

CARING, RESPECT, HONESTY, RESPONSIBILITY



The Y enhances the lives of our community members with wellbeing, community, and togetherness.

MOUNT DESERT ISLAND YMCA

Donor Newsletter Spring 2024



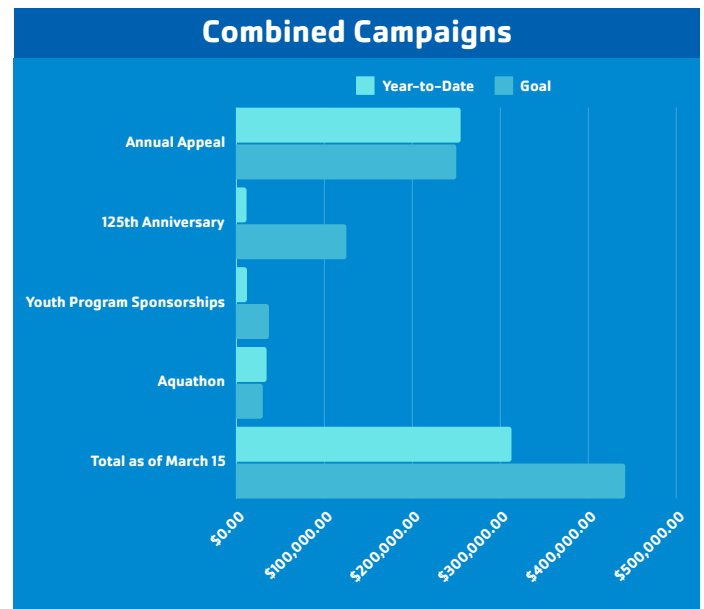
Still looking good at 125!

It's natural to assume an organization that has been operating for over a century might be a step slower than it was back in the day. That its joints would creak as it struggled to adapt to the demands of a modern world.

The Mount Desert Island YMCA, gearing up to celebrate our 125th birthday this year, stands in defiance of those assumptions as we are busier than ever and offering more programming for everyone from six months old to our seniors.

What's our secret? For one thing we have a simple, straightforward mission: foster a healthy mind, body and spirit in all of our members. But the most important reason for our longevity is the incredibly supportive and generous community of which you all are a part. Just as we help our members turn back the clock through physical fitness, our strong community of donors have helped keep us spry and agile by continuing to answer the call throughout the years.

Our 125th anniversary milestone represents another inflection point in our history where, with the support of our community, we can remain an innovative and modern resource for the next generation. Our goal this anniversary year is to raise \$125,000, donations that will benefit our shared Y life. Purchasing a ticket for our celebration on July 11 is an excellent way to contribute to the cause, and sponsorship-level donations would be greatly appreciated. If you are interested in participating or are looking for further details on how to get involved, please reach out to Ann at ann@mdiymca.org



Aquathon

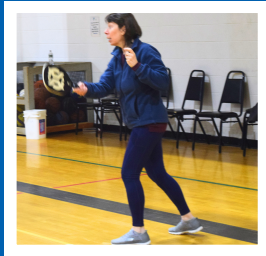


We have to come to the end of yet another incredibly successful Aquathon fundraiser! Congrats to every single member of our beloved Sharks swim program for their continued success in the pool and out of it. And a special thank you to everyone who donated to ensure our pool continues to operate.



Member Stories

Judith



Since becoming a member at the beginning of the year, Judith has enjoyed experiencing a slew of firsts here at the Y on top of getting in her regular workouts. She took her first-ever basketball shot and played pickleball for the first time during our beginner class. "For me, that's what life's all about," Judith explained. "Overcoming that fear, putting yourself out there, and experiencing things you've never experienced before." We're excited to help Judith, and many others, continue to explore new things!

Ella



After going through our FitKids program, which teaches 12-14 year-olds proper weight room etiquette and techniques so they can use the space on their own, Ella has been enjoying the confidence that comes with having a regular workout routine and knowing how to workout effectively. "It was really helpful having someone teach me how to use all the equipment so I feel confident in what I'm doing," said Ella. "The more confident you are the more successful you're going to be."

Spring Y Improvement

After the success of our preschool transformation, we've continued to make improvements throughout the building that will allow us to better serve all of our members and guests. The latest upgrade has come in the new multipurpose room, converting the space outside of our existing kitchen into an expanded culinary station and classroom. Nutrition is a key part of a healthy lifestyle and the new space has opened up a number of doors in terms of our ability to offer food-related programming. It has been especially beneficial for our already popular Kids in the Kitchen class, which teaches our younger members about the joy that can be found in easy to make, nutritious, and delicious meals.



"The extra space has been incredibly helpful for Kids in the Kitchen," said Youth Program Coordinator Cat Owens. "It's allowed us to increase the number of kids we can get into the class each session and given them more room to collaborate as they learn how much fun it can be working together to make all kinds of food. It has also been wonderful for our afterschool program as they have a designated place to eat."



Another renovation that's currently underway is the installation of private changing stations in both the men's and women's locker rooms. The stalls will provide more options for families and offer an increased level of privacy and comfort for other members. We've begun the removal of locker banks and expect to bring the brand new changing stations into the space later this Spring.