

June 17–August 25, 2024

MDI YMCA

Program Guide



Family Fun

Pool Party



Help us celebrate our 125th Anniversary in 2024! Tickets are now available for our July 11th Celebration at the Bar Harbor Club.

Call the Y, email ann@mdiymca.org, or stop in today to be part of the fun.

Come to our first annual Benefit Family Pool Party at the Pool at the Bar Harbor Club! June 15th, 5–7pm. Tickets are by donation of \$10 each or \$25 for a family and can be purchased through our website or at the door. All proceeds go to the MacLeod Fund for free swim lessons for all local 5-year olds. Tickets are limited, get yours today!

Preschool and Afterschool registrations for the 2024–25 school year are open. Reserve your slot for childcare today. Preschool is open to children ages 3+ who are potty-trained. 3 and 5 day slots available. Afterschool care runs the school year and includes school half day care. Afterschool care is open to children in grades K–4 from Mount Desert and Bar Harbor.

From the Desk of the Executive Director

Happy Summer from the Y!

We are in high gear for summer here at our community YMCA. We are SO excited about our 125th Anniversary Celebration at the Bar Harbor Club on July 11th. If you haven't gotten your tickets yet, please do. Call the Y or email me at ann@mdiymca.org to get them before they are gone. We will have all the makings of a wonderful event, good food and drink, good music, a fun program, and folks who love our shared community.

We are excited to welcome our summer campers back for another exciting summer of friendship, field trips, and fun. Summer camp runs from June 24–August 23rd. A few slots in a few age groups remain. Registration is through our website.

BUILDING COMMUNITY TOGETHER

Program registration opens
for members 6/5 for non-members 6/10.
The session starts Monday, June 17th.

REGISTER ONLINE
mdiymca.org

Welcome

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



Upcoming Events:

- 6/12 Afterschool Care ends- Last Day of School!
- 6/15 Family Fun Pool Party at the Pool at the Bar Harbor Club food provided by local businesses
- 6/17-21 No Preschool for Staff Training
- 6/24 Summer camp begins!
- 7/1 Lobster Scavenger Hunt Begins
- 7/4 Closed for Independence Day
- 7/5 noon Lobster Scavenger Hunt forms due- winners drawn.
- 7/11 125th Anniversary Celebration at the Bar Harbor Club

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 6/5 for non-members 6/10. The session starts Monday, June 17 and runs for 10 weeks through August 25th.

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 Assistance

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.

*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.

Youth Programs

register online mdiymca.org
or with the front desk

Elementary School Activities

Lego Club ages 6-12 (Max 15)
June 24-August 16
Mondays 3:45-4:45 pm
Members \$ 40 | Non-Members \$80 or \$10 drop-in/ class

Crafting
June 24-August 16
Tuesday 3:45-4:30pm (Max 12)
Members \$40 | Non-Members \$80 or \$10 drop-in class fee

Running Club
June 22-July 27
Saturday 9:30-10:15am
Grades K-5 (Max 20)
Get beads for laps and prizes for MILEstones :)
Members \$30 | Non-Members \$60, or \$10 drop-in class fee

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 July Mondays 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

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.

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 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.

Adult Swim Lessons

We offer two types of adult swim lessons.

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

Group Swim Lessons Youth

Swim Starters 6Months-3Years (Max 8)
Tuesdays 10:00-10:30am July 2,9,16,23,30
Members \$45 | Non-Members \$90

Swim Basics Ages 3-5
Tuesday 10:30-11:00am (Max 4) July 2,9,16,23,30
Tuesday 11:00-10:30am (Max 4) July 2,9,16,23,30
Members \$45 | Non-Members \$90

Wibit Wednesdays!

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

Wednesdays in the summer 2-4pm

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

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 11:00-12:00pm
Members FREE | Non-Members \$10/class

Rec. Sports

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

Pickup Badminton

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

Open Pickleball Courts #1 & #2

Tuesday/Thursday 10:00am -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 Volleyball

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

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 8:30-10:00am Witch Hole Pond

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

Mount Desert Island YMCA

Benefit Family Pool Party

Saturday, June 15 5:00-7:00pm
The Pool at The Bar Harbor Club
Suggested Donation \$10/person, \$25/family
Food provided by local businesses
111 West Street Bar Harbor

Pool Party the Y

The MacLeod Fund
Since 1927 at age 3
Teaching water safety and lifelong swimming skills free to the 3-year-olds in our community since 2021.

Preschool Care

Our licensed Chickadee Preschool Program is open to potty-trained children ages 3+. (Max 16) Our play-based preschool has scheduled time in the pool, the gym, 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 educational programming with the PreKforME curriculum. Hours are 7:30 am - 3:30 pm. Children who need afterschool care should also register for the afterschool program. Payment is through weekly auto draft.

3 Days a week Members \$ 180 | Non-Members \$210
5 Days a week Members \$225 | Non-Members \$245

Need-based assistance is available.
State of Maine childcare subsidies accepted.

Afterschool Care

Afterschool Care
Ages 3-5th grade (Max 34)
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

Summer Kids Night Out

Friday July 19 5:30-8:00pm (Max 26)
Swim for an hour, pizza party, popsicles and glowsticks on the playground at dusk. Open to children ages 5-12.
Members \$25 | Non-Members \$35

Mount Desert Island YMCA Fitness Class Schedule June 17–August 25, 2024

mdiymca.org/fitness | (207) 288-3511

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
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 Stretch	F	12:00–12:30pm	Ross	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

Personal Training Rates

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

Fitness Class Descriptions

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!

Body Blast! – Short and sweet, come raise your heart rate, break a sweat and get a full body strength workout all in a half hour! A great way to end your work day!

Better Balance – Improve balance no matter current skill level or age. Fall incidence rates pose a serious health problem for older adults. Falls can be prevented with exercises, stretches, and balance training.

EnhanceFitness® – an evidence-based group exercise and falls prevention program, that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

Group Power – Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

Knit Fit – walking and knitting on the Y's indoor track from 10:00-11:00 am, knit and chat in our multi-purpose room from 11:00-1:00 pm.

Mat Pilates- stretch and strengthen core, arms, and legs with this mat and breathing based workout.

Spin and Sculpt – get the best of two worlds, 45 minutes of cycling for cardio and 15 minutes of hand and body weights sculpting. This class will give you cardio, strength, and flexibility.

TRX – A strength and Flexibility workout using a suspension trainer. Great for novices and experienced exercisers alike!

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.

Yoga – includes breath control, simple meditation, and the adoption of specific bodily postures practiced for health and relaxation. Vinyasa flow links breath and smooth transitions in an energetic practice that conditions the entire body. Yin yoga is a slow and mindful practice of mostly seated postures held for 90 seconds. to a few minutes. **Meditation** – a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Meditation has been shown to have a wide number of benefits on psychological well-being.

Chair Yoga is both seated in the chair and standing using the chair for balance in poses/stretches.

Zumba – A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Come ready to sweat, and prepare to leave empowered and feeling strong!



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

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

Contact Health and Wellness Director Ross Schneider (207) 288-3511
wellness@mdiyymca.org