

Member Newsletter – November 2026

Giving Week is here!



It's Giving Week, November 8-14, to support the MDI YMCA! Help us raise $127,000 (representing 127 years of supporting the community) to help the MDI YMCA thrive! Every dollar up to $63,500 will be doubled until November 14 thanks to a group of early lead donors! That means every dollar you donate will have DOUBLE the impact!

Please consider making your Giving Week gift today and help the MDI YMCA! You can donate today in four ways:

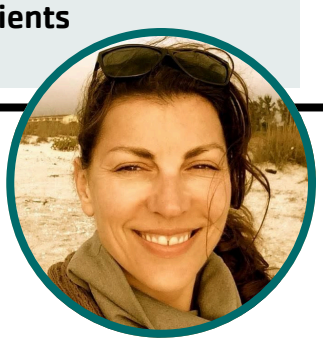
- You can pledge your amount by emailing Cate Schneider today at cate@mdiymca.org and mail in your donation anytime before December 31st.
- Mail a check to MDI YMCA, 21 Park St., Bar Harbor, ME 04609
- Donate online through our website mdiymca.org/donate
- Stop by the MDI YMCA and donate in person! (This is our favorite method – so we can thank you in person too!) AND TO THANK YOU for being an important part of the MDI YMCA community –

Be sure to stop by the MDI YMCA this week for a chance to win a package of 10 personal training sessions, or, if you're a kid, a Wibit (inflatable obstacle course) pool party and other fun prizes!

Welcome to our new Health & Wellness Director

We are excited to announce that Sheridy Olson has joined our staff as our new Health & Wellness Director! Sheridy is a 7th-generation Mainer from the Mid-Coast. She earned her B.S. in Kinesiology, with a minor in Athletic Training, from the University of Maine. Sheridy has been a personal trainer and fitness instructor for 30 years on MDI and is excited to be back at the YMCA, working with our community and promoting health and wellness. Sheridy lives on MDI with her husband & two sons.

Sheridy is now accepting new personal training clients and teaching fitness classes. Welcome Sheridy!



Upcoming Events

11/6 Kid's Night Out 5:30-8:00 pm
11/7 Sharks Swim Team @ Bangor Invite
11/9-11/13 MDI Y Giving Week
11/11 No School Care 8:00-4:00 pm
11/15 Wibt Pool Party 10:00-11:00 am
11/21 Sharks Swim Team home meet @ noon
11/26 Closed in observance of Thanksgiving
11/29 Catch That Turkey 5k Run/Walk 9:00 am
12/4 Village Holidays Village Green 4:30, YMCA 5:30-7:00 pm
12/24 closing at noon, 12/25 closed
12/31 closing at noon, 1/1/2027 closed

What's new?

Swim Team Bring a Friend Week! Bring and friend to swim practice this week and share how fun the team can be!

Fitness Center Extended Access

Available to adult autodraft members. Workout from 4:00 am – midnight. Front desk registration required. $10/mo/member. Personal training sessions can also be scheduled during extended access; see Sheridy FYI: wellness@mdiymca.org

Accessible Group Cycle

We have a new recumbent spin bike for use during group cycle classes, if you like the idea of group cycle, but a spin bike isn't appropriate for you, we invite you to try this new option.

Women's Weight Lifting

1 open spot left!
Small group, personal trainer led w/ Sheridy
Nov. 23-Dec. 18
M/F 11:00-12:00 pm

MDI YMCA Program Guide