



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING COMMUNITY TOGETHER

Holiday Session 2021
October 25–December 17



WELCOME TO THE Y!



Contents

Y Information	1-2
Group Exercise	3-4
Personal Training	5
Aquatics Exercise/Adult Sports	5
Youth Programs	6-7
Snow Day/School Vacation	7-8
Swim Lessons	8
YMCA Sharks Swim Team	9-10

YMCA Building Hours

WEEKDAYS

Monday - Friday	6am - 8pm
-----------------	-----------

WEEKENDS

Saturday	8am - 12pm
Sunday	8am - 12pm

CLOSED

Inclement Weather & Federal Holidays

Registration for Holiday Session opens October 18 for everyone!

Disclaimer

Every reasonable effort is made to present current and accurate information in our printed materials. Classes, fees, days, and times are subject to change without notice. All classes and programs must meet the minimum requirement for participants set forth by each department program director. For more information please contact the appropriate program director.

Insurance Statement

Our Y does not provide accident insurance for injuries sustained during Y activities. Members and Program Associates participate in programs and use the facility at their own risk, and are encouraged to have personal medical insurance coverage.

Y INFORMATION

MEMBERSHIP FOR ALL

No one is turned away from joining our YMCA due to an inability to pay. With funds raised through our Annual Campaign, we are able to offer assistance to qualified applicants. Discounted fees may be obtained by completing a Membership For All application. The amount of aid is determined by household size and gross household income. Please see the Welcome Center staff or our website for an application. You can also apply for Program Scholarships.

IMPORTANT INFORMATION

*Annual memberships require a commitment of 12 consecutive months of active membership.

*Annual members receive five guest passes each calendar year

*Due at sign-up the Join Fee is one-time only with continuous membership. If membership lapses for 6+ months the Join Fee must be paid again when membership is reactivated

*Payment options are monthly drafts or yearly pay-in-full; those on monthly drafts will be subject to a \$100 cancellation fee if they cancel their membership prior to the end of 12 consecutive months DURING THEIR FIRST YEAR

*Memberships cannot be refunded or transferred

INCLEMENT WEATHER POLICY

During inclement weather, staff will monitor the current forecast and will alert the membership of the facility's closing through radio, TV, and email. When there is thunder and/or lightning the pool will close and reopen 30 minutes after the last sign of thunder and/or lightning. Sign-up for our email newsletter to receive closure announcements via email at www.mdiymca.org.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMERGENCY PROCEDURES

EVACUATIONS

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, please follow the directions of the YMCA staff to ensure a safe and orderly exit from the building.

FIRE ALARM

If the fire alarm sounds please:

1. Stop all activity
2. Follow directions from the YMCA staff
3. Follow evacuation procedures

INCIDENT REPORTS

In the event that first aid or corrective action is provided to you or for you, the staff responding is required to ensure that proper documentation is provided for our records.

MEMBER RESPONSIBILITY

Members are expected to assist Y staff in the event of an emergency by following instructions from Y staff in order to resolve the situation as effectively and safely as possible. All staff on duty are designated to take a lead role in the daily operations of the facility and also in the event of an emergency. For the safety of all, please follow their instructions.

MEMBER CODE OF CONDUCT

We ask individuals to behave in a manner that upholds the Y's Core Values of Caring, Honesty, Respect, and Responsibility at all times when using the Y facility or participating in Y programs. Failure to adhere to the Code of Conduct may result in suspension or termination of membership.

Actions that do not adhere to these guidelines and are not permitted include:

1. Wearing provocative attire or attire that includes vulgar and/or profane messaging
2. Using angry or vulgar language
3. Making physical contact with another person in an angry or threatening manner
4. Harassment by means of language, gestures, body language, or menacing behavior
5. Stealing or destruction of property
6. Carrying or concealing any weapons, devices, or objects which may be used as a weapon
7. Using tobacco products, drugs, or alcohol on YMCA property
8. Refusing to adhere to staff requests
9. Using a camera and/or cell phone in the locker rooms.

HEALTHY LIVING

Class Name	Day	Start Time	End Time	Member	Non Member
Athlete30	M/W/F	6:15 AM	6:45 AM	free	\$50.00
Centergy	Tue/Thu	6:00 AM	7:00 AM	free	\$50.00
TRX Suspension Training	M/W/F	7:00 AM	7:45 AM	free	\$60.00
Strength Train Together	M/W/F	8:00 AM	9:00 AM	free	\$60.00
EnhanceFitness*	M/W/F	10:00 AM	11:00 AM	free	\$40.00
Yang Style Tai Chi Short Forms	Tue/Thu	7:00 AM	8:00 AM	free	\$50.00
Yang Style Tai Chi Longer Forms	Tue/Thu	8:00 AM	9:00 AM	free	\$50.00
Groove - Dance Fitness	Tue/Thu	9:30 AM	10:30 AM	free	\$50.00
Group Blast - Step Class	Tue/Thu	4:00 PM	5:00 PM	free	\$50.00
LIVESTRONG at the Y**	Tue/Thu	4:30 PM	6:00 PM	free	Free
Tabata and Core Focus	Tue/Thu	5:30 PM	6:30 PM	free	\$50.00
Vinyasa Flow Yoga	Thu	9:00 AM	10:00 AM	free	\$25.00
Yoga	Tue	6:00 PM	7:00 PM	free	\$25.00
Tai Chi Fundamental	Wed	12:00 PM	1:00 PM	free	\$50.00
Core and Stretch	Sat/Sun	7:30am	8:30am	free	\$50.00

TRX TRAINING

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Our class will move you.

TAI CHI FUNDAMENTALS

This class is the one for Tai Chi Beginners, especially if you've never tried Tai Chi before. Learn the fundamentals and principles, from balance to breathing, walking and coordinating upper and lower body movements. By the end of this class you'll have a good basis to progress and you'll learn a simple Tai Chi form to practice with and enjoy.

YANG FAMILY TAI CHI SHORT FORMS

Know some of the Tai Chi fundamentals and are ready to learn additional forms? This class will teach you shorter forms that are recognized and taught by the International Yang Family Tai Chi Association. Yang Family style Tai Chi is the most popular and widely practiced style world wide. These forms will include Yang 10, Yang 13, Yang 16.

YANG FAMILY TAI CHI LONGER FORMS

For more experienced Tai Chi students who are ready for longer forms. Learning the longer forms is a wonderful way to challenge both mind and body, deepening the benefits of a Tai Chi practice. The forms in this class will include the Yang 22, Yang 24 (Beijing), Yang 40 (Beijing), and the Yang 103.

CENTERGY

Grow longer and stronger with Group Centergy®, an invigorating 60-minute Mind-Body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. **REDEFINE YOUR SELF.**

GROUP GROOVE

Group Groove® is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

GROUP BLAST

Group Blast® is 60 minutes of athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. **HAVE A BLAST!**

ATHLETE30

ATHLETE30® is a high-intensity interval training workout that will get you in performance shape. Experience hard-hitting and innovative drills designed to improve endurance, agility, power, and speed. With expert coaching and high-powered music, you will be motivated to be the best you can be! **LET'S HIIT IT!**

STRENGTH TRAIN TOGETHER (AKA GROUP POWER)

Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

YOGA

Outdoors weather permitting. Our flagship yoga program with our Senior Yoga Instructor - suitable for all skill levels. Non-member drop-ins must pay the Y's day fee per class.

LIVESTRONG AT THE Y

Twice per week, customized group personal training for anyone with a cancer diagnosis (past or present). Free to the participant and includes 3-month individual membership.

TABATA WITH CORE FOCUS

A local favorite--HIIT with an additional focus on strengthening the core. Outdoors whenever possible!

CORE AND STRETCH

An online alternative to in-person weekday classes. Created and taught by Mary Parham. The name says it all, the participants sing its praises. The link can be found on the MDI Y's fitness calendar.

VINYASA YOGA

Vinyasa flow links breath to smooth transitions in an energetic practice that conditions the entire body. In our Vinyasa Flow class, you can expect a steady warm-up with balanced sequencing designed to help you enhance your strength and mobility while improving your cardiovascular function.

LOW IMPACT WATER EXERCISE

Monday/Wednesday/Friday 9am-10am OCTOBER 25-DECEMBER 29

Members FREE Non Members \$90 Drop Ins Day Pass

Facilitated by Kim Chapman, this class is one of the staples of our aquatic exercise program. Participants are led through a series of exercises which are designed to help improve joint flexibility and relieve pain or stiffness using the water's buoyancy and resistance. This class is a great option for those with arthritis, MS, or other conditions in which mobility is limited.

AQUA AEROBICS & STRENGTH TRAINING

Monday/Wednesday/Friday 11am-12pm

Members FREE Non Members \$90 Drop Ins Day Pass

Led by Lisa Small, AEA Certified Aquatics Instructor, this moderate intensity course has been running for several years now at the Y and is designed for active older adults (or anyone of any age that would like to begin an Aqua Fit program!) who want to increase their aerobic fitness, strength, endurance, and balance without impact on joints. Each class includes defined periods for aerobics, strength training, stretching and balance exercises.



PERSONAL TRAINING: ALL AGES WELCOME!

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.

Individual (1-on-1) Session Fee Sessions are 30-minutes each.

1 Session \$50 (\$35 for Y Members)

10 Sessions \$425 (\$300 for Y Members)

20 Sessions \$525 (\$400 for Y Members)

32 Sessions \$725 (\$600 for Y Members)

Note: Sessions are scheduled between the instructor and trainee. Trainees have 6-months from date of purchase to complete all sessions. After 6-months sessions expire.

Go to www.mdiymca.org/personal-training to fill out our Personal Training Intake Form. Contact Mark Schoon at wellness@mdiymca.org if you have trouble with the form.

YOUTH DEVELOPMENT

CHICKADEE PRESCHOOL

Our state licensed Chickadee Preschool Program is based on Maine's Department of Education Early Childhood Learning Guidelines. The forward thinking and creative curriculum honors the child's imagination and respects the role that teachers play in making learning exciting for every child.

A Youth Membership to the MDI YMCA is included with enrollment of your child in the Chickadee Preschool. If you decide to withdraw your child from the program during the year a monthly draft of \$16 (Youth Member monthly rate) will be drafted from your account unless you cancel the membership. Family Memberships will get an adjusted rate on their monthly membership fee. The adjustment is \$16 per child enrolled. If you withdraw your child from the program during the year your monthly membership fee will revert to the normal Family Membership fee.

REQUIREMENTS: Child must be at least 3 years old and fully potty trained. Financial Assistance is available. This program is licensed by the State of Maine and is a Fully Supervised Childcare Program. Payments are accepted in full or by weekly auto-drafts ONLY. We accept Visa or MasterCard (credit or debit) as well as checking/savings accounts. Auto-draft will occur whether your child is in attendance or not. A TWO WEEK written notice is required for changes/cancellations.

If you need other days for your child (example: M/T/W instead of M/W/F) please contact our Youth Development Director [Taylor Walls](mailto:childcare@mdiyymca.org) at childcare@mdiyymca.org. Otherwise please keep to the scheduled days put forth as this helps our Childcare staff determine field trips and other activities.

The MDI YMCA is happy to take subsidy payments from the state to help make preschool affordable for all. Please speak to Taylor Walls.

WEEKLY AUTO-DRAFT FEES

\$185	5-Day Program
\$140	3-Day Program (M/W/F)
\$100	2-Day Program (T/TH)



AFTER SCHOOL PROGRAM (GRADES K-4TH)

A Youth Membership to the MDI YMCA is included with enrollment of your child in the After School Program. If you decide to withdraw your child from the program during the year a monthly draft of \$16 (Youth Member monthly rate) will be drafted from your account unless you cancel the membership. Family Memberships will get an adjusted rate on their monthly membership fee. The adjustment is \$16 per child enrolled. If you withdraw your child from the program during the year your monthly membership fee will revert to the normal Family Membership fee.

Let us offer a safe place for your children to play and unwind after a busy day at school. We provide daily, healthy snacks and weather dependent indoor-outdoor play. This is a state licensed, fully supervised child care program. In the MDI YMCA's Afterschool Program (ASP) youth receive nutritious snacks, arts & crafts, games; and can also explore various forms of art through Creative Kids, after school tutoring, and various sports throughout the year. Financial assistance is available to those in need, to ensure every child and teen has the opportunity to learn and grow at the Y. Program runs from the end of school to 5:30pm. The Y bus picks students up from Conners-Emerson. MDES runs a bus to the Y.

WEEKLY AUTO-DRAFT FEES

\$80 Weekly

SCHOOL OUT? COME TO THE Y!

For those days that school is out, the Y has you covered! School vacations, Teacher in Service days, Early Release Days, and even snow days can be spent at the YMCA. If the No School day is in the school calendar, you can pre-register. ALL NO SCHOOL DAYS ARE PAY-PER-DAY.

NO SCHOOL DAY RATES: PER DAY

ASP Kids: \$20 Members: \$40

Non Member: \$55

EARLY RELEASE DAY RATES:

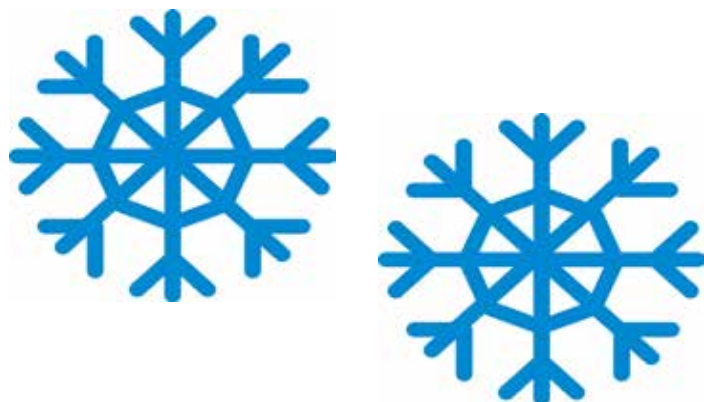
ASP Kids: FREE Members: \$30

Non Member: \$45

SNOW DAYS/STORM DAYS

ASP Kids: \$15 Members: \$35

Non Members: \$50



SWIM LESSONS AT THE Y

No classes on: November 2, November 4, November 23, and November 25

COST: Preschool: Members \$50 Non Members \$100

SWIM STARTERS: A/WATER DISCOVERY & B/WATER EXPLORATION Accompanied by a parent, 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.

SWIM BASICS: 1/WATER ACCLIMATION & 2/WATER MOVEMENT Students will learn basic self-rescue skills both with and without assistance, increase their comfort with underwater exploration, and begin forward movement in the water with basic swimming skills.

SWIM STROKES: 3/WATER STAMINA & 4/STROKE INTRODUCTION Students develop intermediate self-rescue skills performed at longer distances and are introduced to basic stroke technique in front crawl and back crawl while reinforcing water safety through treading water and elementary backstroke. Swimmers must either complete Swim Basics or successfully complete a Swim Evaluation to take this class.

Tuesday: Preschool Swim Basics (4:15-4:45pm), & School Age Swim Basics (4:55-5:40pm)

Thursday: Preschool Swim Basics (4:15-4:45pm) & School Age Swim Strokes* (4:55-5:40pm))

Saturday: Preschool Swim Basics (9:40-10:10am) School Age Swim Strokes* (10:20-11:05am) & School Age Swim Basics (11:15-Noon)

**Swim Strokes requires a successful completion of Swim Basics or a Swim Evaluation. Contact aquatics@mdiymca.org for information on a Swim Evaluation. Otherwise, register fo Swim Basics.*

Contact Jim Willis at aquatics@mdiymca.org for more information



Y SHARKS SWIM TEAM

Green (Ages 6–9) be able to swim length of pool doing both freestyle & backstroke

Monday–Thursday 4:5pm–5:40pm

Friday 4:00pm–4:45pm

Gold (ages 9–14) be able to swim 50 yards of freestyle & backstroke

Monday–Thursday 5:45pm–6:55pm

Friday 4:50pm–5:55pm

Senior (ages 13&older)

Monday–Thursday 2:45pm–4:10pm

Friday 2:45pm–3:5pm

WeeSharks (age 5–8) be able to pass Y deep end test

Monday–Thursday 4:15pm–4:45pm

AM Practices: M/W/F 7:00am–7:55am T/Th/F 6:00am–6:55am

FEES

Gold Team: \$500 or registration fee of \$200 plus 4 drafts of \$75

Green Team: n\$375 or registration fee of \$175 plus 4 drafts of \$50

Senior Team: \$250 or registration fee of \$150 plus 4 drafts of \$25

WeeSharks: \$75 (WeeSharks runs October 25–December 16)

WeeSharks (Ages 5–8) WeeSharks are for those kids are want to improve their swimming after completing our Swim Basics swim lessons. Children should be able to pass a deep end test

Green Team (ages 6–9) The Green team is for the younger and less experienced Shark Swimmers. The practices introduce the team members to the fundamentals of competitive swimming. The children are taught the four strokes (butterfly, backstroke, breaststroke, and freestyle).

Gold Team (ages 9–14) The Gold Team is returning and more experienced Shark swimmers. Practices reinforce the proper techniques of all the components of competitive swimming (the 4 strokes, starts, turns, and streamlining). Most practices include work on a specific skill each day, swimming sets to build endurance and developing the speed to race.

Senior Team (Ages 13+) Practices are held when the High School team is not in season, in the morning and evening, and on days when the High School practice is not held. Senior members are encouraged to come at least 4 times a week with some swimmers swimming 7 or 8 practices a week.



Contact Jim Willis at sharks@mdiyymca.org for more information about the MDI YMCA Sharks Swim Team!

Scholarship information can be directed to Membership Director, Bob Huff at membership@mdiyymca.org





www.mdiymca.org • facebook.com/mdi.ymca • Twitter: [@MDIYMCA](https://twitter.com/MDIYMCA)



Mount Desert Island YMCA
21 Park Street
Bar Harbor, ME 04609