

January 6–February 14, 2025

MDI YMCA Program Guide



Summer Camp 2025 registration will open on Friday, February 14th at 8:00am. There will be a preschool group, a K-1 group, a grades 2-3 group, and adventure camps. We are offering 9 weeks of camp June 23–August 22nd. Scholarship is available through the Jackson–Sullivan Fund for Summer Camp.



Thank you to everyone who has donated so far to our Annual Appeal. It takes a village to keep our YMCA open and we are so lucky a part of this wonderful community. All funds raised positively impact access and improve programming at our community YMCA. Please consider a donation at mdiymca.org



New Year, new programming! We are excited to welcome back Tai Chi and preschool tumbling as well as welcome Tara and Bellydancing to our schedule. Full schedule details can be found inside this guide. If you have a passion or talent you'd like to share by teaching a class at the Y, contact us, we'd love to talk to you.

From the Desk of the Executive Director,

As we reflect on the highlights of 2024, what comes to mind is how many programs we offered and how many children, adults, and seniors participated—and in record numbers! We celebrated our 125th anniversary of service to the community, made possible entirely by your generosity, our members, neighbors, visitors, and guests, including the charity and support given by island businesses and sponsors.

So many people depend upon our community Y for the safety, care, and development of their children, and we are committed to helping families receive financial assistance and ensuring the Y is accessible to everyone. Our mission extends because of you; together we do good, change lives, and transform our community.

We are energized by a great year in 2024, with new ideas and a commitment to make next year even better! You'll see a few inside this January edition of our Program Guide.

Our sincere thanks to one and all and here's to a successful 126th year of impact!

Program registration opens
for members 12/21 6:00 am, for non-members 12/26 6:00 am
The session starts Monday, January 6th

REGISTER ONLINE:
mdiymca.org

Welcome to the Mount Desert Island YMCA

Hours

Monday–Friday 6:00am–8:00pm
Saturday 8:00am–2:00pm
Sunday 8:00am–12:00pm

Mount Desert Island YMCA
21 Park Street Bar Harbor, ME
(207)288-3511 | mdiymca.org



Holiday Schedule:

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

Session and Registration Dates:

The session runs for 6 weeks from 1/6–2/14
Swim lessons sessions are 6 weeks long.

Upcoming Events:

- 1/3 MDI HS Swim & Dive Meet 6:00 pm vs John Bapst
- 1/6 Gym reopens with refinished flooring and new lines.
- 1/6 Winter Session begins (6 weeks through 2/14)
- 1/10 Kid's Night Out
- 1/11 Swim Team Breakfast
- 1/18 Swim Team Breakfast
- 1/19 Wibit Pool Obstacle Course 10:00–11:45 am
- 1/24 MDI HS Swim & Dive Meet 6:00 pm vs Ellsworth
- 1/31 YMCA Teen Takeover 7:00–9:00 pm
- 2/1 Swim Team Breakfast
- 2/2 Sharks Swim Team Aquathon
- 2/8 Sharks Swim Team Meet vs OTO YMCA 1:00 pm
- 2/9 Lenny DeMuro Invitational Swim Meet 1:00 pm
- 2/16 Wibit Pool Obstacle Course 10:00–11:45 am

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 otherwise.
- Children in grades 4–12 are allowed to be in the building for a program, or 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 a 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.

YMCA Teen Takeover

Friday, January 31st
7:00–9:00 pm

Gym Schedule Court #2

7:00–7:30 pm Kickball
7:30–8:00 pm Volleyball
8:00–8:30 pm Dodgeball
8:30–9:00 pm Knockout

Gym Court #1

Gagaball Pit | Foosball
Ping Pong | Shuffleboard

Pool

7:00–8:00 pm Free swim and diving
8:00–9:00 pm Shallow-end water polo |
Deep end pool noodle and inner tube float

Come hang out at the Y for the night!

It is a FREE event for all local teens.

Open to high school-age students.

1/2 price snacks from the front desk all night. RSVP Today



SCAN ME

Mark Your Calendars For our 2025 Road Races

Acadia Half Marathon & 10k 6/1, Bar Harbor Half Marathon & 5k 9/13, Catch That Turkey 5k 11/30
Registration Links and FAQ at mdiymca.org/races

Y Membership

Questions? Email membership@mdiyymca.org

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

Begin the join process online at 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 through auto draft (comes out the 3rd of every month) or pay in full.

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 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 by being able to market to guests they'll have a membership to the MDI YMCA during their stay!

3- 3-month all guests/staff \$700, 6-month all guests/staff \$1000.

membership@mdiyymca.org FMI

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.

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

Knit Fit @ the Y
Wednesdays
11:00-1:00pm



Fitness

All Classes 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.

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 get you to your wellness goals more quickly, with more focus, and with the accountability of a fitness professional at your side.

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	7:30-8:30am	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	Ross	Gym
Better Balance	T/Th	10:15-10:45am	Ross	MP Room
Knitfit	W	10:00-1:00pm	Michelle	Indoor Track/MP Room
Tai Chi	M/W	10:45-11:45am	John	MP Room
Bands & Bells	T/Th	12:15-12:45pm	Olivia	Court #1
Butts & Guts	M/W	12:15-12:45pm	Olivia	Court #1
TRX	M/W	6:00-6:30pm	Olivia	Court #2
Body Blast	T/Th	5:30-6:30pm	Ross	Gym Court #1/MP Room
Group Cycle	Th	6:00-7:00pm	Richard	MP Room

Youth Programs

register online mdiymca.org

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 Tumbling (ages 2-5)

Thursday 10:00-10:30am (Max 10)

This is a skills-based developmental program that will put the fun in FUNdamentals through songs, games, obstacle courses, and play. Children will gain body awareness, socialize, and work with other children and have a great time!

Members \$30 | Non-Members \$60

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 \$30 | Non-Members \$60

Afterschool Art Jam

Dive into the vibrant world of creativity with our after-school art class at ArtWaves Community Art Center! This dynamic class offers a fun and engaging environment where young artists can explore various mediums and techniques. Experiment with new materials and artistic concepts, fostering imagination and developing skills. Whether your child is a budding artist or simply looking to explore their creative side, Afterschool Art Jam at ArtWaves is the perfect way to unwind after school and make lasting memories. * Bus snacks provided. * Bus behavior agreement signature needed before the first class (will be emailed)

Wednesday 3:45-5:45 pm

Grades 2-6 (Max 13)

Members \$125 | Non-Members \$175

Crafting

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

Thursday 4:30-5:15 pm (Max 10) Ages 9-13

Members \$50 | Non-Members \$90

Elementary School Sports

Floor Hockey

Grades 1-2 Floor Hockey (Max. 15) w/ Olivia

Tuesday 3:45-4:45 pm

Members \$30 | Non-Members \$60

Grades 3-4 Floor Hockey (Max. 15) w/ Mark

Friday 4:00-5:00 pm

Members \$30 | Non-Members \$60

Volleyball Skills Class

Grades 3-5 (Max 20) w/ Olivia

Thursdays 3:45-4:45pm

Members \$30 | Non-Members \$60



Rhythmic Gymnastics *Sept/June '25

Super Stars (Beginner) Monday 4:00-4:40 pm Ages 5+

Members \$175 | Non-Members \$225

Copper 6+ Monday 4-5pm, Thursday 4-5pm

Bronze 7+ Monday 4-5pm, Thursday 4-5pm

Silver 8+ Monday and Thursday 4:30-6:00pm

Gold 9+ Monday and Thursday 4:30-6:00pm

Members \$350 | Non-Members \$400

*Pro-rated for children who join after September

Middle School Ages 11-14

Floor Hockey

Grades 5-8 (Max 15) w/ Ross

Wednesdays 4:00-5:00 pm

Members \$30 | Non-Members \$60

Volleyball Skills

Grades 5-8 (Max 20) w/ Olivia

Thursdays 4:45-5:45 pm

Members \$30 | Non-Members \$60



FitKids

***After taking this class, 12-13-year-olds can use the fitness center independently!**

This class gives pre-teens a chance to learn how to use the cardio and weight-lifting equipment in the fitness center safely. Register and sign up for (3) 45-minute sessions with Health & Wellness Director Ross Schneider after school on any (3) days of the session (1/6-2/12) between 3:30-5:00 pm

Members \$20 | Non-Members \$40

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

Teen Night Takeover

Friday, January 31st, 7:00-9:00 pm

FREE High School Activity Night

Gym, Dive, Games, Gym, Activities, Snacks

NEW!

Aquatics

Private Swim Lessons available by request.

Email 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 to set that up. There are 6 lessons in this session.

Due to the increased popularity of swim lesson classes, each child may only be signed up for one class. Beginning Friday, January 3rd, children may be enrolled in a second class. If a child is signed up for two classes before Friday, January 3rd, 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 (starts 1/14)			
Swim Basics Levels 1-2 Ages 3-5 (Max 4)		4:15-4:45pm w/ Lily 4:45-5:15pm w/ Angela		4:14-4:45pm w/ Lily 4:45-5:15 w/ Angela	
Swim Basics Level 1 Ages 6+ (Max 4)		5:15-5:45pm w/ Angela		5:15-5:45pm / Angela	9:30-10:00am w/ Ed
Swim Basics Level 2* Ages 4+ (Max 4)	5:15-5:45pm w/ Angela		5:15-5:45pm w/Angela		
Swim Strokes Level 3* Ages 4+ (Max 4)	Swim evaluation needed for any lessons Level 2+ email swimlessons@mdiymca.org to set up		4:30-5:00pm w/Ed		10:00-10:30am w/ Ed
Swim Strokes Levels 4- 5* Ages 6+ (Max 6)			5:00-5:30pm w/Ed		10:30-11:00am w/ Ed

This session is (6) weeks long: 30 Min. Lessons: \$54 Members | \$108 Non-Members *Swim Starters (5) weeks \$45 | \$90

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 1/6-2/14
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

Green, Gold, and Senior Swim Team are accepting new swimmers. Rates are pro-rated and include \$125 registration fee and monthly payments of \$87.50, \$125, \$50/ mo. respectively.

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

The free session of (6) 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. To register you can use promo code SWIMMDIAGE5! at checkout with online registration through our website or mention the program at registration with the front desk in person or on the phone.



Synchronized Swimming Lessons

Sign up for private or semi-private synchronized swimming or acro swim lessons with Kara! Register to get started on this fun new offering today!



Childcare

Afterschool Care*

Preschool-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

*The program is currently full for Connor-Emerson students- join the waitlist to hold any spots that open.

No School Care

Monday, January 20th, 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 \$65

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
January 10

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

MDI YMCA Party Rentals Y Parties are MORE FUN!

We offer lots of 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
(207)288-3511 FMI



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, 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 with a bank account/credit/debit card on file the Friday before the week of care.

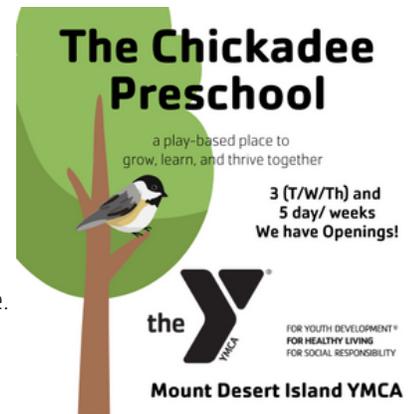
3-Day a Week

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



Get Ready for Summer Camp 2025

Registration will open on Friday, February 14th 8:00am

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.

Tuition prices will be:

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 application, which is available on our website or with a printed copy of the form at our front desk.

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



Youth Development | Healthy Living | Social Responsibility

Rec. Sports

Pickup Badminton

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

Sundays 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 -12:00 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



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

New Pickleball Punch Pass

NEW!

Save money, and 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.

Dedicated Pickleball court time
Tuesday/Thursday 10:00-12:00 pm

Saturday 8:00-10:00am

Beginner Court Time Tuesday 1:00-2:00 pm

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

Mount Desert Island YMCA
21 Park Street
Bar Harbor, ME 04609

