



Member Newsletter - April 2026

Live Group Power Classes are Back!

Group Power is a motivating group weight training class that delivers results. Let's get stronger together. Come to our FREE launch class on Sunday, April 19th, 10:30-12:00 pm. Reserve your spot today.



April Vacation Childcare Available

Vacation childcare is available for children ages 3-12, Monday, April 20, through Thursday, April 23, from 8:00 am-4:00 pm. Swimming, cooking, outside play, games, reading, crafts, and more will keep kids busy during vacation. Register today. Email Ashley at youthprograms@mdiymca.org FMI



Every Tuesday, 4-year-old Emmett Brzezowski and his grandmother Gail Bennoch, make their way to the MDI YMCA for open gym, and it's quickly become a highlight of their week.

Whether he's zooming around on scooters, trying out bikes, or in swim lessons, Emmett is always on the move. When we asked him what he loves most about the Y, he threw his hands in the air and shouted, "Everything!" For Gail, it's about more than just playtime. "It's a great way to spend time together, get exercise, and meet new friends," she shared. "This is such a welcoming place, we look forward to it every week."



Parties at the Y Just Got a Whole Lot More Fun!

Parties can now include our new inflatable gym obstacle course. This exciting addition brings new energy to parties and special events. Along with gym and pool rental options, the inflatable makes the Y the perfect place for an unforgettable celebration. Reach out to Maegan today, maegan@mdiymca.org, to learn more and book your next party at the Y!

Summer Camp is over 85% full! Reserve your weeks of fun now at mdiymca.org. Scholarships are available through the Jackson-Sullivan fund. State subsidies accepted. For ages 3-12.



Gala Tickets on Sale Now

The MDI YMCA is excited to host its 3rd Annual Fundraising Gala on July 16 at the Bar Harbor Club. We are excited to announce that our keynote speaker is Maine native Olympic bobsledder Frank Del Duca.

This year promises another memorable evening while raising essential funds to continue the Y's mission of building community, promoting wellness, and ensuring access for all. We hope you'll join us. Tickets are available now on our website or contact Hannah at fundraising@mdiymca.org.

Upcoming Events

- 4/20 Spring Session begins for adult programming
- 4/24 Kid's Night Out 5:30-8:00 pm
- 4/26 Wibit Pool Obstacle Course 10:00 -12:00 pm
- 4/27 Spring Session begins for youth programming
- 4/29 Annual Sharks Swim Team Banquet 6:00 pm MDI HS Cafeteria
- 5/9 Healthy Kids Day 9:00 am-12:00 pm Bring your running shoes, bike, and bathing suits for a morning of FUN!

Saturday, May 9



Mount Desert Island YMCA
the Y Healthy Kids Day 2026

FREE: Fun run, activity fair, snacks, inflatable, bike tuneups and rodeo, swimming and pool obstacle course.