Mount Desert Island YMCA

Healthy Kids Day

May 9th 9:00 am – 12:00 pm

a FREE family event to celebrate the active community of children in our area.

9:00 am 1 Mile Kids Fun Run and Walk

Fun Run Race Route

9:15-12:00 pm Sports Gear Swap! Check out the donated sports items. If something can be useful to you, take it and give it a new life!

9:15-11:00 am Activity Fair
All around our campus, local non-profits and community partners will have activities set up around our 4 exploration areas.

2026 themes: healthy eating, bike safety water safety and swimming, and exercise and games.
Healthy snacks, t-shirts, and books for all!

10:30-12:00 pm Splash party in the pool!
Wibit pool obstacle course. and free swim.

Bring your sneakers, your swimsuit, your bike, and be ready for a morning of fun @ the Y!

Generously Supported by:

Mount Desert Island Hospital

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Rotary Bar Harbor (MDI) Maine

MDI YMCA
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