

April 22- June 16, 2024

MDI YMCA

Program Guide

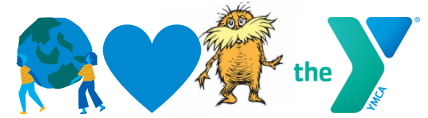


Spring Cleanup Mount Desert Island YMCA Campus & Roadside

in conjunction with FOA Earth Day roadside cleanup

Saturday, April 27th 9:00-11:00am

please email Maegan Haney at
maegan@mdiymca.org to register or FMI



Help us celebrate our 125th Anniversary in 2024! Fun 125th fitness challenge going on now through the end of June, tickets are now available for our July 11th Celebration at the Bar Harbor Club. Call the Y, email ann@mdiymca.org, get your tickets online, or stop in today to be part of the fun.

Healthy Kids Day 2024 at the MDI YMCA is set for Saturday, May 18th. Fun run/walk 9:00am, Activity Fair 9:15-11:00am, open swim and Wibit Obstacle Course 10:30-12:00pm. The event is free and SUPER FUN!

Please help us celebrate Earth Day by helping us clean up outside around the Y's campus and participate in Friends of Acadia's Roadside Cleanup on Saturday, April 27th, help us get ready for summer!

From the Desk of the Executive Director

Happy Spring! As there are signs of spring outside, there are signs of spring inside our community YMCA as well. One sign of spring is the YMCA's annual meeting. All members are welcome to attend to be learn more about our YMCA's governance. The 2024 Annual Meeting will be held on May 13, at 5:30pm, food will be served and we will have a guest speaker. The Aquathon fundraiser was a great success, and the banquet to celebrate the season is set for late April. Our kitchen renovation is wrapping up with a bright coat of paint throughout. You will notice some activity behind the pool as the roof over the pool gets replaced this spring. As we celebrate 2024 as our 125th anniversary year, we are gearing up for the celebration event on July 11th. Tickets are now available, see the front desk or email fundraising@mdiymca.org for more information. We look forward to celebrating our rich past, vibrant present, and bright future with you!

BUILDING COMMUNITY TOGETHER

Program registration opens
for members 4/10 for non-members 4/15.
The session starts Monday, April 22.

REGISTER ONLINE
mdiymca.org



Upcoming Events:

- 4/24 Sharks Awards Banquet MDI High School Cafeteria
- 4/27 YMCA Earthday campus and FOA roadside cleanup 9:00-11:00am
- 5/10 Kid's Night Out! 5:30-8:00pm
- 5/13 Annual Meeting 5:30pm, Multi-purpose room, food will be served, and there will be a guest speaker, ALL members are welcome to attend.
- 5/18 Healthy Kids Day 9:00 am-12:00 pm
- 5/27 YMCA Closed in observance of Memorial Day
- 6/14 YMCA Chickadee Preschool Graduation!
- 6/14 Kid's Night Out! 5:50-8:00pm
- 6/17-21 No Preschool for transition to summer camp
- 6/24 Summer camp begins!

Hours of Operation

- 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:

Program registration opens for members opens on 4/10 for non-members 4/15. The session starts Monday, April 22 and runs for 8 weeks through June 16th. All youth activities, programs, and swim lessons run for (7) weeks and ends the week of June 7th with the exception of swim team, of which the Spring session runs from

Class	Day(s)	Time	Instructor	Location
Spin & Sculpt	T/Th	7:00-8:00am	Britt	MP Room
Spin & Sculpt	T	8:00-9:00am	Britt	MP Room
Group Power	M/W/F	7:30-8:30am	On-Demand Video	Gym Court #1
Arms & Abs	T/Th	8:15-8:45am	Maegan	Gym Court #1
Zumba	T/Th	8:45-9:30am	Maegan	Gym Court #1
Vinyasa Yoga	T	9:15-10:15am	Britt	MP Room
Vinyasa Yoga	Th	9:00-10:00am	Jenn	MP Room
EnhanceFitness	M/W/F	9:30-10:30am	Ross	Gym
Better Balance	T/Th	10:15-10:45am	Ross	MP Room
Knitfit	W	10:00-11:00am	Michelle	Track
Knitfit	W	11:00-1:00pm	Michelle	MP Room
Chair Yoga	F	12:00-12:45pm	Britt	MP Room
Tai Chi	T/Th	11:00 - 12:00pm	Chester	MP Room
TRX	M/W	12:15-12:45pm	Britt	Gym Court #2
Body Blast	T/Th	5:30-6:30pm	Ross	Gym Court #1/MP Room
TRX	W	5:30-6:15pm	Ross	Court #2

Membership

Questions? Email membership@mdiymca.org
Stop by 21 Park Street or call (207) 288-3511
Begin the join process online at mdiymca.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 through auto draft (comes out the 3rd of every month) or pay in full for the year.

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 membership each year. Fitness Center orientation is included with membership.

2024 Member Rates

Annual Household Income	Youth (0-18)	Young Adult (18-23)	Adult (24-59)	Single Parent Family	Family	Senior (60+)	Senior Couple
\$55,001+	\$20	\$27	\$56	\$65	\$80	\$47	\$70
\$45,001-\$55,000*	\$18	\$24.30	\$50.40	\$58.50	\$72.00	\$42.30	\$63
\$35,001-\$45,000*	\$16	\$21.60	\$44.80	\$52.00	\$64	\$37.60	\$56
\$25,001-\$35,000*	\$14	\$18.90	\$39.20	\$45.20	\$56	\$32.90	\$49
\$25,000 and below	\$12	\$16.20	\$33.60	\$39	\$48	\$28.20	\$42

Membership dues are paid by automatic draft to a bank account or credit/debit card on the 3rd of each month. If any member fails to pay for two months in a row with no contact or conversation with membership staff, this will result in a termination of membership. Terminated members need to pay off any balance or make arrangements with the Y before membership benefits can be reinstated.

*Thanks to the generosity of our donors we are able to offer Y membership through a sliding fee scale. Please visit our welcome center to apply. The inability to pay will not exclude anyone from obtaining an MDI YMCA membership or from participating in our programs.

Membership Assistance through "Membership for All"

Membership for all is a national program that YMCAs can use to make sure everyone has access to our programming and facilities.

This support is funded by generous donors to the Y's annual campaign. We use a sliding scale based on total household income as well as the number of dependents and special needs or circumstances based on available funds.

ATTENTION ALL MEMBERS ON SCHOLARSHIP: If you have not already done so, it is time to renew your scholarship for the 2024 fiscal year. Please bring in (or send in if that works better for you) proof of your Adjusted Gross Income from 2023 as soon as possible. If you have recently had a significant change in income, we can estimate yearly income from a paystub or other short-term records.

We will not make a copy or keep any of your tax information; we just need to briefly view the information to confirm that you are being given the appropriate scholarship amount. Contact the front desk for any support.



Apply Now
Scan to Apply

Wellness

Fitness classes are free for members/
\$10 drop-in for non-members

New Fitness Classes This Session

Nighttime TRX:

TRX stands for total resistance exercise - A strength and Flexibility workout using a suspension trainer using bodyweight for an all-over and killer core workout. Led by certified instructor Ross, TRX is the workout our core craves. Great for novices and experienced exercisers alike! Each set of each exercise can be modified and adjusted so that everyone gets a great workout.

Tai Chi adds a session:

Tai Chi will now be happening in our multi-purpose room twice a week on Tuesdays and Thursdays from 11:00 am-12:00 pm. Led by certified instructor Chester Tai Chi is the workout we can all do, and that we all need. Tai Chi - Although especially effective for arthritis, this form is a great start for beginners to improve balance, muscular strength, flexibility, and overall fitness. Rooted in Sun-Style Tai Chi, the easy-to-learn and enjoyable program is proven to be effective at preventing falls.

Personal Training

Personal training reduces the risk of injury and will help you overcome fitness plateaus. More importantly, personal training with a certified YMCA personal trainer will get you faster and better results by guiding you through a fitness routine specifically designed for you!

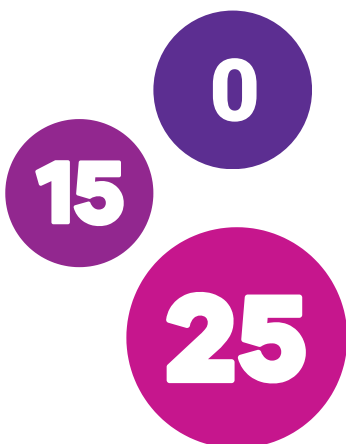
Personalized Exercise Prescription (PEP)

A PEP is an exercise program specific to your needs designed around your goals and schedule. Programs 8 -12 weeks long. Members \$56 | Non-Members \$84

\$0 Cost for fitness classes for MDI YMCA Members!

15 Different fitness classes are offered this session! Check out offerings on our website or grab a copy for your fridge in our lobby!

25 Hours of fitness classes offered each week free to members.



125th Anniversary Fitness Challenge

For More Information see Ross in fitness!

- 125 Sit-Ups
- 125 Laps around the track
- 125 Laps in the Pool
- 125 Miles on the Bike
- 125 Squats
- 125 Push-Ups
- 125 Pull-Ups
- 125 Miles on the Elliptical/Treadmill
- 125 Flights of Stairs
- 125 Miles on the Rowing Machine



*Pick up your 125th Anniversary Challenge Passport at the front desk or in the fitness center to begin!

- Completing each individual task earns you a ticket for our Grand Prize Raffle
- Completing the entire challenge earns you 10 bonus tickets for our Grand Prize Raffle

*Last day of Challenge is 6/30/24 Raffle Winner will receive 2 tickets to the 125th Anniversary Celebration where they will receive their prize.



Personal Training Rates

Session Length	Members	Non-Members
(1) 60min. or (2) 30min.	\$56	\$84
(5) 60min. or (10) 30min.	\$53/session \$265	\$80/session \$400
(10) 60min. or (20) 30min.	\$50/session \$500	\$75/session \$750

Buddy Personal Training Rates

Session Length	Members	Non-Members
(1) 60min. or (2) 30min.	\$37/each	\$56/each
(5) 60min. or (10) 30 min.	\$35/each \$175	\$53/each/ \$265
(10) 60min. or (20) 30 min.	\$33/each \$330	\$50/each/ \$500

Youth Programs

register online mdiymca.org
or with the front desk

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!

Elementary School Activities

Lego Club ages 6-12 (Max 15)
Mondays 3:45-4:45 pm
Members \$ 35 | Non-Members \$70

Crafting with Cat
Tuesday 3:45-4:30pm (Max 12)
Tuesday, 4:30-5:15pm (Max 12)
Members \$35 | Non-Members \$70

Kids in the Kitchen Ages 5+ (Max 16)
Thursdays 3:45-4:45 pm
Members \$35 | Non-Members \$70

Middle School Ages 11-14

FitKids

After taking this class, 12-13 year olds can use the fitness center independently! (Max. 5)

This class gives pre-teens a chance to learn how to use the cardio and weight-lifting equipment in the fitness center safely.

FitKids May Monday 3:45-4:45 pm Fitness Center
Members \$20 | Non-Members \$40

High School Ages 14-19

Fitness Center Orientations

New to the fitness center? Want to know how to do something new with a machine, exercise, or work a muscle group differently? Our fitness director Ross can help! See the front desk to set up a time to meet or email him at wellness@mdiymca.org FMI

Elementary School Sports

Beginning Tumbling

Tuesday 4:15-5:00pm (Max 10)
This class focuses on strengthening basic tumbling skills. Walkovers, handstands, cartwheels, and round-offs are introduced and grouped into progression.
Members \$35 | Non-Members \$70

Intermediate Tumbling

Tuesday 5:00-5:45pm Ages 9-12 (Max 12)
To participate in the Intermediate class, athletes must have mastered most of the skills being taught in beginning classes and will learn: Walkovers, Standing and Round Off Back Handsprings.
Members \$35 | Non-Members \$70

Gaga Ball & 4 Square

Friday 3:45-4:30 pm Ages 5-7 (Max 12)
Friday 4:30-5:15pm Ages 8-11 (Max 12)
Members \$35 | Non-Members \$70

Climbing at Volta

Do your children want to climb at Volta but you don't have the time to get them there and back on a weekday? We've got you covered! ages 6+
Wednesday 3:45-6:15pm
*behavior agreement will be sent to families via email on file and will need to be signed before participation. (Max 13)
Members \$ 175 | Non-Members \$200

Rhythmic Gymnastics (Sept.-June)

Pre-Team (Th) 4:00-4:45 pm (Max 6)
Bronze Team (M) 4:00-5:00 pm, Th 4:45-6:00 pm
Silver/Gold Team (M) 4:00-6:00pm, Th 4:45-6pm
Pre-Team Members \$180/yr | Non-Members \$360
Bronze/Silver/Gold Members \$360 | Non-Members \$720

* Pro-rated for those that join mid-season.

Aquatics

Group Swim Lessons Youth

Members \$63 Non-Members \$126	Monday	Tuesday	Wednesday	Thursday
Swim Starters 6mo.-3yrs (Max 8)				10:00-10:30am w/ Maegan
Swim Basics Levels 1-2 Ages 3-5 (Max 4)	4:15-4:45pm w/ Angela		4:15-4:45pm w/ Angela	10:30-11:00am w/ Maegan
Swim Basics Level 1 Ages 6+ (Max 4)		4:45-5:15pm w/ Angela		4:45-5:15pm w/ Angela
Swim Basics Level 2 Ages 4+ (Max 4)		4:15-4:45 pm w/ Angela		4:15-4:45 pm w/ Angela
Swim Strokes Level 3 Ages 6+ (Max 4)	4:45-5:15pm * w/ Angela		5:15-5:45pm * w/ Angela	
Swim Strokes Levels 4-5 Ages 6+ (Max 6)		5:15-5:45pm * w/ Angela	4:45-5:15pm * w/ Angela	

Group swim lesson sessions are (7) lessons/weeks in length and will run from 2/26-4/13

Group Swim Lesson Notes: 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.

- Classes with *asterisk need a swim evaluation if the child is new to our program to assess swim readiness for the more advanced levels. To set up an evaluation, please email swimlessons@mdiymca.org

Private Swim Lessons

Private Swim Lessons with Ed Lower are \$20/ 20 minute lesson. Ed is available on Tuesday and Thursday from 4:30-4:50 pm; 4:50-5:10 pm and 5:10-5:30 pm. Register for as many lessons as you'd like.

Private Swim Lessons with Angela or Lexi: register for a package of private or semi-private swim lessons which generates an email to Angela who will reach out to schedule lesson times.

Wee Sharks Swim Team

Summer WeeSharks, ages 5-8 April 29-June 13
Practice team only (1-2 days max/wk) M-Th 4:15-4:45 pm.
Must be able to swim the length of the pool.
Members Fall \$85 | Non-Members \$120

Swim Team

Summer Swim Team April 29- July 10 \$130
Senior Team Practices Mon.-Thursday 3:00-4:15, Fri.
2:45-4:00pm
Green Team Practices Mon.-Thursday 4:45-5:30pm, Fri.
4:00-5:00pm
Gold Team Practices Mon.- Thursday 5:30-6:30pm, Fri.
4:00-5:00pm

All 5-year-olds in our service area of Bar Harbor, Mount Desert, Southwest Harbor, Tremont, Trenton, and the outer islands get a free session of swim lessons. Register for the appropriate lesson group and enter the code SWIMMDIYATAGE5! at registration.

Aquatics Fitness Classes

Low-Impact Water Aerobics M/W/F 9:00-10:00 am
Members FREE | Non-Members \$10/class

Aqua Aerobics & Strength M/W/F 11:00-12:00am
Members FREE | Non-Members \$10/class

Adult Swim Lessons

We offer two types of adult swim lessons.

- Stroke improvement lessons can be booked through the front desk. All requests go to the Dir. of Aquatics, Ed Lower.
- Adult Water Safety & Basics Lessons- Up to (4) 30minute swim lessons for free to anyone in our community. Register through the front desk by phone or in person.

Childcare



Preschool Care

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, in preschool 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. All enrolled preschoolers receive free YMCA membership.

3 Days a week Members \$ 160

5 Days a week Members \$210

Need-based assistance is available.

State of Maine childcare subsidies accepted.

Kid's Night Out- of the school year!

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 play games.

May 10th, June 14

Members \$25/child | Non-Members \$35/child

Wibit Pool Obstacle Course Weekends

2nd Sunday of each month 10:00 am -12:00 pm
Sunday 5/12, 6/9

Price: \$10/person - For ages 6 and up who are at least 43" inches tall and who are OK with going underwater.

Come check out our 55-foot-inflatable obstacle course in the pool-So much fun!

Summer Camp 2024

Check out our Summer Camp Guide after 2/9 at mdiyymca.org/camp

We are offering nine weeks of summer camp in 2024.

Payments are made weekly with an auto draft with a card or account on file with the Y billed out the Friday before each camp week begins. There is a \$50/ week non-refundable deposit to hold the slot. Any scholarship will apply to the balance of the camp after deposits are made.

Age Groups/ Prices

Preschool (ages 3+ and potty-trained (Max 14)

MINIMUM 3 weeks registration required for this age group

Going into Grades K-1 (Max. 13)

Going into Grades 2-3 (Max 11)

Weekly Camp Fee Member \$225 | Non-Member \$245

The camp day is from 7:30-3:30pm, if you need aftercare, register for Aftercamp care for the corresponding week(s) your child is enrolled in camp. Aftercamp care runs from 3:30-5:30pm all days of camp.

Aftercare Member/Week \$55 | Non-Member/Week \$70

Camp Cadillac Weeks:

Week 1 June 24-28

Week 2 July 1-3 * Monday- Wednesday only this week

Week 3 July 8-12

Week 4 July 15-19

Week 5 July 22-26

Week 6 July 20-August 2

Week 7 August 5-9

Week 8 August 12-16

Week 9 August 19-23 * no adventure camp this week, all campers join Camp Cadillac

Going into Grades 3-6 (Max 12) Adventure Field Trip Camps

Week 1 June 24-28 - Northeast Harbor Sailing School FULL

Week 2 July 1-3 - Hiking Monday- Wednesday

Week 3 July 8-12 - Hiking

Week 4 July 15-19 - Theatre Camp at Artwaves

Week 5 July 22-26 - Acadia Mountain Guides

Week 6 July 29 August 2 - Volta Wed Thurs

Week 7 August 5-9 - Golf

Week 8 August 12-16 - Acadia Mountain Guides

Member \$300 | Non-Member \$350

Need-based assistance is available. State of Maine childcare subsidies accepted. Come see us and we can help!

Members FREE
Non-Member Youth \$5/day
Non-Member Adult \$10/day

Rec. Sports

Pickup Badminton

Thursdays 6:30-8:00pm Court #2
Sundays 8:00-10:00am Courts #1 & #2

Pickup Basketball

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

Pickup Basketball for the 40+ Crowd

Tuesday/Thursday 7:00-8:00 pm

Pickup Water Polo

Mondays & Wednesdays 7:00-8:00 pm

Open Pickleball Courts #1 & #2

Tuesday/Thursday 10:00-12:00 pm,
Saturdays 8:00-10:00am

Beginner Pickleball Court #1

Tuesdays 1:00-2:00 pm
Staffed to help players learn the rules and get experience playing with support.

Pickup Indoor Soccer Courts #1 & #2

Wednesdays 6:30-8:00 pm

Pickup Volleyball

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

Aikido

Tuesdays 6:30-8:00pm Court #2

Community Access

FREE Coffee & Conversation
Fridays at 10:00 am

FREE Open Swim Times
Sundays 10:00-12:00 pm (family swim)

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

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

FREE Knitfit
Wednesdays Knit & Walk 10:00-11:00am Track
11:00-1:00pm Knit & Catch up

**Our Supporting Towns:
Bar Harbor, Mount Desert,
Southwest Harbor, Tremont,
Trenton, and the outer islands of
MDI.**



All Members Welcome!

**2024 Mount Desert Island
YMCA
Annual Meeting
Monday, May 13th
5:30pm**

**Food will be served
Guest Speaker
Come learn more out your
YMCA's governance**

The 2024 Acadia Half-Marathon & 10k is set for June 2nd. The Half is full, spaces remain in the 10k. Great volunteers make great events, please email Jenn at races@mdiyymca.org if you can help support this community event.