



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER NEW HORIZONS

Mount Desert Island YMCA  
Fall Program Guide 2017

FALL SESSION DATES  
September 11 - October 29  
SIGN UP DATES  
Members: August 28  
Non Members: September 4

## TABLE OF CONTENTS

YOUTH SWIM LESSONS .....	1
SWIM TEAM & SWIM LESSONS .....	2
YOUTH PROGRAMS .....	3-4
PRESCHOOL & AFTER SCHOOL .....	5
PERSONAL TRAINING .....	6
GROUP EXERCISE CLASSES .....	6-7
ADULT PROGRAMS .....	8
AQUATIC EXERCISE .....	8
CPR TRAINING .....	9
POOL POLICIES .....	9
MEMBERSHIP .....	10-11
SAFETY PROCEDURES .....	12
STAFF CONTACTS .....	13

## SESSION AND REGISTRATION DATES

Fall: September 11 – October 29

Member Sign Up: August 28

Non Member: September 4

## FACILITY HOURS

Monday – Friday: 5:30am – 9:00pm

Saturday: 7:00am – 6:00pm

Sunday: 7:00am – 4:00pm

CLOSED SEPTEMBER 4TH FOR LABOR DAY

## CONTACT US

Phone: 207-288-3511

Fax: 207-288-3019

Email: [info@mdiymca.org](mailto:info@mdiymca.org)

See Staff Directory for individual emails

## 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 at no charge. Reciprocal members pay the non-member rates for classes and programs.

# MY Y EVENTS

## BREW CREW

Wednesdays 10:30am – 11:30am

### FREE TO THE COMMUNITY

Meet up with old friends or make new ones! Brew Crew is a time for people of all ages to gather as a community and be here for each other. No membership is required.

## 40<sup>TH</sup> ANNUAL BAR HARBOR BANK & TRUST HALF MARATHON AND FALL 5K

Saturday, September 16, 7:30am

Join as a volunteer or runner for one of the Y's largest fundraisers of the year! Proceeds from the race ensures that the Y is able to provide quality programs to the community, as well as financial assistance to those who might not otherwise be able to afford a Y membership.

## YMCA ANNUAL HALLOWEEN PARTY

Friday, October 27, 2017

### FREE TO THE COMMUNITY

Join us in your costumes as we celebrate Halloween! Games, treats, and contests are only a part of the fun that you're sure to have at the MDI YMCA.

## OUR MISSION

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

## ONSITE CHILDCARE

Want to work out but don't have a babysitter? The Y has you covered! Drop your child/children off at Kid's Stop where they will be looked after by trained childcare staff for up to 1.5 hours while you work out.

### KID'S STOP HOURS

Monday – Friday 8:30AM – 12:00PM\*

\*No Kid's Stop on No School Days. The MDI YMCA follows the School Calendar for MDIRSS/AOS 91

\*Time is subject to change depending on the amount of children present at 11:30AM.

\*Fee may be charged for non-family memberships

# YOUTH DEVELOPMENT

## Swim Lessons

### NEW SWIMMER INFORMATION

New families joining our swim classes for the very first time or after a hiatus from swimming will need to have a swim evaluation prior to registering. Contact Angela Begin, our Head Swim Lesson Instructor at [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org) for more information and to set up an evaluation time. Thursday, September 7 from 4:30-5:30pm and Saturday, September 9 from 8:30-11:30am are two days set aside for swim evaluations.

### RETURNING SWIMMER INFORMATION

Those currently participating in our swim lesson program will receive a note from their instructor the week before registration detailing what stage would be the best fit for the upcoming session. Please present this at the time of registration. If you've lost your note contact Angela at [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org). We keep that information on file.

Class	Age	Day	Time	Mem	NonMem	Min/Max
Preschool Swim Basics	3-5yr	Tuesday	4:15-4:45pm	\$35	\$70	3/10
		Saturday	9:15-9:45am	\$35	\$70	3/6
Preschool Swim Strokes	3-5yr	Thursday	4:15-4:45pm	\$35	\$70	3/10
		Saturday	10:00-10:30am	\$35	\$70	3/6
Swim Starters	6-36mo	Saturday	8:30-9:00am	\$35	\$70	3/12
School Age Swim Basics	6yr+	Tuesday	5:00-5:45pm	\$45	\$90	3/12
		Saturday	10:45-11:30am	\$45	\$90	3/8
School Age Swim Strokes	6yr+	Thursday	5:00-5:45pm	\$45	\$90	3/8
		Saturday	11:45am-12:30pm	\$45	\$90	3/8
School Age Advanced Swim	6yr+	Thursday	5:00-5:45pm	\$45	\$90	3/8
		Saturday	11:45am-12:30pm	\$45	\$90	3/8
Adult Swim Lessons	18+yr	Tuesday	7:15-7:45pm	\$35	\$70	3/6

**SWIM STARTERS: A/WATER DISCOVERY & B/WATER EXPLORATION** 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: 1/WATER ACCLIMATION & 2/WATER MOVEMENT** Students will learn basic self-rescue skills both with and without assistance, increase their comfort with underwater exploration, and begin forward movement in the water with basic swimming skills.

**SWIM STROKES: 3/WATER STAMINA & 4/STROKE INTRODUCTION** Students develop intermediate self-rescue skills performed at longer distances and are introduced to basic stroke technique in front crawl and back crawl while reinforcing water safety through treading water and elementary backstroke.

**ADVANCED SWIM STROKES: 5/STROKE DEVELOPMENT & 6/STROKE MECHANICS** Students are introduced to butterfly, breaststroke, and sidestroke while refining their stroke technique for all major competitive strokes.

**ADULT SWIM LESSONS** Whether you are a novice to swimming or someone looking to improve their technique, and feel safe and secure in any body of water. There is no time like the present to learn in a friendly small group environment. We are committed to working on your goals whatever they may be.

\* Do you want individualized attention, flexible scheduling, and a focus on a specifically desired learning outcome? Contact Angela Begin, Swim Lessons Manager, [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org) to schedule a Private Lesson (1 student to 1 instructor) or a Semi-Private Lesson (Minimum of 2 students to 1 instructor) **See page 2 for prices**

## HOMESCHOOL SWIM

Home School Families,

We're proud to provide an opportunity for you and kids to come and have some fun rewarding physical recreation. This year, the Thursday morning Home School program will be a free recreational swim (for members, non-members would pay a modest \$50 per child, for the whole session). Swim time is 9AM-10:30AM.

If you would like to enroll your child in swim lessons, see above for a description of the available classes and schedules. You can also contact our swim lesson manager, Angela at [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org) to arrange for private instruction.

Homeschool Swim: Members FREE      Non Members \$50/child for whole session      Drop Ins Day Pass

# YOUTH DEVELOPMENT

## Swim Team and Swim Lessons

### SHARKS SWIM TEAM

The MDI YMCA Shark Swim Team is one of the state's premier Y teams. We provide all youth the opportunity to participate in a year-round competitive sport. The MDI YMCA is proud to offer various levels for participation on the Sharks Swim Team so that all levels of swimmers can join. The team shares the Y's mission to develop community, character, personal growth and wellness in spirit, mind, and body for the greater MDI community.

PER MAINE/NATIONAL YMCA LEAGUE RULES, ALL SWIM TEAM MEMBERS MUST BE ANNUAL MEMBERS OF THE MDI YMCA.

### HEAD COMPETITIVE SWIM COACH

Jim Willis

sharks@mdiyymca.org

### PRACTICE SCHEDULE

Green Team	Mon/Wed/Fri 4:15pm-5:15pm
Gold Team	Mon/Wed 5:00pm-6:30pm Tue/Thur/Fri 3:30pm-4:45pm
Senior Team	Mon-Fri 2:45pm-4:15pm
WeeSharks (Sept 19 - Oct 27)	Tues/Thurs 4:45pm-5:30pm

**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.

**WeeSharks** The WeeSharks is for the younger and less experienced swimmers. Children must be at least 5 years old and be able to swim the length of the pool (25 yards). WeeSharks develops the skills that are necessary for the Shark Swim Team which include kicking, breathing, diving, and having fun at the pool. WeeSharks participants can sign up for one or two days per week.

### FALL SWIM TEAM: SEPT 18TH - OCT 20TH

Senior, Green, and Gold Teams: \$75

WeeSharks:

\$50 Member/\$100 Non Member for 1x/week

\$75 Member/\$150 Non Member for 2x/week

### WINTER SWIM TEAM STARTS OCTOBER 23RD

GOLD \$460 OR \$180/4 X \$70

1ST YEAR GOLD \$400 OR \$180/4 X \$55

GREEN \$345 OR \$180/4 X \$41.25

1ST YEAR GREEN \$300 OR \$180/4 X \$30

SENIOR \$230 OR \$130/4 X \$25

\*FALL SWIMMERS GET A \$20 DISCOUNT

## PRIVATE SWIM LESSONS

Do you want individualized attention, flexible scheduling, and a focus on a specifically desired learning outcome? Contact Angela Begin, Swim Lessons Manager, swimlessons@mdiyymca.org to schedule a Private Lesson (1 student to 1 instructor) or a Semi-Private Lesson (Minimum of 2 students to 1 instructor)

### PRIVATE: 30 MINUTES

MDI Y MEMBER: \$30

5-LESSON PACKAGE: \$125

NON MEMBER: \$45

5-LESSON PACKAGE: \$200

### SEMI PRIVATE: 30 MINUTES

MDI Y MEMBER: \$23

5-LESSON: \$80/PERSON

NON MEMBER: \$34

5-LESSON: \$140/PERSON



# YOUTH DEVELOPMENT

## Youth Programs

### YOUTH PROGRAMS

#### YMCA OUTING CLUB

**TUESDAYS 3:30-6:30PM GRADES 5-12**  
**\$40 Members \$60 Non Members**

The YMCA is starting an outing club! Get outside and see what the world of adventure has in store for you. In the outing club, participants will learn basic outdoor activities such as hiking, biking, backpacking, canoeing, and more! Participants will also gain knowledge in proper camping skills, LNT, backcountry cooking, tent set up, and much more. Our backyard is a national park, let's explore! Plan on a Friday overnight trip to practice our new camping skills. Date to be determined.

#### BEGINNER GUITAR LESSONS

**FRIDAYS 9:15-10:00AM AGES 3-5**  
**\$75 Members \$110 Non Members**

Pick up a new skill and strum into our fall season! Enroll in our beginner guitar course designed to introduce basic guitar playing skills. Learn as a group and make some music with instructor Phil Kell. Come rock with the Y!

#### MDI YMCA TUTORS

**Members \$20/hr Non Members \$35/hr**

The Y is teaming up with students at College of the Atlantic who are studying to be educators/teachers after they obtain their degrees. The Y is offering tutoring services for those in 5th-8th grade. If your child needs an extra boost in a class and a tutor is needed, contact Jared Erskine at the Y at [sports@mdiymca.org](mailto:sports@mdiymca.org)

#### FIT KIDS AGES 10-13

**Mon/Wed/Fri 3:30pm-4:30pm**  
**Members FREE (Drops In FREE)**  
**Non Members \$120 (No Drop Ins)**

This exciting program is designed to teach kids 10-13 to safely use our aerobic equipment as well as a variety of whole-body strength training exercises. This includes traditional body weight exercises and appropriate loaded resistance training, with an emphasis on correct form, movement patterns, and safety. This will be a "learn by doing" as each class will be a workout in its own right. Graduates of this course will be allowed to exercise independently during prescribed afternoon times when there is a staff member to provide light supervision. The class will be led by MDI YMCA's personal trainer, Danielle, in the Fitness Center.

#### COOPERATIVE GAMES

**M/W/F 3:30-4:15PM Grades 2-5**

**3-Day Session: \$35 Members \$70 Non Members**

**1-Day per week: \$20 Members \$40 Non Members**

Another day, another activity. Each day will offer another game or activity to burn off that after-school energy. All games and activities will be on the ball field or Y gymnasium.

#### PRESCHOOL REC

**FRIDAYS 9:15-10:00AM AGES 3-5**

**YMCA Preschool: Included**

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

Structured physical activities are important throughout a person's life, but they play an essential role in early childhood - from birth to about 5 years of age. What they learn at this early stage lays the groundwork for their future cognitive, social, emotional, and physical skills. Our physical education program is aimed at developing motor skills, coordination, and movement at a young age, and all children will be encouraged in a supportive environment.

#### RHYTHMIC GYMNASTICS

**TUESDAYS/THURSDAY 4:00-6:00PM AGES 8+**

**Youth must be Y members**

The MDI YMCA program follows the "Rainbow Rhythmic" recreational program developed by Rhythmic Dreams/Boston Rhythmic. Kids in the Rainbow Rhythmic program progress up through levels designated by rainbow colors, with each level requiring more difficult skills and longer routines. The first level is pink followed by red/orange/yellow/green, etc. Contact Coach Lynne for general information about the program at [lynnestaggs@hotmail.com](mailto:lynnestaggs@hotmail.com). Monthly auto-draft options available.

**Pink Level:** Ages 6-8 with no previous dance or gymnastics experience. Pink level gymnasts will learn an apparatus free floor routine as well as either a ball, hoop, or rope routine. Students will have one 1.25 hour long class per week. The cost for the year is \$225. Auto-drafters must pay \$75 deposit at registration.

**Red Level:** Ages 8+ with some dance or gymnastics experience. Gymnasts will learn a free floor routine and then one or two apparatus routines. Red level gymnasts practice between 2-4 hours a week. There will be one required 2-4 hour practice per week and then a second optional day. The cost for the year is \$225 for one class and \$450 for two classes. Auto-drafters pay a deposit of \$75 for one class and \$150 for two classes.

**Orange Level and Above:** For current gymnasts and new students who have an extensive background in gymnastics/dance. Gymnasts perform a free floor routine and have the choice of 1-2 additional routines using ball, hoop, rope, clubs, or ribbon. Routines are choreographed for each individual gymnast rather than for all kids at the same level. Gymnasts at this level are more independent and can choose either one or two practices per week. The cost for the year is \$225 for one class and \$450 a year for two classes. Auto-drafters pay a deposit of \$75 for one class and \$150 for two classes.

# YOUTH DEVELOPMENT

## YMCA Sports League: Soccer



# NEW LEAGUE!

## 4 Ys: 1 League

MDI YMCA

Downeast Family YMCA (DEFY)

Bucksport YMCA

Waldo County YMCA (Belfast)

### 3 DIVISIONS

#### Preschool\*/Kindergarten

Members: \$40

Non Members: \$90

#### 1<sup>st</sup>-2<sup>nd</sup> Graders

Members: \$40

Non Members: \$90

#### 3<sup>rd</sup>-5<sup>th</sup> Graders

Members: \$40

Non Members: \$90

Join the YMCA Sports League and play against other area Y teams in a league designed to offer a comprehensive soccer program that meets the needs of all the children in the Downeast and Midcoast Maine regions. Home soccer games play here at the ball fields across from the MDI YMCA and away games are played in Ellsworth. One practice a week, games played on Saturday mornings. Team t-shirts provided in cost.

First Practice for ALL age groups: Saturday, September 9th, 10AM

Weekly Practices: Tuesdays, Wednesdays, or Thursdays (Time To Be Determined)

Game Schedules: Saturday mornings - Times and places to be announced at practice

Contact Jared Erskine, [sports@mdiymca.org](mailto:sports@mdiymca.org), for more information. Register until September 9th!

#### U4 Recreation Soccer Clinic

The U4 (under 4) recreation clinics are designed for those 3-year-old kiddos. It is an introduction to the game of soccer and its fundamentals. Clinics will be on the MDI ball fields on Saturdays at 10am. T-shirts provided in cost. First clinic on September 9th at 10AM.

**VOLUNTEER COACHING** - Interested in being a volunteer soccer coach? Experience is not necessary, just a willingness to help. We hope to have 2 coaches per team. The more coaches we have the more individualized instruction we are able to provide. Contact Jared at [sports@mdiymca.org](mailto:sports@mdiymca.org) to sign up!

# YOUTH DEVELOPMENT

Preschool and After School Care

## WHERE WILL YOUR CHILD BE THIS FALL?

### MDI YMCA CHICKADEE PRESCHOOL

Our state licensed, year round, 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 for every child.

**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.

**WEEKLY AUTO-DRAFT FEES\***  
\$175 5-Day Program\*\*  
\$130 3-Day Program\*\*  
\$ 90 2-Day Program\*\*



**CONTACT:** Angelique Hodgdon, Childcare Director  
childcare@mdiyymca.org

### YMCA AFTER SCHOOL PROGRAM

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.

**WEEKLY AUTO-DRAFT FEES\***  
\$70 Weekly

**CONTACT:** Angelique Hodgdon, Childcare Director  
childcare@mdiyymca.org

**NO SCHOOL DAY RATES: PER DAY**  
ASP Kids: \$25 Members: \$35 Non Member: \$50

**EARLY RELEASE DAY RATES:**  
ASP Kids: FREE Members: \$25 Non Member: \$40

\*Payments are accepted by weekly auto-drafts ONLY. We accept Visa or MasterCard (credit or debit) as well as checking/savings accounts. Auto-draft will occur whether your child is in attendance or not. A \$25 fee will be drafted each im enrollment changes are made. A two week written notice is required for changes/cancellations to the childcare programs.

\*\*Due at the time of Preschool Registration is the first week’s fee plus a \$130 deposit. A \$25 fee will be drafted each time enrollment changes are made.

## SERVING MDIRRS/AOS 91

Conners-Emerson: Y Bus Pick-up After School  
MDES: School bus drop off at the Y  
MDIHS: School bus drop off at th Y

Students from Pemetic, Tremont, Trenton, and other area private schools will need their own transportation. We apologize for any inconvenience.

## IMPORTANT DATES

First Day of ASP: September 5  
Columbus Day: Training Day, No ASP

**NO SCHOOL DAYS DURING 2017-2018:**  
November 5      January 1      March 23  
Nov 20-22      January 15      April 16-20  
Dec 1 (ER)      Feb 19-23      May 28  
Dec 27-29      March 16 (ER)      June 8 (ER)



# HEALTHY LIVING

Personal Training and Group Exercise

## GROWING STRONGER TOGETHER

### WHY PERSONAL TRAINING?

Whether you're a beginner or experienced athlete, you can increase your physical performance and learn techniques that will help prevent injuries and improve your overall fitness level. Our personal trainers will help you set up and individual, realistic, and reasonable fitness plan designed with fun and effectiveness in mind.

### MEMBERS

60 minutes: \$45/1 session    \$200/5 sessions    \$350/10 sessions

### NON MEMBERS

60 minutes: \$75/1 session    \$350/5 sessions    \$650/10 sessions



### FITNESS ASSESSMENT PACKAGE

\$10 Member/\$20 Non Member (Free with Personal Training Sessions)

- Body Composition Assessment - Body Fat % assessment and how your musculature is or isn't balanced
- Postural Deviation - Many of us have developed some posture issues due to work and lifestyle; this will help you identify these so we can begin to plan how to correct them.
- Flexibility - Assessing your flexibility in different muscles and movements will help you design a more effective movement and exercise plan.

\*Sign up at the Front Desk and a Personal Trainer will be in touch with you or contact Danielle at [danielle@mdiymca.org](mailto:danielle@mdiymca.org)

## GROUP EXERCISE

### BUILD A BODY FOUNDATIONS

**DANIELLE - FITNESS CENTER**

Tues/Thurs 7am-8am

**Members FREE Non Members \$90 (Drop In \$12)**

This 8-week, twice a week, strength and conditioning program with a cardio mix is for novice lifters. You will learn the fundamentals of building your own body to your goals whether that goal is to lose weight, gain lean body mass, or just feel more confident in the gym. This will be a group class with our personal trainer, Danielle Rollins. First, there will be a no-nonsense evaluation of your current conditions followed by personal goal setting. You'll learn strategies, techniques, and exercises. Think of Danielle as your facilitator and coach - you will be doing the hard work!

### BOOT CAMP AMY - GYM

Tues/Thurs 6pm-7pm

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

Join us for intense exercising in the afternoon! This high intensity workout is fun and exciting. You don't want to miss out.

### BUILD A BODY

**DANIELLE - FITNESS CENTER**

Mon/Wed/Fri 12:30pm-1:30pm

**Members FREE Non Members \$120 (Drop In \$12)**

This 8-week group class is a not nonsense fitness program for those of you who are intermediate to advance lifters. Program design is a 3 day split with a rest day between sessions. There will be a full assessment followed by an intense training session utilizing free weights, barbells, squat rack, etc. This class is for those who are serious about learning techniques to build lean muscle mass and challenging your bodies. You will focus on form, strength, and pushing to the next level of fitness.



# GROUP EXERCISE

## **CARDIO WEIGHT TRAINING** MARY - GYM

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.

## **CLASSIC STEP** ANDREA - MP ROOM

Tues/Thurs 12:30pm-1:30pm

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

Dynamic easy to follow step training for all levels. Non-stop moves to push your cardio fitness. You can do the moves without a step as well.

## **CORE FIT** ANDREA - MP ROOM

Mon/Wed/Fri 7:15am-8:15am

Members FREE Non Members \$120(Drop Ins \$12)

With a focus on developing core strength, we will work to improve strength, stability, mobility, and flexibility. Using dumbbells, bar bells, and our body weight, we will work each major muscle group. Goals include weight loss, toning, strengthening, bone density, and fun. For all fitness levels and ages, we modify exercises to make them easier or harder based on level.

## **COUCH TO 5K** AMY - OUTSIDE

Wednesday/Friday 6p,-7pm

Members FREE Non Members \$90(Drop In \$12)

Ease into running with this interval training that will gradually build speed, endurance, and confidence in running. Whether you just want to get in shape or train for a race, this class is great for all levels of runners.

## **INTRO TO POWER LIFTING** EZRA - FITNESS CENTER

Tues/Thurs 5pm-6pm

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

In this course you will learn what it takes to become a powerlifter. Open to everyone, you will learn how to effectively squat, bench, and deadlift. Along with how to train for strength and power. From programming to technique, everyone will learn the basics of the sport of powerlifting.

## **KEEP ON MOVING** VARIES - MP ROOM

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.

# HEALTHY LIVING

## Group Exercise and Adult Programs

## **SIMPLE STRENGTH** MARK - FITNESS CENTER

Tuesday/Thursday 12:30pm-1:30pm

Members: FREE Non Members \$90(Drop Ins \$12)

A simple yet challenging approach to whole-body strength training based on fundamental human movement patterns. Easy to learn and apply. Appropriate for any fitness level. Spoiler Alert! No boso balls, stability balls, hula hoops, dance moves, etc.

## **YOGA** Julia - MP ROOM

Tuesday 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.

# ADULT PROGRAMS

## **BASIC BICYCLE MAINTENANCE**

Wednesday 5:30pm-7:30pm Ages 16+

Members \$100 Non Members \$130

Starts September 20th

This 6-week course is designed for those cyclist enthusiasts what would like to learn more about basic bicycle maintenance. Preparing your bike for its next ride, fixing flat tires, brake adjustments and proper fit are just a few areas of concentration. Come learn the basics of bicycle maintenance with your MDI Y.

## **BACKPACKING TRIP**

October 13 - October 15 Ages 16+

Rain Dates: October 20 - October 22

Members \$45 Non Members \$60

Hike on a section of Maine's Appalachian Trail. Gulf Hagas is Maine's natural and largest canyon. Leave Friday afternoon to hike into a hut on the trail and spend the night. Saturday spend the day exploring Gulf Hagas and the wonders this historic landmark presents. Saturday night relax and hike out on Sunday. This is a trip where being in reasonable physical shape is recommended.

## **MDI YMCA BIKE CLUB**

Monday and Thursdays 7am

All are welcome to join us on weekly rides, mostly carriage roads and sometimes the Park Loop Road. This group is a slower pace group for all riders to get community members out on their bikes and enjoying Acadia National Park by two wheels.

## **AFRICAN DANCE AND DRUM**

Thursdays 10am-11am

Join us for an hour of beautiful, beat-filled music and dancing!

# HEALTHY LIVING

## Adult Sports and Aquatic Exercise



### SPORTS

#### PICKLEBALL Ages 18+

M/W/F 1:30pm-3pm (1/2 gym)

T/TH 11:30am-2pm (Full Gym)

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 even 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+

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

Members FREE Non Members Day Pass

#### PICK-UP BASKETBALL Ages 18+

Monday/Wednesday/Friday 11:30am-1pm

Members FREE Non Members Day Pass

#### ADULT YMCA LEAGUE BASKETBALL

Please have a team w/a minimum of 4 players

Tuesdays 6:30pm-9pm Ages 25+

Fridays 6:30pm-9pm Ages 13-24

\$10 Members, \$15 Non Members, \$4 Drop Ins

Join our recreational basketball league! This is an informal league for community member who want to play some nighttime hoops! Show up with a team and be ready to play. Contact Jared Erskine our sports director with any questions at [sports@mdiyymca.org](mailto:sports@mdiyymca.org)

### AQUATIC EXERCISE

#### LOW IMPACT WATER EXERCISE Instructor: Kim

Monday/Wednesday/Friday 9:30am-10:30am

Members FREE Non Members \$75 Drop Ins Day Pass

Facilitated by Kim Chapman, this class is one of the staples of our aquatic exercise program. Participants are led through a series of exercises which are designed to help improve joint flexibility and relieve pain or stiffness using the water's buoyancy and resistance. This class is a great option for those with arthritis, MS, or other conditions in which mobility is limited.

#### AQUA AEROBICS Instructor: Angela NEW DAYS!

Monday/Wednesday 6:30pm-7:30pm

Members FREE Non Members \$75 Drop Ins Day Pass

This is a moderate intensity workout designed for both swimmers and non-swimmers regardless of age or physical condition. The aim is to help achieve new levels of fitness without the impact on your joints. The class can also aid in improving muscle tone and balance. This class uses a variety of resistance aids including pool noodles and aquatic weights in both the shallow and deep ends of the pool.

#### GOLDEN AGE STRENGTH AND FITNESS FOR SENIORS

Instructor: Kathleen NEW DAYS!

Mon/Wed/Friday 11am-12pm

Members FREE Non Members \$120 Drop Ins Day Pass

This class is designed for active older adults who want to increase their strength, endurance, and balance without impact on joints. Each session is tailored to the abilities of the group yet are modified for each individual. This is an easy-moderate intensity workout that takes place in the shallow end of the pool with resistance aids including pool noodles and aquatics weights.

#### MASTERS SWIM WORKOUT

Wednesdays 7:30am-8:30am

Members FREE Non Members \$60 Drop Ins Day Pass

Our Masters swim program is open to all swimmers who would like to improve their skills while jumping in the pool with a group of like minded individuals. Whether you are just starting to swim for fitness, want to work on stroke technique, or train for a triathlon, this is a time for you to hop in the pool and improve your skills with a coached workout while having fun.



# SOCIAL RESPONSIBILITY

Pool Policies, Trainings

## KEEPING THE COMMUNITY SAFE

### Y POOL POLICY FOR CHILDREN UNDER 14

At the MDI YMCA's Lenny DeMuro Pool, you can rest assured that you and your child's safety is critical to us. When you bring your child (under age 14) to the Y, their names will be checked at the Front Desk against a roster of Swim Tested children. They will then be issued a colored band to wear on their wrists.

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

**YELLOW BAND:** These swimmers have some experience in the water, enough to go PFD free, but they still must remain in the shallow end. A responsible adult should be swimming with them or watching from the bleachers on the pool deck.

**GREEN BAND:** Those who have green bands are the most experienced swimmers. They have access to the full pool (shallow and deep ends) and can jump off the diving board with lifeguard permission. An adult can be in the pool with them or watching from the bleachers of 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 Swim Lessons

\*\*If you do not own a Coast Guard approved PFD you can borrow one from the Y for the duration of your child's swim time.

### CPR TRAININGS

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 assessment 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 Mark Schoon at [wellness@mdiyymca.org](mailto:wellness@mdiyymca.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



# MEMBERSHIP

# JOINING HAS BENEFITS



## WELLNESS

### FITNESS CENTER AND FREE WEIGHT TRAINING ROOM

Featuring training equipment, free weights, and cardio machines to help improve muscle tone and/or build muscle mass. Members can sign up for a free orientation session with a fitness center staff.

### DOUBLE COURT GYMNASIUM

Our full-sized gymnasium has the ability to become two separate courts so come try out Pickleball, Basketball, or Badminton! Schedules are online and at the front desk.

### INDOOR TRACK

Walk, run, or workout on the Y's indoor track above the gymnasium. Track directions are posted.

### POOL

A six-lane 25-yard pool is available for lap swimmers, families, and group exercise classes. See the current Pool Schedule or Program Guide for details.

### GROUP FITNESS/AQUA EXERCISE

People who participate in a group are more likely to achieve their fitness goals and stay active. Join in more than a dozen group fitness and aqua exercise classes offered on a weekly basis. Schedules are session-based but any changes in schedules may be found at the front desk.

### LOCKER ROOMS

The Men's and Women's Locker Rooms are equipped with lockers, showers, toilets, and changing facilities. See the Front Desk in regards to locker rentals.

### PROGRAM REWARDS

Y Members receive priority registration and special pricing on programs, child care, and camp. Save even more by joining!

### NEW ENGLAND RECIPROCITY

As a member of the MDI YMCA you have access to all New England YMCAs! This means you can visit any Y within New England and have access to their facilities.

## ONSITE CHILDCARE

Members with children have access to the Y's Kid's Stop program, our morning babysitting service. See front page for details.

## VOLUNTEERING

Research shows that volunteering can help improve your health! Positions always available in all departments. Contact department directors directly.

## MEMBERSHIP CATEGORIES

**YOUTH:** An individual age 17 and under.

**ADULT:** An individual 18 years or older.

**FAMILY:** Two adults living in the same household. Children are covered until 23 if the child is in school.

**SINGLE-PARENT FAMILY:** A single adult household and children living in the household. College students are covered until 23 if the child is in school.

**SENIOR:** An individual age 60+.

**SENIOR COUPLE:** Two seniors living in the same household and sharing expenses.

## TEMPORARY MEMBERSHIPS

The MDI YMCA offers Weekly Passes, 1-month, and 3-month memberships. Please visit our website [www.mdiymca.org](http://www.mdiymca.org) for current prices, or call 207-288-3511, or email [membership@mdiymca.org](mailto:membership@mdiymca.org).



# MEMBERSHIP

## ANNUAL RATES

MEMBERSHIPS	MONTHLY DUES
YOUTH	\$16
ADULT	\$45
FAMILY	\$67
SINGLE-PARENT FAMILY	\$57
SENIOR (AGES 60+)	\$38
SENIOR COUPLE	\$57

### METHODS OF PAYMENT

#### MONTHLY MEMBERSHIP DUES

Debited directly from a bank account or credit card. There will be a \$10 Fee charged for bounced payments.

#### FULL PAYMENT

Payable with Visa or Mastercard, cash or check. There will be a \$10 Fee for every bounced check.

### JOINER FEE

A Joiner Fee is required for new annual memberships or annual memberships that have not been renewed within 60 days of membership expiration.

ADULT, SINGLE-PARENT, FAMILY	\$75
SENIOR, SENIOR COUPLE	\$25
YOUTH	\$0

### MEMBERSHIP HOUSEKEEPING

Upon joining, your first payment will be the Joiner Fee and the first month's dues. Membership may be cancelled with a two-week (14-day) notice before your next draft. Billing occurs on the 3rd of each month. A \$100 cancellation fee is issued for first-time Annual Memberships that have not run a full 12-months.

### FINANCIAL ASSISTANCE

Since it is our intent and purpose that no one be denied membership or participation in programs due to an inability to pay, we offer financial assistance to those who qualify. Please complete a financial aid application and attach proof of your financial situation (usually a current tax form). Forms can be picked up at the Front Desk or online at [www.mdiymca.org](http://www.mdiymca.org). All requests are confidential.

### GUEST PASSES AND PRIVILEGES

Members are encouraged to bring friends to enjoy the health benefits of the Y. Guests visiting with a member of the Y may use a complimentary guest pass or pay a nominal charge to use the facility.

All adults in any Annual Membership group will receive 5 Guest Passes per calendar year. All youth in the families and youth groups receive 2 Guest Passes per calendar year.

Guests must fill out a guest registration form when visiting the Y and must have one form of ID for verification.

#### DAY PASS RATES FOR GUESTS

Family	\$20
Adult	\$12
Senior	\$6
Student	\$6
Active Military	\$6 (with ID)

### YOUTH GUIDELINES

Youth members ages 9+ may use the facility without an adult. This is a privilege and can be revoked due to behavior that does not adhere to our Code of Conduct, see page 12.

Youth members 14+ may use the Fitness Center without an adult. Youth 10-13 must take Fit Kids in order to use the Fitness Center without an adult.

# SAFETY

## Policies, Procedures, E-mail Sign Up

### INCLEMENT WEATHER POLICY

During inclement weather, staff will monitor the current forecast and will alert the membership of the facility's closing through radio, WLBZ, WABI, and e-mail. When there is thunder and/or lightening the pool will close and will reopen 30 minutes after the last sign of thunder and/or lightening. Sign-up for our e-mail newsletter to receive closure announcements via e-mail. Sign up is at [www.mdiymca.org](http://www.mdiymca.org)

### Emergency Procedures

#### EVACUATIONS

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, please follow the directions of the YMCA staff to ensure a safe and orderly exit from the building.

#### FIRE ALARM

If the fire alarm sounds please:

- Stop all activity
- Follow evacuation procedures
- Follow directions from YMCA Staff

#### INCIDENT REPORTS

In the event that first aid or corrective action is provided to you, or for you, the staff responding is required to ensure that proper documentation is provided for our records.

#### MEMBER RESPONSIBILITY

Members are expected to assist Y staff in the event of an emergency by following instructions from Y staff in order to resolve the situation as effectively and safely as possible. All staff on duty are designated to take a lead role in the daily operations of the facility and also in the event of an emergency. Please follow their directions.

### Member Code of Conduct

We ask individuals to behave in a manner that upholds the Y's Core Values of Caring, Honesty, Respect, and Responsibility at all times when using the Y facility or participating in Y programs. Failure to adhere to the Code of Conduct may result in suspension or termination of membership.

Actions that do not adhere to these guidelines and are not permitted include:

- wearing provocative attire or attire that includes vulgar and/or profane messaging
- using angry or vulgar language
- making physical contact with another person in an angry or threatening manner
- engaging in sexual activity or contact with another person
- harassment by means of language, gestures, body language, or menacing behavior
- stealing or destruction of property
- carrying or concealing any weapons, devices, or objects which may be used as a weapon
- using tobacco products, drugs, or alcohol
- refusing to adhere to staff requests
- using a camera and/or cell phone in the locker rooms.

# CONTACT

## Staff Emails and General Contact

### Y DIRECTORY

## WELCOME TO FALL!

Welcome to the Y! Anchored in over 10,000 communities across the country, the Y has the long-standing relationship to promise and deliver personal and social change. Strengthening the MDI community is our cause, and we serve three crucial areas of focus to assist families, individuals, and communities learn, grow, and thrive.



The Y is for Youth Development, because we believe all kids deserve opportunities to discover who they are and what they can achieve. Through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

The Y is for Healthy Living, improving the nation's health and well-being. The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, and shared interests.

The Y is for Social Responsibility, giving back and providing support for all our neighbors. The Y has been listening and responding to the island community's critical needs for over 100 years. Whether developing life skills or emotional well-being, welcoming and connecting diverse populations, or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

The Y is for the entire community and is open to everyone. Donors enable the MDI YMCA, a charitable non-profit organization in compliance with IRS code 501(C) 3, to offer Financial Assistance to those individuals and families that qualify. We are here to serve you, your family, and all the community while developing your spirit, mind, and body. Welcome to our Y!

Sincerely,  
Tommy • [exec@mdiyymca.org](mailto:exec@mdiyymca.org)  
Executive Director

### MEMBERSHIP DIRECTOR

Kimberly • [membership@mdiyymca.org](mailto:membership@mdiyymca.org)

### BUSINESS DIRECTOR

Julie • [finance@mdiyymca.org](mailto:finance@mdiyymca.org)

### CHILDCARE DIRECTOR

Angelique • [childcare@mdiyymca.org](mailto:childcare@mdiyymca.org)

### FACILITIES DIRECTOR

Chris • [maintenance@mdiyymca.org](mailto:maintenance@mdiyymca.org)

### MARKETING DIRECTOR/EXECUTIVE ASSISTANT

Demelza • [design@mdiyymca.org](mailto:design@mdiyymca.org)

### WELLNESS AND AQUATICS DIRECTOR

Mark • [wellness@mdiyymca.org](mailto:wellness@mdiyymca.org)  
[aquatics@mdiyymca.org](mailto:aquatics@mdiyymca.org)

### PROGRAMS DIRECTOR

Jared • [sports@mdiyymca.org](mailto:sports@mdiyymca.org)

### HEAD LIFEGUARD

Vinny • [lifeguard@mdiyymca.org](mailto:lifeguard@mdiyymca.org)

### HEAD SWIM INSTRUCTOR

Angela • [swimlessons@mdiyymca.org](mailto:swimlessons@mdiyymca.org)

### SHARKS SWIM COACH

Jim • [sharks@mdiyymca.org](mailto:sharks@mdiyymca.org)

### GENERAL INQUIRIES

[info@mdiyymca.org](mailto:info@mdiyymca.org)

PHONE: 207-288-3511

FAX: 207-288-3019

[www.mdiyymca.org](http://www.mdiyymca.org)





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



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

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