



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHAMPIONS CREATING COMMUNITY

Mount Desert Island YMCA
Holiday Program Guide 2017

HOLIDAY SESSION DATES
October 30 - December 24
SIGN UP DATES
Members: October 16
Non Members: October 23

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SESSION AND REGISTRATION DATES

Holiday: October 30 - December 24

Member Sign Up: October 16

Non Member: October 23

FACILITY HOURS

Monday - Friday: 5:30am - 9:00pm

Saturday: 7:00am - 6:00pm

Sunday: 7:00am - 4:00pm

CLOSED THANKSGIVING DAY, NOV 23

CLOSED CHRISTMAS DAY, DEC 25

CLOSED NEW YEARS DAY, JAN 1

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.

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

CONTACT US

Phone: 207-288-3511

Fax: 207-288-3019

Email: info@mdiymca.org

See Staff Directory for individual emails

YOUTH DEVELOPMENT

Swim Lessons

SWIMMER INFORMATION

Preapproval is necessary to sign up for Swim Strokes or Advanced Swim Strokes at ALL AGE LEVELS. Preapproval can be obtained by receiving a note from the swim instructor near the end of session (all swim level information is kept on file) or participating in a swim evaluation. Swim evaluations will be held Tuesdays, October 17th and 24th at 5pm-5:45pm and Saturday, October 21st 1pm-3:30pm.

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.

SWIM INSTRUCTOR IN TRAINING Under the direction of a Swim Instructor, a Swim Instructor In Training will learn to teach people of all ages using the YMCA Swim Lesson Program. Swim Instructor In Training must be an energetic, dedicated, and motivated individual who enjoys swimming and teaching children or adults. Training will consist of classroom content as well as in-pool time with a Swim Instructor during a swim lesson to learn to teach swimming to participants of all ages. *Contact Angela Begin, Swim Lesson Manager, for more information at swimlessons@mdiymca.org. **See above schedule for training days.

Class	Age	Day	Time	Mem	NonMem	Min/Max
Preschool Swim Basics	3-5yr	Tuesday	4:15-4:45pm	\$35	\$70	3/6
		Thursday	4:15-4:45pm	\$35	\$70	3/6
		Saturday	10:30-11:00am	\$40	\$80	3/6
		Saturday	11:00-11:30am	\$40	\$80	3/6
Preschool Swim Strokes*	3-5yr	Tuesday	4:15-4:45pm	\$35	\$70	3/6
		Thursday	4:15-4:45pm	\$35	\$70	3/6
		Saturday	10:30-11:00am	\$40	\$80	3/6
Swim Starters	6-36mo	Tuesday	5:00-5:30pm	\$35	\$70	3/8
School Age Swim Basics	6yr+	Tuesday	5:00-5:45pm	\$45	\$90	3/12
		Saturday	9:30-10:15am	\$50	\$100	3/8
School Age Swim Strokes*	6yr+	Thursday	5:00-5:45pm	\$45	\$90	3/8
		Saturday	9:30am-10:15am	\$50	\$100	3/8
School Age Advanced Swim*	6yr+	Thursday	5:00-5:45pm	\$45	\$90	3/8
		Saturday	10:00am-10:45am	\$50	\$100	3/8
Adult Swim Lessons	18+yr	Tuesday	4:45-5:15pm	\$35	\$70	3/6
Swim Instructor In Training	By invitation	Saturday	9:30-10:30am	\$80	\$160	3/6

There will be no class Tuesday October 31st and Thursday November 23rd

*Preapproval required to sign up

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 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.

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 least three each week.

Senior Team (High Schoolers) The Senior team is for High School students and the advanced Gold Team member. Practices are held when the High School team is not in season, in the morning including the Saturday practice, and on days when the High School practice is not held. Senior members are encouraged to come at least 4 times a week with some swimmers swimming 7 or 8 practices a week. Training is focused on developing the endurance, speed, and skills necessary to compete at a high level at the end of season meets in February and March

PRACTICE SCHEDULE

Green Team	Mon/Wed/Fri	4:15pm-5:15pm
Gold Team	Mon/Wed /Fri	5:00pm-6:30pm
	Tue/Thur	5:30pm-7:00pm
Senior Team	Mon-Fri	2:45pm-4:15pm
Morning Practice	Mon-Fri	6:00am-7:00am
		6:30am-7:30am
Saturday Practice		7:30am-9:30am
WeeSharks	Tues/Thurs	4:45pm-5:30pm
(November 7 - December 21)		

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

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.

NOVEMBER 7 - DECEMBER 21 TUESDAY/THURSDAY

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

\$75 Member/\$10 Non Member for 2x/week

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

CREATIVE KIDS! WITH MIKE DUFFY

THURSDAYS

GRADES K-3RD 3:30PM-4:30PM

GRADES 4TH-6TH 4:40PM-5:30PM

Members \$50 Non Members \$100

Exercise your creativity! Join local artist Mike Duffy at the Y and complete several art projects over the course of the session. Projects may include: watercolors, mosaics, book-making, jewelry, and more! Mike incorporates art history into each week's project. All materials are non-toxic. Wear clothes you don't mind getting artsy in.

MDI YMCA CHEERING

TUESDAY GRADES K-4TH 4PM-5PM

WEDNESDAY GRADES 5TH-8TH 4PM-5PM

Members \$115 Non Members \$135

Rally the fans, show your enthusiasm, and support our YMCA basketball rec games. Cheer routines and basic tumbling skills taught by our veteran coach. Prepare for winter competition season. Uniforms included in the cost. Saturday morning rec games begin 2nd week of December.

MDI YMCA TUTORS

Members \$15/hr Non Members \$25/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@mdiyymca.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.

FLOOR HOCKEY

WEDNESDAY 3:30-4:30PM GRADES 3-6

Members \$25 Non Members \$35

Come enjoy floor hockey at the Y! Warm up with learning a new skill and then hop into a game. Minimum of 8 needed.

AFTER SCHOOL HOOPS

TUES/THURS 3:30-4:30PM Grades 3-6

Members \$35 Non Members \$45

Come shoot some hoops after school and play some organized pick up basketball. Get ready for the basketball season by sharpening those skills in our after school hoops program.

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

MONDAY/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. 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: Basketball; Youth Programs



BALLET AND CREATIVE MOVEMENT

WEDNESDAYS

Ages 4-6 5:30pm-6:30pm

Ages 7-9 6:30pm-7:30pm

Members \$35 Non Members \$50

Your child will dance and have fun with an emphasis on the foundations of ballet. This class will use classical ballet techniques to encourage age appropriate creativity, musicality, and physicality. Dancers will be brought through creative movement and basic ballet steps and more! Classes will be taught by Marisa Marinelli, former New York Ballet company dancer and local arts performer. We are happy to have her on board!

PRESEASON BASKETBALL WORKOUTS

WEDNESDAYS NOVEMBER 1 - NOVEMBER 22

High School Students 6:30pm-8:30pm

Members \$55 Non Members \$75

Join Jared on Wednesday nights to get ready for the upcoming basketball season. Conditioning, shooting, footwork, and other preseason drills will be utilized to get that high school athlete ready for the basketball season. GO TROJANS!

YMCA BASKETBALL

Preschool*/Kindergarten

Members: \$40

Non Members: \$90

1st-2nd Graders

Members: \$40

Non Members: \$90

3rd-5th 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 games play here at the ball fields across from the MDI YMCA and away games are played in Ellsworth. One practice a week on Wednesdays, games played on Saturday mornings. Team t-shirts provided in cost.

First Practice for ALL age groups: Saturday, December 2nd

Weekly Practices: Wednesdays

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

*Preschool denotes those 4-5 year olds not yet in kindergarten

Contact Jared Erskine, sports@mdiymca.org, for more information. Register early!

U4 Recreation Basketball Clinic

The U4 (under 4) recreation clinics are designed for those 3-year-old kiddos. It is an introduction to the game of basketball and its fundamentals. Very basic entry-level fun! Starts December 2nd at 10AM. T-shirts provided in cost. First clinic on September 9th at 10AM.

VOLUNTEER COACHING - Interested in being a volunteer basketball 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 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: info@mdiyymca.org for more information.

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 time enrollment changes are made. A two week written notice is required for changes/cancellations to the childcare programs.

SERVING MDIRSS/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

NO SCHOOL DAYS DURING 2017-2018:

November 10	January 15	April 16-20
Nov 20-22	Feb 19-23	June 8 (ER)
Dec 1 (ER)	March 16 (ER)	
Dec 27-29	March 23	

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

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.

CONTINUE TO 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.

COACHED POWER LIFTING

EZRA - FITNESS CENTER

****By Appointment - Year Round**

Members FREE Non Members \$120/per year

In this course you will meet with your coach, learn what it takes to become a powerlifter, learn how to effectively squat, bench, and deadlift; along with how to train for strength and power. With guidance from the coach, you'll embark on a program tailored to your powerlifting goals. You'll check in with your coach every 4-8 weeks to evaluate your progress and adjust your program as needed.

COUCH TO 5K AMY - OUTSIDE

Wednesday/Friday 6pm,-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.

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.

HEALTHY LIVING

Group Exercise and Adult Programs

STRENGTH AND BALANCE DANIELLE - FITNESS CENTER

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

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

Strength & Balance is a class focused on functional movements and strength building as we age. This is a total body class that includes: strength training, core, balance, and flexibility. We will be using our own body weight; dumbbells and barbells to achieve overall toning, strength, and flexibility. Age gracefully a have fun while you do it!

INDOOR CYCLE TOGETHER WITH RICHARD

Thursday 6pm-7pm

Friday 6:30am-7:30am

Members: FREE Non Members \$60 (Drop Ins \$12)

Ages 16+

Indoor cycling provides a fun and challenging cardiovascular workout for all ages and fitness levels. Experience a full ride of hills, sprints, and endurance intervals with energizing music and motivational instruction. But this isn't just a class, this is Richard's class! Be part of this special community of cycling enthusiasts and health seekers alike, it's an experience you won't want to miss. *Arrive 15 minutes before class to reserve your bike.

MORNING RIDE WITH ROCKIN' ROLAND

Mon/Wed 7:30am-8:30am

Members: FREE Non Members \$60 (Drop Ins \$12)

It's hard to beat a good indoor cycling workout! Roland's class is no exception and has always been a popular class, especially for those of us whose hearts get pumping to good ol' rockin' roll. Get your morning started right!

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.

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

AQUATIC EXERCISE

LOW IMPACT WATER EXERCISE Instructor: Kim

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

Members FREE Non Members \$90 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

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

Members FREE Non Members \$90 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. NO CLASS OCT 30 AND NOV 1!

GOLDEN AGE STRENGTH AND FITNESS FOR SENIORS

Instructor: Andrea

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

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 for current prices, or call 207-288-3511, or email 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. 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

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 ALL!

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@mdiymca.org
Executive Director

MEMBERSHIP DIRECTOR

Kimberly • membership@mdiymca.org

BUSINESS DIRECTOR

Julie • finance@mdiymca.org

CHILDCARE DIRECTOR

Angelique • childcare@mdiymca.org

FACILITIES DIRECTOR

Chris • maintenance@mdiymca.org

MARKETING DIRECTOR/EXECUTIVE ASSISTANT

Demelza • design@mdiymca.org

WELLNESS AND AQUATICS DIRECTOR

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aquatics@mdiymca.org

PROGRAMS DIRECTOR

Jared • sports@mdiymca.org

HEAD LIFEGUARD

Vinny • lifeguard@mdiymca.org

HEAD SWIM INSTRUCTOR

Angela • swimlessons@mdiymca.org

SHARKS SWIM COACH

Jim • sharks@mdiymca.org

GENERAL INQUIRIES

info@mdiymca.org

PHONE: 207-288-3511

FAX: 207-288-3019

www.mdiymca.org



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



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