

November 3– December 21, 2025

MDI YMCA

Program Guide

MDI YMCA
Fitness Classes
now at



We are newly offering fitness classes at ArtWaves (now Acadia Community Center for the Arts)! Classes are free for YMCA members, discounted for ACC members, and open to the public. Please pre-register or pay cash for drop-ins.



Our Annual Appeal is underway! Please join our fundraising effort to support scholarships and operations so that we can keep our doors open to all.



The Catch That Turkey 5k run will be on Sunday, November 30th at 9:00 am. Registration is now open through our website. Space is limited, register today!

Updates from the Leadership Team

As we transition into our Holiday Program Session and winter, we would like to thank our members, donors, volunteers, and all the caring people who make our community YMCA a vibrant community hub.

Celebrations like the Volunteer Appreciation Event and the gathering and fundraising events of the summer give us the chance to reflect on our mission and how meaningful and critical our work is.

To that end, as a non-profit organization, we seek donations to raise critical scholarship funds, ensuring that no one is turned away due to an inability to pay. With a sliding scale for membership and program scholarships, we aim to ensure opportunities for health and wellness, critical childcare, and social engagement at the Y are within reach for everyone.

Thank you to our generous donors who have pledged lead gifts. Our giving week fundraising match is November 17–21, and we would love to raise \$67,500 that week to match the lead pledged gifts to total \$135,000 toward our goal. We ask those who can to donate. Help make a difference this holiday season. We appreciate you.

Registration opens for Members: 10/22 | Non-members 10/27

The session starts Monday, November 3rd.

This session is (7) weeks long.

**REGISTER
ONLINE:
mdiymca.org**

Welcome to the Mount Desert Island YMCA

Hours

Monday–Friday 6:00 am–8:00 pm

Saturday 8:00 am–2:00 pm

Sunday 8:00 am–12:00 pm

Mount Desert Island YMCA

21 Park Street Bar Harbor, ME

(207)288-3511 | mdiymca.org



Holiday Schedule:

We are closed on: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.

We are open half days until noon on Christmas Eve and New Year's Eve

Session and Registration Dates:

The Holiday session runs for 7 weeks from Monday, November 3rd, through Sunday, December 21st.

Registration opens for members on 10/22 and non-members on 10/27, both at 6:00 am.

With Christmas and New Year's mid-week, check out our special calendars for those Holiday Weeks soon.

Upcoming Events:

11/5 Swim Team Parents Meeting, New parents 5:30,
returning families 6:30 pm

11/8 Harvest Swim Meet, Bangor YMCA

11/22 Home Swim Meet vs Waldo County & Mid-Maine

11/26 Pre-Thanksgiving Group Cycle Ride 6:30–7:30 pm

11/27 YMCA closed in observance of Thanksgiving

11/30 Catch that Turkey 5k, 9:00am

12/6 Home Swim Meet vs PenBay YMCA

12/12–14 Michelle Arpin Swim Meet, Bowdoin College

12/20 Home Swim Sprint Meet

12/24 YMCA closing at noon for Christmas Eve

12/25 YMCA closed in observance of Christmas

12/31 YMCA closing at noon for New Year's Eve

1/1/2026 YMCA closed for New Year's Day

Volunteer Opportunities this Session:

- Basketball coaches needed PreK–Grade 5
- Catch that Turkey 5k race day support, contact Jenn rates@mdiymca.org
- Annual Fundraising Appeal packet stuffing, contact Hannah in Development hannah@mdiymca.org
- Have a talent or skill you'd like to share at the Y? Contact Maegan at maegan@mdiymca.org

YMCA GIFT DRIVE



Give the gift of joy this holiday season by donating a new, unwrapped toy/gift to the Mount Desert Island YMCA's Holiday Gift Drive through December 5th.

Gifts are distributed through the Maine Seacoast Mission's annual Christmas Drive.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Membership

Questions? Email membership@mdiyymca.org

Stop by 21 Park Street or call (207) 288-3511

Begin the join process online at mdiyymca.org

Membership Benefits

Free Programming! Most programs are free for YMCA members, and members enjoy reduced program fees. Easy payment options with auto draft (comes out the 3rd of every month) or pay in full yearly.

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

We offer membership and program scholarships of 10–50%. Our scholarship form can be filled out on our website at mdiyymca.org/membershipforall or with a printed form at our welcome center.

Membership For All scholarship assistance is offered thanks to the generosity of our donors. Proof of income is required. The inability to pay will not exclude anyone from obtaining an MDI YMCA membership or participating in programs.

We offer day, week, 1-and 3-month passes for visitors and guests.

Single visit rate options include shower pass, rec. sports, lap swim, and full facility access.

Long-term membership units get 5 guest passes annually.

We take Visa, Mastercard, Bank draft, or Martin's Point cards for ongoing membership fees. Cash and Checks are also accepted for day, week, month, and 3-month passes.

The MDI YMCA is a destination YMCA and honors full reciprocity from October 1 to May 31st only. Half-price rates are available to members of other YMCAs during the summer months.

To keep pace with inflation and rising costs, we will be raising membership rates as of January 1, 2026. The increase will be an average of 5% per membership type and raise rates for memberships by \$1–2 per month.



2025 Membership Rates

	Family	Single Parent Family	Senior Couple	Adult	Senior (Age 60+)	Young Adult (18-23)	Youth
Monthly Rate	\$84	\$68	\$74	\$60	\$49	\$30	\$22
Annual Rate	\$1,008	\$816	\$888	\$720	\$588	\$360	\$264

2025 Monthly Scholarship Autodraft Membership For All Rates

\$45,001 to \$55,000 (10% disc)	\$75.60	\$61.20	\$66.60	\$54	\$44.10	\$27	\$19.80
\$35,001 to \$45,000 (20% disc)	\$67.20	\$54.40	\$59.20	\$48	\$39.20	\$24	\$17.60
\$25,001 to \$35,000 (30% disc)	\$58.80	\$47.60	\$51.80	\$42	\$34.30	\$21	\$15.40
\$25,000 and below (40% disc)	\$50.40	\$40.80	\$44.40	\$36	\$29.40	\$18	\$13.20
Fast Track Qualified Members (50% disc)	\$42	\$34	\$37	\$30	\$24.50	\$15	\$11

Youth Programs

REGISTER ONLINE
mdiymca.org

6 months- Age 5

Open Gym FREE

Tuesday/Thursday 9:00-9:50 am
Free parent/child playgroup on Court #2 of the gym.
Staff will put out equipment/games to get kids going, and imaginations will take over from there!

Elementary School Activities

Art with Mike Duffy

Make, create, and get messy with art classes at the Y!
Thursday 3:45-4:30 pm Grades 1-3 (Max 12)
Thursday 4:30-5:15 pm Grades 4-8 (Max 12)
Members \$45 | Non-Members \$90

Kids in the Kitchen

Every day, a new recipe, all the prep, cooking, and eating!
Tuesday 3:45-4:45 pm Grades 1-5 (Max 10)
Learn kitchen and cooking skills and eat what you cook!
Members \$45 | Non-Members \$90

Gift Makers Workshop

Participants leave each class with a home-made craft or gift to keep or gift! Perfect for the holiday season.
Wednesday 3:45-4:30 pm (Max 10) Open to Grades 2-5
Members \$45 | Non-Members \$90

NEW

Middle School Ages 11-14

FitKids

***After taking this class, 12-14-year-old middle school students can use the fitness center independently!**

This class gives pre-teens a chance to learn how to use the cardio and weight-lifting equipment in the fitness center safely. Register online or with the front desk, and our fitness staff will reach out to schedule the three sessions.
Members \$25 | Non-Members \$40

Newton's Inventioners

Maine Mobile Biolab's STEM activities to explore with hands-on learning. Discover Newton's Laws of Motion! w/ Heather Carlisle
Mondays 3:45-5:00 pm Grades 4-8 (Max 18) *snack provided
Members \$45 | Non-Members \$90

NEW

High School Ages 14-19

Fitness Center & Equipment Orientations

Get comfortable with the equipment and exercises you want to do with an orientation. Available on demand with the Health and Wellness Director, the office is in the fitness center, stop by or email wellness@mdiymca.org

Elementary School Sports

Recreational Basketball

Kindergarten Basketball ages 5+ (Max 15)
Friday 3:45-4:30 pm

Grades 1-2 Basketball (Max. 10/team)
Team 1 Wednesday 3:45-4:30 pm, Team 2 Thursday 4:15-5:00 pm

Grades 3-5 Basketball (Max. 10/team)
Team 1 Wednesday 4:30-5:15 pm, Team 2 Tuesday 4:15-5:00 pm

Saturday morning games, Nov./Dec. at Pemetic Elm. School and The Y

*The program runs on volunteers, and coaches are needed.
Please email raes@mdiymca.org to help out.
Members \$60 | Non-Members \$90

Volleyball Skills

Tuesday 3:45-4:30 pm Grades 3-5 (Max 14)
Tuesday 4:30-5:30 pm Grades 6-8 (Max 14)
Members \$35 | Non-Members \$70

NEW

Flag Football For Fun

Come learn the rules, do drills, and practice game scenarios with staffed, supervised flag football.
Monday 4:15-5:00 pm. Grades 4-8 (Max 15)
Members \$35 | Non-Members \$70

Kickball Party!

Join our staffed once a week supervised kickball group!
Friday 3:45-4:30 pm Grades 1-4 (Max 16)
Members \$35 | Non-Members \$70

NEW

Rhythmic Gymnastics *Sept/June '26

Super Stars- Beginner- Age 5+ Intro. to rhythmic. Will learn skills using equipment (ball, hoop, rope, clubs, and ribbon) and will work on 1 routine. Monday 4:00-4:45 pm
Copper- Ages 6+ No experience needed. Can do 1 or 2/ week. Will work on skills with equipment and learn 2-3 routines. Monday and/or Thursday 4:00-5:00 pm
Bronze Ages 8+ Adding difficulty to equipment handling, with more complex choreo. Will begin to have choices in equipment/music. Will perform up to 3 routines. Monday/Thursday 4:30-6:00 pm.
Silver- Ages 8+ Will add difficulty to equipment handling, more complex routine choreo. Choices in equipment/ music. Will perform up to 3 routines at MDI Y showcase and option of 1-2 travel meets. Monday 4:30-6 Thursday 4:30-6:00 pm

One Class/ Week Members \$175 | Non-Members \$350
Two Classes/ Week Members \$350 | Non-Members \$700
Spring 26- opportunity to perform (entry fee additional)
*Cost can be split into flexible payment options for families
*The program is prorated for children who start mid-year.

Mark your calendars: Floor Hockey- grades 2-8 January-February | Indoor Soccer- grades K-5 February-April
If you'd like to organize/ coach youth programs, please reach out! youthprograms@mdiymca.org

Fitness

All classes FREE for Members
\$12/class drop-in rate for guests!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15am	Group Power* Gym Court #1 On-Demand Video	Group Cycle MP Room Kevin	Group Power* Gym Court #1 On-Demand Video Group Cycle MP Room Claire	Group Cycle MP Room Kevin	Group Power* Gym Court #1 On-Demand Video
8:15-8:45am	Arms & Abs MP Room Maegan		Arms & Abs MP Room Maegan		
8:30-9:30am		Hatha Yoga MP Room Camille	Zumba** New! ArtWaves Studio Camille		
8:45-9:15am	Step Aerobics MP Room Maegan		Step Aerobics MP Room Maegan		
9:00-10:00am				Vinyasa Flow MP Room Camille	
9:30-10:30am	EnhanceFitness Gym Ross	Chair Yoga MP Room Camille	EnhanceFitness Gym Ross Tai Chi** New! ArtWaves Studio Camille		EnhanceFitness Gym Ross
10:30-11:15am		Better Balance MP Room Camille		Better Balance MP Room Camille	
10:45-11:45am	Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa
11:00am-12:00pm		Shallow Water Aerobics Pool Yelena	Knitfit (Til 1pm) MP Room Michelle	Shallow Water Aerobics Pool Yelena	
11:15am-12:15pm		Tai Chi MP Room Camille		Tai Chi MP Room Camille	
12:15-12:45pm	Abs, Ball & Core Gym Court #1 Ross	Zen Cycle MP Room Ross	Abs, Ball & Core Gym Court #1 Ross	Zen Cycle MP Room Ross	Abs, Ball & Core Gym Court #1 Ross
5:30-6:30pm	H.I.I.T. Fit MP Room Ross	Buff Bar Gym Court #1 Ross	H.I.I.T. Fit MP Room Ross		
6:00-7:00 pm				Group Cycle MP Room Richard	

NEW Fitness classes in Town Hill at ArtWaves **NEW**
(Acadia Center for the Arts) Dance Studio
General public: \$5/class, \$30/ 7 weeks
ArtWaves members: \$3/class, \$20/ 7 weeks
YMCA members are FREE, but please enroll
Register: mdiymca.org or call the Y at (207) 288-3511

Personal Training Rates
1hr \$56/mem | \$84 non-mem
5hr \$265/mem | \$405 non-mem
10hr \$500/mem | \$780 non-mem

Buddy Training Rates
(2 people, one time slot)
1hr \$37/pp/mem | \$55/pp/non-mem
5hr \$175/pp/mem | \$265/pp/non-mem
10hr \$330/pp/mem | \$510/pp/non-mem

Aquatics

Contact us: Aquatics Director Ed Lower aquatics@mdiymca.org
 Asst. Aquatics Director Yelena Merriam swimlessons@mdiymca.org
 Sharks Swim Team Head Coach Jim Willis sharks@mdiymca.org

Swim Team

Wee Sharks Ages 5+ Must be able to swim 25 yards
 Mon.-Th 4:15-4:45 pm (Max 2x/wk)
 Y Members Only \$100

Green Team Ages 7-10 Must be able to swim 25 yards of freestyle and backstroke. M-Th 4:45-5:45 pm, Fri 4:00-5:00 pm
 Y Members Only \$175 registration fee, 4 monthly payments of \$87.50

Gold Team Ages 9-14, M/W/F 6:00-7:00 am, M-Th. 5:45-7:00 pm, Friday 4:00-5:00 pm, Sat. 8:00-9:30 am.
 Ages 9-10 must be able to perform all 4 strokes, ages 11-14 must be able to perform 50 yards of freestyle and backstroke
 Y Members Only \$175 registration fee, 4 monthly payments of \$125

Senior Team Age 14+ High School swimmers M/W/F 6:00-7:00 am, 2:45-4:15 pm (when not in HS season) Sat. 8:00-9:30 am
 Y Members Only \$175 registration fee, 4 monthly payments of \$50

***Monthly payments are due in December, January, February, and March.**

***Swimmers may only attend USA Swimming Meets if registration fees are paid before the swim meet through the membership staff.**

Learn to Swim for Fitness!

Join asst. Aquatics Director Yelena for an introduction to swimming for fitness. How to create a swim workout, sharing swim lane etiquette, and an introduction to using Y's swim equipment to enhance and vary your workouts! Time for Q&A 11/19 10:00 am and 12/7 7:00 pm

NEW

Group Swim Lessons

Swim Level		Monday	Tuesday	Wednesday	Thursday	Saturday
Swim Starters 6months-Age 3	Level A/B Max 10				No Class 11/27 Thursday lessons 6 classes \$60/ \$120	10:30-11:00 am
	Level 1-2 Ages 3-5 Max 4	4:15-4:45 pm	4:15-4:45 pm	4:15-4:45 pm		9:30-10:00 am
	Level 1 Ages 6+ Max 4			5:15-5:45 pm	4:15-4:45 pm	
	Level 2 Ages 4+ Max 4	4:45-5:15 pm	4:15-4:45 pm 4:45-5:15 pm	4:45-5:15 pm	4:45-5:15 pm	10:00-10:30 am
Swim Strokes Ages 4+	Level 3 Ages 4+ Max 4	5:15-5:45 pm		4:15-4:45 pm		
	Level 4/5 Ages 5+ Max 6		4:45-5:15 pm		5:15-5:45 pm	
Adult Lessons	Beginner Ages 21+ Max 5		7:00-7:30 pm	Private and Semi-Private Swim lessons are available in packages of 1 or 5. Registration sends an email to our staff who will be in touch about scheduling.		

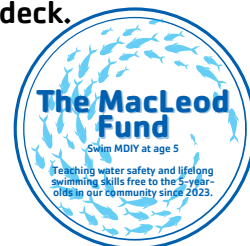
Aqua Aerobics Classes

Aqua Aerobics & Strength M/W/F 10:45-11:45am
 Members FREE | Non-Members \$12/class

Shallow Water Aqua Aerobics T/Th 11:00-12:00 pm
 Members FREE | Non-Members \$12/class

There are 7 lessons in a session. All group lessons are 30 minutes. All parents/spectators can watch lessons from our second-floor observation deck.
Members \$70 | Non-Members \$140

ALL 5-year-olds get a free session of lessons with Promo Code **SWIMMDIYAGES! at checkout!**



Childcare

Preschool and Afterschool Care program follow the AOS 91 School Calendar. All scheduled half-days are covered by the Y's Afterschool Care program.

Afterschool Care 2025-'26

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 at the Y. Scheduled school half-day care is included. Open from 3:30-5:30 pm and all scheduled school half-days.

- We are limited to 30 enrolled children from Connors-Emerson who can get bused to the Y. Register now to reserve your spot.

Members \$90/week | Non-Members \$110/week

Kid's Night Out

Ages 4-12 (Max. 26)

Kids get a night at the Y while parents get a night in the town together, which is 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 to save time and for extra fun :)

November 7th
December 5th

Members \$25 | Non-Members \$50

No School- Y Childcare Days

Ages 5-12 (Max. 26) (and MDI Y Chickadee PreK Kids)
Monday, November 10, 8:00-4:00 pm (no aftercare)
Kids will bring lunch, snacks, swimsuit, towel, and warm clothes for outside play. Special guest visit from Maine Mobile BIOlab!

Tuesday, December 30, 8:00-4:00 pm (no aftercare)
Kids will bring lunch, snacks, swimsuit, towel, and snow clothes for outside play.

Members \$50 | Non-Members \$75

Bar Harbor Chamber Holiday Event at the MDI YMCA



MDI YMCA Chickadee Preschool 2025-'26

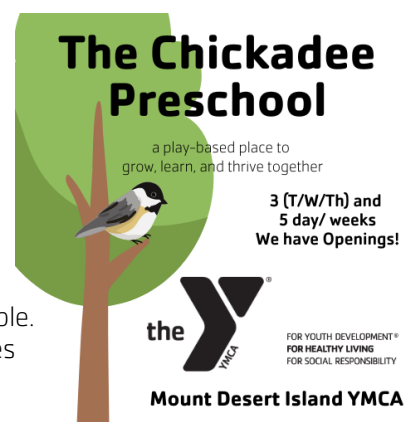
Our licensed Chickadee Preschool Program is open to potty-trained children ages 3+. (Max 16)
There are three- and five-day-a-week options to fit families' needs. Preschoolers have scheduled time in the pool, the gym, at the town library, and outside at the playground. They are involved with our preschool-age programming at the YMCA, such as preschool yoga, swim lessons, tumbling, Book and Cook, and Kids in Motion each week, in addition to quality licensed educational programming. Preschool hours are 7:30 am - 3:30 pm. Children who need after-school care should also register for the after-school program.

Pay weekly with an auto draft, credit, or debit card on file, the Friday before the week of care.

3-Day a Week
Members \$144 | Non-Members \$165

5-Day a Week
Members \$240 | Non-Members \$275

- We are following the 2024-25 AOS 91 School Schedule
- Need-based assistance is available.
- State of Maine childcare subsidies accepted.
- Reach out with inquiries to preschool@mdiymca.org



MDI YMCA Party Rentals Y Parties are MORE FUN!

We offer flexible party options to make your next party or event more FUN! mdiymca.org/rentals
Contact Maegan Haney at maegan@mdiymca.org (207)288-3511 FMI



Friday, December 5th
5:30-7:00 pm
-Photos with Santa!
-Cookie Decorating with Hannaford
-Santa Letter Writing with The Jesup Library
-Holiday Ornament Making with the MDI YMCA
-Holiday Craft with SFOA



Community Access

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

Coffee & Conversation FREE
Friday 10:00–11:30 am.

Open Swim Times FREE
Sunday 10:00–12:00 pm open swim

Lap Swim FREE
Thursday 8:00–11:00 am
Sunday 8:00–10:00 am

Walking Track FREE
Thursday and Sunday 8:00–12:00pm

Knit Fit FREE
Wednesday 11:00–1:00 pm MDI YMCA
multi-purpose room, sit and knit.

Special Holiday Group Cycle Rides w/ Richard

Halloween Group Cycle Ride

It's time again to pedal like a bat out of hell! Join Richard for a spooky, Halloween ride.

Friday, October 31, 2025, 6:30–7:30 pm,



Pre-Thanksgiving Ride

Prepare for the Thanksgiving Day feasting with a bird-burning, group cycle workout. Take those calories off before putting them on – guilt-free.

Wednesday, November 26, 2025, 6:30–7:30 pm



[Register to reserve your bike!](#)

Rec. Sports

Members FREE

Non-Members \$12/day

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 Volleyball Tuesday 6:30–8:00 pm Court #2

Pickup Water Polo Monday & Wednesday 7:00–8:00 pm

Pickleball

Tuesday and Thursday 10:00–12:30 pm Court #1,2

Saturday 8:00–9:00 am Court #2

Saturday 9:00–10:00 am Court#1,2

Pickup Soccer Indoor

Monday/Wednesday 6:30–8:00 pm

Saturday 1:00–2:00pm Court#2



Beat the Turkey, get entered to win a FABULOUS dessert from Bartlett Bakery!

Registration is open now through our website. Space is limited due to the ANP race permit; Register Today!