

Mount Desert Island YMCA Program Guide Fall & Holiday Sessions 2026

Swim Lessons | Kids in the Kitchen | Tumbling and More!



YOUTH DEVELOPEMENT

NEW

Women's Lifting Group | Breathwork | Soundbath Classes



HEALTHY LIVING

Volunteer Appreciation Event | Trunk or Treat | Chamber Holidays



SOCIAL RESPONSIBILITY

Fall Session: August 31– November 1
Holiday Session: November 2– January 3



Register here!

Registration Opens 8/17 6:00 am

Welcome

Mount Desert Island YMCA
21 Park Street Bar Harbor, ME
(207)288-3511 | mdiymca.org



MDI YMCA Hours of Operation

Monday–Friday 6:00 am–8:00 pm
Saturday 8:00 am–2:00 pm | Sunday 8:00 am–12:00 pm

Extended Fitness Center Access Hours: 4:00 am– business open, business close– 12:00 am.
See front desk staff for extended facility access information and to sign up! \$10/mo/ person and available to auto-draft members age 18+

Holiday Schedule: We are closed on: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. We are open until noon on Christmas Eve and New Year's Eve.

Upcoming Events:

August

8/17: REGISTRATION FOR FALL & HOLIDAY PROGRAMS OPENS 6:00 AM

8/22–8/28: Gym closed for floor refinishing

8/31: Fall Program Session Begins–Adult Programs

September

9/1: First day of school – Afterschool Begins

9/7: Closed in observance of Labor Day

9/11 BHB&T Half Marathon & 5k Packet Pickup

9/11 Kids Night Out

9/12 BHB&T Half Marathon & 5k Race Day

9/8 Fall Program Session Begins–Youth Programs

9/19 Pedal & Poses Y Health & Wellness Workshop

9/19 Come visit us @ MDI Health Fair – SW Harbor

9/24 Volunteer Appreciation Event 5:00–6:30 pm

9/26 TRX Instructor Training– see Ross Goo FYI

9/27 Wibit Pool Party! 10:00–11:00 am

October

10/2 Kids Night Out

10/16–17 MDI Marathon Expo & Packet Pickup @ Y

10/19 Winter Swim Team Season Begins

10/23 Middle School Night Out

10/25 Wibit Pool Party! 10:00–11:00 am

10/30 Trunk or Treat 4:30–6:00 pm

November

11/4 Swim Team Parent Meeting: New Parents 5:30, Returning Parents 6:30 pm

11/6 Kids Night Out

11/7 Sharks @ Bangor Invite

11/9–11/13 MDI Y Giving Week

11/15 Wibit Pool Party! 10:00–11:00 am

11/21 Sharks home swim meet @ noon!

11/26 Closed in observance of Thanksgiving

11/29 Catch That Turkey 5k Run/Walk

Youth Access Policy

*Children under 4th grade are welcome with direct adult supervision and in youth programs.

NEW YOUTH BEHAVIOR AGREEMENTS ARE AVAILABLE for the 26–27 school year.

*4th–8th graders are allowed in the Y on the track and in the gym without direct adult supervision after signing an annual youth behavior agreement. The Fitness Center is open to 6–8th-grade graduates of FitKids only.

*High schoolers have open access to our facility; a Fitness Center orientation is recommended.

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December

12/4 Chamber Village Holidays @ The Y 5:30 pm

12/5 Sharks home swim meet @ noon!

12/11 Kids Night Out

12/13 Wibit Pool Party! 10:00–11:00 am

12/24 YMCA Closes at noon

12/25 YMCA Closed in observance of Christmas

12/31 YMCA Closes at noon

1/2/2027 YMCA Closed in observance of New Years

Membership

Contact our Membership Manager
membership@mdiymca.org

The YMCA is for everyone! We want to make sure everyone feels welcomed and included in our YMCA. Please let us know how we can help you!

Membership grants full access to the facility & classes.

Fitness Center orientation is included with membership; just ask the front desk to set up a schedule.

Autodraft membership units get 5 guest passes annually.

MDI Y members receive 50% off youth sports & activities, as well as discounts on everything from personal training to party rentals.

We accept bank accounts, debit and credit cards, and Martin's Point cards for auto-draft memberships.

Membership Add-ons

Extended Fitness Center Access Hours: 4:00 am-business open, business close- 12:00 am.

See front desk staff for information and to sign up!

\$10/mo/ person and available to autodraft members age 18+

Lockers

Everyone can borrow a day lock. Autodraft members can rent lockers monthly.

Membership for All

Membership for All assistance is offered thanks to the generosity of our donors. Income verification is requested. The inability to pay will not exclude anyone from obtaining an MDI YMCA membership or participating in programs. Our form can be filled out on our website at mdiycma.org/membershipforall or with a printed form at our welcome center.

Reciprocity

The MDI YMCA practices seasonal reciprocity. May 1-September 30, we have reciprocity only with the Downeast Family YMCA (Ellsworth, Blue Hill, & Bucksport). During the seasonal months, MDI Y members will need to check with other YMCAs on their visitor policies.

We honor full reciprocity from October 1 to April 30. MDI Y members may get free or discounted access to other participating YMCAs.

Guest Passes

We offer 30-day and 90-day short-term passes.

Single visit options include a shower-only pass, rec. sports drop-in, lap swim, and full facility access day pass.

Only auto-draft memberships get guest passes.

2026 Autodraft Membership Rates

	Family	Single Parent Family	Senior Couple	Adult	Senior (Age 60+)	Young Adult (18-23)	Youth
Monthly Rate	\$87	\$70	\$77	\$63	\$52	\$32	\$23
Annual Rate	\$1,044	\$840	\$924	\$756	\$624	\$384	\$276

2026 Monthly Scholarship Autodraft Membership based on Adjusted Household Income

\$45,001 to \$55,000 (10% disc)	\$78.30	\$63.00	\$69.30	\$56.70	\$46.80	\$28.80	\$20.70
\$35,001 to \$45,000 (20% disc)	\$69.60	\$56.00	\$61.60	\$50.40	\$41.60	\$25.60	\$18.40
\$25,001 to \$35,000 (30% disc)	\$60.90	\$49.00	\$53.90	\$44.10	\$36.40	\$22.40	\$16.10
\$25,000 and below (40% disc)	\$52.20	\$42.00	\$46.20	\$37.80	\$31.20	\$19.20	\$13.80
Fast Track Qualified (50% disc)	\$43.50	\$35.00	\$38.50	\$31.50	\$26.00	\$16.00	\$11.50

Health & Wellness

Contact our H&W Director
wellness@mdiymca.org

Reach your wellness goals faster with a personal trainer at the Y!

Personal training can be done on your schedule, working on your goals with a trainer who meets your needs, in 30- or 60-minute sessions.

30 Min. Sessions

# Sessions	Members	Non-Members
1	\$40	\$55
5	\$185 (\$37/)	\$260 (\$52/)
10	\$340 (\$34/)	\$490 (\$49/)
20	\$620 (\$31/)	\$920 (\$46/)

60 Min. Sessions

# Sessions	Members	Non-Members
1	\$70	\$100
5	\$335 (\$67/)	\$485 (\$97/)
10	\$640 (\$64/)	\$940 (\$94/)
20	\$1220 (\$61/)	\$1820 (\$91/)

Personalized Exercise Prescription

A PEP is an exercise program specific to your needs. Meet with one of our certified trainers who will design a program around your goals and schedule.
\$90 for members, \$125 for non-members.

*Membership For All program scholarship is available on (60) minute packages and the PEP's to help everyone meet wellness goals.

Health & Wellness Programs

Women Empowered Lift



A small group (Min. 4/ Max 8) 4-week training program for women of all ages and levels emphasizing building confidence, good form, and a training routine. The program covers selectorized machines and free weights to address health goals. Come for information, motivation, a safe space, or to be part of a team of women reaching your health goals. Let us help you take your first step into the gym with confidence and motivation! We welcome new mothers, those in perimenopause, those with osteoporosis, etc.

Fall Sessions: Sept. 8-Oct. 2 | Oct. 12-Nov. 6
Holiday Session: Nov. 23-Dec. 18
Monday & Friday 11:00-12:00 pm
Members \$80 | Non-Members \$120

Pop-up Classes @ MDI High School!



Dance Fitness 9/10 5:30-6:30 pm
Breathwork 9/17 5:30-6:30 pm * bring your own mat
Restorative Yoga 9/24 5:30-6:30 pm * bring your own mat

Members Free | Non-Members \$12/class

Do you want to become a TRX instructor for our YMCA?

There is a training coming up at our YMCA Saturday, Sept. 26th 9:00 am-5:00 pm. Reach out to Ross FM!!

TRX Small Group Personal Training

Learn suspension training with TRX straps to condition the core while strengthening the upper and lower body. Offered in a small group setting (Min 3/ Max 8) for plenty of attention from our TRX Pro Coaches. MDI YMCA is the only TRX affiliate in Maine.

Fall Session: September 14-October 23

Holiday Session: November 2-December 11

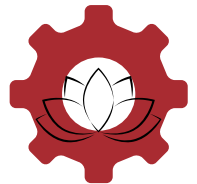
Monday 8:30-9:30 am, Wednesday 8:30-9:30 am,
Friday 8:30-9:30 am, Wednesday 5:30-6:30 pm

Members \$ 90 | Non-Members \$135

Pedals & Poses -Y Fundraiser Cycle & Yoga Workshop

Fusion Health & Wellness Group Cycle and Yoga Workshop! Join our cycling and yoga instructors for a cycle workout followed by a yoga flow recovery and cooldown workout, followed by healthy snacks and recovery drinks.

Saturday, September 19, 9:00-11:00 am (Max 17)
Members \$40 | Non-Members \$60



Parkinson's Disease Exercise Program

A support system for those living with Parkinson's Disease emphasizing exercise to enhance healthy activity and living. A trained coach leads a group through strength conditioning, movement training, and cardiovascular routines. Get baseline and follow-up assessments and access to our YMCA to encourage exercise adherence between sessions. Learn and practice Lee Silverman Vocal Training (LSVT) - BIG program, boxing, musical therapy, balance training, and kinesiology. Medical clearance from primary physician needed.

Fall Session | Sept. 11-Oct. 30 | Friday 12:00-1:00 pm
Holiday Session | Nov. 6- Dec. 22 | Friday 12:00-1:00 pm
Members \$80 | Non-Members \$160

Health & Wellness

Fitness Classes 8/31 – 1/2/2027
Classes FREE for members \$12/ non-members

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00–8:00 am	Group Power Gym Court #1 On-Demand Video		Group Power Gym Court #1 On-Demand Video		Group Power Gym Court #1 On-Demand Video
7:30–8:15 am	Group Cycle MP Room (Max=13) Claire		Group Cycle MP Room (Max=13) Kevin		Group Cycle MP Room (Max=13) Claire
8:15–8:45 am	Kettlebell Intervals Gym Court #1 Maegan		Kettlebell Intervals Gym Court #1 Maegan		
8:45–9:15 am	Dance Fitness  Gym Court #1 Maegan		Dance Fitness  Gym Court #1 Maegan		
9:00–10:00 am		Vinyasa Flow MP Room Michael		Vinyasa Flow MP Room Viktor	
		Group Groove Gym Court #1 On-Demand Video		Group Groove Gym Court #1 On-Demand Video	
10:00–10:30 am		Breathwork  MP Room Michael		Sound Bath  MP Room Viktor	
9:30–10:30 am	EnhanceFitness Gym McGhee		EnhanceFitness Gym Ross		EnhanceFitness Gym Ross
10:30–11:15 am		Better Balance MP Room Ross/Emma		Better Balance MP Room Ross	
10:45–11:15 am	Abs, Ball & Core Gym Court #1 Ross/Emma		Abs, Ball & Core Gym Court #1 Ross		Abs, Ball & Core Gym Court #1 Ross/Emma
10:45–11:45 am	Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa
11:00–12:00 pm		Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa	We also have Health & Wellness Programs *WE Lift *TRX Group Training *Parkinson's Disease Ex Program MDI HS Pop up Classes: Dance Fitness 9/10 Breathwork 9/17 Restorative Yoga 9/25 Fundraiser Workshop Pedal & Poses 9/19
11:00am–1:00 pm			Knitfit MP Room Michelle		
11:15am–12:15pm		Tai Chi for Bone Health MP Room On-Demand Video		Tai Chi for Bone Health MP Room On-Demand Video	
4:20–5:20pm	Zumba ArtWaves Ross				
5:30–6:30pm		Buff Bar Gym Court #1 Ross	Vinyasa Flow ArtWaves Michael/Viktor		

*Offerings may adjust/decrease during the weeks of 12/21–1/1/27

Afterschool Enrichment Care

Ages 3-12 (Max 50)

Know your child is safe, fed, and cared for after school with Afterschool Care at the Y. Preschool-4th grade. Connors-Emerson and Mount Desert Elementary School buses both drop off at the Y daily. A healthy snack is provided. Time in the gymnasium and playground is included, as well as activities inside the Y. Scheduled school half-day care is included. Open from 3:30-5:30 pm and all scheduled school half-days.

Weekly fees are drafted from accounts on file with the Y the Friday before care takes place.

Members \$95/week | Non-Members \$120/week



Kid's Night Out

Ages 4-12 (Max. 26)

Kids get a night at the Y while parents get a night on the town, a win-win for the whole family! Kiddos will swim, enjoy dinner, and play games and/or play in the gym. 5:30-8:00 pm (Pack PJ's for after swimming!)

September 11

October 2

November 6

December 11 (Max 16)

Members \$30 | Non-Members \$60

Middle School Night Out

Open to students in grades 5-8. There will be supervised and planned games in the gym and pool, and the diving board will be open. Pizza, fruit, and dessert provided. Participants may not leave early without an adult.

October 23rd

December 18

6:00-8:00 pm Members \$20 | Non-Members \$ 35

Chickadee Early Learning Center

Welcome to our Chickadee Early Learning Center! We follow a school schedule, AOS #91. We offer preschool care 7:30 am-3:30 pm. Our Y offers extended care 3:30-5:30 pm with a separate After-school Program registration. We take children ages 3+ who are potty-trained. All children will have a 2-week trial with lots of parent communication to make sure the program is a good fit for all. Our preschoolers get differentiated educational instruction, swimming lessons, preschool physical movement classes, Jesup library story-time, guest readers, and lots of play! We follow the PreK for ME curriculum and are licensed through DHHS and Rising Stars of Maine. We accept state subsidies and offer program and membership scholarships through our Membership for All program. Weekly fees are drafted from accounts on file with the Y the Friday before care takes place.

T/Th (2 Day/wk) Option

Members \$127.50 | Non-Members \$145

M/W/F (3 Day/wk) Option

Members \$204 | Non-Members \$232

M-F (5 Day/wk) Option

Members \$255 | Non-Members \$290



CES School Transition Care

The Y will offer "school-day" care options for the 2-week Connors-Emerson School transition break, in cooperation with community partners. Options and sign-ups coming in September. Stay tuned for fun-filled ways to fill your CES student's days!

Fall Youth Sports

9/8-10/30 (8 Weeks)

Recreational Soccer

PreK-Kindergarten Soccer
Thursday 3:45-4:30 pm

1st/2nd Grade Soccer

Team 1: Tuesday 4:15-5:00 pm (Max 10)
Team 2: Wednesday 3:45-4:30 pm (Max 10)
Team 3: Thursday 4:15-5:00 pm (Max 10)

3rd-5th Grade Soccer

Team 1: Tuesday 3:45-4:30 pm (Max 10)
Team 2: Wednesday 4:15-5:00 pm (Max 10)
Team 3: Wednesday 4:30-5:15 pm (Max 10)

Games for Grades 1-5 at Mount Desert Elementary
School 9/12, 9/19, 9/26, 10/3, 10/17, 10/24

This program runs on volunteers. Please help us serve more children by volunteering as a coach. Email sports@mdiymca.org if you can help.

Members \$ 80 | Non-Members \$110

Ultimate Frisbee

Ultimate Frisbee, or "Ultimate" as it is often referred, is a fast-paced, non-contact team sport that combines elements of soccer, football, and basketball, emphasizing teamwork and self-officiating. We will learn the basics of the game and then play, simple as that! Come join us!
Grades 5-8 (Max 16)
Tuesday 3:45-4:30 pm

Members \$48 | Non-Members \$96

Tumbling

This class focuses on basic tumbling skills. Great for developing spatial awareness and gross motor skills in a fun setting. Walkovers, handstands, cartwheels, and round-offs are introduced.
Tuesday 4:30-5:15 pm
Grades 1-4 (Max 10)

Members \$48 | Non-Members \$96

Middle School Night Out

Supervised and planned games in the gym and pool, and the diving board will be open. Pizza, fruit, and dessert provided. Participants may not leave early without an adult.
Grades 5-8 | October 23rd

6:00-8:00 pm Members \$20 | Non-Members \$ 35

Rhythmic Gymnastics

This is a school-year program running from September to June. There is an opportunity for competition at a New England site as well as a family showcase at the end of the year. Open to ages 6+
Level placement for new gymnasts will happen during the first couple of weeks. New students ages 6-9 should come at 4:00 pm; ages 10+ should come at 4:30 pm for evaluation.

Copper / Beginner (1) Week: Monday or Thursday 4:00-5:00 pm Members \$175, Non-Members \$350
(2) Week: Mondays and Thursdays 4:00-5:00 pm Members \$350, Non-Members \$700

Bronze / Advanced Beginner: Mondays and Thursdays 4:00-5:30 pm Members \$350, Non-Members \$700

Silver & Gold / Advanced: Mondays and Thursdays 4:30-6:00 pm Members \$350, Non-Members \$700

Volta Climbing

Do your children want to climb at Volta but it's impossible to get them there and back on a weekday? We've got you covered! All equipment provided. Volta and Y Staff collaboration. Bus snacks provided. (Volta climbing fee of \$15/child/session included).

Monday's 3:45-6:15 pm (Max 12)

Members \$150 | Non-Members \$200

Homeschool P.E. Program

This class is being offered to homeschooled kids who want to stay active! We will engage in various gym activities that help build Self-Confidence and foster Socialization, all while having fun in a safe, structured environment.

Ages 5-12

Thursday 2:00-3:00 pm

Members \$100 | Non-Members \$150

FitKids

Upon successful completion of 3 meetings, 6th-8th-grade students can use the fitness center. Learn how to use the cardio, selectorized, and weight-lifting equipment safely.

Register, and the fitness staff will reach out to schedule.
Members \$25 | Non-Members \$50

Holiday Youth Sports

11/2-12/18 (7 Weeks)

Recreational Basketball

Kindergarten Basketball
Friday 3:45-4:30 pm

1st/2nd Grade Basketball
Team 1: Monday 3:45-4:30 pm (Max 10)
Team 2: Wednesday 3:45-4:30 pm (Max 10)
Team 3: Thursday 4:15-5:00 pm (Max 10)

3rd-5th Grade Basketball
Team 1: Tuesday 4:15-5:00 pm (Max 10)
Team 2: Wednesday 4:15-5:00 pm (Max 10)

Games for Grades 1-5 will be held at the YMCA and Mount Desert Elementary School on 11/7, 11/14, 11/21, 12/5, 12/12, 12/19

This program runs on volunteers. Please help us serve more children by volunteering as a coach. Email sports@mdiymca.org if you can help.

Members \$ 80 | Non-Members \$110

Kickball

A gym class standard is returning to the YMCA. Get signed up and join the fun.
Tuesday 3:45-4:30 pm Grades 1-3 (Max 16)
Tuesday 4:40-5:15 pm Grades 4-6 (Max 16)

Members \$42 | Non-Members \$84

Volleyball Skills

Come work on volleyball skills, game-situation awareness and readiness, and learn something new!
Monday 4:15-5:00 pm Grades 3-5
Monday 5:00-6:00 pm Grades 6-8

Members \$42 | Non-Members \$84

Middle School Night Out

Supervised and planned games in the gym and pool, and the diving board will be open. Pizza, fruit, and dessert provided. Participants may not leave early without an adult.
Grades 5-8 | December 18

6:00-8:00 pm Members \$20 | Non-Members \$ 35

Rhythmic Gymnastics

This is a school-year program running from September to June. There is an opportunity for competition at a New England site as well as a family showcase at the end of the year.

Program can be pro-rated for children who begin after the school year starts.

See previous Fall Session page for complete details on levels and groups.

Homeschool P.E. Program

This class is being offered to homeschooled kids who want to stay active! We will engage in various gym activities that help build Self-Confidence and foster Socialization, all while having fun in a safe, structured environment.

Ages 5-12
Thursday 2:00-3:00 pm

Members \$100 | Non-Members \$150

FitKids

Upon successful completion of 3 meetings, 6th-8th-grade students can use the fitness center. Learn how to use the cardio, selectorized, and weight-lifting equipment safely.

Register, and the fitness staff will reach out to schedule.
Members \$25 | Non-Members \$50

Youth Activities

Fall Session: 9/8–10/30 (8 Weeks)
Holiday Session: 11/2–12/18 (7 Weeks)

Fall Session

Kids in the Kitchen

Tuesday 3:45–4:45 pm | Grades 1–5 | Max 10

A new recipe every day, including kid favorites and new flavors to try. All the prep, cooking, and eating!

* Includes \$10 materials fee

Member \$58 | Non-Members \$116

Creative Kids Art @ ArtWaves

Each week ArtWaves instructors will introduce children to a different art form including felting, mosaic, sewing, printmaking, small basket weaving, and candle dipping. Y staff will transport and stay with children throughout.

Wednesday 3:30–5:30 pm | Grades 1–6 | Max 13

Members \$150 | Non-Members \$200

Lego Club

Complete the weekly Lego challenge or free-build to your heart's content!

Monday 4:00–4:45 pm | Grades 1–5 | Max 12

Members \$48 | Non-Members \$96

Calling All Apple Pie Bakers!

2-class series

Join us for homemade, fresh-picked apple pies! Kids will make pie crust from scratch in the first class, then make mini pies for their second class.

September 28th, October 5th (consecutive Mondays)

4:00–5:00 pm | Grades 1–5 | Max 10

Members \$20 | Non-Members \$40

Creative Kids w/ Mike Duffy

STARTING SEPT. 17TH

Be a creative kid @ the Y! New projects each week using new mediums and tools to create and express yourself.

Thursday 3:45–4:30pm | Grades K–2 | Max 12

Thursday 4:30–5:15 pm | Grades 3–5 | Max 12

* Includes \$10 materials fee

Members \$52 | Non-Members \$104

Babysitter Safety Class

Safety and babysitting preparedness class. Get practical and hands-on first aid and childcare training to prepare to become mothers' helpers and babysitters. Students will leave with a preparedness bag and reference materials.

October 27 & 30 | 12:00–2:00 pm | Ages 12+ (Max. 8)

Members \$50 | Non-Members \$75

Holiday Session

Kids in the Kitchen

Tuesday 3:45–4:45 pm | Grades 1–5 | Max 12

A new recipe every day, including kid favorites and new flavors to try. All the prep, cooking, and eating!

* Includes \$10 materials fee

Member \$52 | Non-Members \$104

Movement Camp @ ArtWaves

Each week ArtWaves instructors will introduce children to the joy of movement with a variety of fun, physical play including ballet, improvisational dance, yoga and miming. Y staff will transport and stay with children throughout.

Wednesday 3:30–5:30 pm | Grades 1–6 | Max 13

Members \$150 | Non-Members \$200

STEAM Club

Monday 4:00–4:45 pm | Grades 1–5 | Max 12

 NEW

Combine art, chemistry, and engineering for volcanoes of fun! Some classes will include artistic edible scientific models.

* Includes a \$10 materials fee

Members \$52 | Non-Members \$104

Creative Kids w/ Mike Duffy

Come and be a creative kid @ the Y! New projects each week using new mediums and tools to create and express yourself.

Thursday 3:45–4:30pm | Grades K–2 | Max 12

Thursday 4:30–5:15 pm | Grades 3–5 | Max 12

*includes \$10 materials fee

Members \$52 | Non-Members \$104

Card & Board Games Club

Each week a new game! Whether it's a fun card game or classic board game, this fun will never end.

Monday 3:45–4:30 pm | Grades 3–8

Members \$42 | Non-Members \$84

Contact FMI
youthprograms@mdiymca.org

Aquatics

Aqua Aerobics & Strength

with Lisa

AquaFit classes are pool-based workouts that combine elements of cardiovascular exercise, strength training, and flexibility. They are low-impact, making them suitable for individuals of all fitness levels. Participants engage in exercises while in the water, which provides resistance and helps to tone muscles without putting stress on the joints. This class is led by an AquaFit-trained instructor, offering a fun and effective way to stay fit.

M/W/F 10:45-11:45 am

T/Th 11:00-12:00 pm

Members FREE | Non-Members \$12/class

Fall Youth Diving Lessons

8/31-11/13 with Emma

Does your child love the water and acrobatic activity, and is eager to try new athletic skills? They'll probably love springboard diving! A la carte registration for the sessions that work for you.

Open to children ages 8-18

T/Th 6:30-8:00 pm and Saturday 9:30-11:00 am

Members \$7/session | Non-Members \$12/session

Private Swim Lessons

Private swim lessons are a great way to get personalized, individualized instruction and feedback to improve quickly and in a way that feels comfortable to you. We offer both youth and adult private (1 swimmer, 1 instructor) and semi-private (2 swimmers, 1 instructor) swim lessons.

Registration sends an email to our swim lesson coordinator, who will reach out to schedule days/times for the lessons.

Adult Private Lessons Member | Non-Member

(1) 30 min \$25 | \$37.50 (5) 30 min \$110 | \$180

(1) 60 min \$40 | \$52.50 (5) 60 min \$185 | \$248

Adult Semi-Private Lessons Member | Non-Member

(1) 30 min \$18.75 | \$32 (5) \$78.75 | \$145

(1) 60 min \$34 | \$46 (5) \$155 | \$215

Youth Private Lessons Member | Non-Member

(1) 20 min \$25 | \$37.50 (5) \$110 | \$180

Youth Semi-Private Lessons Member | Non-Member

(1) 20 min \$18.75 | \$32 (5) \$78.75 | \$145

FREE Swim Lessons!

Thanks to the The MacLeod Fund

Thanks to the generosity of proud donors, we are able to give a free session of swim lessons to every 4-year-old and 5-year-old in our community. The promo code [FREESWIMLESSONS](#) can be used at checkout with online registration, or you can alert our Welcome Center staff during in-person or phone registration.



Red Cross LIFEGUARD CERTIFICATION

November 6-8

Members \$275 | Non-Members \$325
Ages 15+, includes swim test

(Min 5) participants required/class.

A 30+ hour course, if successfully completed, provides a 2-year Lifeguard/First Aid/CPR/AED certification.

Pre-req. for Pool Course:

150-yard swim; tread for 2 min. without the use of arms, then a 50-yard swim. All consecutive without breaks in between (Front Crawl or Breaststroke for the swim).

Timed Brick Retrieval – Swim from the shallow end, retrieve a brick from a minimum of 9 feet deep, kick back to the shallow end on back with both hands on the brick.

Our Lifeguard Training courses are taught through Blended Learning, combining online learning and in-person skills sessions. The online portion must be completed prior to the in-person skills session, and a certificate of completion must be presented at the start of the in-person skills session.

Registration through our website sends an email to the instructor to assign the online portions of the training.

Swim Lessons

Contact us FMI
swimlessons@mdiymca.org

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

A Water Discovery  Student not yet able to respond to verbal cues and jump on land.	B Water Exploration  Student not yet comfortable working with an instructor without a parent in the water.	1 Water Acclimation  Student not yet able to go underwater voluntarily.	2 Water Movement  Student not yet able to do a front and back float on his or her own.	3 Water Stamina  Student not yet able to swim 10-15 yards on his or her front and back.	4 Stroke Introduction  Student not yet able to swim 15 yards of front and back crawl.	5 Stroke Development  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.	6 Stroke Mechanics  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.
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SWIM STARTERS

Swim readiness skills

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

Fall Youth Group Lessons 9/8-10/24		Monday	Tuesday	Wednesday	Thursday	Saturday
Swim Starters 6months-Age 3	Level A/B (Max 10)				10:00-10:30 am w/ Yelena	10:00-10:30 am w/ Angela
	Level 1-2 Ages 3-5 (Max 4)		9:00-9:30 am w/ Yelena 9:30-10:00 am w/ Yelena 4:15-4:45 pm w/ Yelena	4:15-4:45 pm w/ Yelena	10:30-11:00 am w/ Yelena 4:15-4:45 pm w/ Yelena	9:30-10:00 am w/ Yelena 10:30-11:00 am w/ Angela
	Level 1 Ages 6+ (Max 4)	3:45-4:15 pm w/ Yelena	There are 7 lessons in a session. Group makeups will be the week of 10/26-30. All spectators can watch from the 2nd floor Observation deck only. Members \$70 Non-Members \$140			
Swim Basics Ages 3-5, 6+	Level 2 Ages 4+ (Max 4)		3:45-4:15 pm w/ Yelena 4:45-5:15 pm w/ Yelena	3:45-4:15 pm w/ Angela 4:45-5:15 pm w/ Yelena	4:45-5:15 pm w/ Yelena	
	Level 3 Ages 4+ (Max 4)	3:45-4:15 pm w/ Angela	4:45-5:15 pm w/ Kitty	3:45-4:15 pm w/ Yelena		9:30-10:00 am w/ Angela
	Level 4/5 Ages 5+ (Max 6)		4:15-4:45 pm w/ Kitty		3:45-4:15 pm w/ Yelena	
Swim Strokes Ages 4+						

Fall Adult Group Lessons 9/8-10/24	MAX	Tuesday	Saturday
Adult Beginner Level 1-3	Max 5	7:00-7:30 pm w/ Lanvin & Yelena	10:00-10:30 am w/ Yelena
Adult Intermediate Level 4-6	Max 5	7:30-8:00 pm w/ Lanvin & Yelena	10:30-11:00 am w/ Yelena

Swim Lessons

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

A Water Discovery  Student not yet able to respond to verbal cues and jump on land.	B Water Exploration  Student not yet comfortable working with an instructor without a parent in the water.	1 Water Acclimation  Student not yet able to go underwater voluntarily.	2 Water Movement  Student not yet able to do a front and back float on his or her own.	3 Water Stamina  Student not yet able to swim 10-15 yards on his or her front and back.	4 Stroke Introduction  Student not yet able to swim 15 yards of front and back crawl.	5 Stroke Development  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.	6 Stroke Mechanics  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.
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SWIM STARTERS

Swim readiness skills

SWIM BASICS

Recommended skills for all to have around water

SWIM STROKES

Skills to support a healthy lifestyle

Holiday Session Group Swim Lessons 11/2-12/19		Tuesday	Wednesday	Thursday	Saturday *Classes 5/16-6/20
Swim Starters 6months-Age 3	Level A/B (Max 10)			10:00-10:30 am w/ Yelena	10:30-11:00 am w/ Yelena
Swim Basics Ages 3-5, 6+	Level 1-2 Ages 3-5 (Max 4)	9:00-9:30 am w/ Yelena 9:30-10:00 am w/ Yelena 4:15-4:45 pm w/ Angela	4:15-4:45 pm w/ Yelena	10:30-11:00 am w/ Yelena 4:15-4:45 pm w/ Yelena 4:15-4:45 pm w/ Angela	9:30-10:00 am w/ Yelena
	Level 1 Ages 6+ (Max 4)		4:45-5:15 pm w/ Yelena		
	Level 2 Ages 4+ (Max 4)	4:15-4:45 pm w/ Yelena 4:45-5:15 pm w/ Yelena	4:15-4:45 pm w/ Kitty	5:15-5:45 pm w/ Angela	10:00-10:30 am w/ Yelena
Swim Strokes Ages 4+	Level 3 Ages 4+ (Max 4)	5:15-5:45 pm w/ Angela	5:15-5:45 pm w/ Yelena 4:45-5:15 pm w/ Kitty	4:45-5:15 pm w/ Angela	
	Level 4/5 Ages 5+ (Max 6)	4:45-5:15 pm w/ Angela	There are 7 lessons in a session. Group makeups will be 12/21-23. All spectators can watch from the 2nd-floor observation deck only. Members \$70 Non-Members \$140		
Holiday Adult Group Lessons 11/2-12/19			MAX	Tuesday	
Adult Beginner Level 1-3			Max 5	7:00-7:30 pm w/ Lanvin & Yelena	
Adult Intermediate Level 4-6			Max 5	7:30-8:00 pm w/ Lanvin & Yelena	

Sharks Swim Team

Contact us FMI
sharks@mdiymca.org

Shark Swim Team Levels

Wee Sharks

WeeSharks > recommended for ages 5-9 and must be able to swim in the deep end of the pool. WeeSharks are limited to 2 practices of the 4 offered every week. Freestyle and Backstroke will be taught along with diving, streamlining, and other skills to prepare them for the Sharks program.

Green Team

Green > recommended ages 8-11 years and must be able to swim 25 yards of Freestyle and Backstroke. Green team members should attend at least 2 practices/week. Butterfly and Breaststroke are developed while increased endurance through Freestyle and Backstroke is a major goal. Flip turns and Racing starts are incorporated to prepare all for competition.

Gold Team

Gold > recommended ages 10-14 years and must be able to swim 50 yards of Freestyle and Backstroke and 25 yards of Butterfly and Breaststroke. Stroke technique and basics of swim training are integral parts of the Gold team. At least 3 practices/week are recommended to learn racing strategies, proper turns, and how to swim fast.

Senior Team

Senior > recommended for High School age swimmers. Before the High School season, the goal is to prepare all for the Winter season, in addition to allowing swimmers the chance to attend additional practices during the High School season.



Fall Session 9/8-10/16 (6 weeks)

Green > M-TH 4:45-5:30 pm & Fri 4:00-5:00 pm

Gold > M-TH 5:30-6:30 pm & Fri 4:00-5:00 pm

Senior > M-TH 3:00-4:15 pm & Fri 2:45-4:00 pm

Members \$145 | Non-Members \$195

Morning swim workouts: Open to gold and senior team members. Morning workouts begin on Monday, October 5th M/W/F 6:00-7:00 am

Key 2026 Swim Team Dates:

Sept. 8 Fall practice begins

Oct. 19 Winter Season practice begins

Nov. 4 Parent Meeting YMCA MP Room. New swimmer parents 5:30 pm; returning parents 6:30 pm

Nov 21 MDI vs SYT

Dec 5 MDI vs PBAY

Dec 19 MDI Sprint Meet

Key 2027 Swim Team Dates:

January 31 MDI Lenny DeMuro Meet

February 7 Aquathon Team Fundraiser

March 6-7 Y States @ Colby College

March 18-21 Winter Champs @ Bowdoin

April 28 Sharks Banquet @ MDI HS

Wee Sharks Fall Session

September 8- October 29 (8 weeks)

M-TH 4:15-4:45 pm * 2 days/wk max (Max 16)

Members \$100 | Non-Members \$150

Wee Sharks Holiday Session

November 2-December 22 (8 weeks)

M-TH 4:15-4:45 pm * 2 days/wk max (Max 16)

Members \$100

Winter Season 10/19-4/15/2027

Green > M-Th 4:45-5:45 pm & Fri 4:00-5:00 pm

Members (5) payments of \$110/mo or \$550

Gold > M-Th 5:45-7:00 pm & Fri 4:00-5:00 pm

AM > M/W/F 6:00-7:00 am

Sat > 8:00-9:30 am

Members (5) payments of \$145/mo or \$725

Senior > M-Th 2:45-4:15pm & Fri 2:45-4:00 pm

AM > M/W/F 6:00-7:00 am

Sat > 8:00-9:30 am

Members (5) payments of \$80/mo or \$400

Monthly payments are due upon registration and in Dec/Jan/Feb/March

Road Races

Have race questions? Contact us:
races@mdiymca.org

Upcoming MDI Y Events:

BHB&T Half Marathon and 5k

Saturday, September 12, 2026

Start times: Half Marathon Walkers 6:15 am,

Half Marathon 7:00 am, 5k 7:45 am

Registration open now. Half Marathon nearly full!

Catch That Turkey 5k

Sunday, November 29, 2026, 9:00 am

Registration opens in September 2026

Acadia Half Marathon & 10k

Sunday, June 6, 2027

Start Times: Half Marathon Walkers 5:30 am, Half Marathon 6:30 am

10k 7:00 am

Registration opens in September 2026

Firecracker 5k

Sunday, July 4th, 2027

Race start 6:30 am. Registration opens in May 2027

MDI Y Members: MDI Y members get a \$20 coupon code for both half marathons. Email races@mdiymca.org to get your code for discounted registration.

Runner's World Coverage

Read about our races featured in online editions of Runner's World magazine. Full print copies in our lobby and digital versions on our race webpages!

BY MATTHEW HUFF | UPDATED: JUN 26, 2025 12:53 PM EDT

RUNNER'S WORLD

Runner's World online article excerpt about the Mount Desert Island YMCA's Acadia Half Marathon as a top destination National Park Half Marathon

Explore the Best Half Marathons in and Around National Parks

Lace up your running shoes and explore America's most breathtaking national parks with these unforgettable half marathons.

BY MATTHEW HUFF | UPDATED: JUN 26, 2025 12:53 PM EDT

Acadia Half Marathon

Of the most beautiful of running, one of the best is the opportunity to get outside and into nature. Whether it's a long road race, a trail run, or a half marathon, there's nothing more rewarding than a run through a beautiful landscape. For runners who enjoy the outdoors, in America there's no more beautiful outdoor location than our national parks. Starting in 1921 with the designation of Yellowstone as the first national park, many of the United States' most beautiful natural landscapes have been protected and turned into one of the country's finest features. From Alaska to Florida, the 43 diverse National Parks allow visitors to witness the most magnificent corners of America. For runners who crave a breathtaking immersion of nature experience, the half marathons list we've created is one of our national parks might just be the perfect combination of racing and sightseeing. [Editor's note: *Mountain Runners*, which hosts many destination races, also operates many of the half marathons on this list. We will note their events below.] Here's a list of Runner's World favorites and the perfect excuse to go on a little vacation into the great outdoors.

Location: Bar Harbor, Maine
Date: June, 2026

Acadia National Park is one of the few to allow an actual half marathon to run inside its grounds. The Acadia Half Marathon, hosted each year by the Mount Desert Island YMCA, starts and ends in Bar Harbor, Maine, but loops out onto the island and through the park. You'll run through forests, up hills, and alongside Maine's rocky coastline. You'll also run past *Thunder Hole* on Mount Desert Island, and if you're lucky enough may witness the thunderous reverb of waves crashing, or even feel their mist.

BY KYLE KATZ | UPDATED: JUN 26, 2025 12:53 PM EDT

RUNNER'S WORLD

Runner's World online article excerpt about the Mount Desert Island YMCA's Bar Harbor Half Marathon as a top destination race in the US.

The Best Destination Half Marathons to Build a Trip Around

We've got everything you need to dream, plan, and execute your destination half marathon.

BY KYLE KATZ | UPDATED: JUN 26, 2025 12:53 PM EDT

For this race roundup, we found half marathons around the world that are worth a plane ticket or long drive. From stunning beachside runs to epic big city tours to unforgettable cultural experiences, these 11-milers deliver punch-in moments in pretty darn cool settings.

Bar Harbor Half Marathon

Destination: Bar Harbor, Maine
Date: September 12, 2026

In 1913, John Rockefeller Jr. built a series of carriage roads so he could avoid cars in Acadia National Park. Nine miles of the Bar Harbor Half Marathon run on that still-existing system of hand-packed trails. The half course starts in the small, picturesque fishing town of Bar Harbor, then cuts into the national park. Dense forest engulfs runners as they cross several old granite bridges before looping back to town. You'll want to recover with a lobster roll at one of the village's famous seafood joints after the race.

Race Registration is through our website
mdiymca.org/races

Bar Harbor Bank & Trust Half Marathon and 5k



Upcoming Volunteer Opportunities

Volunteers needed for the BHBT Half Marathon!

Friday, Sept. 11:45-7:00 pm
Runner Packet Pickup help

Saturday, Sept. 12, 6:00-10:30 am
Race day help, finish line, road crossings, water stations.

If you can help, please reach out at
(207)288-3511 or races@mdiymca.org,
and Thank You for your help!

Community Events



Volunteer Appreciation Event:

Thursday, September 24th
5:00-6:30 pm

Our annual celebration for all of the volunteers who keep our Y vibrant, supported, and strong. Open and free to all members, this evening of dinner and member awards is a favorite annual tradition. Member of the Year, Volunteer of the Year, and Youth Member of the Year award winners will be celebrated.



RSVP

MDI Health Fair

Stop by the Pemetic Elementary School on Saturday, September 19th, for MDI Health's Fall Health Fair. Stop by to see, meet, and talk to MDI Y personal trainer and group exercise instructor Joe to find out more about Y programming, classes, and fitness opportunities.

Trunk or Treat

Friday, October 30th, 4:30-6:00 pm

Come and try out your Halloween costumes, dance the afternoon away, and practice your trick-or-treating skills at this fun annual event.



Chamber Holidays

Friday, December 4th, 5:30-7:00 pm

Santa is coming! Join in on the fun starting at the Village Green at 5:00 pm with the tree lighting, then come to the Y to meet Santa and enjoy snacks, crafts, and activities in this fun annual community event.

**BH Chamber
Holiday Event
at the MDI YMCA**



Annual Appeal November 9-13

All that our community Y does is a result of our members, neighbors, and visitors' generosity. Each year, the Y's Annual Appeal is the financial heartbeat of the organization.

Our Annual Appeal invites broad community participation and is a demonstration of the community's confidence in the work of our Y. As we work to always balance the budget, our Annual Appeal bridges the gap between what programs cost and what families and adults can afford. In November, we will launch our Annual Appeal during our own Giving Week, including new testimonial videos of a few of our community members and, as a show of our promise - every child is welcome, every family is valued. Your generosity makes this promise possible!



Volunteer Opportunities this Session

Road Race Volunteer 9/11-12, 11/29 email
races@mdiyymca.org

Calling all Rec. Soccer 9/8-10/30 and Basketball 11/2-12/18 coaches
Email sports@mdiyymca.org

Have a talent or skill you'd like to share at the Y?
Contact sports@mdiyymca.org

We can help high school and college students fulfill volunteer hour graduation requirements. Reach out to Jenn for up-to-date volunteer opportunities: jenn@mdiyymca.org

Employment Opportunities

We have an AWESOME diverse staff team, and we are usually hiring for at least one position. We offer competitive pay, great benefits, and a great work environment. For our most up-to-date employment opportunities, please visit our website at mdiyymca.org/jobs

This session, we are offering Lifeguard Training and TRX Instructor Training, and potentially Swim Lesson Instructor training. These training opportunities are great ways for members to become employees of our YMCA! Employees get free membership and discounts on programming.

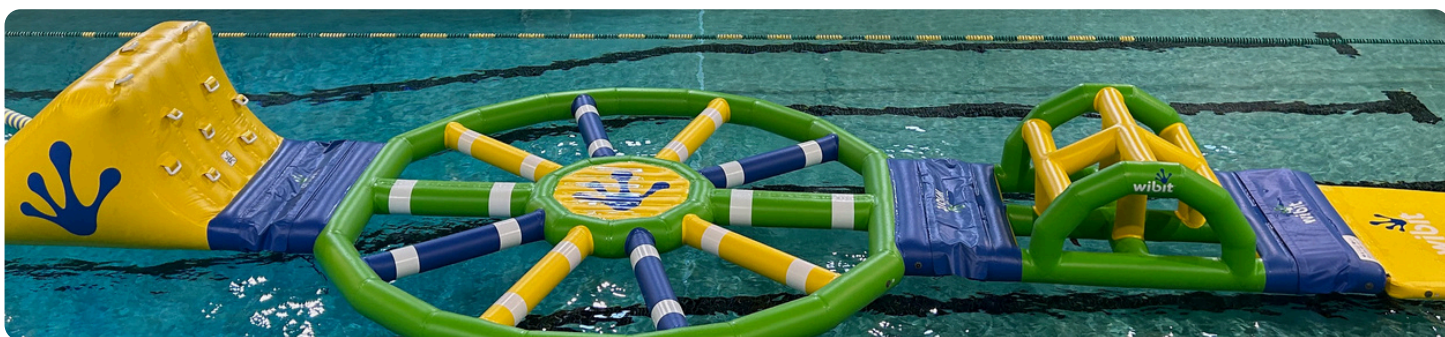
Mount Desert Island YMCA Y Parties are **MORE FUN!**

Available Options	Member/hr	Non-Member/hr
Half Gym	\$75	\$115
Inflatable Gym Obstacle Course w/ Half Gym	\$125	\$190
Full Gym Twice the space, twice the fun!	\$100	\$150
Multipurpose Room All party food needs to be eaten here.	\$50	\$75
Pool Single Lane	\$50	\$75
Whole Pool	\$300	\$450
Wibit Pool Obstacle Course Available around public Wibit days/times	\$350 up to 25 users	\$525
Extra lifeguard	\$50	



Advance notice is needed to ensure availability. Availability is subject to other rentals, regularly scheduled programming, and other events. Deposit and rental contract are needed to complete reservation.

Contact
membership@mdiymca.org
(207)288-3511 FMI



Wibit Pool Party

September 27 | October 25 | November 15 | December 13

Ages 5+ and 43" and taller. User must be OK with getting their head wet, and if a new user, pass the lifeguard swim test before use. We have Coast Guard-approved flotation for those who need it.

Open 10:00-11:00 am. Day of registration only for these events.

\$10/user



Community Access

Residents from Bar Harbor, Mount Desert, Southwest Harbor, Tremont, and the outer islands of MDI are our supporting communities and get access to our free programs.

Indoor Play Time FREE

Want a safe and fun place to play inside with other kids and families and with some fun equipment? You should come to our Open Gym Indoor Play Time! Come for the kids to play and get out some energy, come for caregiver fellowship, come for fun. Our gym closet is open for exploring. Convenient parent/child and preschool age swim lessons start right after play time. Bring a snack to enjoy in the lobby and spend your mornings at the Y!

Tuesday/Thursday Gym Court #2 9:00-9:50 am

Coffee & Conversation FREE

Stop by for good conversation with new and beloved Y friends at this weekly gathering. Come early for a fitness class, stay late to enjoy our facility, but just come! Friday 10:00-11:30 am

Lap Swim FREE

Come and enjoy our 6-lane, 25 yard heated pool. Swim laps, deep or shallow water job, or use our water weights. Thursday 8:00-11:00 am | Sunday 8:00-10:00 am,

Family Swim FREE

The lane lines are coming out for a family pool party! The Y has coast-guard approved floatation and swim aids for those that need them. We also have the best pool toys to make your next family swim awesome! Family Swim Sunday 10:00 -12:00 pm

Walking Track FREE

Come and walk at the Y! We have a level cushioned, non-slip walking track around our gymnasium with a handrail. There are 16 laps to the mile and lap counters are available for use at the front desk to help you reach your wellness goals.

Thursday and Sunday 8:00-12:00 pm

Adult Recreational Sports

Members FREE Non-Members \$12/day

The Y has equipment to borrow, or bring your own.

Questions or want to start a new rec. group at our Y? Contact us sports@mdiymca.org

Pickup Badminton

Thursday 6:30-8:00 pm Court #2
Saturday 10:00-12:00 pm Court #2
Sunday 8:00-10:00 am Courts #1,2

Pickup Basketball

Tuesday /Thursday 5:30-7:00 pm Court #2

Pickup Basketball ages 40+

no contact Tuesday and Thursday 7:00-8:00 pm

Pickup Volleyball

Tuesday 6:30-8:00 pm,
Sunday 10:10-11:30 am, Court #2

Pickup Water Polo

Monday and Wednesday 7:00-8:00 pm

Pickup Indoor Soccer

Monday and Wednesday 6:30-8:00 pm

Open Pickleball

Tuesday and Thursday 10:00-12:30 pm Court #1,2
Saturday 8:00-9:00 am Court #2, 9:00-10:00 am Court #1,2

Beginner Pickleball

Learn the rules and get experience in a non-competitive setting. Staffed by trained Y staff. Gym Court #1
Tuesday 1:00-2:00 pm

MDI YMCA Rec. Sports Punch Pass

Save money and use the passes for yourself or a guest/friend.

**10 Punches for \$80!
(\$40 savings over single-day rec. passes)**

Available online or at the Welcome Center.