



Member Newsletter - October 2026

HALLOWEEN COSTUME SWAP

Clean out your closet!
 Donate for the community.
 Drop off through October 17 in the YMCA lobby.
 Come find a new costume for a great price! \$1/piece October 13- 30th.
 All proceeds donated to LedgeLawn Candy Fund.

Swim Meet Official Training

Do you want to be a swim meet official? Our YMCA is hosting a training in our multipurpose room on Sunday, October 18 from 9:30-12:00 pm.
 Contact lead official Cynthia Cullinane at cac.swim@yahoo.com FYI and to reserve your spot in the training. (Sharks Swim Team meets begin 11/21!)

Extended Access Update

As cooler and darker weather come, over 300 members are now using extended access for our fitness center. Available to autodraft members over the age of 18, this allows access from our School Street entrance as early as 4:00 am and as late as midnight. Front desk registration required in person or by phone at (207)288-3511, \$10/mo/member.

Holiday Session Program Registration

Our holiday session runs from 11/2-12/18 (youth programs) and 12/22 (adult programs). Registration is open now! Adult swim lessons and fitness classes, youth rec. basketball, kickball, volleyball skills, swim lessons, and FitKids. Youth activities include Kid's in the Kitchen, Movement @ ArtWaves, STEAM Club, and swim team Creative Kids w/ Mike Duffy, and Cards & Board Games club, mdiymca.org/register

Upcoming Events

10/1-10/17 Costume Swap Drop-Off!
 10/17 GYM CLOSED for MDI MARATHON EXPO
 10/18-10/31 Costume Sale \$1/piece
 10/19 Competition Swim Team Season Begins-
 registration required
 10/23 Middle School Night out 6:00-8:00 pm
 10/25 Wibit Pool Party 10:00-11:00 am
 10/30 Trunk or Treat 4:30-6:00 pm YMCA parking lot
 11/6 Kid's Night Out 5:30-8:00 pm



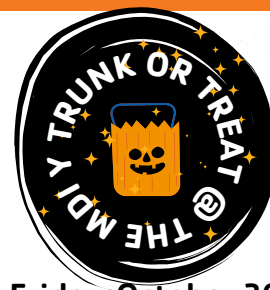
What's new?

Adult group swim lessons!
 Small group beginner and intermediate group lessons are now being offered!

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.

Fitness Classes @ ArtWaves Dance Studio
 Michael & Viktor are offering Yoga every Wednesday 5:30-6:30 pm and Maegan is teaching Zumba every Monday 4:20-5:20 pm. Free for Y members, \$3/class for ArtWaves members and \$12 drop-in.

Women's Weight Lifting Class!
 We have one more session coming up of this small group, personal trainer led course in 2026. Nov. 23-Dec. 18



Friday, October 30
 4:30-6:00 pm
 Trunks Wanted!
 Call us! (207) 288-3511