

June 15 - August 30, 2026

MDI YMCA

Program Guide

You are invited!

Mount Desert Island YMCA's Annual Fundraising Gala Anchoring our Community's Future

Thursday, July 16, 5:00-8:00pm - Bar Harbor Club
Cocktails, Hors D'oeuvres, Dinner, Music, Silent Auction, Paddle Raise

2026 Community Award Recipients:



Keynote Speaker:

Frank Del Duca

Frank is a two-time Olympic bobsled pilot and Team USA flagbearer from Bethel. As a former University of Maine track and field athlete, Frank has a remarkable story of determination, teamwork, and resilience he is excited to share!

**Triangle Award
Kathy MacLeod**

For lifelong advocacy and inspiration for the MacLeod Fund, enabling free swim lessons in our community forevermore.

**Community Advocate Award
Val Peacock**

Dedication to the community, compassion, and commitment to making a difference, leaving a lasting impact on our community.



Mount Desert Island YMCA
Anchoring our Community's Future



Parking is available at the Y
with a shuttle to and from the
event from 4:30-8:30 pm

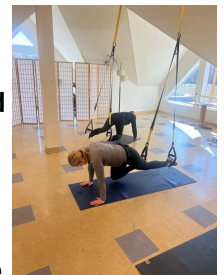


For tickets, scan the QR code, go to our website, mdiyymca.org, call us at (207) 288-3511, or send an email request to ann@mdiyymca.org.

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!

REGISTER:
ONLINE mdiyymca.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 Summer Session runs from June 14 to August 29.

Registration is open now!

Upcoming Events:

June 13- Spring Session Ends/ Summer Session begins
June 19 - Kids Night Out
June 22 - Summer Camp Starts!
June 24 - Wibit Wednesday 2:00-4:00 pm
July 4- YMCA Open ONLY 11:00 - 2:00 PM for 4th Fun!
Inflatable Pool and Gym party \$10/user
July 8 - Wibit Wednesday 2:00-4:00 pm
July 15 - Wibit Wednesday 2:00-4:00 pm
July 16- Annual Fundraising Gala BH Club 5:00-8:00 pm
July 22 - Wibit Wednesday 2:00-4:00 pm
July 29 - Wibit Wednesday 2:00-4:00 pm
August 5 - Wibit Wednesday 2:00-4:00 pm
August 12 - Wibit Wednesday 2:00-4:00 pm
August 19 - LAST Wibit Wednesday 2:00-4:00 pm
August 21 - Last Day of Summer Camp
August 21 - Middle School Night Out
September 7 - Closed in observance of Labor Day

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)
Summer 6/8-7/17 POWERED BY TRX

Personalized Exercise Prescription

A PEP is an exercise program specific to your needs. Meet with one of our certified trainers who will design a program around your goals and schedule. Programs are 8-12 weeks long.

\$90 for members, \$125 for non-members.

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.

NEW YOUTH BEHAVIOR AGREEMENTS ARE AVAILABLE ON JUNE 11th for the 26-27 school year. *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.

Personal Training Packages

30 Min. Sessions

# Sessions	Members	Non-Members
1	\$40	\$55
5	\$185 (\$37/)	\$260 (\$52/)
10	\$340 (\$34/)	\$490 (\$49/)
20	\$620 (\$31/)	\$920 (\$46/)

60 Min. Sessions

# Sessions	Members	Non-Members
1	\$70	\$100
5	\$335 (\$67/)	\$485 (\$97/)
10	\$640 (\$64/)	\$940 (\$94/)
20	\$1220 (\$61/)	\$1820 (\$91/)

Membership

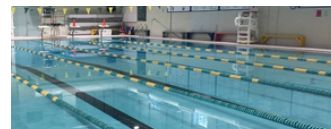
GIVE YOUR GUESTS THE GIFT OF
Y MEMBERSHIP

WITH
OUR

STAY & PLAY
MEMBERSHIP PROGRAM

Questions? Email
membership@mdiymca.org
Stop by 21 Park Street or call (207) 288-3511
Begin the join process online at
mdiymca.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 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 practices seasonal reciprocity. We honor full reciprocity from October 1 to April 30. Meaning members of our YMCA may get free or discounted access to other participating YMCAs. May 1-September 30, we have reciprocity only with the Downeast Family YMCA (Ellsworth, Blue Hill, and Bucksport)

During the summer months, MDI Y members 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 mdiymca.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

Mount Desert Island YMCA 4th of July Activity Timeline



1st Annual Firecracker 5k

6:30 am race start, race day reg. 5:45-6:15 am
All ages welcome! Stroller and dog-friendly course.
\$20 preregistration | \$25 day of registration
First 50 entered get a T-shirt, popsicles for all, and awards for the top 3 overall.

Join us for our inaugural Firecracker 5k! Finish in time for the pancake breakfast on adjacent ballfields (race finish line closes at 7:30 am), and be in town and ready to go for the parade, a fun day in Bar Harbor, and fireworks!



Inflatable Fun Party

11:00-2:00 pm | \$10/ user

Have a blast on our 55' inflatable Wibit in our pool and our 40' obstacle course in the gym with a scooter arena and more.

Come on into the Y to cool off in the pool and to get out some energy with an inflatable fun party!

Wibit pool obstacle course users need to be at ages 5+ and min. 43" tall. Lifejackets are available for those who need them. Free swim is also available in outside lanes. There will be plenty of space to bounce, jump, ride, and play in our gymnasium



Popsicle & Swag Sale

We will have a variety of frozen treats and Y swag for sale in our lobby.

Face Painting

11:00-2:00 pm \$5/cheek

Come and get your face painted and be ready for a day on the town!



Mount Desert Island YMCA | 21 Park Street Bar Harbor, ME

(207)288-3511 | mdiymca.org

Health & Wellness

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

Time	Day	Class Name	Max	Instructor
7:15-8:15 am	M/W/F	Group Power	Max 17	Video On Demand
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/Th	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/Th	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
11:00-12:00 pm	T/Th	Shallow Water Aerobics		Yelena
5:30- 6:30 pm	T	Group Power	Max 17	Ross/Angela
2:00-3:00 pm	T/Th	Parkinson's Disease Ex. Program		Ross
4:20-5:20 pm	M	Zumba @ ArtWaves		Ross
5:30-6:30 pm	T	Buff Bar		Ross
5:30-6:30 pm	W	Vinyasa Flow Yoga @ ArtWaves		Viktor & Michael

Youth 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

Youth 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

Youth 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

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.

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

Week Sharks & Green Team: M-Th 4:45-5:30 pm
 Members \$ 75 | Non-Members \$150
 Gold & Senior Team: M-Th 5:30-6:45 pm
 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

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

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 (max4)
	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)

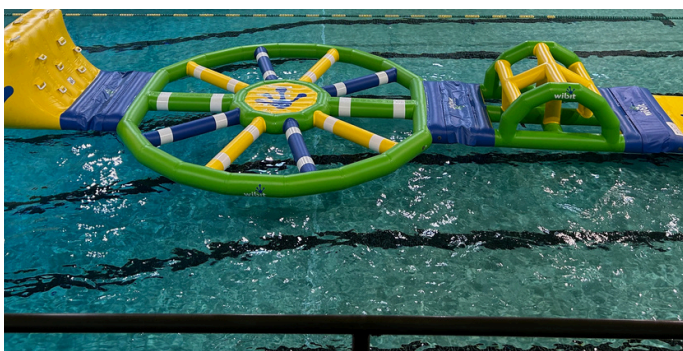
Women's Aqua Health

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 16-Aug. 7 6:00-7:00 pm

\$25/class

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)

June 19

Members \$25 | Non-Members \$50

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



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.



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.

August 21

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



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

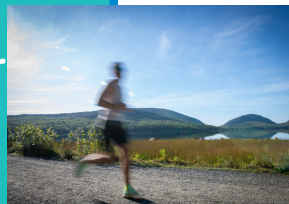
Come Race with The Y!
2026 Road Race Schedule

Saturday July 4th
Firecracker 5k

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

Sunday, November 29
Catch That Turkey 5k

Register today at
mdiyymca.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 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

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

**The next session of program registration opens on August 17th.
The Fall session will run from 9/8-11/1
The Holiday session will run from 11/2-1/3/27**