



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HARD WORK TEAMWORK



**MOUNT DESERT ISLAND YMCA**  
**EARLY SPRING SESSION**  
**FEBRUARY 27 - APRIL 16, 2017**  
**Member Sign Up - February 13**  
**Non Member Sign Up - February 20**



**EXERCISE YOUR HEART  
IN MORE WAYS THAN ONE.**

**THE MISSION OF THE MOUNT DESERT ISLAND YMCA is to develop community, character, personal growth, and wellness in spirit, mind, and body for the greater MDI community.**

### **SESSION & REGISTRATION DATES**

**Early Spring: February 27 - April 16**

**Member Sign Up - February 13**

**Non Member Sign Up - February 20**

### **HOURS**

**Monday - Friday: 5:30am - 9pm**

**Saturday: 7am - 6pm**

**Sunday: 7am - 4pm**

### **HOLIDAY CLOSURES**

**Easter Sunday 4/16**

### **BUILDING RENTALS**

**COMMUNITY LOUNGE/GYMNASIUM**

**Contact Nick at [sports@mdiymca.org](mailto:sports@mdiymca.org)**

### **POOL: 5-LANE MAXIMUM**

**Contact Christina at [aquatics@mdiymca.org](mailto:aquatics@mdiymca.org)**

### **YMCA NEW ENGLAND RECIPROCITY**

**As an active member of the Mount Desert Island YMCA, you can visit any Y in New England at no charge. Each Y has different reciprocity rules. Here, we provide reciprocal members full access to our facility, including the pools and free member classes, at no charge. Reciprocal members pay the non-member rate for classes and programs that have a fee.**

**WE ARE A PEANUT FREE FACILITY!  
PLEASE DO NOT BRING PEANUT PRODUCTS  
INTO THE YMCA.**

## **STAFF DIRECTORY**

**207.288.3511**

**Tommy Parham, Executive Director**  
[exec@mdiymca.org](mailto:exec@mdiymca.org)

**Kimberly O'Brien, Membership Director**  
[membership@mdiymca.org](mailto:membership@mdiymca.org)

**Phoebe Denvir, Member Services**  
[phoebe@mdiymca.org](mailto:phoebe@mdiymca.org)

**Jill Reeves, Business Director**  
[finance@mdiymca.org](mailto:finance@mdiymca.org)

**Angelique Hodgdon, Childcare Director**  
[childcare@mdiymca.org](mailto:childcare@mdiymca.org)

**Nick Tymoczko, Program Director**  
[sports@mdiymca.org](mailto:sports@mdiymca.org)

**Mark Schoon, Healthy Living & Aquatics Director**  
[wellness@mdiymca.org](mailto:wellness@mdiymca.org)

**Christina Longstreeth, Aquatics Coordinator**  
[aquatics@mdiymca.org](mailto:aquatics@mdiymca.org)

**Demelza Ramirez, Marketing Director**  
[design@mdiymca.org](mailto:design@mdiymca.org)

**Chris Farley, Facilities Director**  
[maintenance@mdiymca.org](mailto:maintenance@mdiymca.org)

**Jim Willis, Head Swim Coach**  
[sharks@mdiymca.org](mailto:sharks@mdiymca.org)

# A PLACE TO BELONG. FOR ALL.

The Y is a place for you to belong. Whether you or your kids need a safe place to come, an encouraging environment, or a community connection, the Y is here for you. We believe in community and that everyone, regardless of income, deserves the opportunity to experience all that life has to offer. Membership For All is our scholarship program for individuals and families who wish to be a part of our Y family. Stop by the Welcome Center or email our Membership Director, Kimberly O'Brien, at [membership@mdiymca.org](mailto:membership@mdiymca.org) for more information. WE ALSO OFFER PROGRAM SCHOLARSHIPS! Contact Kimberly at [membership@mdiymca.org](mailto:membership@mdiymca.org) for an application.

## CARING • HONESTY • RESPECT • RESPONSIBILITY

The Y's Core Values desire to establish character development in its staff and members from the newborn baby to the oldest adult, enabling us to meet our mission. By holding ourselves accountable and building character around our core values we can develop community, character, personal growth and wellness in spirit, mind, and body for the greater MDI community.

**CARING:** to demonstrate a sincere concern for others, for their needs, and well-being. Related values: compassion, forgiveness, generosity, and kindness.

**HONESTY:** to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs. Related values: integrity and fairness.

**RESPECT:** to treat others as I would want them to treat me, to value the worth of every person, including myself. Related values: acceptance, empathy, self-respect, and tolerance.

**RESPONSIBILITY:** to do what is right—what I ought to do, to be accountable for my choices of behavior and actions and my promises. Related values: commitment, courage, good health, service, and citizenship.

## KID'S STOP

3 months - 10 years

Let our caring staff watch your kids while you work out! Parents must stay in the facility at all times. Children may be in Kid's Stop for 1.5 hours a day.

FREE for all MDI Y Family Memberships. \$5 per child for all others and Non Members.

### HOURS

Monday - Friday: 8:30am - 12pm

If there is NO SCHOOL there is NO KID'S STOP!

THE LOST AND FOUND WILL BE EMPTIED THE LAST FRIDAY OF EVERY MONTH. THE MDI YMCA IS NOT RESPONSIBLE FOR LOST OR STOLEN PROPERTY.



# MDI YMCA CHICKADEE PRESCHOOL



Our state licensed Chickadee Preschool Program is based on Maine’s Department of Education Early Childhood Learning Guidelines. The forward thinking and creative curriculum honors the child’s imagination and respects the role that teachers play in making learning exciting and relevant for every child. **PROGRAM HIGHLIGHTS:** Preschool Physical Education, Free Basic Swim Lessons, Jesup Library Adventures, STEM Activities, and much more!

**REQUIREMENTS:** Child must be at least 3 years old and fully potty trained. A Y membership (Youth or Family) is required. Financial Assistance is available. This program is licensed by the State of Maine and is a Fully Supervised Childcare Program.

## ATTENDANCE OPTIONS

5-Day Program: Monday-Friday

3-Day Program: Monday/Wednesday/Friday

2-Day Program: Tuesday/Thursday

**HOURS OF OPERATION:** Childcare is available 7:30am-5:30pm, with official Preschool Hours running 8:30am-12:30pm

## WEEKLY AUTO-DRAFT FEES\*

\$175 5-Day Program

\$130 3-Day Program

\$ 90 2-Day Program

For more information contact Angelique Hodgdon at [childcare@mdiyymca.org](mailto:childcare@mdiyymca.org)

**WE ARE A PEANUT FREE FACILITY!**  
**PLEASE DO NOT BRING IN PEANUT PRODUCTS TO THE YMCA.**

\*Payments are accepted by weekly auto-drafts ONLY. We accept Visa or MasterCard (credit or debit) as well as checking/savings accounts. Due at the time of enrollment is the first week’s fee plus a \$130 deposit. Auto-draft will occur whether or child is in attendance or not. Please note taht a \$25 administrative fee will be drafted each time enrollment changes are made. A two written notice is required for changes or cancellations to the childcare program.

FINANCIAL ASSISTANCE AVAILABLE - CONTACT KIMBERLY O’BRIEN 288.3511

# YMCA AFTER SCHOOL PROGRAM

Grades K - 3rd



## OPEN ENROLLMENT THROUGHOUT THE SCHOOL YEAR

Let us offer a safe place for your children to play and unwind after a busy day at school. We provide daily, healthy snacks and weather dependent indoor-outdoor play. A MDI YMCA MEMBERSHIP IS REQUIRED (Youth or Family). This is a State Licensed, Fully Supervised Child Care Program.

- YMCA provided transportation from Conners-Emerson to YMCA. MDIE provides their own bus to the Y.
- Program runs from School Dismissal to 5:30pm
- Activities include: Field Trips, Community Service Projects, Arts and Crafts, and many games!
- Follows the school calendar for MDIRSS, AOS 91 (Mount Desert Island Regional School System).
- \$70 a week

For your convenience, payments are accepted by weekly auto-draft only. We accept Visa or MasterCard as well as checking or savings accounts. The After School Program (ASP) has to maintain proper staff ratios throughout the school year; consequently, auto-draft will occur whether the child is in attendance or not. A TWO WEEK written notice is required for changes or cancellations to the childcare program.

**CONTACT:** Child Care Director  
Angelique Hodgdon at [afterschool@mdiymca.org](mailto:afterschool@mdiymca.org)

### SNOW DAYS

8:30am-5:30pm

For days when school is cancelled, the Y will be here for you.

**ASP Kids: 5 FREE Snow Days!**  
**MDI YMCA Members: \$35/day**  
**Non Members: \$50/day**



### VACATION CAMP/NO SCHOOL DAYS

Vacation Camp: Grades K-4th

8:30am-5:30pm

Minimum of 6 children enrolled each day for Vacation Camp to be offered.

When school is out the YMCA is in! Vacation camp at the YMCA includes Swimming, Field Trips, Community Projects, and much more! Full days are provided from 8:30am-5:30pm on the following days:

February 20-24    March 24    April 17-21

Current ASP Kids: \$25/day  
MDI YMCA Members: \$35/day  
Non Members: \$50/day

### Early Release Days

Pick Up from Conners-Emerson by Y bus

March 21

Current ASP Kids: FREE!  
MDI YMCA Members: \$25  
Non Members: \$40

# YOUTH PROGRAMS

#youthdevelopment

## WHO'S COOL AFTER SCHOOL

Monday – Friday 3:15pm–5:30pm

Who's Cool After School (WCAS) is a FREE semi-supervised program open to residents of Bar Harbor (no membership required) and active members of the MDI YMCA. It is a safe place to grab a snack, hang with friends, do homework, and wait for programs to start or parents to get out of work. Please note this program is not state licensed and is semi-supervised. If there is no school there is NO WCAS. Bus rides are available to the Y from Connors Emerson School Monday-Friday NOT INCLUDING Early Release Days. There is no WCAS on Early Release Days. \*\*Children must be 9 years or older AND in 4th grade AND advanced registration is required. Contact Demelza at [design@mdiyymca.org](mailto:design@mdiyymca.org) for more information.

## CREATIVE KIDS

Grades K-3rd: Thursdays, 3:30pm–4:15pm

Grades 4-6th: Thursdays, 4:15pm–5:00pm

Members \$50, Non Members \$100, Drop Ins \$10

Exercise your creativity! Join local artist and educator, Mike Duffy, for his popular art class! Projects may include African clay masks, water colors, mosaics, and much more. Mike incorporates art history into each week's projects. All materials are non-toxic. Wear old clothing you don't mind getting artsy in. Sign up soon because the class fills up fast!

## PRESCHOOL REC

Ages 3-5 Wednesdays 9:15am-10am

It's no secret that physical activity is necessary to a person's well-being. Children are continuously developing physically and emotionally, making them especially affected by the benefits of activities, and the negative effects of inactivity. Children ages 3-5 are encouraged to join us in fun, creative introductions to movement concepts in a supportive environment. This class will mirror the national physical education standards for this age group.

**YMCA Preschool: Included**

**Members \$20 Non Members \$45**

## BEGINNER BRAZILIAN JIU JITSU

Wednesdays and Fridays 5pm–5:45pm

Ages 5-9 Members \$60 Non Member \$90

A fun introduction to a lifelong sport! Students will learn basic concepts and will grow in areas of coordination, body awareness, body positioning, and will be given an introduction to anti-bullying.

## KID'S NIGHT OUT

Ages 3-10 5:30pm–8:30pm

Members: \$25

Non Members: \$40

3 hours of supervised activities and fun while parents have a night out on the town. Bring a bathing suit, towel, indoor shoes, and pajamas to change into. Light dinner included. We must have 8 kids signed up by Wednesday, 6pm, prior to the event or Kid's Night Out is cancelled. Sign up early! We close registration at 25 kids.

\*Members max per family is \$40; Non Member max is \$55

Friday, February 17

Friday, March 17

Friday, April 28

Friday, May 19

Friday, June 9

## YOUTH FENCING

Ages 8-14 Thursdays 5:30pm–6:15pm

Learn to wield a fencing sword with skill and honor. Fencing develops coordination, agility, and chivalry. The Youth Fencing class includes instruction in basic skills, history and rules, and fun games. Students should wear comfortable clothes that allow free movement. Sneakers and long pants are required. Max per class 10 students.

**Members \$60 Non Members \$120**

**Drop Ins: \$12 Members/\$15 Non Members**

## INTERMEDIATE BRAZILIAN JIU JITSU

Wednesdays and Fridays 6pm–7pm

Ages 10-16 Members \$60 Non Member \$90

Gears towards creating a courageous and health-conscious younger generation, intermediate classes are designed to develop strong athletic and motivational skills that students will carry throughout their lifetime. This fun introduction to Brazilian Jiu Jitsu focuses on coordination, agility, correct defensive and offensive positioning, take-downs, and more in depth anti-bullying techniques and concepts.

## **FUN FOR THE WHOLE FAMILY!**

**It's hockey season so where are you?**

**Looking for some ice time without traveling an hour and fifteen minutes to the rink?**

**Come and meet us for some open hockey each Sunday at 10am at Glen Mary Park, Waldron Road, Bar Harbor!**

**For more information email Donna [donnacohnhockey@gmail.com](mailto:donnacohnhockey@gmail.com)**

**Registration no necessary.**

**FREE TO ALL WHO COME.**

### **BALLET AND CREATIVE MOVEMENT** Ages 4.5-8

Saturdays 10am-10:45am

Members \$40 Non Members \$80

This class will use basic ballet skills and incorporate modern style dance techniques to teach your young dancer body awareness and storytelling through their movements.

This class is designed for dancers who have little to no experience. There is no need to buy dance apparel; dancers can arrive in clothes they are comfortable to move in.

## **FLOOR HOCKEY**

**GRADES 3-5**

**Monday/Wednesday/Friday**

**3:30pm-4:40pm**

**Members \$45 Non Member \$65**

Come enjoy Floor Hockey at the MDI YMCA! Floor Hockey will teach children all the basics of this fast paced game. Children will be taught skills associated with the sport and finish each practice with a game. This unit will be taught by Dakotah Clement, a Y staff member with professional hockey experience!

Minimum 8

### **PRESCHOOL DANCE BASICS**

Tuesdays 10am-10:45am

Members \$25 Non Members \$45

An easy, fun, creative movement experience for youngsters featuring some basic steps and highlighting self-expression.

### **BASKETBALL SCRIMMAGE**

Mon/Wed/Fri 4:30pm-5:00pm

Members FREE Non Members \$6

Youth members (3rd-5th grade) will have a chance to quickly organize teams and play officiated basketball games for a half-hour in the gym.





# YOUTH SWIM LESSONS

## HOW TO CHOOSE YOUR CHILD'S LEVEL

Is your child in Preschool or in School? If your child is in Preschool find the corresponding Preschool labeled swim lessons and choose the day that works best for you. If your child is in School, find the corresponding School Age labeled swim lessons and choose the day that works best for you. On the first day of lessons, the swim instructors will determine at what level your child swims at and will split the classes accordingly.

Class	Age	Day	Time	Memb	Non Memb	Min / Max
Swim Starters	6-36 mo.	Sat	9:30-10:00am	\$35	\$70	Min3/Max12
Swim Basics Preschool	Age 3-5	Tue	4:15-4:45pm	\$35	\$70	Min3/Max12
		Sat	10:30-11:00am			
Swim Basics School Age	Age 6+	Tue	5:00-5:45pm	\$45	\$90	Min3/Max12
		Sat	9:30-10:15am			
Swim Strokes Preschool	Age 3-5	Thu	4:15-4:45pm	\$35	\$70	Min3/Max12
		Sat	11:15-11:45am			
Swim Strokes School Age	Age 6+	Thu	5:00-5:15pm	\$45	\$90	Min3/Max12
		Sat	10:30-11:15am			
ARC Junior Lifeguarding Part 1	Age 11-14	Sat	1:00-3:00pm	\$125	\$250	Min3/Max12

**Swim Starters** Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence; building experiences while parents learn about water safety, drowning prevention, and the importance of supervision.

**Swim Basics** Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: "Swim, Float, Swim" and "Jump, Push, Turn, Grab." Swim Basics is comprised of 3 stages your child will sequence through: Water Acclimation, Water Movement, and Water Stamina.

**Swim Strokes** Swim Strokes is comprised of three stages your child will sequence through: Stroke Introduction, Stroke Development, and Stroke Mechanics. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

## AMERICAN RED CROSS JUNIOR LIFEGUARDING

American Red Cross Junior Lifeguarding is designed for youths 11-14 years of age, or have completed the 5th grade, to guide them to the the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes, and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They will learn techniques and build stamina during this program. The Junior Lifeguard course does not certify participants in First Aid, CPR, or AED or as a lifeguard.

Part 2 will continue this course in the Early Spring Session

Prerequisites: There are several prerequisite skills required, so we are asking for prior approval before registering. Contact Mark Schoon, Aquatics Director, [aquatics@mdiymca.org](mailto:aquatics@mdiymca.org) for more information.

**When: Saturdays, 1-3pm, starting January 7, 2017**  
**Cost: \$125 members; \$250 non-members**



## HOMESCHOOLER SWIM LESSONS

**Homeschooled Preschoolers** For ages 5 and under. The class will be divided into groups, those who already have some swim experience, and those who don't. Each class will work on improving swim performance and getting the child comfortable in the pool.

**Stroke Development** For those students who wish to improve on their swimming skills, this class will focus on perfecting swimming techniques.

\*Contact Aquatics Coordinator Christina Longstreth for details at [aquatics@mdiymca.org](mailto:aquatics@mdiymca.org) or 288-3511.

\*\*Homeschool kids are welcome to free swim before or after their lessons.

Class	Age	Day	Time	Memb	Non Memb	Min / Max
HmSch Preschool	Age 3-5	Thu	9:00-9:30am	\$45	\$90	Min3/Max6
Stroke Development	Age 6+	Thu	9:45-10:30am	\$55	\$110	Min3/Max6



# SHARKS SWIM TEAM



The Mount Desert Island YMCA Sharks swim team's season is beginning to wind down. The Sharks will continue to offer WeeShark members and any new or past swimmer a chance to join the team for the rest of the season. The season concludes in March with the YMCA State Meet held at the University of Maine and other championship meets. PER MAINE/NATIONAL YMCA LEAGUE RULES, ALL SWIM TEAM MEMBERS MUST BE ANNUAL (FULL YEAR) MEMBERS OF THE MDI YMCA.

The team is led by Competitive Swim Coach Jim Willis, [sharks@mdiymca.org](mailto:sharks@mdiymca.org)

## PRACTICE SCHEDULE

Green Team	Mon/Wed/Fri 4:15pm-5:15pm
Gold Team	Mon/Wed/Fri 5pm-6:30pm Tues/Thurs 5:30pm-7pm
AM Practices	Mon-Fri 6-7am/6:45-7:45am
Saturday Practices	7:30am-9:30am

GREEN TEAM SESSION PRICE: \$150

GOLD TEAM SESSION PRICE: \$175

\*Prices are for those joining in February

**Green Team (ages 9 & under)** The Green team is for the younger and less experienced Shark Swimmers. The practices introduce the team members to the fundamentals of competitive swimming. The children are taught the four strokes (butterfly, backstroke, breaststroke, and freestyle). Practices are held three days a week with the hope that most Sharks can make at least two a week.

**Gold Team (ages 9-14)** The Gold Team is returning and more experienced shark Swimmers. Practices reinforce the proper techniques of all the components of competitive swimming (the 4 strokes, starts, turns, and streamlining). Most practices include work on a specific skill each day, swimming sets to build endurance and developing the speed to race. Practices are held 5 days a week and swimmers are encouraged to make at last three each week.

## CHAMPIONSHIP MEETS

March 3-5	YMCA State meet @ University of Maine
March 16-19	Mane Junior Olympics @ Bowdoin College
April 3-7	YMCA Nationals @ Greensboro, NC

## OTHER IMPORTANT DATES

March 31	Last Day of Practice
April 12	Sharks Awards Banquet @ MDI HS Cafe



# SPORTS AND EVENTS

#socialresponsibility

## ADULT SPORTS

### PICKLEBALL Ages 18+

Mon/Wed/Fri 1:30pm-3pm

Members FREE Non Members Day Pass

A cross between badminton, tennis, and ping pong, Pickleball is a growing sport created for all ages and abilities. Simple rules and easy game play make it great for beginners, but it can also develop into a competitive game.

### BADMINTON Ages 18+

Members FREE Non Member Day Pass

Tues/Fri 10am-11:30am Sunday 10:30am-12:30pm

Badminton is labeled as "the fastest growing game on earth," and can challenge ever the best athletes. All levels welcome. Tournaments are scheduled throughout the year.

### NIGHTTIME BASKETBALL Ages 18+

Monday 6pm-7pm

Saturday 5pm-6pm

Members FREE Non Members Day Pass

### PICK-UP SOCCER Ages 18+ NEW DAY!

Monday/Thursday 7:15pm-8:45pm

Members FREE Non Members Day Pass

### PICK-UP BASKETBALL Ages 18+

Monday-Friday 11:30am-1pm

Members FREE Non Members Day Pass

### ADULT FENCING Ages 15+

Thursdays 6:30pm-7:30pm

Members \$60/session Non Member \$120/Session

Drop In Per Class \$12/Members, \$15/Non Members

Learn to wield a fencing sword with skill and honor. Fencing helps develop coordination, agility, and chivalry. Students should wear comfortable clothes that allow free movement. Sneakers and long pants are required.

### ADULT BRAZILIAN JIU JITSU Ages 16+

Wednesdays and Fridays 7:15pm-8:45pm

Members \$60 Non Members \$80

Students learn a variety of body movements and mechanics designed to teach how to survive an unarmed attack, take the fight to the ground, and attain a dominant position to ensure a safe end to the fight. You will learn common Brazilian Jiu Jitsu positions that focus on using leverage correctly and effectively.

#### DAY PASS RATES

Adult \$12	Student \$6
Senior \$6	Family \$20

## COMMUNITY EVENTS

### 17<sup>TH</sup> ANNUAL JOSH SPRAGUE MEMORIAL TOURNAMENT

Join us for the 17th Annual Josh Sprague Memorial Tournament. Games will be played 3-on-3 so sign up with your teammates!

Grade School Tournament: Thurs, March 9th, 4:30pm-6:30pm

Adult Tournament: Fri, March 10th, 6pm-9pm

### GUEST SPEAKERS

Wednesdays 11:15am-12pm

FREE TO THE COMMUNITY

Come join the MDI YMCA as we invite local community members to share their know-how, skills, life experiences, and interests. This program consists of a presentation lasting 30-40 minutes which is right after our community BREW CREW! Come early for coffee and conversation and stick around for an enrichment opportunity!

### BREW CREW

Wednesdays 10:30am-11:30am

FREE TO THE COMMUNITY

Brew Crew is a great time to come together with friends and fellow members of the MDI YMCA and MDI Community. Enjoy tea, coffee, and homemade snacks! Come meet with old friends and make new ones. No membership required. If you're interested in baking something for Brew Crew, there is a sign-up sheet on the silver fridge in the Multipurpose Room just off the Front Lobby. WE ARE A PEANUT FREE FACILITY.

### 5<sup>TH</sup> ANNUAL ACADIA HALF MARATHON & 10K

Sunday, June 4

Half Marathon and 10K Runners: 7am

Half Marathon Walkers: 6am

### MEN'S LEAGUE BASKETBALL

Tuesdays 6:30pm-9pm

\$30 per team, Non Members are responsible for an additional \$4 each drop in

Starting this session our Y is offering the community the opportunity to enjoy our recreational basketball league. We're excited to offer this member directed league for the MDI community. Contact Nick our sports director with any questions at [sports@mdiymca.org](mailto:sports@mdiymca.org)

\*Team captains are responsible for keeping an updated roster and sharing it with the Y staff.

### GREAT HARBOR SHOOT OUT

March 17, 18, 19

The gym will be used during the Shoot Out.

# HEALTHY LIVING

#healthyliving



We want to highlight our Lead Trainer, Rachel Caron. Rachel, as many of our members know, has been and continues to be an extraordinary person. She's brought creativity and energy in making her fitness classes some of the most popular offerings we've had here at the MDI Y.

In a classic Bad News/Good News sense, we're saddened that Rachel will be stepping back from her current Group Exercise classes. However, this will free her up to be more available to work with personal training clients in one-on-one or group sessions. If you've loved her in large classes, just wait until you've worked with her in this new setting!

## MEMBERS

**30 minutes:** \$35/1 session    \$150/5 sessions    \$250/10 sessions  
**60 minutes:** \$60/1 session    \$250/5 sessions    \$450/10 sessions  
**Groups:**    \$20/person    \$18/person    \$16/person

## NON MEMBERS

**30 minutes:** \$55/1 session    \$250/5 sessions    \$450/10 sessions  
**60 minutes:** \$85/1 session    \$375/5 sessions    \$700/10 sessions  
**Groups:**    \$35/person    \$25/person    \$20/person

\*Groups require a minimum of 3 people

**CONTACT MARK SCHOON AT  
WELLNESS@MDIYMCA.ORG  
FOR MORE INFORMATION**

# GROUP EXERCISE

## ADULT FENCING Ages 15+

Thursdays 6:30pm-7:30pm

Members \$60/session    Non Member \$120/Session

Drop In Per Class \$12/Members, \$15/Non Members

Learn to wield a fencing sword with skill and honor. Fencing helps develop coordination, agility, and chivalry. Students should wear comfortable clothes that allow free movement. Sneakers and long pants are required.

## BRIGHT SENIORITY®

Tuesday 12pm-1pm

Members FREE    Non Members \$60    Drop Ins \$12

A class for seniors combining simple games for mental acuity with fitness moves. Balls, resistance bands, other equipment and toys along with voices will make this a fun interactive hour designed to preserve your best brain and body.

## BODY FORGE

Monday OR Wednesday 8:45am-9:45am

Members FREE    Non Members \$60/week for 1 day

Drop Ins \$12 Class format utilizes hand weights, resistance tubes and other equipment along with body weight to improve strength, stability, range of motion & flexibility. Classic strength moves, such as bicep curls, lunges & push-ups are combined with functional moves in this full body strength training class.

## BOOT CAMP

Tuesday OR Thursday 5:30pm-6:30pm

Members FREE    Non Members \$60/week for 1 day

Drop Ins \$12 Join us for a high intensity fun military style workout! This class will offer intense exercising that includes cardio and endurance training. Be ready to low and high crawl your way into fitness!

## CARDIO WEIGHT TRAINING

Mon/Wed/Fri 6am-7am

Members FREE    Non Members \$120    Drop In \$12

Combining free weight training, low impact aerobics and plyometric cardio work, this workout burns maximum calories while defining muscles for a fun, full-body challenge. For all fitness levels--simply modify moves/weights to increase or decrease intensity.

**COUCH TO 5K** Will return with the nicer weather. Stay tuned!

## INDOOR CYCLING I & III

Cycling I: Mon/Wed 7:45am-8:30am

Members FREE    Non Members \$90    Drop Ins \$12

Cycling III: Thursday 6pm-7pm OR Friday 6:30am-7:30am  
OR Friday 9am-10am

Members FREE    Non Members \$90    Drop Ins \$12

By mimicking outdoor cycling, you will get a great cardio workout to energizing music. Instructors lead you on a ride designed to improve fitness on a variety of levels. **Beginners: Please arrive at least 15min early so we can fit you properly to a bike.**

# GROUP EXERCISE

#healthyliving

## KEEP ON MOVING

**Tuesday/Thursday 10:30am–11:30am FREE** to the Community. This chair-based fitness class that focuses on delaying the symptoms of Parkinson's Disease. Also appropriate for all active older adults.

## MAMBO CARDIO

**Wednesday 5:30pm–6:30pm at 18 Pleasant Street**  
**Members FREE Non Members \$60 Drop Ins \$12**  
A robust dance/cardio workout featuring a full 50 minutes of fun choreography and upbeat music.

## MEDITATION FOR WELL BEING (AN INTRODUCTION)

**Wednesdays 7pm–8pm**  
**Members FREE Non Members \$60 Drop Ins \$12**  
Curious about meditation? In this 7-week class we will explore the benefits of meditation, learn and practice a variety of techniques, and discuss how to create a home practice. A great way to reduce stress, improve concentration, build resilience, and increase our overall well-being!

## OLD SCHOOL FONDA WORKOUT

**Monday 5:30pm–6:30pm at 18 Pleasant Street**  
**Tuesday 8:45am–9:45am at MDI YMCA**  
**Members FREE Non Members \$60/week for 1 day**  
**Drop Ins \$12** If you miss the comprehensive fitness classes of the past, this is for you! The workout combines high and low-impact cardio and simple choreography with extensive toning moves, with and without resistance. Warm-up, cool-down with simple stretches and good alignments will be emphasized.

## OWN YOUR WORKOUT

**Thursdays 8:45am–9:45am**  
**Members FREE Non Members \$60 Drop Ins \$12**  
This fast paced class is a challenging and unique blend of aerobic and anaerobic conditioning using your body weight. You'll improve strength, stability, range of motion, and flexibility.

## READY FIT

**Monday/Friday 10am–11am** Free to the Community. Get fit and exercise! Class involves a combination of aerobic activity, strength building and stretching. Suitable for all ages.

## TABATA

**Tuesday/Thursday 1:00pm–1:30pm**  
**Members FREE Non Members \$45 Drop Ins \$6**  
A 30 minute workout that consists of 8 rounds of high-intensity circuit training, in specific 20 seconds on, 10 seconds off intervals. This form of body conditioning burns fat, builds strength and increases muscular endurance.

## TAI CHI

**Mon/Wed/Fri 12pm–1pm**  
**Members FREE Non Members \$120 Drop Ins \$12**  
**Tues/Thurs 7:30am–8:30am**  
**Members FREE Non Members \$60 Drop Ins \$12**  
Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. This is a time of practice and meditation; a time to rejuveante the connection between your body and mind.

## YOGA

**Tuesdays 6pm–7pm**  
**Members FREE Non Members \$60 Drop Ins \$12**  
A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels welcome.

## ZUMBA®

**Fridays 8:45am–9:45am**  
**Members FREE Non Members \$60 Drop Ins \$12**  
Zumba uses addictive Latin and international rhythms in a high intensity (but NOT high impact) interval workout. Choreography is introduced in layers, with lower intensity moves first, and can easily be adapted to all fitness levels. As a result, you'll get a fun total body workout that suits YOU, while minimizing stress on your joints. Instructor cuing makes the routines easy to learn and easy to follow. You don't have to know how to dance - you'll learn everything you need right in class and have a great time doing it!

## WORKSHOPS

We are excited to host the first two of what we hope will become a year-long series of workshops. This session we will feature the following:

### MINDFUL EATING: PART 1

**Thursday, March 16, 7pm–8pm**  
**Members \$25 Non Members \$50**  
Explore the intersection of mindfulness, eating behaviors, and our relationship to food. Compassionately explore and understand the physical, emotional, and environmental factors that can influence our food decisions and patterns with the intention of increasing awareness and creating a healthy balanced relationship with food.

### MINDFUL EATING: PART 2

**Thursday, March 23, 7pm–8pm**  
**Members \$25 Non Members \$50**  
In this workshop we will take a deeper look at the physical, emotional, and environmental factors that can influence our food decisions and eating patterns by exploring the 7 types of hunger. Increase your eating awareness and learn how we can use mindfulness to help us establish a new, more balanced relationship with food.



# AQUATICS

EXERCISE CLASSES  
POOL RENTALS/POLICIES  
TRAININGS



## AQUATIC EXERCISE CLASSES

### LOW IMPACT WATER EXERCISE

**Monday/Wednesday/Friday 9:30am-10:30am Members FREE Non Members \$50 Drop Ins Day Pass**

Participants will be led through a series of exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility. The water and gentle movements can also help relieve pain and stiffness. A great class for those with arthritis, MS, or other conditions in which mobility is limited.

### AQUA AEROBICS

**Monday/Wednesday 6:30pm-7:30pm Members FREE Non Members \$50 Drop Ins Day Pass**

Designed for non-swimmers as well as swimmers, regardless of age or physical condition. The buoyant quality of water makes possible movements that can be very difficult on land. Rehabilitation of muscles, increased strength and endurance, release of stress and tension, and improved appearance are all possible through participation in this water program. This is a moderate intensity workout.

### GOLDEN AGE STRENGTH AND FITNESS FOR SENIORS

**Tuesday/Friday 11am-12pm Members FREE Non Members \$50 Drop Ins Day Pass**

Designed for active older adults, non-swimmers and swimmers, regardless of fitness level. The buoyant quality of water makes difficult land movements possible in the water. Increased strength and endurance, release of stress and tension, and better balance and physical wellbeing are all possible through participation in this class. Workouts are tailored to the abilities of the group yet are modified for each individual. This is an easy-moderate intensity workout with a focus on strength, fitness, and balance.



# POOL RENTALS AND POLICIES

## RENT THE POOL

The Lenny DeMuro Indoor Swimming Pool is available for special events and rentals. Please contact Aquatics Director Christina Longstreeth at [aquatics2@mdiymca.org](mailto:aquatics2@mdiymca.org) for details.

1-25 people: \$30/lane with a 5-lane maximum  
25-50 people: \$175/hour with a 5-lane minimum



## Y POOL POLICY FOR CHILDREN UNDER AGE 14

The MDI Y is proud to follow a YMCA national best practice to further protect your children from drowning. When you bring your children (under age 14) to the Y to swim, their names will be checked at the front desk against a roster of all tested children. They will be issued a temporary colored band to wear on their wrists. There are 3 different colored bands:

**RED BAND:** For non-swimmers. These are the children who have little to no swimming experience and must stay in the shallow end of the pool. They must wear an appropriately sized, Coast Guard approved PFD while in the pool and should have a responsible adult actively swimming with them. **ONE ADULT PER RED BAND CHILD IN THE POOL AT ALL TIMES.**

**YELLOW BAND:** Yellow Band swimmers have some experience in the pool, enough that they are not required to wear a PFD, but they must stay in the shallow end of the pool. A responsible adult should be swimming with them or watching from the bleachers on the pool deck.

**GREEN BAND:** These children are the most experienced swimmers. They have access to the full pool (shallow and deep end) and can jump off the diving board with Lifeguard permission. An adult should be in the pool with them or can be watching from the bleachers on the pool deck.

\*If your child has not been tested at the MDI YMCA, or wants to challenge themselves and move up a band color, please contact Aquatics Director Christina Longstreeth at [aquatics2@mdiymca.org](mailto:aquatics2@mdiymca.org) or 288-3511 to arrange a testing time; or stop by during any free swimming time to see if a Lifeguard is available to test your child. The test takes no more than 5 minutes to complete.

\*\*If you do not own a Coast Guard approved PFD you can borrow one from the YMCA for the duration of time you and your child will be swimming. You can find all approved PFDs by the bleachers on the pool deck.

# CPR TRAINING AND CERTIFICATION

We are proud to offer CPR and First Aid courses to the general public! These courses are “blended” which allows you the opportunity to see instructional videos and work through the theory in your own time and pace online. Once you’ve completed the online portion, you simply come in for a practice and assesment session which we will schedule as needed. These courses are certified by the American Safety and Health Institute, an internationally recognized certifying authority.

If you’re interested please contact Christina Longstreeth at [aquatics2@mdiymca.org](mailto:aquatics2@mdiymca.org)

Class	Memb	Non Memb
CPR for the Professional Rescuer	\$30	\$45
CPR Pro and Basic First Aid	\$45	\$60
CPR/AED and Basic First Aid (all ages)	\$35	\$50
CPR/AED (all ages)	\$30	\$45
CPR/AED (adult only)	\$25	\$40

## MASTER’S SWIM WORKOUT

A good Master’s workout is designed to meet a variety of needs. Here you’ll find the opportunity to exercise together with a community of like-minded folks; you will improve your cardio fitness, improve your strokes, or train for competition, whether that is for a Master’s Swim Meet or that next triatholon.

We are excited to offer a weekly coached workout as well as a Workout of the Week posted on our website.

We had a successful Masters Swim Meet in January with 40 swimmers competing!

Wednesday 7:30am - 8:30am

Free to Members

Non-Members Pay the Day Fee

Contact Christina Longstreeth for more information at [aquatics@mdiymca.org](mailto:aquatics@mdiymca.org)

## PRIVATE SWIM LESSONS

Individualized attention, flexible scheduling, and a focus on specifically desired learning outcomes. Contact Aquatics Director Christina Longstreeth to schedule at [aquatics2@mdiymca.org](mailto:aquatics2@mdiymca.org).

### PRIVATE SWIM INSTRUCTION

30 minute lessons

MDI Y Member \$30 Non Member \$45

Package of 5 Lessons for \$125

### SEMI-PRIVATE SWIM INSTRUCTION

30 minute lessons

MDI Y Member \$23 Non Member \$34

Package of 5 Lessons for \$80/person





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FROM CHICKADEES  
TO SHARKS  
FOR A BETTER US.



[www.mdiymca.org](http://www.mdiymca.org) • [facebook.com/mdi.ymca](https://facebook.com/mdi.ymca) • Twitter: @MDIYMCA



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

PRSRT STD  
NON-PROFIT  
U.S. POSTAGE  
**PAID**  
PERMIT No. 82  
Ellsworth, ME  
04605