



LOBSTER SCAVENGER HUNT IS BACK!

Join the Y from July 1-5th for our 2nd Annual Lobster Scavenger Hunt. Get a scavenger card from the Y, go find the numbered lobsters at our partner businesses throughout the Island and bring back the cards by Tuesday, July 5th at noon to be entered for some awesome raffle prizes. Free to enter! Pick up some Lobster Scavenger Hunt gear while you are at the Y!



Inside

4th of July Fun
New Family Swims
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for Rental Unit
Owners!
CEO Update

Lobster hats, T-Shirts and Tote Bags for sale 6/27-gone!

Welcome to the Mount Desert Island YMCA

Dear Community Members,

We continue to see more and more people putting health and wellness front and center and reaping the benefits (both physical and mental) of working out.

Our aquatics center is available for the entire community. The pool is open for water aerobics, children's swim and water safety lessons, dedicated diving board usage, lap swimming, and increased summer hours for open family swim. With the Glen Mary pool closed for the summer, your Y is stepping up to fill the gap.

Our fitness center is an inclusive fitness space for beginners, advanced users, and seniors alike for all kinds of strength and cardio training. Our group exercise classes continue to grow in number, participation, and quality. Stop in and try one!

Summer camp is shaping up great! Look for our camp tent on the ball fields opposite our front door. This exciting change will elevate the camp experience for our campers and facilitate day trips across the Island.

Please come visit the Y, stop by my office and share your Y experiences with me!

Ann Tikkanen, CEO MDI YMCA



Inclement Weather/Closures

Should the Y need to open late, be closed for a day or close early, please check our social media channels on Facebook and Instagram and our website at mdiymca.org. You can always call our welcome center with weather or any other questions at 288.3511



Hours

Monday-Friday

6:00am-8:00pm

Saturday

8:00am-2:00pm

Sunday

8:00am-12:00pm

The Y will be closed:

Monday July 4th

Monday September 5th

COVID-19 Update

When local schools require masking the Y will follow suit in requiring masking inside the YMCA at all times.

Upcoming Events:

6/20 First Day of Summer Camp

7/1 New Donor Newsletter Drops

6/27-7/5 2nd Annual Lobster Scavenger Hunt and Swag Sale

7/4 Wave to us in the Parade!

9/17 BHB&T 1/2 Marathon & 5k

Mount Desert Island YMCA
21 Park Street Bar Harbor, ME
(207)288-3511 | mdiymca.org



Membership

Membership For All

The YMCA strives to make its programs and facilities available to everyone who wishes to participate regardless of the ability to pay. Membership for all bases membership rates on household income. Families whose annual household income is less than \$54,999 may be eligible for a 10-40% rate reduction. Contact us for more information.



On-Going Memberships	Monthly Draft	Yearly Cost
Family	\$72	\$864
Single Parent Family	\$59	\$708
Adult (Age 24-59)	\$50	\$600
Senior (Age 60+)	\$43	\$516
Senior Couple (Age 60+)	\$64	\$768
Young Adult (Age 18-23)	\$25	\$300
Youth (Age 3-17)	\$18	\$216

We offer short term memberships in weekly, and 3 month increments.

We offer day passes and drop-in rates for someone coming in for only a recreational sport or fitness class.

Cottage Memberships

The Cottage Membership allows up to 6 or 12 guests staying at a your cottage/rental property to use the Y each day. All fitness classes are included and discounted member rates apply for other YMCA programs such as personal training and summer camp, subject to availability. We provide signage you can place in your rentals for your guests with all the details they'll need to use the Y during their stay. You can list YMCA membership as an amenity on your rental listings to attract more guests to your property and help get you more positive reviews on the stays of your guests. Cost of the membership can be passed along to renters.

Email or call Membership
Director Kris Garcia
membership@mdiymca.org
288.3511

Cottage Rate	3-MONTH	6-MONTH	12-MONTH
6 passes/day	\$500	\$700	\$1,400
12 passes/day	\$1,000	\$1,400	\$2,800

The mission of the Mount Desert Island YMCA is to develop community, character, personal growth in wellness and spirit, mind and body for the greater MDI community.

Fitness Classes

June 20–August 26, 2022

Class	Day	Time	Member Fee	Non-Member Fee	Drop-in Fee	Instructor Location
Couch to 5k	Mon/Wed/Fri	7:00–8:00am	FREE	\$116	\$8	Bob Meet in Lobby
Group Power	Mon/Wed/Fri	7:30–8:30am	FREE	\$116	\$8	On-Demand Video
TRX	Mon/Wed/Fri	8:30–9:00am	FREE	\$58	\$8	Maegan Gym #2
EnhanceFitness	Mon/Wed/Fri	11:00–12:00pm	FREE	\$116 <small>1st 16 weeks free</small>	\$8	Maegan Gym#1
Group Groove	Mon/Fri	12:00–1:00pm	FREE	\$80	\$8	On-Demand Video
Centergy	Tues/Thurs	6:15–7:15am	FREE	\$80	\$8	On-Demand Video
Spin & Sculpt	Tues/Thurs	7:30–8:30am	FREE	\$80	\$8	Britt MP Room
Group Core	Tues/Thurs	9:00–10:00am	FREE	\$80	8	On-Demand Video
Better Balance	Tues/Thurs	10:00–11:00am	FREE	\$80	\$8	Bob Track
Tabata	Tuesdays	12:00–12:30pm	FREE	\$20	\$8	Maegan Gym #2
Yoga	Tuesdays	6:00–7:00pm	FREE	\$40	\$8	Julie Preschool Room
Group Blast	Wednesdays	9:00–10:00am	FREE	\$40	\$8	Gym Court#1
KnitFit	Wednesdays	8:30–10:00am	FREE	By Donation	By Donation	Michelle Witch Hole Pond
Bootcamp	Wednesdays	12:00–12:30pm	FREE	\$20	\$8	Britt Gym #2
Vinyasa Yoga	Thursdays	9:00–10:00am	FREE	\$40	\$8	Jenn MP Room
Zumba	Thursdays	12:00–12:30pm	FREE	\$20	\$8	Maegan Gym #2
Yoga	Thursdays	5:00–6:00pm	FREE	\$40	\$8	Sophie MP Room

Couch to 5k

This walk and run group will meet M/W/F from June 27th–September 16th except for Independence Day and Labor Day. There will be plans for walking only, walk/jog intervals, and run only.

7:00am M/W/F mornings

If you attend at least 25 of the 33 sessions you will get free entry into the Y's Bar Harbor Bank & Trust 5k on Sunday, September 17th, a \$35 value!

Personal Training

Our certified personal trainers will motivate you to a healthier lifestyle through workout programs, goal setting, and accountability! Customized instruction in a one-on-one or small group setting will help you achieve your fitness and wellness goals. All MDI YMCA personal trainers are certified by nationally-accredited organizations. Discounts for members. mdiymca.org/pt | wellness@mdiymca.org | 288-3511



Group Lessons

Tuesday & Thursday, July 5–28th

9:00–9:30 am 3–5 years Swim Basics

9:30–10:00am 6months – 3 years Swim Starters

Members \$61 | Non-Members \$122

Tuesday & Thursday, August 2–26th

9:00–9:30am 3–5 years Swim Basics

9:30–10:00am 6months– 3 years Swim Starters

Members \$61 | Non-Members \$122

Swim Starters: Accompanied by a parent/guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Children should wear swim diapers under their swimsuits and must be accompanied in the water by a parent, guardian, or other trusted adult.

Swim Basics: These group lessons are designed to teach youth water safety and respect for the water. The Swim Basics program is built on the YMCA's new Safety Around Water program and is designed to teach students personal water safety and respect for the water. The skills swimmers learn in these stages will help them develop an awareness of their own bodies, gain a sense of independence and success, and increase their self-esteem while achieving basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

We must have a minimum of 3 registered students to run a class. Should we need to cancel a class due to lack of enrollment, we will make every effort to transfer your child into another class.

If we are unable to transfer your registration, private and/or semi-private lessons can be discussed.

Aquatics Fitness Classes

Aqua Aerobics and Strength Training

M/W/F 11:00–12:00pm w/ Lisa

Members FREE | Non-Members \$90

Low Impact Water Aerobics

M/W/F 9:00–9:50am w/ Kim

Members FREE | Non-Members \$90





Community Access

Annual Meeting

Our 2022 Annual Meeting took place over Zoom on Monday, May 23rd. Minutes from the 2021 Annual meeting as well as some bylaw changes were approved. The terms of several current board members were renewed and we welcomed three new board members. Thank you to new board members James Collier, Stephen Gurin and Steven Boucher for joining our board and to all of our board of directors and board of trustees members who help us care for this wonderful place.

Our Supporting Towns: Bar Harbor, Mount Desert, Southwest Harbor, Tremont, and outer islands. Please present proof of residency at front desk upon arrival.

Brew Crew Coffee Time: FREE
Fridays 10:30am-12:00pm.

Open Swim FREE
Tuesday/ Thursday 12:00-2:00pm,
Sundays 10:00-12:00pm

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

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

Knit Fit FREE
Wednesdays 8:30-10:00 am
Witch Hole Pond

*New Knitters need to register with YMCA

Summer Open Swim

With the Glen Mary pool closed for the summer for repairs, the Y is opening its doors and its pool for public use.

Beginning Tuesday July 5th, the pool will be open for open swim from 12:00-2:00pm on Tuesdays and Thursdays and Sundays from 10:00 am- 12:00 pm.

The pool is from 4-12' deep. We use the YMCA's **Test, MARK, PROTECT** color coded system for non-swimmers. Please allow a few extra minutes the first time you come to get sorted.

Summer Swim Team

Program Fees : Must be YMCA Member

Swimmers who enter the meet must be members of Maine Swimming.

***Swim meet fees also apply.**

Spring Swim Team Participants \$75 | Summer Only \$125

Gold / Senior Team Practice Schedule 6/13 - 7/28

M/W/F 7:00-7:55am & T/Th 6:00-6:55am

M/W 4:45-6:00pm & T/Th 4:00-5:15pm

Green Team Practice Schedule 6/13 - 7/28

Summer Schedule

M/W 4:00-4:45pm & T/Th 5:15-6:00pm

(WeeSharks will be on Green Team for summer)



Youth Sports



Fall Soccer

The Y will offer soccer this fall for two age groups, Grades 1-2 and Grades 3-5. Practice will begin the week of 9/12 and the season will conclude at the end of October.

There will be one practice a week at the Y and one game each Saturday morning from 9/17-10/28 at the Mount Desert Elementary School with no game scheduled for 10/8.

Volunteer Coaches needed to make this program a success email races@mdiymca.org if you can help coach!

Members \$50 | Non-Members \$75

Registration will open 8/24

Hold your next event at the Y!

Use a lane or the whole pool, the Multi-Purpose Room off the lobby, and/or our gym for your next meeting or event. Family parties, business wellness, and organizational meetings are all welcome. Contact Bob Huff at 288.3511 or email operations@mdiymca.org for more information and to make event bookings.

BHB&T Fall Half Marathon & 5k

Bar Harbor Bank & Trust Half Marathon and 5k



The 44th Annual fall classic is happening on Saturday, September 17th, 2022. Limited spots remain in the half marathon, register now at mdiymca.org/races

If you can volunteer please email race director Jenn at races@mdiymca.org

Rec. Sports

Pickup Badminton
Sundays 10:00am-12:00pm

Pickup Basketball
Monday/Wednesday/Friday
5:30-7:00pm
Saturdays/Sundays 8:00-10:00am

Pick up Water Polo
Wednesdays 7:00-8:00pm

Pickleball
Tuesday/Thursday 10:00-11:45 am
Saturdays 10:00 am-12:00 pm

Dive Time (dedicated time to use
the diving board)
Saturdays 10:15-11:00am



Childcare



Summer Camp

The Y offers summer camp for children ages 3+ through 8th grade. Camp Cadillac is our classic summer day camp. With six ages groups and the island and National Park as our playgrounds we will be busy having fun the whole summer through. Kids can do a week or all 10 of this signature camp. There are 7 weeks of specialty camps. From fishing to hiking to sports and games there is something for every interest. Three weeks we'll be working with Acadia Mountain Guides for climbing focused camps!



LIMITED SLOTS REMAIN, REGISTER TODAY AT:
MDIYMCA.ORG/CAMP

Vacation Camp/ Early-Release Days
Care is provided on these days with priority given to current Afterschool Program children.
Open to children in grades K-4.

2022-'23 Preschool Registration Open

Our Chickadee Preschool Program is open to potty-trained children ages 3+. There are two, three and five day per week options. Preschoolers have scheduled time in the pool, the gym, outside at the playground and in Preschool yoga each week in addition to the quality licensed educational programming. Register today to hold your spot for the fall!

Afterschool Program

Children in grades Kindergarten through fourth grade who need a fun and safe place to be afterschool can enroll in our Afterschool Program. Transportation is provided to the Y on our buses from Connors-Emerson School.



2nd Annual Lobster Scavenger Hunt

Come get a scavenger hunt card from June 27th- July 5th. Take the card around the town to participating businesses to find the lobsters hidden inside each business.

Record the lobster's name and number on your sheet and get the scavenger hunt card back to the Y by noon on July 5th.

Winners will be selected from returned cards with the most correct answers.

AWESOME raffle prizes to be had from local businesses and great Lobster Scavenger Hunt swag to remember your fun 4th around town with the MDI YMCA!