids in Motion each week, in addition to quality licensed educational programming.

Preschool hours are 7:30 am - 3:30 pm. Children who need afterschool care should also register for the afterschool program.

Pay weekly with an auto draft with a bank account/credit/debit card on file the Friday before the week of care.

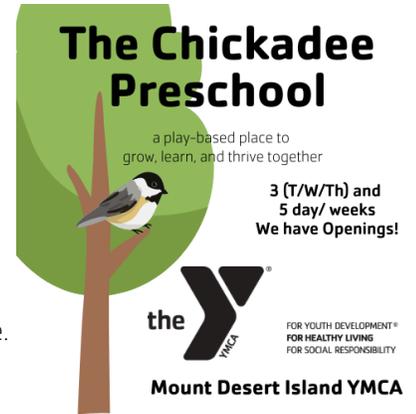
3-Day a Week

Members \$135 | Non-Members \$147

5-Day a Week

Members \$225 | Non-Members \$245

- We are following the 2024-25 AOS 91 School Schedule
- Need-based assistance is available.
- State of Maine childcare subsidies accepted.
- Reach out with inquiries to [preschool@mdiyymca.org](mailto:preschool@mdiyymca.org)



## Get Ready for Summer Camp 2025

### Registration opens Friday, February 14th, 8:00 am

We will be offering (9) weeks of summer camp this summer. June 23-August 22.

We offer age groups for Preschool\*, Entering Grades K-1, Entering Grades 2-3, and Adventure Camp for children entering grades 2-6.

MDI YMCA Members \$240 | Non-Members \$275

Adventure Camp offerings include Hiking Camp, Golf Camp, Mountain Monkeys with Acadia Mountain Guides, Volta Climbing Camp, and Sailing Camp with the Northeast Harbor Fleet.

Members \$325 | Non-Members \$375

We accept State of Maine subsidies and offer scholarships through the Jackson-Sullivan Fund for Summer Camp scholarships.

Scholarship applications are made through our Membership for All program application, available on our website or with a printed copy of the form at our front desk. [mdiyymca.org/membershipforall](http://mdiyymca.org/membershipforall)

\*Preschool Summer camp registration requires a minimum of 2 weeks of registration.



Scholarship available through the Jackson-Sullivan Fund for camp scholarship. A \$50 deposit required at the time of registration to hold the spot. (per child/ week of camp). Any scholarship/ subsidy is applied after the registration and desoposits are done.

# Youth Programs

register mdiymca.org  
All youth programs start 2/27

## 6 months- Age 5

### Open Gym FREE

Tuesday/Thursday 9:00-9:50 am  
Free parent/child playgroup on Court #2 of the gym.  
Staff will put out equipment/games to get kids going, and imaginations will take over from there!

## Preschool Ages 3-5

### Preschool Kids in Motion/ Tumbling

Thursday 10:00-10:30 am, ages 2-5 (Max 10)  
Come play at the Y, and give little ones time and space to get their wiggles out with tumbling, and cooperative games. Children will work independently, and do activities in small and large groups.

Members \$35 | Non-Members \$70

## Elementary School Activities

### Lego Club

Monday 3:45-4:45 pm (Max 12) Open to ages 5+  
Led by childcare staff, this group will include both free build and challenges for kids as a great way to unwind and be creative after school!

Members \$35 | Non-Members \$70

### Volta Climbing @ Volta Climbing Gym

Don't have time to get the kids to Volta and back on a weekday afternoon? We've got you covered!  
Wednesday 3:45-5:50 pm Ages 6-10 (Max 15)  
Y bus leaves at 3:45, climbing from 4:15-5:30, and back to the Y around 5:50-6:00 pm. All equipment provided. Volta and Y staff collaboration. Bus snacks are provided. (Volta climbing fee of \$15/child/session included)

Members \$ 175 | Non-Members \$200

### Creative Kids w/ Mike Duffy

"I let kids create their own artwork, offering them guidance and help along the way. I believe that kids need to express themselves without always having to follow someone else's ideas. It's ok to paint the sky green and the grass pink! I also believe that a messy artist is a good artist".  
Thursday 3:45-4:30 pm (Max 10) Ages 5-8  
Thursday 4:30-5:15 pm (Max 10) Ages 9-13

Members \$56 | Non-Members \$112

## High School Ages 14-19

### Fitness Center Orientations

Get comfortable with the equipment and exercises you want to do with an orientation. Available on demand with the Health and Wellness Director, the office is in the fitness center, stop by or email wellness@mdiymca.org

## Elementary School Sports

### Cheer w/ Emily

Wednesday Grades K-2 | 4:15-5:00 pm (Max 15)  
Wednesday Grades 3-5 | 5:00-5:45 pm (Max 15)  
Members \$35 | Non-Members \$70

### Beginner Tumbling w/ Emily

Thursday Grades K-2 5:00-5:45 pm (Max 10)  
Thursday Grades 3+ 5:45-6:30 pm (Max 15)  
No experience is necessary, come and work on body control, flexibility, and body awareness with tumbling.

Members \$35 | Non-Members \$70

### Indoor Soccer

(possibility of (2) games vs NHH/ HH)  
Grades 1-2 Team 1 (Max 10) Wednesday 3:45-4:30 pm  
Grades 1-2 Team 2 (Max 10) Friday 3:45-4:30 pm  
Grades 3-5 Team 1 (Max 10) Monday 3:45-4:30 pm  
Grades 3-5 Team 2 (Max 10) Wednesday 3:45-4:30 pm

Members \$35 | Non-Members \$70

### Nitroball

Nitroball is the PERFECT introduction to volleyball skills for little hands and little bodies! Come try this fun game in this session just for young children.  
Grades 1-3 (Max 15) Thursday 3:45-4:30 pm

Members \$35 | Non-Members \$70

### Volleyball Skills

Introduction to the components of the game. Try volleyball in this fun non-competitive setting.  
Grades 3-5 (Max 25) Tuesday 3:45-4:30 pm

Members \$35 | Non-Members \$70

## Middle School Ages 11-14

### Cheer w/ Emily (Grades 6-8)

Wednesday Grades 6-8 | 5:45-6:30 pm (Max 15)  
Come and learn about, hone, and improve in all aspects of cheer. From tumbling, floor work, arm positions, and lifts work on skills and make fun routines.  
Members \$35 | Non-Members \$70

### Intermediate Tumbling w/ Emily

Thursday 5:45-6:30 pm (Max 15)  
Athletes must have mastered the skills taught in the beginning class and will learn: Walkovers, Standing, and Round-Off Back Handsprings.  
Members \$35 | Non-Members \$70

### Indoor Soccer

Grades 6-8 (Max 10) Tuesday 4:30-5:15pm

# Fitness

ALL Fitness Classes Are Free for Members  
\$12 drop-in fee/class for non-members

**FREE** Not sure how to use our fitness center equipment? Schedule an orientation, email [wellness@mdiymca.org](mailto:wellness@mdiymca.org).

## Personalized Exercise Prescription

A PEP is an exercise program specific to your needs. Meet with one of our certified trainers who will design a program around your goals and schedule. Programs are 8-12 weeks long. \$56 for members, \$84 for non-members.

## Personal Training Rates

Working with a certified personal trainer will help you achieve your wellness goals more quickly, with more focus, and with the accountability of a fitness professional.

Personal Training Rates  
1hr \$56/mem | \$84 non-mem  
5hr \$265/mem | \$405 non-mem  
10hr \$500/mem | \$780 non-mem

Buddy Training Rates (2 people/one-time slot) 1hr  
\$37/pp/mem | \$55/pp/non-mem 5hr \$175/pp/mem |  
\$265/pp/non-mem 10hr \$330/pp/mem | \$  
510/pp/non-mem

Class	Day(s)	Time	Instructor	Location
Group Cycle	F	6:30-7:30am	Richard	MP Room
Group Cycle	T/Th	7:30-8:30am	Kevin	MP Room
Group Power	M/W/F	8:00- 9:00am	On-Demand Video	Gym Court #1
Arms & Abs	T/Th	8:15-8:45am	Maegan	Gym Court #1
Step Aerobics	Th	8:45-9:15am	Maegan	Gym Court #1
Vinyasa Yoga	Th	9:00-10:00am	Jenn	MP Room
EnhanceFitness	M/W/F	9:30-10:30am	Maegan	Gym
Better Balance	T/Th	10:15-10:45am	Olvia	MP Room
Knitfit	W	10:00-1:00pm	Michelle	Indoor Track 10-11 MP Room 11-1
Bands & Bells	T/Th	12:15-12:45pm	Olivia	MP Room
Butts & Guts	M/W	12:15-12:45pm	Olivia	Court #1
TRX	T	6:00-6:30pm	Olivia	Court #2
Body Blast	M/W	5:30-6:30pm	Olivia	MP Room
Group Cycle	Th	6:00-7:00pm	Richard	MP Room

# Youth Development | Healthy Living | Social Responsibility

## Rec. Sports

### Pickup Badminton

Thursday 6:30-8:00 pm Court #2  
Saturday 10:00-12:00pm Court #2  
Sunday 8:00-10:00am am Courts #1 & #2

### Pickup Basketball

Tuesdays/Thursdays 5:30-7:00 pm Court #1

### Pickup Basketball for the 40+ Crowd

Tuesday/Thursday 7:00-8:00 pm Court #1  
Saturday 8:00-9:00 am Court #1

### Open Pickleball

Tuesday/Thursday 10:00 am -12:30 pm,  
Saturdays 8:00-10:00am ( 8-9 am Court #2, 9-10 am Courts #1, #2)

### Beginner Pickleball

Tuesdays 1:00-2:00 pm  
Learn the rules and get experience playing in a non-competitive setting. Court #1

### Pickup Volleyball

Wednesdays & Fridays 4:30-5:30 pm Court #1

### Pickup Indoor Soccer

Monday & Wednesday 6:30-8:00 pm Courts #1&2

### Pickup Kickball

Sundays 11:00-12:00pm Court #2

## FREE Community Access

Our Supporting Towns: Bar Harbor, Mount Desert, Southwest Harbor, Tremont, Trenton, and outer islands. If you are a community member who is without power and/ or water, you are welcome to use the YMCA for showering, charging devices, and as a warming center during operating hours.

All 5-year-olds in our service area can get a free session of (7) swim lessons by registering with the front desk and letting the staff member know the child is eligible for the program or using the promo code MDIYAGE5! at program registration checkout on our website.

Community Conversations & Coffee  
FREE Fridays at 10:00 am

Open Family Swim Times FREE  
Sundays 10:00-12:00 pm

Lap Swim FREE  
Thursday 8:00-11:00am  
Sunday 8:00-10:00 am

Walking Track FREE  
Thursday/ Sunday 8:00am-12:00pm

Members FREE  
Non-Member Youth \$5/day  
Non-Member Adult \$12/day



## New Recreational Sport Punch Pass

Save money! Use the passes for yourself or a guest/friend.

10 Punches for \$80  
(\$40 savings over single day rec. passes)

Available online or at the Welcome Center.

Contact Hannah Bowerman FYI  
hannah@mdiyymca.org (207) 288-3511

If you play a sport you think others would like and are interested in starting a rec. sport group at our Y, see the Welcome Center Staff or email Maegan at maegan@mdiyymca.org



## Krav Maga Self-Defense Workshop



MDIYMCA  
21 Park Street  
Bar Harbor, ME  
288-3511 | mdiyymca.org

Situational Awareness,  
fight stance,  
basic striking,  
and defending will be covered.

Led by Kelly Cutler  
Saturday, February 22nd  
Saturday, March 22nd  
12:00-2:00 pm  
\$30 (Max 10) / workshop

