

April 20 - August 29, 2026

MDI YMCA

Program Guide

MDI YMCA is Maine's Only TRX Affiliate

Come in, and try something new at your community Y! Have you seen those yellow and black straps hanging around the Y, or in exercise videos? You may even know they are called TRX Trainers. They are a great and fun exercise tool, and even better, the MDI Y is now certified as Maine's only TRX Affiliate, with our four trainers now certified as TRX Pro-Coaches. Members and our fitness staff are loving the expanded training options.

"Both my husband and I have truly enjoyed the TRX class so far. We are already seeing results, and the class is fun and manageable, even for me, despite being sedentary for quite a few years before this," says Y member Silvia Boscolo. The Y is using the small-group method for TRX classes, where 3 to 8 people get many of the benefits of personal training at a much lower cost and enjoy the camaraderie of the group. "We know each other, laugh together, and work hard. It's a great time", says trainer Lanvin Estacio. TRX training builds functional strength – strength for everyday life activities– by linking multiple muscles and joints the way the body is meant to move naturally. Seeing it in action will surely remove any intimidation factor, as the Y's instructors guide each class member in a personalized way. Says MDI Y Health and Wellness Director Ross Goo, "People want to move, but they also want to connect, and feel supported by the instructors and others in the program." Two new sessions are listed in this program guide; the time to be amazed by TRX and see your strength gains is now!



Pedal Power: New Free Indoor Cycling Class for Middle Schoolers.

A New Fun, High-Energy Class Helping to Build Fitness, Confidence, and Friendships

No pressure, just pedals! The Mount Desert Island Y is launching a new indoor cycling class for middle school-age children. We're confident it will be fun, effective, and a great way for young people to stay active, build confidence, and feel great after the school day ends. Indoor cycling for middle schoolers will put fun front and center with upbeat music, and the Y's Youth Sports Manager will provide the welcoming atmosphere that will make every ride feel like a celebration. The benefits of indoor cycling go far beyond fitness. The combination of exercise, music, and the community of middle schoolers will be a mood booster, as we set achievable goals that will surely aid the mental health of our tweens. Everyone can ride at their own pace, no scoreboard, no judgment. The Y's Youth Sports Manager, Andrew Farnsworth, says, "Each class will run for 30 minutes, and each ride may have a theme, a high-energy playlist, and include fun games and positive coaching. The indoor cycle class will be free to everyone and open to students in grades 4-8 and requires no cycling experience; Students should wear comfortable clothing and closed-toe shoes. See the youth programs page for more information!"



Our Annual Fundraising Gala is going to be held on July 16 at the Bar Harbor Club, starting at 5:00 PM. Tickets are available now.

This year's Y awardees include Val Peacock, Community Advocate Award, and Kathy MacLeod, for our Y Triangle Award.

We'd love to have you there to help us celebrate!

Program Registration
opens April 6, 2026
6:00am

REGISTER:
ONLINE mdiymca.org
by phone at (207) 288.3511 or in
person at 21 Park Street in Bar Harbor



Register here!

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 until noon on Christmas Eve and New Year's Eve.

Session and Registration Dates:

The Spring Session runs from April 20 to June 13.
The Summer Session runs from June 14 to August 29.
Registration for both Spring and Summer sessions begins on Monday, April 6th, at 6:00 am.

Upcoming Events:

April 29 Sharks Banquet @ MDI HS Cafeteria
May 9 Healthy Kids Day - event 9:00-12:00 pm **FREE**
June 7- Acadia Half Marathon & 10k
June 12- Pool Party- Summer Kick-off!! 4:00-6:00 pm
June 13- Spring Session Ends/ Summer Session begins
July 4- YMCA Open ONLY 11:00 - 2:00 PM for 4th Fun!
Inflatable Pool and Gym party \$10/user
July 16- Annual Fundraising Gala BH Club 5:00-8:00 pm
September 7 - Closed in observance of Labor Day

Youth Linocut Printmaking Workshops

Design, carve, and stamp: kids learn the art of linocut printmaking to DIY special cards! Class requires creativity and attention to detail.

Friday, May 1st, 4-5:30 pm Grades 3-8 (max 10) Mother's and Father's Day Cards

Friday, May 22, 4:00-5:30 pm Grades 3-8 (Max 10) Nature Art and Whimsy

Members \$20 | Non-Members \$25

New!

Volunteer Opportunities this Session:

- Road Race Volunteer.
- 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

Employment Opportunities:

We have a large, great 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 mdiymca.org/jobs

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.

FREE

Group Cycle Basics Clinic
Saturday, May 2 | 10:00-11:30 am
Come and learn all about group cycle, how to get fitted to the bikes, what classes are like, and meet our staff!

Group Power Launch
Sunday, April 19, 10:30-12:00 pm
Group Power® - a one-hour strength training workout designed to get your muscles and movement strong. Come check it out!

FREE

TRX Suspension 6-Week Series:

Members \$90 | Non-Members \$135

Mondays or Wednesdays or Fridays 8:30-9:30 am, or Wednesdays 5:30-6:30 pm. (Max 8)
Spring: 4/20-5/29 | Summer 6/8-7/17

POWERED BY TRX

Personal Training Packages

30 Min. Session Rates
(5) \$143/mem | \$213 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

Personalized Exercise Prescription (PEP)

A PEP is an exercise program specific to your needs designed around your goals and schedule. Programs 8-12 weeks long. Members \$65, Non-Members \$95

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

Membership

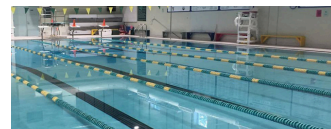
GIVE YOUR GUESTS THE GIFT OF
Y MEMBERSHIP

WITH
OUR

STAY & PLAY
MEMBERSHIP PROGRAM

Questions? Email
membership@mdiyymca.org
Stop by 21 Park Street or call (207) 288-3511
Begin the join process online at
mdiyymca.org

- Advertise access to our entire facility, including pool, fitness center, rec sports, and more!
- Show your support for a community-based organization that benefits the Mount Desert Island community year-round!
- We offer options for hotels, motels, bed & breakfasts, as well as single-family rentals!



Let's make it a great summer - together!

Membership Benefits

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 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.

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 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.

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 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

Youth Programs

If you'd like to organize/ coach youth sports, please reach out to Andrew.sports@mdiyymca.org, youth activities Ashley.youthprograms@mdiyymca.org

Spring Session Youth Sports April 27- June 13 (7 weeks)

Pickleball

This fast-paced game has combined aspects of tennis, badminton, and ping pong into one of this country's most popular sports! Come learn basic rules and skills of the game, culminating in a doubles tournament!

Wednesday 4:15-5:00 pm Grades 5-8 (max 10)
Members \$ 35 | Non-Members \$70

Wrestling

Learn the basics of wrestling here at the Y. Learn a new fundamental skill each session, gaining more knowledge of the sport. We work hard, and we play hard. Come join the fun.

Wednesday 3:45-4:30 Grades 4-8 (max 14)
Members \$35 | Non-Members \$70

Wiffle Ball

It's finally Spring, and that means Wiffle Ball! Join us on the Bar Harbor Fields to learn the game and have fun! (Inside only if we have to!) We split into teams and play.

Tuesday 3:45-4:30 pm Grades 1-3 (max 15)
Tuesday 4:30-5:15 pm Grades 4-8 9 (max 15)
Members \$35 | Non-Members \$70

Spring Run Club

A fun, game-based running program where kids set goals, reach milestones, and build confidence. We focus on working hard, being kind, and having fun every step of the way.

Thursday 3:45-4:15 pm Grades K-8 (max 15)
Members \$35 | Non-Members \$70

Cheering

Learn the basics of the sport and build your skills! This program will meet twice a week for three weeks, culminating in a cheer routine that will combine all of your learned skills.

May 12/13, 19/20, 26/27
Tuesday & Wednesday 4:30-5:15 pm Grades K-2 (max 10)
Tuesday & Wednesday 5:15-6:00 pm Grades 3-5 (max 10)
Members \$35 | Non-Members \$70

Youth Group Cycle

Group cycling is great exercise, low-impact, and super fun in a group! Come and try this free class to get ready for summer riding!

Thursday 4:00-4:30 pm Grades 4-8 (max 12)
FREE TO ALL!

Spring Session Youth Enrichment Activities April 27- June 13 (7 weeks)

Kids in the Kitchen

Every day, a new recipe, all the prep, cooking, and eating!

Tuesday 3:45-4:45 pm
Members \$50 | Non-Members \$100

Chem Club

Explore the fun and messy world of chemistry with a new experiment each class. Activities include elephant toothpaste, soda rockets, volcanoes, and more!

Wednesday 3:45-4:45 pm Grades 2-5 (max 10)
Members \$35 | Non-Members \$70

Art w/ Mike Duffy

6 weeks only, last class 6/4
Thursday 3:45-4:30 pm Grades 1-3
Thursday 4:30-5:15 pm Grades 4-8
Members \$50 | Non-Members \$100

Make it Real

Being obsessed with a character can get expensive, and sometimes so niche that practically no merchandise exists. This class fixes both of those problems! Each class will be focused on a different craft to make "merch" of a favorite character, either a real or self-created creature.

Monday 4:30-5:30 pm Grades 4-8 (max 10)
Members \$35 | Non-Members \$70

Summer Session

Summer Run Club

Our MDI Kids Run Club is a fun, game-based summer running program where kids set goals, reach milestones, and build confidence through weekly run meetups! We focus on working hard, being kind, and having fun every step of the way!

June 13- August 22 | Saturday 9:00-10:00 am Grades K-8 (max 20) Cost for all \$15

Tennis in the Parks

Led by an approved USTA Net Generation tennis coach, this program will focus on the skills to serve, rally, and play. Perfect for beginners and first-time players. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players learn and play the game more quickly! All players in their first session receive and keep a new age-appropriate racquet and ball!

Tuesdays & Thursday July 7-23rd
4:00-5:00 pm Grades 1-3 (max 8)
5:00-6:00 pm Grades 4-6 (max 8)
Cost for all \$65

Flag Football

Sign up for summer Flag Football and hone your skills before Football season starts! Twice a week, we will split into teams and play! Bring your A game!

August 4- August 20
Tuesday & Thursday 4:00-5:00 pm Grades 4-8 (max 16)
Members \$30 | Non-Members \$60

Healthy Kids Day May 9, 9:00-12:00 pm
1 Mile Fun Run/Walk | Activity Fair
Wibit Pool Obstacle Course

New!

FREE

New!

New!

FREE

Health & Wellness

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

Parkinson's Disease Exercise Program **New!** **FREE**

A FREE 12-week support system for those living with Parkinson's disease, emphasizing exercise to enhance healthy activity and activities of daily living. A trained coach leads a group in hour-long sessions through strength conditioning, movement training, and cardiovascular routines. Baseline and follow-up assessments will be done, and full access to the facility will be provided to encourage exercise adherence in between sessions. Each week, a different component is introduced with days of instruction, practice, and monitoring. The program will also involve guest speakers on the effects of exercise on disease symptoms.

Tuesday/Thursday April 21-July 10

Participants need medical clearance from their primary physician and get extended hours access.

Spring Only Fitness Classes

Time	Day	Class Name	Max	Instructor
9:00-10:00 am	Th	Vinyasa Yoga		Jenn- ends 6/11
11:00-1:00 pm	W	KnitFit		Michelle -ends 6/10
11:15-12:15 pm	T/ Th	Tai Chi for Bone Health		Video on Demand - ends 6/18
5:30-6:30 pm	T	Group Cycle	Max 13	Claire- ends 5/26

Spring and Summer Fitness Classes

Time	Day	Class Name	Max	Instructor
7:15-8:15 am	M/W/F	Group Power	Max 17	Joe/McGhee/Lanvin
7:30-8:15 am	M/W/F	Group Cycle	Max 13	Kevin/Kevin/Claire
8:30-9:00 am	M/W	Kettlebells & Cardio		Maegan
8:30-9:30 am	T	Hatha Yoga		Camille
9:00-10:00 am	T/Th	Group Groove		Video on Demand
9:30-10:30 am	M/W/F	EnhanceFitness		McGhee/ Ross/ Emily
9:30-10:30 am	T	Chair Yoga		Camille
10:30-11:15 am	T/ Th	Better Balance		Camille
10:45-11:45 am	M/W/F	Aqua Aerobics and Strength		Lisa
10:45-11:15 am	M/ W/ F	Abs, Ball, and Core		Ross
5:30- 6:30 pm	T/Th	Group Power	Max 17	Angela
4:20-5:20 pm	M	Zumba @ ArtWaves		Ross

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

Aqua Aerobics Classes

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

Shallow Water Aerobics July 14-August 21 T/Th 11:00-12:00 pm
 Members Free | Non-Members \$12/class

Strong Swimmers, Confident Kids!

MDI YMCA offers (1) free session of 7 lessons to all 4 and 5-year-olds! Use promo code FREESWIMLESSONS at checkout to redeem. 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, thanks to the generosity of our donors.

Wibit Inflatable 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. 5/9, 6/24, 7/1, 7/4, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19 *For rental options, email maegan@mdiymca.org

Spring Swim Team May 4- June 12 (6weeks)

Wee Sharks ages 4+ M-Th 4:15-4:45 pm
 Green Team ages 7-10 M-Th 4:45-5:30 pm, Fri 4:00-5:00 pm
 Wee Sharks & Green: Members \$90 | Non-Members \$180
 Gold Team ages 9-14 M-Th 5:30-6:30 pm, Fri 4:00-5:00 pm
 Senior Team ages 14+ M-Th 3:00-4:15 pm, Fri 2:24-4:00 pm
 Gold & Senior: Members \$108 | Non-Members \$216

Summer Swim Team June 15- July 16 (5 weeks)

Week Sharks & Green Team: M-Th 4:00-4:45 pm
 Members \$ 75 | Non-Members \$150
 Gold & Senior Team: M-Th 4:45-6:00 pm, M/W/F 6:45-8:00 am
 Members \$ 90 | Non-Members \$180

Swim Clinics Members \$60 | Non-Members \$120

Freestyle Clinic Ages 9-13, July 6-9, 9:00-11:00 am
 Starts & turns Clinic Ages 9-13, July 20-23, 9:00-11:00 am
 WeeShark Clinic ages 5-9: July 27-30, 9:00-11:00 am

Spring Group Lessons 4/20-6/6		Monday	Tuesday	Wednesday	Thursday	Saturday *NO CLASSES 5/2
Swim Starters 6months-Age 3	Level A/B Max 10		10:30-11:00 am (max 12)			10:30-11:00 am (max 12)
	Level 1-2 Ages 3-5	4:15-4:45 pm (max 4)	10:00-10:30 am (max 4) 4:15-4:45 pm (max 8)	4:15-4:45 pm (max 4)	4:15-4:45 pm (max 4)	9:30-10:00 am (max 4)
	Level 1 Ages 6+	3:45-4:15 pm (max 4)				
Swim Basics Ages 3-5, 6+	Level 2 Ages 4+	4:45-5:15 pm (max 4)	3:45-4:15 pm (max 4)	3:45-4:15 pm (max 4)	4:15-4:45 pm (max 4)	10:00-10:30 am (max 4)
	Level 3 Ages 4+	5:15-5:45 pm (max 5)	3:45-4:15 pm (max 5)		3:45-4:15 pm (max 4)	
Swim Strokes Ages 4+	Level 4/5 Ages 5+		4:45-5:15 pm (max 6)			

4 Week Summer Group Lessons (2 days/week) 6/22-7/17 and 7/27-8/21

Swim Basics Ages 3-5, 6+	Level 1-2 Ages 3-5	T/Th 10:30-11:00 am (max 4)
	Level 1 Ages 6+	M/W 5:00-5:30 pm (max 4)
	Level 2 Ages 4+	M/W 5:30-6:00 pm (max 4)
Swim Strokes Ages 4+	Level 3 Ages 4+	T/Th 5:00-5:30 (max 5)
	Level 4/5 Ages 5+	T/Th 5:30-6:00 pm (max 6)

There are 7 lessons in a session. Parents/spectators can watch from the second-floor observation deck after drop off.
 Members \$70 | Non-Members \$140

Private/Semi-Private Swim lessons are available in packages of 1 or 5. Registration sends an email to staff who will reach out to schedule. Scheduling is by staff availability

2 Week Summer Lessons (week 1 M-Th, week 2 M-W) 6/22-7/3, 7/6-7/17, 7/27-8/7, 8/10-8/21

Swim Basics Ages 3-5, 6+	Level 1-2 Ages 3-5	3:30-4:00 pm (max 4)
	Level 2 Ages 4+	4:00-4:30 pm (max 4)
Swim Strokes Ages 4+	Level 3 Ages 4+	4:30-5:00 pm (max 5)

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 2026-27

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 \$100/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 for extra fun)

May 15, June 19

Members \$25 | Non-Members \$50

No School- Y Childcare Days

Ages 3-12 (Max. 26)

Create, play, and thrive at the Y! Every day will include active play in our Y spaces: outdoors, the gym, and the pool! Staff offers cooking or STEM, and an art project daily! Please enroll early to help us with staffing.

Kids will bring a lunch, snacks, a swimsuit, a 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)

April 20, 21, 22, 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.

April 10, May 29, August 21

6:00-8:00 pm Members \$15 | Non-Members \$25

Y Parties are MORE FUN!

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

Add the Wibit inflatable pool obstacle course or our new gym inflatable obstacle course for even more fun!

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

Chickadee Early Learning Center 2026-27

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 \$178 | Non-Mem \$199

5-Day a Week

Members \$255 | Non-Mem \$290

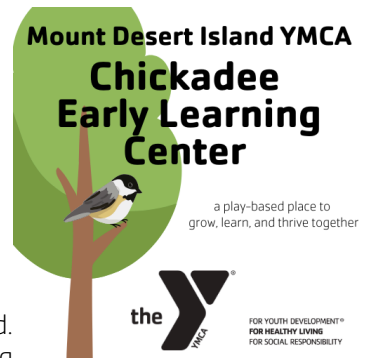
We follow the 2025-26

AOS 91 School Schedule

Need-based assistance available.

St. of ME childcare subsidies accepted.

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



Summer Camp

June 22 to August 21, 7:30-3:30 pm

Preschool, Camp Cadillac for K-3rd grade

Members \$255 | Non-Members \$290

Adventure Camp for 4th-7th-grade

Members \$340 | Non-Members \$390

Extended care available 3:30-5:00 pm.

Members \$65 | Non-Members \$80



Child and Babysitting Care Course

Conveniently being offered during the April school vacation!

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.

April 20, 10:30-12:30 pm and April 24, 12:00-2:00 pm

Ages 12+ (Max. 8) Members \$50 | Non-Members \$75



MOUNT DESERT ISLAND YMCA

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

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

Lap Swim **FREE**
Thursday 8:00-11:00 am
Sunday 8:00-10:00 am, Family Swim 10:00 -12:00 pm

Walking Track **FREE**
Thursday and Sunday 8:00-12:00 pm

Knit Fit **FREE** * last class before Summer break, June 10
Wednesday 11:00-1:00 pm

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

Middle School Group Cycle **FREE**
Wednesday 4:00-4:30 pm April 27-June 10

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 Basketball ages 40+ no contact T/Th 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 & 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, 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

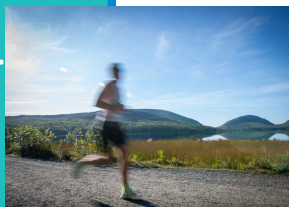
Come Race with The Y! 2026 Road Race Schedule

Sunday, June 7 Acadia Half
Marathon & 10k **Half Marathon FULL: WAITLIST ONLY**

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

Sunday, November 29
Catch That Turkey 5k

Register today at
mdiyymca.org/races



Women's Aqua Health

An exercise class in the pool for women (Ages 16+). To achieve a truly strong core, it's essential to incorporate exercises that engage your pelvic floor. This class offers that and more! Brought to you by your local pelvic floor physical therapist. Doctor Cadie is excited to provide a full core experience. With your important bits uplifted, you can achieve better bladder control, organ support, and intimate experiences. This class is also great for supporting moms during and after pregnancy!

Tuesday, June 15-Aug. 7 6:00-7:00 pm
Thursday, May 18-July 10, 10:00-11:00 am
\$25/class



Red Cross LIFEGUARD CERTIFICATION

May 15-17
June 12-14, 2026
Members \$275 Members
Non-Members \$325 Ages 15+, includes
swim test
Email yelena@mdiyymca.org FMI