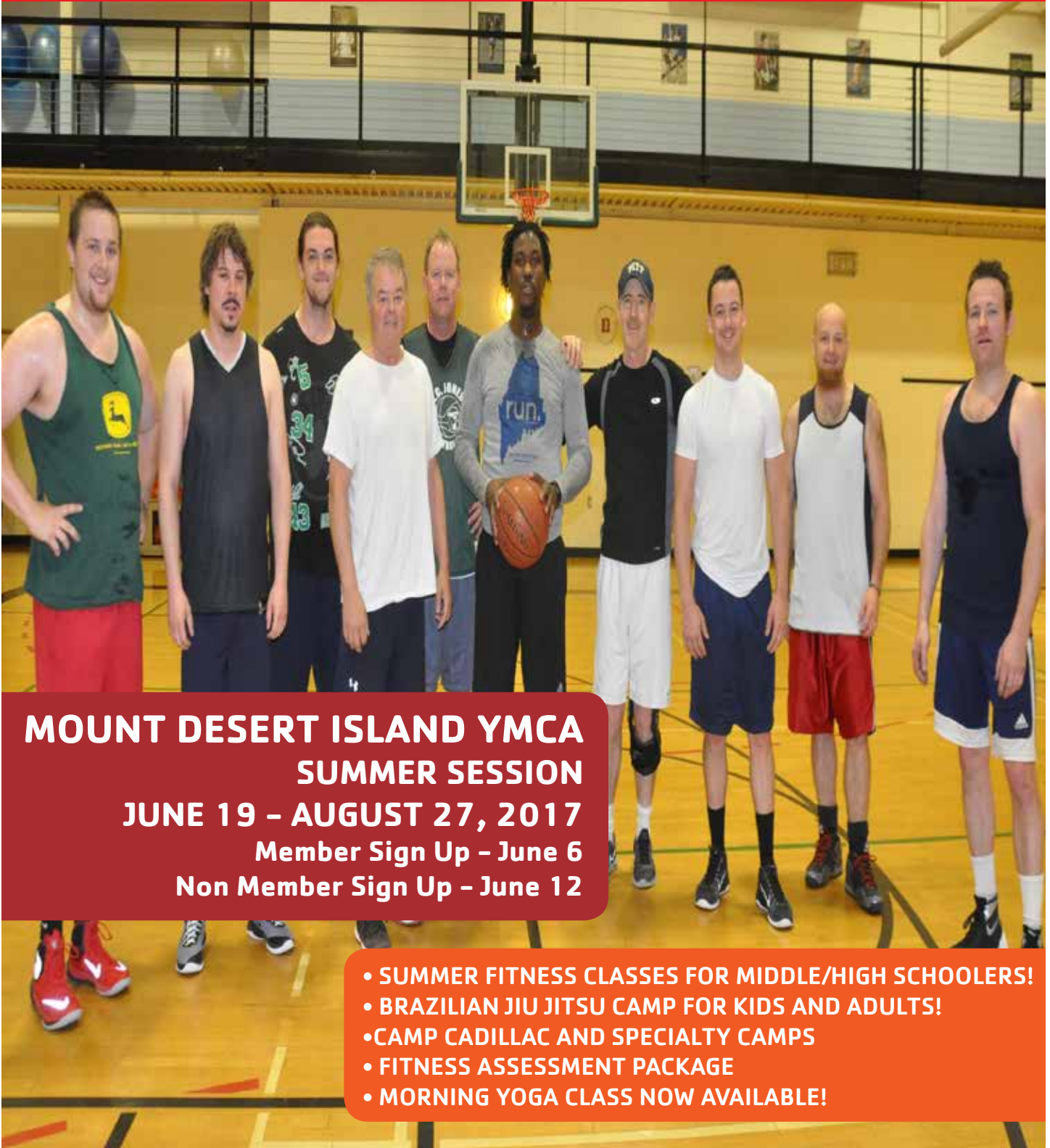




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMUNITY FOR ALL AGES



**MOUNT DESERT ISLAND YMCA  
SUMMER SESSION  
JUNE 19 – AUGUST 27, 2017**  
Member Sign Up – June 6  
Non Member Sign Up – June 12

- SUMMER FITNESS CLASSES FOR MIDDLE/HIGH SCHOOLERS!
- BRAZILIAN JIU JITSU CAMP FOR KIDS AND ADULTS!
- CAMP CADILLAC AND SPECIALTY CAMPS
- FITNESS ASSESSMENT PACKAGE
- MORNING YOGA CLASS NOW AVAILABLE!



**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**

Summer: June 19 - August 27  
Member Sign Up - June 6  
Non Member Sign Up - June 12

### **HOURS**

Monday - Friday: 5:30am - 9pm  
Saturday: 7am - 6pm  
Sunday: 7am - 4pm

### **HOLIDAY CLOSURES**

Independence Day - July 4

### **BUILDING RENTALS**

COMMUNITY LOUNGE/GYMNASIUM  
Contact Tommy at [exec@mdiyymca.org](mailto:exec@mdiyymca.org)

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

Contact Mark at [aquatics@mdiyymca.org](mailto:aquatics@mdiyymca.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@mdiyymca.org](mailto:exec@mdiyymca.org)

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

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

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

, Program Director  
[sports@mdiyymca.org](mailto:sports@mdiyymca.org)

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

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

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

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

# TIME TO HAVE THE BEST SUMMER EVER

| ANNUAL*<br>MEMBERSHIP RATES | MONTHLY<br>DRAFT ** | FULL PAY<br>RENEWAL<br>RATE | ONE-TIME<br>JOIN FEE DUE<br>AT SIGN-UP*** | NEW MEMBER<br>FULL PAY<br>(includes Join<br>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  |

| TEMPORARY<br>MEMBERSHIPS | 3-MONTH | 1-MONTH | WEEKLY<br>PASSES | DAY PASSES |
|--------------------------|---------|---------|------------------|------------|
| Family                   | \$310   | \$125   | \$60             | \$20       |
| Adult                    | \$230   | \$99    | \$40             | \$12       |
| Senior/Student           | \$165   | \$60    | \$25             | \$6        |

## 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.

**CARING • HONESTY • RESPECT • RESPONSIBILITY**

# MDI YMCA CHICKADEE PRESCHOOL



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

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

## ATTENDANCE OPTIONS

5-Day Program: Monday-Friday

3-Day Program: Monday/Wednesday/Friday

2-Day Program: Tuesday/Thursday

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

## WEEKLY AUTO-DRAFT FEES\*

\$175 5-Day Program

\$130 3-Day Program

\$ 90 2-Day Program

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

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

\*Payments are accepted by weekly auto-drafts ONLY. We accept Visa or MasterCard (credit or debit) as well as checking/savings accounts. Due at the time of enrollment is the first week’s fee plus a \$130 deposit. Auto-draft will occur whether or child is in attendance or not. Please note 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  
Back in August!



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@mdiyymca.org](mailto:afterschool@mdiyymca.org)

## SCHOOL'S OUT! SIGN UP FOR CAMP CADILLAC JUNE 19 - AUGUST 25

**SANDPIPERS**  
Kindergarten

**PUFFINS**  
Grades 1 and 2

**FALCONS**  
Grades 3 and 4

**EAGLES**  
Grades 5 and 6

### COUNSELORS IN TRAINING Ages 13 - 15

CIT is a leadership development program for youth interested in expanding their horizons and obtaining life skills. CIT will assist the staff in a variety of camp activities and help create a fun and exciting environment for all.

**Camp Cadillac: \$185/week Member • \$215/week Non Member**  
**Non-refundable \$50 deposit due at time of registration**

**CIT: \$50/week • 9AM-3PM**

# YOUTH PROGRAMS

#youthdevelopment

## 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.

## 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.

## FIT KIDS AGES 10-13

### MARK - FITNESS CENTER

Mon/Wed/Fri 3:30pm-4:30pm

Members FREE Non Members \$120

Drop Ins \$12

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).

## STRENGTH TRAINING FOR MIDDLE SCHOOLERS

Ezra - Fitness Center

Tues/Thurs 3pm-4pm

Members FREE Non Members \$90

(No Drop Ins)

In this course, middle schoolers will learn the basics of using the free weight section of the weight room. From dumbbells to barbells each child will learn how to target each muscle group using the free weight section. Along with learning the movements, everyone will be given a personal workout plan to help them get into shape through the summer. Min 3/Max 6

## MDI YMCA HIKING CAMP

JUNE 19 - JUNE 23 9AM-1PM • Ages 7+ • \$50

Member/\$70 Non Member

Kick off your summer with activity! This program is designed as a day hiking program that explores the wonder of our backyard. Our hikes will take place in Acadia National Park and take in a different summit view every day. Participants should be in condition to hike at a moderate pace for two hours per day. Please bring plenty of water, rain, and cold weather gear in a backpack. Pack a lunch! Maximum 13.

## LENNY DEMURO SWIM CAMP

JUNE 26 - JUNE 30 9AM-3PM • Ages 7-15 •

\$200 Member/\$225 Non Member

Created by Maine Swimming Hall of Fame member Lenny DeMuro, this camp is ideal for swimmers who are either interested in exploring or further developing their skills as a competitive swimmer. Camp staff includes MDI Y Head Competitive Swim Coach Jim Willis. Min 8.



## **NFL FLAG FOOTBALL CAMP**

**JUNE 26 – JUNE 30** SECTION 1: 9AM–11AM • Ages 7–10 SECTION 2: 11:30AM–1:30PM • Ages 11–14

**\$35 Member/\$50 Non Member**

Flag football is the perfect program for young athletes who want an introduction to America's Game or for those who simply want to brush up on their skills. Through our skills station work, campers will learn skills on both sides of the ball including the core components of passing, catching, and defensive positioning – all presented in a fun and positive environment! Bring plenty of water and be prepared to move! Participants will receive an authentic NFL Flag Football jersey and a set of flags. Each day will conclude with a scrimmage. Register by June 1st to ensure jerseys arrive before camp.

## **MDI YMCA SAILING CAMP**

**WEEKS OF: 7/10; 7/17; 7/24; 7/31; 8/7; 8/14** 9AM–3PM • Ages 10–18

**\$260 Member/week; \$300 Non Member/week**

First time sailors and veteran seamen are welcome to join us for an exciting summer on the water! Discover the intricacies of great sailing through U.S. Sailing Certified instruction, repetition, practice, and various styles of sailing. Campers arrive daily at the Bar Harbor Yacht Club no later than 9AM. Weather appropriate clothing is a must including an extra pair of clothes. Campers should bring a lunch, snacks, sunscreen, and a water bottle. Camp fee does not include additional cost for optional races and regattas. Min 8, Max 16. **Parents provide transportation to and from camp.**

## **FISHING CAMP**

**JULY 10 – JULY 14** 8:30AM–2:30PM • Ages 7+ • \$65 Member/\$85 Non Member

Come wet a line and get hooked! Maine fisheries are nationally renowned for our varied species and rich habitats. Come join the MDI YMCA and hone your angler skills with this exciting week long camp! Learn the basics of bait selection, fishing knots, and explore different casting styles. We will explore salt water and fresh water fishing in this half-day experience. Our week will conclude with a trip to Craig's Brook National Fish Hatchery and some casting on Craig's Pond. Campers should pack a lunch and clothing for varying weather conditions. Campers can bring their own pole and tackle or it will be provided. Participants are required to have a valid Maine fishing license.

## **OPEN WATER SWIM CAMP**

**JULY 17 – JULY 21** 8:30AM–12:30PM • \$100 Members/\$125 Non Members

The Sharks open water camp will begin with an hour session in the pool followed by an open water swim at a local lake. All participants must be at least 11 years old and have prior swim team experience.

## **CHALLENGER SPORTS CAMP**

**JULY 31 – AUGUST 4**

See Camp Cadillac Camp Brochure for more information. Or visit [www.mdiymca.org](http://www.mdiymca.org).

## **WATER SPORTS CAMP**

**AUGUST 7 – AUGUST 11** 9AM–3PM • Age 7–15 • \$200 Member/\$225 Non Member

If you're looking to experience a wide variety of water related activities, this camp is perfect. Log-rolling, water polo, and diving are only a few of the activities offered. Campers will take time to further perfect basic swim strokes. Camp is led by Jim Willis, MDI Y Head Competitive Swim Coach. Swimmers should be able to pass a deep-end swim test. Min 8.

## **RHYTHMIC GYMNASTICS CAMP**

**AUGUST 14 – AUGUST 18** 2PM–4:30PM • Ages 6+ • \$75 Members/\$105 Non Members

Kids without previous dance or gymnastics experience will learn basic dance skills, perform routines, and explore different pieces of equipment. This unique sport combines dance and basic tumbling with the use of hand apparatus (ball, hoop, rope, clubs, and ribbon). Gymnasts perform on floor mats with music. Artistic interpretation is as much a part of the performance as technical skills. Min 6, Max 10.

## **UNITY STUDIO NYC BRAZILIAN JIU JITSU CAMP FOR KIDS AND ADULTS • 10AM – 12PM**

**BEGINNER KIDS** • Ages 4–14 • \$80 Member/\$95 Non-Member • **Sun, July 16 – Fri, July 21**

**ADVANCED KIDS** • Ages 4–14 • \$80 Member/\$95 Non-Member • **Mon, July 24 – Sat, July 29**

**BEGINNER ADULTS** • Ages 14+ • \$95 Member/\$115 Non-Member • **Mon, July 24 – Sat, July 29**

**ADVANCED ADULTS** • Ages 14+ • \$110 Member/\$145 Non-Member • **Sun, July 16 – Fri, July 21**

# SWIM LESSONS

## IMPORTANT INFORMATION

Having your child registered in the appropriate class level 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. Please present this at the time of registration. Those looking to join our program for the first time or after a hiatus from swimming will need to have a swim evaluation prior to registering. This can be accomplished by joining us in the pool on June 13th, June 15th, or July 20th from 4:15-5:30pm or contacting Angela Begin at [swimlessons@mdiymca.org](mailto:swimlessons@mdiymca.org).

| Class                  | Age   | Day     | Time        | Mem  | NonMem | Min/Max |
|------------------------|-------|---------|-------------|------|--------|---------|
| Preschool Swim Basics  | 3-5yr | Tue&Thu | 4:15-4:45pm | \$40 | \$80   | 3/6     |
| Preschool Swim Strokes | 3-5yr | Tue&Thu | 5:00-5:30pm | \$40 | \$80   | 3/6     |
| Adult Swim Lessons     | 18+yr | Tue&Thu | 5:45-6:15pm | \$40 | \$80   | 3/6     |

Summer 1: June 20- July 18 (**NO Class July 4th**); Summer 2: July 25 - August 17

| Class                                   | Age    | Day      | Time            | Mem  | NonMem | Min/Max |
|---|--------|----------|-----------------|------|--------|---------|
| Swim Starters                           | 6-36mo | Saturday | 8:30-9:00am     | \$20 | \$40   | 3/12    |
| Preschool: Swim Basics and Swim Strokes | 3-5yr  | Saturday | 9:15-9:45am     | \$20 | \$40   | 3/6     |
| School Age Swim Basics                  | 6yr+   | Saturday | 10:00-10:45am   | \$25 | \$50   | 3/8     |
| School Age Swim Strokes                 | 6yr+   | Saturday | 11:00-11:45am   | \$25 | \$50   | 3/8     |
| School Age Advanced Swim Strokes        | 6yr+   | Saturday | 11:30am-12:15pm | \$25 | \$50   | 3/8     |

Summer 1: June 24 - July 15; **Break July 22**; Summer 2: July 29 - August 19

\*Please refer to class descriptions below\*

**Swim Starters: A/Water Discovery and 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 and 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 and 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 and 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.



## 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 Swim Lesson Coordinator Angela Begin for details at swimlessons@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

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

## SUMMER SEASON: JUNE 12 - JULY 28

GREEN AND GOLD TEAM SUMMER PRICE: \$90

\*IF YOUR CHILD DID SPRING TEAM THEY GET A \$30 DISCOUNT ON SUMMER

### PRACTICE SCHEDULE (MORNINGS)

Green Team Mon/Wed/Fri 7:30am-8:30am  
Gold Team Mon/Wed/Fri 6:30am-8:00am

### PRACTICE SCHEDULE (AFTERNOON/EVENING)

Green Team Mon/Wed 3:45pm-4:45pm  
Tues/Thurs 4:45pm-5:45pm  
Gold Team Mon/Wed 4:30pm-6:00pm  
Tues/Thurs 3:30pm-5:00pm

# SPORTS AND EVENTS

sports@mdiymca.org

## 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+

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

## COMMUNITY EVENTS

### 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.

### LOBSTER RACES

4th of July after the Parade

MEET US AT THE BALL FIELDS!

Join us for the annual Lobster Races! This is one of our most beloved fundraisers during the year. All proceeds go to ensure that the Y is accessible for everyone through our financial assistance programs, as well as ensuring that we offer the best programs for the local community.

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

Saturday, September 16, 7:30am

Join us as a volunteer or runner for one of the MDI YMCA's largest fundraisers of the year! Proceeds of the races ensure that the Y is able to provide quality programs to its members and visitors, as well as provide financial assistance to families and individuals who might not otherwise be able to afford a Y membership.

#### DAY PASS RATES

Adult \$12 Student \$6

Senior \$6 Family \$20



The past few session guides we've highlighted one of our amazing personal trainers. This session we're highlighting Andrea Lepcio who is not only a personal trainer, but one of our amazing group fitness instructors!

## Andrea Lepcio



I am delighted to have earned my Personal Trainer Certificate from ACE with an emphasis on evidence-based practices supported by peer-reviewed scientific research. As a group and now individual trainer, I enjoy bringing my knowledge of body stability, mobility, cardio and resistance workouts to clients. Exercise is the only way to stay young. Nearing my 60th year, I am doubling down to gain all the benefits I can. I am fortunate to have had a professional athlete father (baseball) and ahead of her times fit mother. I trained as a ballet, modern and jazz dancer for many years. I pull from all of these experiences to tailor exercises to the individual needs of my clients. Blending yoga, mind/body, high and low intensity cardio, and progressive resistance training, I create fun and effective workouts. My energy and sense of fun are contagious. I promise you results.

Other Personal Trainers Include: [Rachel Caron](#) and [Danielle Rollins](#)

### 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

## 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.

# GROUP EXERCISE

## **AM BOOT CAMP** ERIN – GYM

Mon/Wed/Fri 7:15am–8:15am

Members FREE Non Members \$120 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!

## **PM BOOT CAMP** AMY – GYM

Tues/Thurs 6pm–7pm

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

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

## **AFRICAN DANCE** KIM – GYM

Thursdays 10am – 11:30am

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.

## **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.

## **CORE FIT** ANDREA – GYM

Mon/Wed/Fri 8:45am–9:45am

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.

## **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.

## **READY FIT** ANDREA – MP ROOM

Monday/Friday 10am–11am

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

Get fit and exercise! Class involves a combination of aerobic activity, strength building and stretching. Suitable for all ages.

## **OLD SCHOOL FONDA WORKOUT** KATHLEEN – MP ROOM

Monday 5:30pm–6:30pm

Members FREE Non Members \$60 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!

## **STRENGTH TRAINING FOR HIGH SCHOOLERS**

EZRA – FITNESS ROOM

Tues/Thurs 4pm–5:30pm

Members FREE Non Member \$90 (No Drop Ins)

In this course, high school students will learn the basics of strength training with the goal of getting in shape for the upcoming sports season. Whether you play golf, soccer, football, or any other fall sport, this is the class for you. Focus will be on the Big Three for lifts: bench press, squat, and deadlift. Everyone will learn the basics of creating their own workout schedule.

## **VINYASSA FLOW YOGA** ERIN – GYM

Tues/Thurs 7:15am–8:15am

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

A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels welcome.

## **WORKOUT WARRIOR** DANIELLE – FITNESS CENTER

Tues/Thurs 5:30pm–6:30pm

Members FREE Non Member \$90 (No Drop Ins)

This 8-week twice a week strength and conditioning program will assess and progress your personal fitness goals, whether that goal is to lose weight or gain lean body mass. This will be a group class with our personal trainer, Danielle Rollins. First will be a no nonsense evaluation of your current conditions followed by personal goal settings. You'll learn strategies, techniques, and exercises. Think of Danielle as your facilitator and coach – you will be doing the hard work! If you do, the results will astound you!

## **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.

# AQUATICS

EXERCISE CLASSES  
POOL RENTALS/POLICIES  
TRAININGS



## AQUATIC EXERCISE CLASSES

### **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!**

**Tuesday/Thursdays 6:30pm-7:30pm Members FREE Non Members \$60 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**

**Tuesday/Friday 11am-12pm Members FREE Non Members \$75 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 Mark Schoon at [aquatics@mdiymca.org](mailto:aquatics@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 Swim Lessons Coordinator Angela Begin at [swimlessons@mdiymca.org](mailto:swimlessons@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](mailto: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 Mark Schoon at [aquatics@mdiyca.org](mailto: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 Tommy Parham for more information at [exec@mdiyca.org](mailto:exec@mdiyca.org)

## PRIVATE SWIM LESSONS

Individualized attention, flexible scheduling, and a focus on specfically desired learning outcomes. Contact Swim Lessons Coordinator Angela Begin at [swimlessons@mdiyca.org](mailto:swimlessons@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<sup>®</sup>  
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FOR SOCIAL RESPONSIBILITY

**"THE ISLAND IS OURS. HERE,  
IN SOME WAY, WE ARE YOUNG  
FOREVER." – E. LOCKHART**



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