

April 28– June 13, 2025

MDI YMCA

Program Guide



Healthy Kids Day is back! Mark your calendars and RSVP today for Healthy Kids Day at the Mount Desert Island YMCA, Saturday, May 17th 9:00–12:00 pm. Fun run/walk, activity fair & bike rodeo with bike helmet giveaway, open swim.



Our annual Fundraising Event will be held on Thursday, July 17th at the Bar Harbor Club. Tickets are on sale now.

We had such a wonderful evening of community building and celebration around supporting our community Y last year, and we want to make it even better this year.

Silent auction, appetizers, open bar, dinner with wine pour, dessert, and paddle raise, keynote speaker, and awards. Scan the QR code for tickets.



Join us on Friday, June 6th for our 2nd annual Family Pool Party at the Bar Harbor Club Pool. End the school year with a fun swim and dinner party. All proceeds benefit the McLeod Fund for swim lesson scholarships. Scan the QR code for tickets.

From the Desk of the Executive Director,

Happy Spring from your community YMCA. Spring is a time of growth and renewal and we are embracing that at the Y. We are excited to welcome new staff members. Health and Wellness Director Ross Goo joins us with a wealth of fitness and YMCA experience as our new Health & Wellness Director. Yelena Merriam joins us as our new Assistant Aquatics Director. We are getting ready to welcome a slew of new and returning summer camp counselors and welcome a new yoga instructor Camille.

We are excited to be bringing back the Fundraising Event this summer as well as a Heritage Society luncheon on July 17 and August 17 respectively. Thank you for all of the support we are getting through donations to the Aquathon and Annual Campaign, sponsorships for our Fundraising Event, and to the people who helped us expand our network of Y friends and helped us secure housing for new staff. We are busy, we are vibrant, we are here for you.

Program registration opens for members on 4/9 at 6:00 am and non-members on 4/13 at 6:00 am.

Connect with us online
mdiymca.org

Welcome to the Mount Desert Island YMCA

Facility 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.

Session and Registration Dates:

The Early Spring session runs for 7 weeks from 4/28–6/13.

Upcoming Events:

4/17 Easter Egg Scavenger Hunt 3:30–4:15 and Eggcellent Swim 4:15–5:15 pm FREE and open to the community

4/20 YMCA Closed in Observance of Easter

4/30 Y Sharks Awards Banquet @ MDI HS

5/3 Girls & Women Self-Defense Workshop 12:00–2:00pm

5/17 Healthy Kids Day at the MDI YMCA 9–12 pm

6/1 June Half Marathon & 10k

6/6 End of School Family Pool Party 4:00–6:00pm @ The Bar Harbor Club Pool

6/9 Last day of Afterschool Care

6/23 First Day of Summer Camp!

7/17 YMCA Fundraising Event at the Bar Harbor Club 5:00–8:00pm

8/17 Heritage Society Luncheon

MDI YMCA Party Rentals Y Parties are MORE FUN!

We offer flexible party options to make your next party or event more FUN!

–Single pool lane, whole pool rentals, and Wibit Pool Obstacle Course private rentals.

–Multi-purpose room meeting and party rentals, half and full gym rentals with sports equipment to make your next event a hit! A minimum 2-week advance notice is needed for all parties. \$100 deposit and completed rental contract to book event. We do not provide cakes or decorations but you may bring your own.

Contact Maegan Haney at maegan@mdiyymca.org (207)288-3511 FMI

Mount Desert Island YMCA

21 Park Street Bar Harbor, ME

(207)288-3511 | mdiyymca.org



**Mark Your Calendars For our 2025 Road Races
Acadia Half Marathon(at capacity, wait list only) & 10k 6/1, Bar Harbor Half Marathon & 5k 9/13, Catch That Turkey 5k 11/30
Registration Links and FAQ at
mdiyymca.org/races**

Age Guidelines and Access

- Children below Grade 4 are welcome to be in the building for programs and events and with supervising adults only. Children younger than 4th grade are not allowed to hang out at the Y without direct adult supervision.
- Children in grades 4–8 are allowed to be in the building for a program, or special event, or to work out and hang out without adult supervision after signing our behavior agreement. (Effective 9/1/2024) Copies are available at the front desk. If they are spoken to about behavior and/or are disrespecting staff more than twice in any given week, access will be suspended for a week. Continued behavior issues will mean they will not be allowed in without a supervising adult.
- Grades 4+ can use the indoor track and equipment on it.
- Grades 6–8 who are ages 12+ can use the Fitness Center ONLY AFTER taking the FitKids Program.
- Grades 9+ can use the Fitness Center but orientation is recommended for everyone's safety.



Y Membership

Questions? Email membership@mdiyymca.org

Stop by 21 Park Street or call (207) 288-3511

Begin the join process online at mdiyymca.org

Membership Benefits

Free Programming! Most programs are free for YMCA members, and paid programs are offered at a discounted rate.

Nationwide YMCA Access to all YMCAs that participate in the nationwide program.

Easy payment options with auto draft (comes out the 3rd of every month) or pay in full yearly.

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.

5 guest passes are included with long-term memberships each year.

Fitness Center orientation is included with membership.

We offer membership and program scholarships of 10-50% depending on adjusted household income and participation in other government aid programs. 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 also offer day, week, 1-month, and 3-month passes for visitors and guests.

Single visit rate options include shower pass, rec. sports, or full facility access.

We offer rental property memberships for Airbnb's and Bed & Breakfasts, Motels, and Hotels, who would like to advertise and provide their guests with the amenities of the MDI YMCA.

3-month memberships for all guests/staff are \$700,

6-month all guests/staff \$1000.

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.



The purple dots are all of the YMCAs in the United States that participate in Nationwide membership. Visit for free or reduced rates on your next trip!

The MDI YMCA is a destination YMCA and honors full reciprocity from October 1 to May 31st only. Half-price rates are available to members of other YMCAs during the summer months.

2025 Rental Property Memberships are now available!

Get your Airbnb, guest cottage, or B&B set up for success in 2025 with a Rental Property Membership to the Mount Desert Island YMCA Market all of the amenities of membership to guests they'll if you purchase a Rental Property Membership to the MDI YMCA For their stay!

| Memberships | Monthly Draft | 1-Month Rates | 3-Month Rates |
|--|---------------|---------------|---------------|
| Family (2)Adults 18+, up to (6) Dependents 0-23 | \$84 | \$94 | \$282 |
| Single Parent Family (1) Adult 18+, up to (6) Dependents 0-23 | \$68 | \$78 | \$234 |
| Adult 24-59 | \$60 | \$70 | \$210 |
| Senior 60+ | \$49 | \$59 | \$177 |
| Senior Couple 60+ | \$74 | \$84 | \$252 |
| Young Adult 18-23 | \$30 | \$40 | \$120 |
| Youth 0-17 | \$22 | \$32 | \$96 |

Aquatics

Private Swim Lessons are available by request and subject to availability. Register online for (1) or (5) lessons.

Group Swim Lessons

A minimum of 3 students is required to run a class. We will make every effort to transfer your child into another class in the event of low enrollment. If we are unable to transfer your registration, private and/or semi-private lessons can be discussed. New swimmers to Swim Strokes will need an evaluation to determine their level, email swimlessons@mdiymca.org to set that up.

Upon registration for Level 2,3,4,5 swim lessons, all students will be placed on a waitlist until the registration request can be reviewed for the appropriate level. Students may register for only one class until April 18th when availability will be determined. If there are multiple registrations before that, one will be canceled to make room for all children wanting lessons.

| Members \$63 Non-Members \$126 | Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|--|-----------------------|--|---------------------|--|
| Swim Basics Level 1 Ages 3-5 (Max 4) | 4:15-4:45pm Willa 4:45-5:15pm Willa | 4:15-4:45pm Lexi | 4:15-4:45pm Willa 4:45-5:15pm Amy | | Sessions are (7) weeks long: 30 Min. Lessons: \$63 Members \$126 Non-Members |
| Swim Basics Level 1 Ages 6+ (Max 4) | | 4:45-5:15pm Amy | | 4:15-4:45pm Lexi | |
| Swim Basics Level 2* Ages 4+ (Max 4) | 5:15-5:45pm Willa | | 5:15-5:45pm Willa | | |
| Swim Strokes Level 3* Ages 4+ (Max 4) | | 5:15-5:45pm Amy | 5:15-5:45pm Amy | | 9:30-10:00am w/ Ed |
| Swim Strokes Levels 4* Ages 6+ (Max 5) | 4:15-4:45pm Angela | | 4:45-5:15pm Willa | | 10:00-10:30am w/ Ed |
| Swim Strokes Levels 5* Ages 6+ (Max 5) | | 4:15-4:45pm Angela | | | 10:30-11:00am w/ Ed |

Wee Sharks

Come try Wee Sharks to get a feel for what the Swim Team might be like! Children need to be able to swim the length of the pool. (Ages 5+). Practice up to 2/week. M-Th 4:15-4:45 pm. Spring Session 5/3-6/13
Members \$70 | Non-Members \$140

Summer Swim Team (STARTS MAY 5)

May 5-July 17

Green Team Sharks (Ages 7-10)

Mon-Th 4:45-5:30pm, Fri 4:00-5:00pm - June 13
Mon & Wed 4:00-5:00pm, T/Th 5:00-6:00pm June 15-July 17
Members \$160

Gold Team Sharks (Ages 9-13)

Mon-Th 5:30-6:30pm, Fri 4-5pm - June 13
Mon/Wed/Fri 6:45-8:00am, Mon & Wed 4:45-6:00pm,
Tues & Th 4-5:15pm June 15-July 17
Members \$190

Senior Swim Team (Ages 14-18)

Mon-Th 3:00-4:15pm, Fri 2:45-4:00pm - June 13
Mon/Wed/Fri 6:45-8:00am, Mon & Wed 4:45-6:00pm, Tues & Th
4:00-5:15pm - June 15-July 17
Members \$190

Synchronized Swimming Skills

Artistic Swimming is coming to the MDI YMCA! Come learn the foundational skills of this sport with Kara a 16+ year veteran.
*Must be able to swim 50 yards (25 Free/25Back) without stopping.

Group 1: Tuesday 7:00-7:30pm (Max 4) Ages 8-11
Group 2: Tuesday 7:30-8:0pm (Max 4) Ages 12-15
Members \$63 | Non-Members \$126

NEW!

Aquatics Fitness Classes

Aqua Aerobics and Strength Training
M/W/F 10:45-11:45am w/ Lisa

Low-Impact Water Aerobics
M/W/F 9:00-9:50am w/ Kim

Members FREE | Non-Members \$12/class

Childcare

Afterschool Care

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.

2025-2026 Registration is now open!

Members \$90/week | Non-Members \$110/week

Kid's Night Out

Ages 5-12 (Max. 26)

Kids get a night at the Y while parents get a night in the town together, which is a win-win for the whole family! Kiddos will swim or play games in the gym, enjoy dinner, and board games. 5:30-8:00 pm

May 2, 2025

June 20, 2025

Members \$25/child | Non-Members \$50/child

Summer Camp 2025

We will be offering (9) weeks of camp this summer. June 23-August 22.

We offer age groups for Preschool*, Entering Grades K-1, Entering Grades 2-3, and Adventure Camp for children entering grades 2-6.

MDI YMCA Members \$240 | Non-Members \$275

Adventure Camp offerings include Hiking Camp, Golf Camp, Mountain Monkeys with Acadia Mountain Guides, Volta Climbing Camp, and Sailing Camp with the Northeast Harbor Fleet.

Members \$325 | Non-Members \$375

We accept State of Maine subsidies and offer scholarships through the Jackson-Sullivan Fund for Summer Camp scholarships.

Scholarship applications are made through our Membership for All program application, available on our website or with a printed copy of the form at our front desk. mdiymca.org/membershipforall

*Preschool Summer camp registration requires a minimum of 2 weeks of registration.

MDI YMCA Chickadee Preschool

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. Preschool hours are 7:30 am - 3:30 pm. Children who need afterschool care should also register for the afterschool program.

Pay weekly with an auto draft with a bank account/credit/debit card on file the Friday before the week of care.

2025-2026 Registration is now open!

3-Day a Week

Members \$144 | Non-Members \$165

5-Day a Week

Members \$240 | Non-Members \$275

- We are following the 2024-25 AOS 91 School Schedule
- Need-based assistance is available.
- State of Maine childcare subsidies accepted.
- Reach out with inquiries to preschool@mdiymca.org

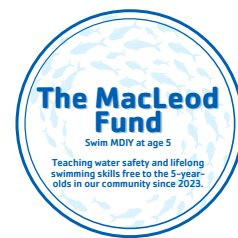


Scholarship is available through the Jackson-Sullivan Fund for a camp scholarship. A \$50 deposit is required at the time of registration to hold the spot. (per child/ week of camp). Any scholarship/ subsidy is applied after the registration and deposits are done. If paying the deposits up front is a hardship, please see Maegan Haney maegan@mdiymca.org

FREE Swim Lessons for local 5-year-olds through the MacLeod Fund

The free session of (7) Swim Lessons is available to all 5-year-olds at any time during the year they are five through generous donations to the MacLeod Fund.

Use promo code **SWIMMDIAGE5!** at registration checkout with online registration or mention the program at registration with the front desk in person or on the phone.



Fitness

ALL Fitness Classes Are Free for Members
\$12 drop-in fee/class for non-members

FREE Not sure how to use our fitness center equipment? Schedule an orientation, email wellness@mdiymca.org, call, or stop by!

Personal Training Rates

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.
 Members \$56 | Non-Members \$84

Personal Training Rates

1hr \$56/mem | \$84 non-mem
 5hr \$265/mem | \$405 non-mem
 10hr \$500/mem | \$780 non-mem

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

| Class | Day(s) | Time | Instructor | Location |
|-------------------|--------|----------------|-----------------|-----------------|
| Group Cycle | T/Th | 7:30-8:30am | Kevin | MP Room |
| Hatha Mat Yoga | M | 8:00-9:00am | Camille | MP Room |
| Group Power | M/W/F | 7:30-8:30am | On-Demand Video | Gym Court #1 |
| Arms & Abs | T/Th | 8:15-8:45am | Maegan | Gym Court #1 |
| Step Aerobics | Th | 8:45-9:15am | Maegan | Gym Court #1 |
| Vinyasa Yoga | Th | 9:00-10:00am | Jen | MP Room |
| EnhanceFitness | M/W/F | 9:30-10:30am | Maegan/Ross | Gym |
| Chair Yoga | M | 10:00-11:00am | Camille | MP Room |
| Better Balance | T/Th | 10:15-10:45am | Ross | MP Room |
| Knitfit | W | 8:30am | Michelle | Witch Hole Pond |
| Knitfit | W | 11:00-1:00pm | Michelle | YMCA MP Room |
| Pilates | T/Th | 12:15-12:45pm | Ross | MP Room |
| Tai Chi | T/Th | 11:00-12:00 pm | Video | MP Room |
| Core & More | M/W/F | 12:15-12:45pm | Ross | Court #1 |
| Strength Training | T | 5:30-6:30pm | Ross | Gym Court #1 |
| Body Blast | M/W | 5:30-6:30pm | Ross | MP Room |
| Group Cycle | Th | 5:30-6:30pm | Ross | MP Room |

Youth Programs

register mdiyymca.org
All youth programs start 2/28

6 months- Age 5

Open Gym FREE

Tuesday/Thursday 9:00-9:50 am

Free parent/child playgroup on Court #2 of the gym.

Staff will put out equipment/games to get kids going, and imaginations will take over from there!

Elementary School Activities

Creative Kids w/ Mike Duffy

"I let kids create their own artwork, offering them guidance and help along the way. I believe that kids need to express themselves without always having to follow someone else's ideas. It's ok to paint the sky green and the grass pink! I also believe that a messy artist is a good artist"

Thursday 3:45-4:30 pm (Max 10) Ages 5-8

Thursday 4:30-5:15 pm (Max 10) Ages 9-13

Members \$56 | Non-Members \$112

High School Ages 14-19

Fitness Center Orientations

Get comfortable with the equipment and exercises you want to do with an orientation. Available on demand with the Health and Wellness Director, the office is in the fitness center, stop by or email wellness@mdiyymca.org

Krav Maga Self-Defense Workshop for Girls and Women



Situational Awareness, fight stance, basic striking, and defending will be covered.

Led by Kelly Cutler

Saturday, May 3rd

12:00-2:00 pm

\$30 (Max 10)

Open to ages 13+



NEW!

Elementary School Sports

Tumbling w/ Emily

Elementary Tumble Grades 1-4 (Max 12)

Wednesday 5:00-5:45 pm

Members \$35 | Non-Members \$70

The Joy of Softball

Come join us for a non-competitive softball experience. We will focus on learning the game, the joy of the game, fundamentals and mechanics, and playing ball. Our session will focus on building sound fundamentals, mechanics, and softball game awareness. Each game we will rotate positions, the girls will be reshuffled into new teams to ensure that every girl will get a chance to play on the infield and the outfield, and if a player wants to pitch or catch, they will get the opportunity.

Grades 3-6 (Max 20)

Thursday 4:30-5:30pm/ Fridays 4:30-6:00pm

Members \$35 | Non-Members \$70

NEW!

Catch Me If You Can!

Come out and play games and run. For fitness, for fun, for the love of running and playing outside.

(MDI YMCA gym for inclement weather)

Grades 2-5 (Max 15)

Tuesday 3:45-4:30pm

Middle School Ages 11-14

It's All Run and Games! Big Kid Edition

Come out and play games and run. For fitness, for fun, for the love of running and playing outside.

(MDI YMCA gym for inclement weather)

Grades 5-8 (Max 15)

Tuesday 3:45-4:30 pm

Tumble & Stunt Work w/ Emily

Middle School Tumble and Stunt Work

Grades 5-8 (Max 15)

Wednesday 5:45-6:30 pm

Members \$35 | Non-Members \$70

Middle School Night

Join us for our first-ever middle school night. Both small and large group games are held in the gym, and there is an open swim and diving board. All kids who come need to stay until 8:00pm unless a parent/guardian comes to get them in our lobby early. Non-members we will need emergency contact.

Friday, May 9, 6:00-8:00 pm

Members \$15 | Non-Members \$25

NEW!

Youth Development | Healthy Living | Social Responsibility

Rec. Sports

Pickup Badminton

Thursday 6:30-8:00 pm Court #2
Saturday 10:00-12:00pm Court #2
Sunday 8:00-10:00am Courts #1 & #2

Pickup Basketball

Tuesday/Thursday 5:30-7:00 pm Court #1

Pickup Basketball for the 40+ Crowd

Tuesday/Thursday 7:00-8:00 pm Court #1
Saturday 8:00-9:00 am Court #1

Open Pickleball

Tuesday/Thursday 10:00 am -12:30 pm,
Saturdays 8:00-10:00am (8-9 am Court #2, 9-10 am Courts #1, #2)

Beginner Pickleball

Tuesday 1:00-2:00 pm
Learn the rules and get experience playing in a non-competitive setting. Court #1

Pickup Volleyball

Wednesday & Friday 4:30-5:30 pm Court #1

Pickup Indoor Soccer

Monday & Wednesday 6:30-8:00 pm Courts #1&2
Saturday 1:00-2:00 pm Courts #1,#2

FREE Community Access

Our Supporting Towns: Bar Harbor, Mount Desert, Southwest Harbor, Tremont, Trenton, and outer islands. If you are a community member who is without power and/ or water, you are welcome to use the YMCA for showering, charging devices, and as a warming center during operating hours.

All 5-year-olds in our service area can get a free session of (7) swim lessons by registering with the front desk and letting the staff member know the child is eligible for the program or using the promo code **MDIYAGE5! at program registration checkout on our website.**

Community Conversations & Coffee
FREE Friday at 10:00 am

Open Family Swim Times FREE
Sunday 10:00-12:00 pm

Lap Swim FREE
Thursday 8:00-11:00am
Sunday 8:00-10:00 am

Walking Track FREE
Thursday/ Sunday 8:00am-12:00pm

Members FREE
Non-Member Youth Rec Pass \$5/day
Non-Member Adult Rec Pass \$12/day

New Recreational Sport Punch Pass

Save money! Use the passes for yourself or a guest/friend.

10 Punches for \$80
(\$40 savings over single day rec. passes)

Available online or at the Welcome Center.

Contact Hannah Bowerman FYI
hannah@mdiyymca.org (207) 288-3511

If you have an idea for a sport/game you think others would like and are interested in starting a rec. sport group at our Y, see the Welcome Center Staff, or email Maegan Haney at maegan@mdiyymca.org

Watercolor Painting Class with Mike Duffy

Tuesday 6:00-8:00pm
Class Fee
\$80

(includes all materials)

MDI YMCA Multi-Purpose Room

NEW!



FREE to all: Fun Run/Walk | Activity Fair | Bike Rodeo | Open Swim | Free Bike Helmets & Bike Tuneups for kids

Mount Desert Island YMCA 21 Park Street Bar Harbor | mdiyymca.org