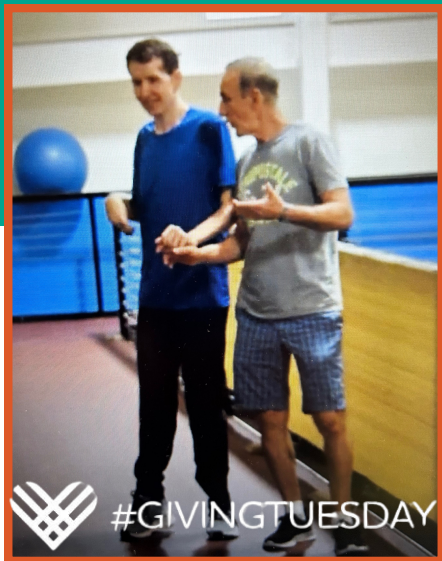


January 2- February 19

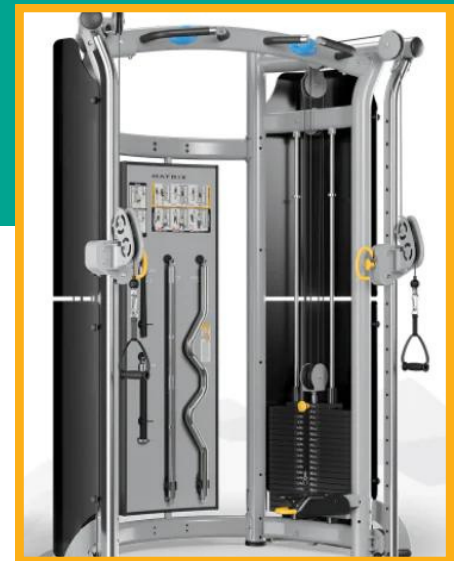
MDI YMCA Program Guide



Thank you to those who gave during our week-long Giving Week donation drive and on Giving Tuesday. Your donations are crucial in furthering our work to serve our community. If you'd like to give, we welcome online or in-person donations. Thank you, it ALL helps!



Our 2023 Catch That Turkey 5k was a hit! We enjoy hosting races and events and are looking forward to next year's events. Registration is open for our 2024 road races through our website.



A new Functional Fitness Trainer is headed our way this holiday season! Users can do single- and dual-cabled exercises seated or standing and the trainer accommodates wheelchair users. Ask our fitness staff for usage and safety tips and ideas today.

Happy Holidays and Welcome 2024

The 'quiet off-season' is noisy, fun, and brimming with activity here at the MDI YMCA! We serve a large part of our swimmers during the winter with the Y Sharks Swim Team, the MDI High School Swim and Dive team and the bulk of our group swim lessons. We are proud of the upcoming 1st anniversary of our McLeod Fund giving every 5 year old in our area a free session of (7) swim lessons. Our Annual Campaign is underway, and we appreciate all gifts of support from businesses, members, and community members alike. Our collective generosity keeps our little island YMCA afloat.

WE'RE HERE FOR GOOD!

Program registration opens
for members 12/21, for non-members 12/26.
The session starts Tuesday, January 2, 2024.

REGISTER ONLINE
mdiyymca.org

Welcome

Mount Desert Island YMCA
21 Park Street Bar Harbor, ME
(207)288-3511 | mdiymca.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 session runs for 7 weeks from 1/2-2/19

Upcoming Events:

12/25 YMCA Closed for Christmas

1/1/2024 YMCA Closed for New Year's Day

1/2 Start of Winter Program Session

1/6 Sharks Swim Team home meet vs Bangor YMCA

1/19 MDI High School Home Swim & Dive Meet 6:00pm

1/20 Sharks Swim Team home meet vs. Old Town/ Orono YMCA

1/26 MDI High School Home Swim & Dive Meet 6:00pm

2/3 Sharks Swim Team home meet vs DEF YMCA

2/8 Early Spring Program Guide Out

(Early Spring Session is: Feb. school vacation through April school vacation)

2/15 Member Registration Opens for Early Spring Session

2/16 2024 Summer Camp Registration opens online

2/19 Winter Program Session Ends

2/20 Non-Member Registration Opens for Early Spring Session

2/27 Early Spring Session Starts

MDI YMCA

Party Rentals

Y Parties are MORE FUN!



we offer several party options to make your next event FUN!

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

-Staffed cooking parties for up to 10 children.

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

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

Contact Maegan Haney at maegan@mdiymca.org (207)288-3511 FMI



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.

How do I Apply?

Complete the Membership for All (MFA) form at the Y or through our website (scan the QR code). Submit the form to the Y along with proof of income for all adults in the household. Most recent tax return, proof of child support, recent pay stub, etc.) MFA awards are good for one year. Regardless of when you joined or applied, the most current documentation is needed as proof of eligibility by April 30th each year.



Apply Now
Scan to Apply

Youth Programs

register online mdiymca.org
or with the front desk

6 months- Age 3

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 Yoga

Thursdays 10:15-10:45 am
Yo Play Yoga For Kids helps get the wiggles out and allows space to learn body control.
Members \$35 | Non-Members \$70

Book and Cook

Monday 10:00-10:30am
Open to toddlers and preschoolers. Join us for a story and creating and sharing a snack together.
Members \$35 | Non-Members \$70

Kids in Motion

Join us in our gym for some movement and fun!
Wednesday 10:00-10:30 am
Members \$35 | Non-Members \$70

Elementary School Activities

Kids in the Kitchen

Thursday 3:45-4:45 pm Ages 5-12 (Max 16)
Learn kitchen and cooking skills and eat what you cook!
Members \$35 | Non-Members \$70

Lego Club

Monday 3:45-4:45pm (Max 15) Open to ages 7+
Members \$35 | Non-Members \$70

Crafting with Cat

Tuesday 3:45-4:30pm (Max 12) Open to ages 6-12
Members \$35 | Non-Members \$70

Chess Club

Wednesday 3:45-4:45 pm (Max 15) Open to ages 8-14
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 January Mondays 3:45-4:45 pm
Members \$20 | Non-Members \$40

FitKids February Wednesdays 3:45-4:45 pm
Members \$20 | Non-Members \$40

Elementary School Sports

Beginning Tumbling

Monday 3:45-4:30 pm Ages 5-8 (Max 10)
Thursday 3:45-4:30 Ages 5-9 (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

Monday 4:30-5:15pm 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

Rhythmic Gymnastics (Sept.-June)

Pre-Team Thursday 4:00-4:45 pm (Max 6)
Bronze Team Monday 4:00-5:00 pm, Th 4:45-6:00 pm
Silver/Gold Team Monday 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.

Rec. Basketball

November 27th-February 3 Games on Island Sat. mornings
Grades 3-5 8:30-9:30M, Grades 1-2 10:00-11:00am

Kindergarten Tuesday 3:45-4:30pm Court #2 (Max 10)
Grades 1-2 Team 2 Tuesday 3:45-4:30pm Court#2 (Max 10)
Grades 3-5 Team 1 Tuesday 4:30-5:15pm Court#1 (Max 10)
Grades 3-5 Team 2 Thursday 3:45-4:30pm Court #1 (Max 10)
Grades 3-5 Team 3 Thursdays 4:30-5:15pm Court #1 (Max 10)
Members \$60 | Non-Members \$90

Kid's 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! Wednesday 3:45-6:15pm
Ages 6-10 (Max 13)
Y bus leaves at 3:45, climbing 4:15-5:45, and back to the Y around 6:15pm. All equipment provided. Volta and Y staff collaboration. Bus snacks provided. (Volta climbing fee of \$15/child/session included)

Members \$ 175 | Non-Members \$200



Fitness

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

Class	Day(s)	Time	Instructor	Location
Vinyasa Yoga	M/W	7:00-8:00am	Isabella	MP Room
Mat Pilates	T/Th	7:00-8:00am	Isabella	Gym Court #2
Spin & Sculpt	T/Th	7:30-8:30am	Britt	MP Room
Group Power	M/W/F	7:30-8:30am	On-Demand Video	Gym Court #1
TRX	T/Th	8:00-8:30am	Maegan	Gym Court #1
Zumba	T/Th	8:45-9:30am	Maegan	Gym Court #1
Vinyasa Yoga	T/Th	9:00-10:00am	Britt/ 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 & Stretch	M/F	12:00-12:45pm	Ross/Britt	MP Room
TRX	M/W	12:15-12:45pm	Ross/Britt	Gym Court #2
Gentle Yoga	Th	4:30-5:30pm	Sophie	1st Floor Childcare Rm
Body Blast	T/Th	5:30-6:15pm	Ross	Gym Court #2
Bands & Bells	M/W	5:30-6:15pm	Ross	MP Room
Group Cycle	Th	6:00-7:00pm	Richard	MP Room



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

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!

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 \$780

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

Aquatics

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.

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

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 asterics need a swim evaluation if new to our program to assess swim readiness for the more advanced levels. To set up an evaluation, please email swimlessons@mdiymca.org

Swim Team

WeeSharks, ages 5-8 1/2-2/19

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

October 23-April 12th

Green Team, ages 7-10 Must be able to swim 25 yards of freestyle and backstroke.

M/T/W/Th 4:45-5:45 pm, F 4:00-5:00 pm
(5) payments of \$85 each

Gold Team, ages 9-14 Must be able to swim 50 yards of freestyle and backstroke.

M/T/W/Th 5:45-7:00 pm, F 4:00-5:00 pm
(5) payments of \$115 each

Senior Team, ages 14+

M/T/W/Th 2:45-4:15 pm, F 2:45-4:00 pm
(5) payments of \$55 each

Tuition is 5 equal payments, 1 due at registration remaining payments due in December, January February, and March.

*Registration is pro-rated for those joining in January.

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
Aqua Aerobics & Strength M/W/Th 6:00-7:00pm
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

we offer up to (4) 30minute swim lessons for free to anyone in our community, register through the front desk by phone or in person.

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 the 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.**

Afterschool Care

Ages 3-5th grade Connors-Emerson and Mount Desert Elementary School buses both drop off at the Y every day. A healthy snack is provided. Know your kids are safe at the Y. Scheduled school half-day care included for enrolled children. Open from 3:30-5:30 pm and all scheduled school half-days.

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

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 play games.

January 12, 5:30-8:00pm
February 9, 5:30-8:00 pm

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

No School Care

Open to children in grades K-5 when it is a weekday and there is no school. We provide care from 8:00-4:00pm. We are offering care on: 12/22 1/15, 1/27, 1/19, 2/22 this session.

Kids will get an hour in our pool for free swim, time in the gym and on the town playground. We will do crafts and project, play games and have fun at the Y!

Kids need to bring, 2 snacks, lunch, swimsuit/towel, outside play clothes.

Summer Camp 2024

We are offering nine weeks of summer camp in 2024. Pay weekly with an auto draft. Billed out the Friday before.

MDI YMCA Member Rate Summer Camp \$225/ week
Non-Member Rate Summer Camp \$245/ week

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.

MDI YMCA Member Rate Aftercamp Care \$55
Non-Member Rate Aftercamp Care \$70

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 0 August 19-23

PreK (Max. 13) Half-Day Camp 7:30-8:15 drop-off, 8:15-12:30pm
Going into Grades K-1 (Max. 13)
Going into Grades 2-3 (Max 13)
Going into Grades 4-6 (Max 13) Adventure Field Trip Camps
Hiking/ Climbing/ Sailing/ and more collaborations TBA!
*Prices will vary depending on cost of adventure partners.

Registration will be through our website and will open February 16th.

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



Rec. Sports

Pickup Badminton

Sundays 10:00-12:00 pm

Members FREE

Non-Member Youth \$5/day

Non-Member Adult \$10/day

Pickup Basketball

Mondays 5:30-7:00 pm Court #2

Tuesdays/Thursdays 6:15-7:00 pm Court #1

Sundays Courts #1 and #2 8:00-10:00 am

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 10:00-1:00 pm,

Sat. 10:00-12:00 pm

Beginner Pickleball Court #1

Tuesdays 1:00-2:00pm

Staffed to help players learn the rules and get experience playing with support.

Pickup Indoor Soccer Courts #1 & #2

Wednesdays & Fridays 6:30-8:00 pm

Pickup Kickball / Dodgeball

Saturdays 12:00-1:00 pm Court #1

Pickup Volleyball

Youth Wednesday & Friday 4:30-5:30pm Court #1

Aikido (beginning January 8th)

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

Family & Community Dance Party

Come to the YMCA Gym for a family and community contra dance Friday, January 26th 6:00-8:00pm.

No experience necessary, there will be a leader to show the folk dance steps.

Snacks will be provided and all are welcome to come and learn some new dances and have a great time at the Y!

Adults \$10 each | Youth are free

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

Wibit Pool Obstacle Course Weekends

2nd Sunday of each month 10:00 am -12:00 pm

Sunday 1/14, 2/11, 3/10, 4/14/ 5/12

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

Come check out our 40-foot inflatable obstacle course in the pool-So much fun!

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

KOTWICA
Music from the Balkans



to the Black Sea
and Beyond