

January 5 - April 19, 2026

MDI YMCA

Program Guide



New!
for 2026

We are thrilled to announce that due to the success in participation and donations to fund our free swim lesson program for 5-year-olds, **we are now able to offer a free session of (7) learn to swim and water safety lessons to all 4-year-olds in our community!**

See the aquatics page for details.

The time to plan for and register for summer camp at the MDIY is almost here! Summer camp registration will open on January 15, 2026. We have even more fun planned for next summer. Please take a look at the childcare page for details.

Our personal training and wellness team is expanding with several new trainers, instructors, and a new location for classes!

Extended hours access for our fitness center coming soon! 4:00 am-open and close- midnight. \$10/month per person membership add-on fee and waiver required. Stay tuned for details.

We have added a sports program manager to our full-time staff to enhance our youth and recreation programs.

Stay tuned for details on an exciting new middle school diving program soon.

Community members and friends,

Thank you for helping our YMCA thrive in 2025. We are seeing incredible support in program participation, philanthropic donations, and community engagement, and we are so excited for 2026. Seeing our lobby, programs, and events full of children, families, and friends gathering around wellness and togetherness warms our hearts. As a non-profit, our mission is service to this wonderful community, and we feel the love.

We have exciting renovation and expansion plans taking shape to help us better serve you. Redesigned spaces for updated use, combined with additional square footage for wellness and programming, youth programs, childcare, and community gathering, will enhance our offerings and engagement, and how we can serve in our focus areas of youth development, healthy living, and social responsibility. Please stop by to chat about our plans for the future of MDIY.

**Program registration opens
December 22nd at 6:00am**

Summer Camp Registration Opens 1/15/26

**REGISTER ONLINE:
mdiymca.org**

Welcome

Mount Desert Island YMCA



21 Park Street Bar Harbor, ME



(207)288-3511 | mdiymca.org

Hours

Monday-Friday 6:00 am-8:00 pm

Saturday 8:00 am-2:00 pm

Sunday 8:00 am-12:00 pm

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 Winter session runs from January 5 through April 19, 2026. There will be one session for adult programming and two shorter sessions around the school calendar for youth programs.

The swim team season runs the length of this session. Wee Sharks follows the two shorter youth sessions.

Upcoming Events:

Jan. 2 MDIHS Swim/Dive vs. John Bapst 6:00 pm

Jan. 3 Sharks Swim meet 12:00 pm

Jan. 5 Start of Winter 1 youth session

Jan. 9 MDIHS Swim/Dive vs. Camden Hills 6:00 pm

Jan. 10 Sharks @ Bangor Y 12:00 pm

Jan. 15 MDIY Summer Camp Registration Opens!

Jan. 18 Sharks @ Old Town 12:00 pm

Jan. 25 Wibit Pool Obstacle Course 10-12:00 pm

Jan. 30 Middle School Night Out 6:00-8:00 pm

Feb. 1 Sharks Lenny Demuro Swim Meet 12:00 pm

Feb. 6 MDIHS Swim/Dive vs Ellsworth 6:00 pm

Feb. 7 Sharks Swim meet 12:00 pm

Feb. 8 Sharks Aquathon Fundraiser Swim

Feb. 13 end of Winter 1 youth session

Feb. 14 Sharks @ DEFY 12:00 pm

Feb. 23 Start of Winter 2 youth session

Feb. 27-March 1 Sharks @ States!

March 1 Wibit Pool Obstacle Course 10-12:00 pm

March 12-15 Sharks @ ME Winter Champs!

March 29 Wibit Pool Obstacle Course 10-12:00 pm

April 2 Easter Scavenger Hunt & Egg Swim 3:30-5 pm

April 5 YMCA Closed for Easter

April 26 Wibit Pool Obstacle Course 10-12:00 pm

April 29 Sharks Banquet

Stay tuned for the Healthy Kids Day Date and information soon!

Volunteer Opportunities this Session:

- Dodgeball Coach, Capture the Flag Coach
- We are looking for knitters for our winter giving mitten & hat tree!
- Have a talent or skill you'd like to share at the Y? Contact Maegan at maegan@mdiymca.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@mdiymca.org

Youth Access Policy

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

*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.

MDI YMCA EASTER EGGSSTRAVAGANZA



Easter Egg Obstacle Course and Egg Swim!

3:30-4:15 pm Egg Obstacle

4:15-5:15 pm Open Swim with 4000+ Easter Eggs!



FREE and open to all in the community

Thursday, April 2nd
3:30-5:15pm

FREE Cycle Basics Clinic

Saturday, February 7

9:00 am w/ Richard

Come and learn all about group cycle, how to get fitted to the bikes, what classes are like, and meet our staff! We have 4 group cycle classes each week!

Y Membership

Questions? Email membership@mdiymca.org

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

Begin the join process online at mdiymca.org

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.

Membership Benefits

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.

There is a \$10/month discount for having an auto-draft membership.

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

Our members can also use other YMCAs that participate in Nationwide membership off-season. During the summer months, you will need to check with all other YMCAs on visitor policies.

MDIY members get 50% off youth sports and activities and discounts on everything from personal training to party rentals.

We offer membership and program scholarships of 10-50%. Our scholarship form can be filled out on our website at mdiycma.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.

Fitness Center orientation is included with membership, just ask the front desk to set that up!

2026 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 For All Rates

\$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 Members (50% disc)	\$43.50	\$35.00	\$38.50	\$31.50	\$26.00	\$16.00	\$11.50

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

Strong Swimmers, Confident Kids!

We are happy to expand the free swim lesson program to include all 4 and 5-year-olds in 2026! Use promo code freeswimlessons at checkout to redeem your free session of group lessons. All area children get a free session of learn to swim and water safety lessons anytime during the year they are four AND the year they are five!



Aqua Aerobics Classes

Aqua Aerobics & Strength Mon./Wed./Fri. 10:45-11:45 am
 Members FREE | Non-Members \$12/class

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

Learn to Swim for Fitness

If you would like an orientation to our pool and how to use the equipment, share lanes, create and vary workouts, please reach out to our aquatics staff at aquatics@mdiymca.org for a FREE pool orientation.

Wibit Pool Obstacle Course

Come and explore and have a blast on our 55' inflatable pool obstacle course! For ages 6+ and 43" and taller. Must pass the swim test. \$10/user. Open 10:00-12:00 pm 1/25, 3/1, 3/29, 4/26

*For rental options, email maegan@mdiymca.org

Group Swim Lessons Being offered Winter Session 1 & Winter Session 2

Swim Level	Monday	Tuesday	Wednesday	Thursday	Saturday
Swim Starters 6months-Age 3	Level A/B Max 10	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 \$10/lesson Non-Members \$20/lesson			10:30-11:00 am (Max 8)
Swim Basics Ages 3-5, 6+	Level 1-2 Ages 3-5	4:15-4:45 pm (Max 5)	4:15-4:45 pm (Max 8)	4:15-4:45 pm (Max 8)	9:30-10:00 am (Max 4)
	Level 1 Ages 6+				4:15-4:45 pm (Max 4)
	Level 2 Ages 4+	4:45-5:15 pm (Max 6)	4:45-5:15 pm (Max 8) 5:15-5:45pm (Max 4)	4:45-5:15 pm (Max 4)	10:00-10:30 am (Max 4)
Swim Strokes Ages 4+	Level 3 Ages 4+	5:15-5:45 pm (Max 6)		5:15-5:45 pm (Max 4)	
	Level 4/5 Ages 5+ Max 6		5:15-5:45 pm (Max 6)		5:15-5:45 pm (Max 6)
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.	

Wee Sharks

Ages 5+ Must be able to swim 25 yards (Max 2/week, 16 swimmers)

Winter Session 1: Jan 5 - Feb 12 M-Th 415-445pm | Winter Session 2: Feb 23 - April 16 M-Th 415-445pm

Y Members Only \$100

Swim Team

Sharks swim team runs from Oct. '25-April' 26. If interested in learning more or joining, please reach out to head coach Jim Willis at sharks@mdiymca.org

*Reg. fee due at signup. Monthly payments are due in Dec., Jan., Feb., and March. Scholarship applies to monthly payments only.

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

Health & Wellness

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

TRX Suspension Group Training

6-Week Series: \$90/mem | \$135 non-mem
1/2 off this first session for members!

Learn suspension training using the TRX straps that condition the core while you strengthen the upper and lower body. Offered in a small group setting with more attention from a TRX Pro Coach. MDI Y is the only ME TRX affiliate!

Winter Session 1: 1/12-2/20 | Winter Session 2: 3/2-4/10

Offered Monday, Wednesday, Friday 8:30-9:30 am.

New!

Group Exercise Schedule

Abs, Ball & Core (ABC) - Monday/Wednesday/Friday 10:45-11:15 am Get three-dimensional strength in 30 action-packed minutes. Strengthen the abs and torso using a stability ball and weights. A stronger core improves athletic performance and movement health.

Arms & Abs - Monday/Wednesday 8:15-8:45 am A standing and mat-based core and upper body toning class. With a compact 30-minute format, we will use dumbbells, mats, and body weight for overall strengthening and toning to get your day started right.

Better Balance - Tuesday/Thursday 10:30-11:15 am Improve balance, no matter your current skill level or age. Fall incidence rates pose a serious health problem for older adults. Falls can be prevented with exercises, stretches, and balance training.

Buff Bar - Tuesday 5:30-6:30 pm An intense, strength-conditioning class set to song tracks for muscles in legs, back, chest, arms, and abs. Like Group Power® (see below), but with a live instructor motivating you to your personal best.

Chair Yoga Tuesday 9:30-10:30 am All the benefits of yoga with all of the stability and balance benefits of a sturdy chair.

EnhanceFitness® - Monday/Wednesday/Friday 9:30-10:30 am A group exercise and falls prevention program to help older adults become more active, energized, and empowered to sustain independent lives. Socialize while keeping fit, able, and healthy!

Group Cycle - Monday/ Wednesday/ Friday 7:30-8:15 am, Tuesday 5:30-6:15 pm, Thursday 6:00-7:00 pm High-intensity, interval training utilizing fixed-gear, indoor bikes simulating climbs, flats, and sprints set to energizing, fun music. (Max 10). You are invited to wear your SPD-compatible cycling shoes. If new, arrive early for bike set-up.

Group Power® - Monday/Wednesday/Friday 7:00-8:00 am A virtual one-hour, cutting-edge strength training workout designed to get your muscles and movement strong. Combining strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching.

Yoga - Hatha Tuesday 8:30-9:30 am This yoga form includes breath control, simple meditation, and the adoption of specific bodily postures. Vinyasa Flow Thursday 9:00-10:00 am This yoga style links breath and smooth transitions in an energetic practice that conditions the entire body.

H.I.I.T. Fit - Monday/ Wednesday 5:30-6:30 pm A high-energy, full-body cardio, strength, and functional fitness workout utilizing the principles of High-Intensity Interval Training (H.I.I.T.) in 4 x 4 challenges, 3 x functional exercises, 2 x strength training, and abs!

Knit Fit - Wednesday 11:00-1:00 pm Just like it sounds, and way more fun! YMCA multipurpose room.

Step Aerobics - Monday/Wednesday 8:45-9:15 am A low-impact cardio workout that is as easy as marching! With fun music and repetitive and building step combos, this workout is a great complement to hiking. Just as fun as it used to be!

Tai Chi - Tuesday/Thursday 11:15-12:15 pm A Chinese exercise practice that combines gentle movements, breathing, and a meditative state of mind.

Group Exercise Schedule Acadia Community Center for the Arts

Hatha Wednesday 9:45-10:45 am This yoga form includes breath control, simple meditation, and the adoption of specific bodily postures.

Chair Yoga Wednesday 10:45-11:45 am All the benefits of yoga with all of the stability and balance benefits of a sturdy chair.

Personal Training Packages and Rate

30 Min. Session Rates

(2) \$60/mem | \$90 non-mem
(10) \$285/mem | \$425 non-mem
(20) \$550/mem | \$800 non-mem

60 Min. Session Rates

(1) \$60/mem | \$90 non-mem
(5) \$285/mem | \$425 non-mem
(10) \$550/mem | \$800 non-mem

Contact Health & Wellness Director Ross Goo FMI wellness@mdiyymca.org

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

Youth Programs

If you'd like to organize/ coach youth sports, please reach out to [Andrew sports@mdiymca.org](mailto:andrew.sports@mdiymca.org), youth activities Ashley youthprograms@mdiymca.org

Winter 1 Session Jan. 5-Feb. 13 (6 weeks)

FREE Open Preschool Gym

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

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 \$40 | Non-Members \$70

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)
Members \$40 | Non-Members \$70

Kids in the Kitchen: Baking Edition

Learn kitchen and cooking skills and eat what you cook!
Wednesday 3:45-4:45 pm Grades 1-5 (Max 10)
Members \$40 | Non-Members \$70

Comic Con(struction)

Calling all graphic novel and comic readers! Children will read and learn the basics of character creation and narrative structure while designing their own comics. Workshopping will be guided by the teacher. Questions and creative exploration are highly encouraged!
Friday 4:30-5:15 pm (Max 12) Open to Grades 2-5
Members \$30 | Non-Members \$60

New!

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

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

Floor Hockey

Tuesday 4:15-5:00 pm Grades 1-2 (Max 15)
Wednesday 3:45-4:30 pm Grades 3-4 (Max 15)
Wednesday 4:30-5:15 pm Grades 5-8 (Max 15)
Members \$30 | Non-Members \$60

Nitroball

Great volleyball foundation skills group!
Thursday 4:15-5:00 pm Grades 1-3 (Max 10)
Members \$30 | Non-Members \$60

Dodgeball

Friday 3:45-4:30 Grades 3-5 (Max 15)
Friday 4:30-5:15 Grades 6-8
Members \$30 | Non-Members \$60

Winter 2 Session Feb. 23-April 17 (8 weeks)

FREE Open Preschool Gym

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

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 \$50 | 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)
Members \$50 | Non-Members \$90

Chemistry in the Kitchen

Food is fun, food is science, science is awesome when you can eat your experiments!
Wednesday 3:45-4:45 pm Grades 1-5 (Max 10)
Learn kitchen and cooking skills and eat what you cook!
Members \$50 | Non-Members \$90

New!

Short Film Studio

Calling all aspiring illustrators and writers! Do you want to design and plan a short film? Now is your chance! Participants will watch an animated short film, analyse it, and use it, along with lessons in narrative structure and character creation, as a model for planning their own animated short film!
Friday 4:30-5:15 pm (Max 10) Open to Grades 5-8
Members \$40 | Non-Members \$80

New!

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

Indoor Soccer

*Potential of 1-3 optional games with NHH Sat. ams
Tuesday 3:45-4:30 pm Grades 1-2 Team 1 (Max 10)
Thursday 4:14-5:00 pm Grades 1-2 Team 2 (Max 10)
Tuesday 4:15-5:00 pm Grades 3-4 Team 1 (Max 10)
Wednesday 3:45-4:30 pm Grades 3-4 Team 2 (Max 10)
Wednesday 4:15-5:00 pm Grades 5-8 (Max 10)
Members \$40 | Non-Members \$80

Handball

Monday 4:15-5:00 pm Grades 3-5 (Max 15)
Members \$40 | Non-Members \$80

New!

Capture the Flag

Friday 3:45-4:30 pm Grades 1-3 (Max 15)
Friday 4:40-5:15 pm Grades 4-6 (Max 15)
Members \$40 | Non-Members \$80

New!

Tumbling (March 9-April 17, 6 weeks)

Tuesday 5:00-5:45 pm Grades K-3 (Max 10)
Tuesday 5:45-6:30 pm Grades 4-8 (Max 12)
Members \$30 | Non-Members \$60

Childcare

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 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 for extra fun)

January 16 | February 20

March 27 | April 24

Members \$25 | Non-Members \$50

No School- Y Childcare Days

Ages 5-12 (Max. 26) (and MDI Y Chickadee ELC Kids)

Kids will bring lunch, snacks, swimsuit, towel, and warm clothes for outside play. Care is provided from 8:00-4:00 pm. (There is no after-school care on no school days for enrolled after-school care children)

Friday January 23 | Friday March 13

Thursday, February 19 | Thursday, April 23

Members \$50 | Non-Members \$75

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.

Friday, January 30, 6:00-8:00 pm \$15

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

Chickadee Early Learning Center 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.

Early Learning Center 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-Mem \$165

5-Day a Week

Members \$240 | Non-Mem \$275

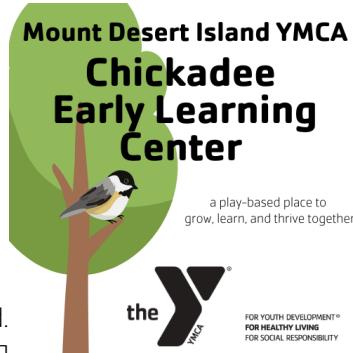
We follow the 2025-26

AOS 91 School Schedule

Need-based assistance available.

St. of ME childcare subsidies accepted.

Reach out to preschool@mdiymca.org with questions or enrollment inquiries.



Y Parties are MORE FUN!

We offer flexible party options to make your next party or event more FUN! mdiymca.org/rentals

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

Child and Babysitting Care Course

Conveniently being offered during (2) school half-days

Take this safety and babysitting preparedness class with Health & Safety Institute Trainer Jenn Britz. Get practical and hands-on first aid and childcare training to prepare tweens to become mothers' helpers and babysitters. Students will leave with a preparedness bag and printed course materials.

Jan. 1/22 and Feb. 13, 1:00-3:00 pm | Ages 12+ (Max. 8)

Members \$50 | Non-Members \$75

M D I Y LO V E S S U M M E R C A M P !

We had a blast last summer and look forward to welcoming campers back for Summer Camp 2026! Registration Opens January 15!



Sign up earlier than ever for our signature Camp Cadillac for preschool-3rd grade and Adventure Camp for 2nd-6th grade! NEW themes, MORE field trips, FUN activities, and swimming every day! New weekly themes include Adventure Chef Camp, Adventure Backpacking Camp, Cadillac Farm Fun, and Cadillac Junior Naturalists! Favorite themes are returning: Adventure Climbing Camp, Adventure Sailing Camp, Adventure Art and Theatre Camps, Cadillac Things that Go, Cadillac Bake Off, and Cadillac Superheroes!

Stay tuned for our full camp guide on January 1st. mdiymca.org/summercamp

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.

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 8:00-12:00 pm

Knit Fit **FREE**
Wednesday 11:00-1:00 pm

Preschool Open Gym **FREE**
Tuesday and Thursday 9:00-9:50 am

Come Race with The Y! 2026 Road Race Schedule

Sunday, June 7 Acadia Half Marathon & 10k



Saturday, September 12 Bar Harbor Bank & Trust Half Marathon & 5k



Sunday, November 29 Catch That Turkey 5k



Register today at
mdiymca.org/races

Recreational 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
Sunday 10:10-11:30 am 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 Indoor Soccer
Monday/Wednesday 6:30-8:00 pm
Saturday 1:00-2:00 pm Court#2

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



**Red Cross
LIFEGUARD
CERTIFICATION**

June 12-14, 2026
Members \$275 Members
Non-Members \$325 Ages 15+,
includes swim test.
Email yelena@mdiymca.org FMI