



Member Newsletter - April 2024

Latest News



Pool & Lifeguard Update: Our Aquatics Director Ed Lower led another lifeguard training and we have several new lifeguards. It is also the tail end of winter swim team season, meaning there will be more afternoon and evening lap swim time available in the coming weeks. Keep your eyes on the pool schedule on our website mdiyymca.org/poolschedule



The fitness center will be adding yet another new piece of equipment this year with the arrival of our new Matrix Versa Leg Extension/ Leg Curl dual station. Its dual-action enables a smooth transition between exercises enabling you to work out both front and back of the legs! Angled pads and ideal pivot location promote full muscle contraction and alignment. Coming soon... stay tuned.



Celebrating 125 years in our community in 2024! Happy Anniversary to our MDI YMCA. We are going to celebrate in lots of ways this year. Things to do right now include a 125th fitness challenge to win fun prizes (125 reps of lots of great exercises) and get your tickets for our 125th Anniversary Celebration on July 11th, 5:00-8:00 pm at the Bar Harbor Club. You can secure your tickets at mdiyymca.org or (207) 288-3511 or email ann@mdiyymca.org



Upcoming Youth Events:
3/28 Easter Egg Obstacle Course & Egg Swim 3:45-5:15 pm
5/18 Healthy Kids Day 9:00 am-12:00 pm
4/5 Kid's Night Out 5:30-8:00pm
4/18 No School Care 8:00 am- 4:00 pm
4/29 Spring Session youth programming starts. Look for the program guide after 4/1
6/24 Summer Camp begins

Current Renovation Projects

Our kitchen has seen a renovation, a new kitchen classroom space has been created adjacent to the kitchen for cooking classes and events with workspace, a whiteboard, and stool seating. We have added a handwashing sink, replaced the appliances and added storage space. Next up will be new trim and refreshing the cabinets. Come check it out during our free community Coffee & Conversation events every Friday morning from 10:00-11:30am. The locker room privacy changing stalls will be installed at the beginning of April. We have made way by moving removing some lockers. We hope to have this project all wrapped later this spring offering more private spaces to change in our locker rooms.

Upcoming Events

- 3/30 Flattop 5k run/walk Lamoine Consolidated School 9:00am
- 3/30 Trail Running Film Festival Criterion Theatre 7:00pm
- 4/27 Earth Day YMCA and FOA Roadside Cleanup 9:00-11:00am
- 7/11 125th Anniversary Celebration Bar Harbor Club 5:00 pm-8:00 pm

