



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATING CHAMPIONS



MOUNT DESERT ISLAND YMCA
LATE SPRING SESSION
APRIL 24 – JUNE 11, 2017
Member Sign Up – April 10
Non Member Sign Up – April 17



CHARGE INTO SUMMER!

The Best Summer Ever Starts at
HEALTHY KIDS DAY!
APRIL 29

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

Late Spring Session: April 24 - June 11

Member Sign Up - April 10

Non Member Sign Up - April 17

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

POOL: 5-LANE MAXIMUM

Contact Christina at 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 pool, track and fitness room, at no charge. Reciprocal members pay the non-member rate for classes and programs.

**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

Kimberly O'Brien, Membership Director
membership@mdiymca.org

Jill Reeves, Business Director
finance@mdiymca.org

Angelique Hodgdon, Childcare Director
childcare@mdiymca.org

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Chris Farley, Facilities Director
maintenance@mdiymca.org

Jim Willis, Head Swim Coach
sharks@mdiymca.org

SPRING INTO SUMMER AT THE YMCA



SPECIAL DEALS APRIL 29 - JUNE 1!

No Joiner Fee

Youth memberships will be at the 2016 rate of \$180.00 or \$15.00 a month for the year.

All Annual memberships can be subject to the sliding scale rate. Contact Membership Director, Kimberly O'Brien for details.

membership@mdiyymca.org

ANNUAL* MEMBERSHIP RATES	MONTHLY DRAFT **	FULL PAY RENEWAL RATE	ONE-TIME JOIN FEE DUE AT SIGN-UP***	NEW MEMBER FULL PAY (includes Join Fee)
Family	\$67	\$804	\$75	\$879
SP Family	\$57	\$684	\$75	\$759
Adult	\$45	\$540	\$75	\$615
Senior	\$38	\$456	\$25	\$481
Senior Couple	\$57	\$684	\$25	\$709
Youth	\$16	\$192	\$0	\$192

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

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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 that a \$25 administrative fee will be drafted each time enrollment changes are made. A two week 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



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

**SIGN YOUR CHILD UP FOR CAMP
CADILLAC, THE MDI YMCA'S
SUMMER DAY CAMP!**

**SEE OUR CAMP BROCHURE FOR
MORE DETAILS.**



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:

April 17-21 May 29

Current ASP Kids: \$25/day

MDI YMCA Members: \$35/day

Non Members: \$50/day

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 Conners Emerson School Monday-Friday. 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 for more information.

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.

PRESCHOOL REC NEW TIME!

Ages 3-5 Wednesdays 9:15am-10:00am

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

AFTER SCHOOL PRESCHOOL REC Ages 3-5

Thursdays 3:30pm-4:15pm

YMCA Preschool: Included

Members \$20 Non Members \$45

Come join our YMCA Preschool as we stretch our legs after a long day! This is a great chance to join in on some exciting cooperative games and introduce classroom structure to your son or daughter.

KID'S NIGHT OUT

Ages 3-10 5:30pm-8:30pm

Members: \$25

Non Members: \$40

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, April 28

Friday, May 19

Friday, June 9

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.

BEGINNER GUITAR LESSONS Ages 9-14

Wednesdays 6:30pm-7:30pm

Members \$40 Non Members \$60

Do you think the guitar might be right for you? Enroll in our Beginner Guitar Class to find out! Beginner Guitar is designed to introduce basic guitar playing to beginners, with no previous music study needed. Emphasis is placed on learning guitar skills in a group setting. Essential guitar skills are taught in a fun, supportive setting that allows students to develop at their own pace. Come rock out at the MDI Y! Class in YMCA preschool room.

AFTER SCHOOL FIELD GAMES Grades 1-3

Monday/Wednesday/Friday: 3:30pm-4:30pm

Members: \$35 Non Members: \$55

Looking for a high energy way to burn off the school day? Join the YMCA for a wide selection of cooperative games! We will play anything from capture the flag to kickball. It is going to be a blast! Bring your water bottle and a pair of shoes that are comfortable to run in. We will be in the sun most days so sunscreen is recommended.

PRESCHOOL COLOR SHOP Ages 3-5

Thursdays 5:30pm-6:15pm

Members \$20 Non Members \$35

Bring your child to the Y for this great opportunity to be creative and socialize! The YMCA will provide supervision, materials, and a space that encourages kids to be creative. We will use coloring books as the main platform for color exploration and also have a play-dough station to end the day. This 45 minute evening class will be a great way to enrich your preschool ages child's week. **6 Children Minimum for class! No max.**

SPCA VOLUNTEER SQUAD Ages 9-14

Wednesdays 3:30pm-5:00pm

Members \$40 Non Members \$55

Bow wow? Woof. Are you an animal lover with the desire to help some 4-legged friends who would enjoy your company? The YMCA is partnering with the Hancock County SPCA to help out around the shop. Duties may include: walking dogs, petting cats, playing with the animals, feeding animals, and general cleaning. This is going to be hard work, but our furry friends would sure appreciate it! Bus will depart the YMCA for Trenton at 3:45pm and return at 5:00pm. **Minimum 6 Maximum 12**

HOME RUN DERBY

Ages 10-13

Saturday, June 10 • 9:00am-1:00pm

\$10 Entry Fee

Come join the Y and go yard! We are going to move the fences in and hit a few out of the park.

We are going 2 rounds, each batter gets 10 swings each at bat to tally as many homers as they can! Bring your own pitcher, anyone who isn't at bat can help out in the field and catch some pop-ups. First prize is a baseball bat bag.

Registration is open April 24th.

For more information contact Nick Tymoczko
sports@mdiymca.org

FIT KIDS AGES 10-13

Wednesday/Friday 4pm-5pm

Members FREE Non Members \$90 No Drop Ins

Fewer efforts can have such a dramatic impact on the health and well-being of our kids than to learn safe and effective ways to exercise. The new "Fit Kids" 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 will include 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. Young adults 14+ will be allowed unsupervised access to the fitness center subject to normal rules of etiquette. (See the newly revised fitness center policies for additional information).

GLOW DANCE!

Grades 4th & 5th

Friday, May 5th

7pm-8:30pm • \$5 at the door (No pre-registration required)

The Y will be blasting music and dimming the gym lights for this glow themed dance party. Bring glowsticks, glow necklaces, and anything that lights up! Extra glowsticks will be available for purchase for \$1 at the door. Our DJ, Slick Nick, will be playing the hottest jams and hosting a dance off as part of the festivities. You don't want to miss this party at Club YMCA!

For more information contact Nick Tymoczko sports@mdiymca.org

T-BALL INFORMATION

Hello parents and welcome to the world of youth sports! T-ball, for many kids, will be their first introduction to organized physical activity. In addition to learning the basic concepts of baseball, your child will be learning larger concepts such as: personal space, teamwork, routines, and how to play in a structured environment. T-ball skills will be taught through a mix of fun gross motor games and practice of basic baseball skills like throwing and catching. We will mix up the objects and create fun challenges to keep your child engaged!

T-ball functions best when parents get involved and jump in with their child! We understand that folks can be a bit apprehensive and we do everything we can do make it easy to participate. We find that stations help provide structure and keep kids engaged in activity; we will ask parents to jump in and run stations every so often.

Weather appropriate clothing is required; every effort will be made to have the class outside. To receive a t-shirt you must register by APRIL 24. We will do our best to accommodate shirt sizes after this date. T-ball is a very popular activity and we will run 2 practices a week for each section. This year we will be splitting the youngsters up into two groups!

MEMBERS \$35 NON MEMBER \$65

JELLYFISH: Monday/Friday 4:00pm-4:45pm Ages 3-4

STARFISH: Tuesday/Thursday 4:30pm-5:15pm Ages 4-5

YOUTH SWIM LESSONS

HOW TO CHOOSE YOUR CHILD'S SWIM LEVEL: IMPORTANT INFORMATION

Having your child registered in the appropriate level class is paramount to their safety during swim lessons, and ensures they can progress through each swim level with confidence. 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. Those looking to join our program for the first time are encouraged to set up a free swim evaluation with one of our instructors by contacting Christina Longstreeth at aquatics@mdiymca.org.

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	8:30-9:15am			
Swim Strokes Preschool	Age 3-5	Thu	4:15-4:45pm	\$35	\$70	Min3/Max10
		Sat	11:15-11:45am			
Swim Strokes School Age	Age 6+	Thu	5:00-5:45pm	\$45	\$90	Min3/Max10
		Sat	9:30-10:15am			
Advanced Swim Strokes School Age	Age 6+	Sat	12:00-12:45pm	\$45	\$90	Min3/Max8

Swim Starters: Water Discovery and 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: Water Acclimation and 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: Water Stamina and 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: Stroke Development and Stroke Mechanics Students are introduced to butterfly, breaststroke, and sidestroke while refining their stroke technique for all major competitive strokes.

Basics of Springboard Diving

Saturday 10am-11am Members \$50 Non Members \$90 We are very excited to be offering a diving program here at the Y! This class will be open to all abilities with a focus on learning boardwork as well as basic and intermediate dives with MDI High School diving coach Chris Schleif. Open to ages 8 and up.

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@mdiyymca.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/Max10
Stroke Development	Age 6+	Thu	9:45-10:30am	\$55	\$110	Min3/Max10

SHARKS SWIM TEAM

Spring team is for Shark swimmers that wish to keep practicing and focuses on stroke technique. Green team will spend more time on the basics of swimming including streamlining, turns, starts and of course developing all 4 strokes. Gold team will continue to refine stroke technique and incorporate endurance training. Senior team will meet the needs of those participating whether it be stroke technique or intense swimming. **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@mdiyymca.org

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.

SPRING SEASON: APRIL 24 - JUNE 9
SUMMER SEASON: JUNE 12 - JULY 28

GREEN AND GOLD TEAM SPRING PRICE: \$90
GREEN AND GOLD TEAM SUMMER PRICE: \$90

GREEN AND GOLD TEAM SPRING AND SUMMER PRICE: \$150

PRACTICE SCHEDULE

Green Team Mon/Wed/Fri 4:15pm-5:15pm
Gold Team Mon/Wed/Fri 5pm-6:30pm
Tues/Thurs 3:30pm-4:45pm
Friday 3:30pm-4:30pm
Senior Team Mon-Fri 2:45pm-4:30pm
WeeSharks* T/TH 4:45pm-5:30pm

*WeeShark Practices run April 25-June 8

ADULT 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 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.

ADULT YMCA LEAGUE BASKETBALL

Please have a team w/a minimum of 4 players

Tuesdays 6:30pm-9pm Ages 25+

Wednesdays 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 Nick Tymoczko our sports director with any questions at sports@mdiymca.org

COMMUNITY EVENTS

2nd ANNUAL KALU OPEN MIXED DOUBLES BADMINTON TOURNAMENT

Saturday, May 13th

9AM - Tournament End Warm-Up 8:30am

This is a round robin tournament where tournament champions will be determined in a head to head game.

Registration opens April 24th. 10 team cap so register early! Contact Nick Tymoczko at sports@mdiymca.org for flyer and more information.

\$15 per person (MDI YMCA members)

\$25 per person (Non Members)

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.

5th ANNUAL ACADIA HALF MARATHON & 10K

Sunday, June 4

Half Marathon and 10K Runners: 7am

Half Marathon Walkers: 6am

Contact races@mdiymca.org for more information about the race and volunteer opportunities.

"A WALK IN THE PARK" SENIOR WALKING CLUB

FREE TO THE COMMUNITY

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Joining the YMCA Walking Club is a good way to expand your workout group and improve heart health. The club will meet at the YMCA on Saturday mornings at 10AM. You will be greeted with hot coffee and we will carpool to our destination. Our goal is to choose flat, groomed trails where we can walk at a slow to moderate pace for 45 minutes-an hour.

****THIS CLUB IS DEPENDANT ON THE AVAILABILITY OF A VOLUNTEER FACILITATOR.** If you are interested, please contact Nick Tymoczko at sports@mdiymca.org or call 288-3511.

DAY PASS RATES

Adult \$12 Student \$6

Senior \$6 Family \$20



We want to highlight our Personal Trainer, Danielle Rollins. She is a NASM certified Personal Trainer working on her certification for Sports Nutrition. She has 7 years personal experience in weight loss, body contouring, proper form & balance & weight training. She designs her own programs to be individualized to the clients needs & goals. She has an associates degree in Mental Health because the mind is a huge aspect of obtaining health goals. She works with clients on an individual or small group basis. Danielle is currently training to compete in the OCB Bikini Competition by The Maine Event in Brunswick Maine. She also works for USPS in Bar Harbor & is a mom of 2 teens.

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

BOOT CAMP

Tuesday OR Thursday

7am-8am or 5:30pm-6:30pm

Members FREE Non Members \$60/session 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!

BALLROOM DANCING FOR ADULTS

Tuesdays 6pm-7pm

Members \$50 Non Members \$70

Join experienced instructor Sheri Kean for this introduction to an exciting new hobby! Bring a dance partner or find one in class and have a great time. Start off with smooth dancing such as cha-cha, foxtrot, tango, waltz and so many more! Dances will be broken down according to participant ability. Minimum class size is 6 so grab your friends and sign up early! **Dance shoes are strongly recommended.** Classes will be held at 18 Pleasant Street past Pats Pizza on the left.

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.

CORE FIT

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

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

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

Wednesday/Friday 5:30pm-6:30pm

Members FREE Non Members \$60 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.

GROUP EXERCISE

INDOOR CYCLING I & II

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

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

Cycling II: Friday 9:00am-10:00am

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

Indoor cycling provides a fun cardiovascular workout for ages 16+. Cycling will enhance your speed, strength, stamina, and improve your overall health and caloric burn. **Beginners: Please arrive at least 15min early so we can fit you properly to a bike.**

AFRICAN DANCE Beginning May 1st until June 12th
Mondays 5:30pm-7pm

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

Transport yourself to West Africa by learning rhythm, song and dance with Beau Lisy, master percussion teacher and Kimberly O'Brien experienced dancer. Rhythms such as Yankadi, Fanga and KuKu will inspire you to dance and sing in a way that you will find is surprisingly familiar even though you may have never visited Africa. This is high energy drumming and dance, Beau and Kimberly teach in such a relaxed and fun way that you won't even realize how sweaty you are until you stop moving.

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 BASICS

Wednesday 5:30pm-6:30pm at 18 Pleasant Street

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

A fun and upbeat cardio dance workout. The instructor will take the time to break down dance steps in terms of placement and alignment. Regular class attendance is encouraged to build choreography into simple dances. Suitable for seniors

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! **WE MEET UPSTAIRS AT THE MDI YMCA.**

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.

MODERN/JAZZ CONTEMPORARY DANCE

Thursdays 6pm-7pm

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

Drawing from Luigi jazz, Martha Graham modern technique, and dance in vogue, the class will learn basics such as warm up moves, floor work, and simple combinations. With regular class attendance, fast and slow choreographed pieces may be learned. This class is appropriate for seniors and anyone with some basic fitness or dance experience. Class will meet at the 18 Pleasant Street studio space.

"NIGHT FEVER" LINE DANCING/CINEMA DANCE

Fridays 6pm-7pm

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

Easy popular line dances will be learned and practiced, with an emphasis on dances featured in movies such as "Saturday Night Fever," "Singin' in the Rain," "The Wiz," and "Urban Cowboy." Class members may contribute ideas for dances and films, and the class will respond to various levels of experience. This class is appropriate for seniors and anyone with some basic fitness or dance experience. Class will meet at the 18 Pleasant Street studio space.

OLD SCHOOL FONDA WORKOUT

Monday 5:30pm-6:30pm

Tuesday 8:45am-9:45am

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. Class will meet both days at the 18 Pleasant Street studio space.

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, barbells, and dumbbells.. You'll improve strength, stability, range of motion, and flexibility, and lose weight!

TABATA

Tuesday/Thursday 2:15pm-2:45pm

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.

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.

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

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

Monday/Wednesday 6:30pm-7:30pm Members FREE Non Members \$50 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

Tuesday/Friday 11am-12pm Members FREE Non Members \$50 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.



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 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 can be in the pool with them or 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 Coordinator Christina Longstreeth at aquatics@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 aquatics@mdiyca.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

**Interested in being a Lifeguard?
We offer Lifeguard Certification
Courses!**

**Contact Christina Longstreeth at
aquatics@mdiyca.org
for dates and times of our next
certification course.**

MASTER’S SWIM WORKOUT

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.

Wednesday 7:30am - 8:30am

Members FREE Non Members \$60 Drop Ins Day Pass

Contact Christina Longstreeth for more information at aquatics@mdiyca.org

PRIVATE SWIM LESSONS

Individualized attention, flexible scheduling, and a focus on specfically desired learning outcomes. Contact Aquatics Coordinator Christina Longstreeth to schedule at aquatics@mdiyca.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

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

- Henry David Thoreau

CONGRATULATIONS SENIORS!



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