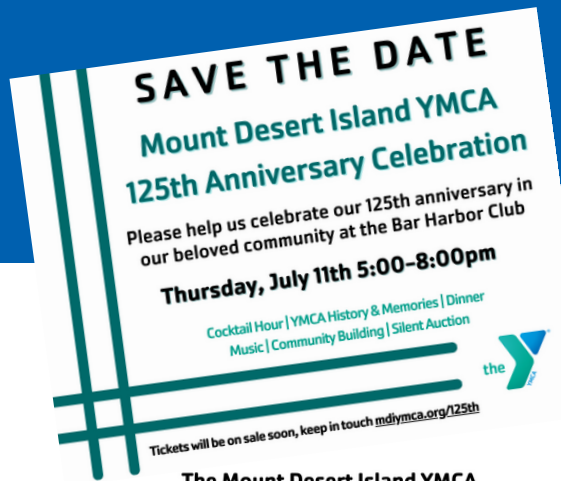


February 26 - April 21, 2024

MDI YMCA

Program Guide



The Mount Desert Island YMCA is part of the past, present, and bright future of our community.

SAVE THE DATE:
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!



We're Here For Good!



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.

From the Desk of the Executive Director

A lot is going on at our YMCA this session! Facility improvements include adding changing stalls to our locker rooms, renovating to improve privacy for all, and updating our second-floor kitchen to better serve the children we feed, the cooking classes we offer, the coffee hour we host every Friday, the swim team breakfasts plated most Saturday mornings during the season, the birthday parties, and all of the other programs and events we host. Spring events are formalizing; be sure to check out the Upcoming Events section of this Program Guide and save the date for all of our wonderful programming and events available for all ages. The Y's mission of nurturing the mind-body-spirit connection is evident in all we do.

BUILDING COMMUNITY TOGETHER

Program registration opens for members 2/15, for non-members 2/20. The session starts Monday, February 26 2024.

REGISTER ONLINE
mdiyymca.org

Welcome

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



Upcoming Events:

- 2/16 Summer Camp Registration Opens online
- 2/26 Early Spring Session Begins
- 3/2 Home Sharks Swim Meet Lenny Demuro Meet
- 3/8-10 Sharks Swim Meet Maine Y State Championships
- 3/14-17 Sharks Swim Meet Maine Winter Championships
- 3/15-17 Great Harbor Shootout Host
- 3/22 Trail Running Film Festival co-hosted with and shown at Criterion Theatre 7:00pm
- 3/27-30 Sharks Swim Meet Eastern Zone Age Group Championships
- 3/28 Easter Egg Scavenger Hunt and Easter Egg Free Swim 3:45-5:00pm
- 3/30 Flat Top 5k Lamoine Elm. School
- 3/31 Closed in observance of Easter
- 4/2-6 Sharks Swim Meet YMCA Nationals
- 4/24 Sharks Awards Banquet MDI High School Cafeteria
- 5/18 Healthy Kids Day 9:00am-12:00pm

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 8 weeks from 2/26-4/21/2024
Group swim lesson sessions are (7) lessons/weeks in length and will run from 2/26-4/13

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

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

MDI YMCA EASTER EVENT

FREE

Eggstra Fun scavenger hunt and obstacle course in the Y gym. Go through the obstacle course to find clues and claim your prize at the end!
Open 3:30-4:30pm

Eggcellent Easter Egg Swim with 2000 Easter Eggs in the Y pool. Children will be swim tested and leveled bracelets worn. The pool will be zoned with multiple lifeguards on duty during the swim.
4:15-5:15pm



Thursday, March 28th
3:45-5:15pm

Don't forget your swimsuit!
mdiymca.org/events

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 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

Kids in Motion

Join us in our gym for some movement and fun!
Wednesday 10:30-11:00 am
Members \$40 | Non-Members \$80

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 \$40 | Non-Members \$80

Lego Club

Monday 3:45-4:45pm (Max 15) Open to ages 5+
Members \$40 | Non-Members \$80

Crafting with Cat

Tuesday 3:45-4:30pm (Max 12) Open to ages 5-8
Tuesday 4:30-5:15pm (Max 12) Open to ages 9-113
Members \$40 | Non-Members \$80

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

Middle School Cheer

Wednesday 5:45-6:30pm Court#2 Grades 5-8 (Max 14)
Members \$40 | Non-Members \$80

Elementary School Sports

Beginning Tumbling

Thursday 4:15-5:00pm 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 \$40 | Non-Members \$80

Intermediate Tumbling

Thursday 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 \$40 | Non-Members \$80

Cheering

Early Elementary Cheer Court#2 Grades K-1 (Max 10)
Wednesday 4:15-5:00pm
Elementary Cheer Court#2 Grades 2-4 (Max 12)
Wednesday 5:00-5:45pm
Members \$40 | Non-Members \$80

Floor Hockey

Tuesday 4:40-5:30 Court #2 Ages 7-12 (Max 15)
Members \$40 | Non-Members \$80

Indoor Soccer

Grades 1-2 Wednesday 3:45-4:30pm Court #1 (Max 10)
Grades 1-2 Friday 3:45-4:30pm Court #2 (Max 10)
Grades 3-5 Tuesday 3:45-4:30pm Court#2 (Max 10)
Grades 3-5 Thursday 4:00-4:45 Court#1 (Max 10)
*possibility of a few games against Trenton Rec toward end of session.
*program runs on volunteers, coaches needed, please email membership@mdiymca.org to help out.
Members \$40 | Non-Members \$80

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, work a muscle group in a different way? 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

Between Sports Season Conditioning

Running for (3) weeks from February 27-March 14th
join our Agility & Abs class T/Th 2:45-3:30pm
Members \$30 | Non-Members \$60

Wellness

Fitness classes are free for members/
\$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	7:00-8:00am	Isabella	Gym Court #2
Spin & Sculpt	T/Th	7:00-8:00am	Britt	MP Room
Spin & Sculpt	T/Th	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	11:00 - 12:00pm	Nina/Chester	MP Room
TRX	M/W	12:15-12:45pm	Britt	Gym Court #2
Body Blast	M/W	5:30-6:15pm	Ross	Gym Court #1
Swing into Spring	T/Th	5:30-6:15pm	Ross	Fitness Center
Group Cycle	Th	6:00-7:00pm	Richard	MP Room

New Classes This Session

Swing into Spring:

Swing into Spring - With warmer weather not too far away, it is time to start thinking about golf season. If you would like to gain range of motion, distance on your driver, and hopefully score better this season, join us for Swing Into Spring. We will work on shoulder, hip and thoracic spine mobility, as well as balance and power development. Ensure you hit the first tee of the season ready for some birdies.

Arms & Abs:

Standing and mat-based core and upper body toning class. With a compact 30 minute format we will use dumbbells, mats, and bodyweight for an overall strengthening and toning workout to get your day started right.

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	11:00-11:30am w/ Maegan	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
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	
Swim Strokes Levels 4-5 Ages 6+ (Max 6)		5:15-5:45pm * w/ Angela		5:15-5:45pm * 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

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

Wee Sharks Swim Team

WeeSharks, ages 5-8 2/26-4/11

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

Wibit Pool Obstacle Course Weekends

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

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

Price: \$10/person - 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!

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.**

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.
March 8, April 5

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. 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.
March 15, April 16, April 18

Members \$40 | Non-Members \$ 80

Summer Camp 2024

Registration Opens 2/16/24 ALL registration is online through our website. Check out our Summer Camp Guide after 2/9 at mdiyymca.org/camp

We are offering nine weeks of summer camp in 2024. Payment is weekly with an auto draft. 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 MIN 3 weeks registration needed for this age group) (Max 14)
Going into Grades K-1 (Max. 12)
Going into Grades 2-3 (Max 12)

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
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!**

Rec. Sports

Pickup Badminton

Sundays 10:00-12:00 pm
Court #2

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

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 outer islands.



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@mdiyymca.org (207)288-3511 FMI

