



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING COMMUNITY TOGETHER

Winter 2020

January 6, 2020 – February 23, 2020



WELCOME TO THE Y!



Contents

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

YMCA Building Hours

WEEKDAYS

Monday - Friday 5:30am - 9:00pm

WEEKENDS

Saturday 7:30am - 4:30pm
Sunday 7:30am - 4:30pm

CLOSED

Only for Inclement Weather

Registration for Winter Classes opens December 23rd. Unless otherwise indicated, classes begin January 6th.

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 lightening the pool will close and reopen 30 minutes after the last sign of thunder and/or lightening. 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.

GROUP EXERCISE

START THE MORNING STRONG MARY-GYM

Members FREE Non Members \$120 (Drop In \$12)

Maximize your workout with 60 minutes of strength training. Combine traditional strength training with functional exercises using an adjustable barbell, weights, and body weight. Available 5x a week for one registration fee – better to accommodate busy schedules.

TABATA WITH CORE FOCUS

Members FREE Non Members \$90 (Drop In \$12)

A 30 minute class consisting of high intensity intervals of cardio and strength training. This is a class for all fitness levels with modification options for each interval. This is designed for those who are looking for something fast, effective, and fun!

YOGA WITH JULIA MP ROOM

Members FREE Non Members \$40 (Drop In \$12)

A class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels welcome.

TAI CHI – YANG 24 FORMS MARK-MP ROOM

Members FREE Non Members \$60 (Drop In \$12)

One of the world's most popular forms of Tai Chi!

STARTING TAI CHI FOR ENERGY MARK-MP ROOM

Members FREE Non Members \$60 (Drop In \$12)

If you're new to this particular form you don't feel intimidated. Join us for a 45-minute starting session for those who have less than 6 months experience with Tai Chi for Energy.

TAI CHI FOR ENERGY-BEYOND THE BASICS MARK-MP ROOM

Members FREE Non Members \$60 (Drop In \$12)

This program will improve your health and wellness, internal energy, and the ability to manage stress. Experienced preferred for best success. No experience? Check out Starting Tai Chi for Energy!

STARTING TAI CHI FOR ARTHRITIS & FALL PREVENTION MARK – MP ROOM

Members FREE Non Members \$60 (Drop In \$12)

If you're new to this particular form of Tai Chi, don't feel intimidated. Join us for a 45-minute starting session for those who have less than 6 months experience with Tai Chi for Arthritis & Fall Prevention.

TAI CHI FOR ARTHRITIS & FALL PREVENTION-BEYOND THE BASICS MARK-MP ROOM

Members FREE Non Members \$60 (Drop In \$12)

This class is excellent for those with arthritis, balance problems, and other chronic conditions. Experience preferred. New to Tai Chi? See our STARTING TAI CHI FOR ARTHRITIS & FALL PREVENTION.

ENHANCE FITNESS DANNIE/MARK-GYM

1st 16 weeks FREE Continuation Program: Members \$28 Non Members \$56

A nationally recognized program, Enhance Fitness is for all fitness levels who would like to increase their balance, their flexibility, and their ability to move around. Exercise allows for sitting or standing so all fitness levels are welcome.

STRENGTH TRAIN TOGETHER MARK

Members \$40 Non Members \$80 (Drop In \$12)

Come work on building up your body strength in a fun and intense group setting! Great for all fitness levels

INDOOR CYCLING

Members FREE Non Members \$90 (Drop In \$12)

It's hard to beat a good indoor-cycling workout! This popular class is now year round! Get your morning started right!

KNIT FIT™

FREE TO THE COMMUNITY

Join us at the Y for fitness and knitting! First half hour is spent knitting and walking on the indoor track, knitting class follows for an hour. Don't worry if you don't know how to knit, we will teach you! Great for all ages.

PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer.

PERSONAL TRAINING

Members 1 hour sessions

\$65 - 1 session

\$275 - 5 sessions

\$450 - 10 sessions

\$550 - 16 sessions

Non Member 1 hour sessions

\$85 - 1 session

\$375 - 5 sessions

\$675 - 10 sessions

\$650 - 16 sessions

FITNESS ASSESSMENT PACKAGE*

\$10/Member \$20/Non Member

***This payment option is for a Fitness Assessment Package ONLY. Personal Training sessions have the Fitness Assessment built into the sessions.**

ISSA SPECIALIST IN FITNESS NUTRITION COACHING

Whether you want to gain muscle, lose fat, or live healthily, your limiting factor usually lies beyond exercise. Poor nutrition is what holds people back. As a certified specialist in this area, Dannie can work with you to design a "real world" nutrition plan that you can actually stick with and enjoy.

1 Hour Nutritional Coaching: Nutritional meal plan designed to meet your unique needs

Members \$45 Non members \$75

8 Week Nutritional Coaching: Nutritional meal plan designed to meet your unique needs as well as weekly nutritional coaching lessons and check ins.

Members \$240 Non Members \$300

LIVESTRONG AT THE Y! – RECRUITING IN FEBRUARY

LIVESTRONG has coming back to the Y! Cost is FREE to participants with 1-free Day Pass per class for a caretaker or family member. Class size is limited for each 12-week program. Contact Mark Rice-Schoon for more information at wellness@mdiymca.org. NEW SESSION BEGINS IN MARCH!

LOW IMPACT WATER EXERCISE Instructor: Kim

Monday/Wednesday/Friday 9:30am-10:30am

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 Instructor: Angela

Wednesday 6:30pm-7:30pm

Members FREE Non Members \$90 Drop Ins Day Pass

This is a moderate intensity workout designed for both swimmers and non-swimmers regardless of age or physical condition. The aim is to help achieve new levels of fitness without the impact on your joints. The class can also aid in improving muscle tone and balance. This class uses a variety of resistance aids including pool noodles and aquatic weights in both the shallow and deep ends of the pool. No classes December 17, 19, and 24th.

AQUA AEROBICS & STRENGTH TRAINING Instructor: Lisa

See you in April!

ADULT BASKETBALL NIGHT

Join us at the YMCA for a night of basketball! Free to Y members with a discounted price for Non Members. Just tell the Front Desk you're here for basketball.

Members: Free Non Members: \$5 Wednesdays 6:30pm-8:30pm



YOUTH ACTIVITIES

BASKETBALL SKILL DEVELOPMENT W/JASON ASHUR

With Jason Ashur, director of “No Excuses Basketball” the fundamental skills of basketball are broken down so that players are able to master each step of this beautiful game. Dribbling, ball control, lay-ups, and every other skill players need to play are worked on and perfected. Teamwork and learning to work under pressure are also covered in this skills development activity. In addition, players learn about body control, balance, and other physical aspects needed to play and excel in basketball.

Start Date: January 9 Thursdays 5:30pm-6:30pm Ages 8+ Members \$50 Non Members \$70

BRAZILIAN JIU JITSU

Self Defense with a focus on takedowns, grappling and submissions. Students will learn a variety of body movements and mechanics designed to learn how to survive an unarmed attack, take the fight to the ground and attain a dominant position to ensure a safe end to the fight. You will learn common Brazilian Jiu Jitsu positions that focus on using leverage correctly and effectively. Basic submissions, how to escape submissions and bad positions as well will all be covered. Led by Greg Noble, 6 years of experience at Acadia BJJ in Ellsworth!

Wednesdays 6pm-7:30pm \$50 Fall 2019 Session Drop In \$10

Ages 10+, Adults welcomed. Families welcome.

YMCA SPORTS LEAGUE: INDOOR SOCCER

Begins in March during the Early Spring Session. Registration begins in February. Stay tuned!

Members \$50 Non Members \$75

CREATIVE KIDS! WITH MIKE DUFFY

TUESDAYS

GRADES K-3RD 3:30PM-4:15PM

GRADES 4TH-6TH 4:30PM-5:15PM

Members \$50 Non Members \$70

Exercise your creativity! Join local artist and educator, Mike Duffy, at the Y and complete several projects over the course of the session. Projects may include watercolors, mosaics, book making, sun catchers, jewelry, and much more! Mike incorporates art history into each week's project. All materials are non-toxic. Wear old clothing that you do not mind getting artsy in.

KIDS IN MOTION Thursdays 10-11am Ages 3-5

Join the Y's pre-school in their fun and exciting pre rec gym class. Play games like freeze tag, red light – green light and many others. Come round around and laugh with us on Friday mornings. What children learn at this early age lays the groundwork for their future cognitive, social, emotional, and physical skills. COME PLAY!

Free for members \$6 drop in fee for non-members

YOUTH ACTIVITIES

RHYTHMIC GYMNASTICS

Rhythmic gymnastics at the MDI YMCA is perfect for those kids who show an interest in both dance and tumbling. Rhythmic gymnastics combines elements of dance and gymnastics along with the use of hand apparatus (rope, hoop, ball, ribbon, clubs) to create an elegant sport. **The MDI YMCA follows the USA Gymnastics Xcel program.** Kids in the program progress through levels with each level requiring more difficult skills and longer routines. For additional information on the Xcel program please visit <https://usa-gym.org/pages/rhythmic/pages/xcel.html> All program participants have the opportunity to perform in the spring at the YMCA and Level A and above gymnasts have an optional fun competition in MA.

Class placement is based on age, experience, and each individual child. Age ranges listed are a guide for registration but final level placement will be made following the first few classes. The program runs the full school year and **new students are generally not accepted after November.** Children must be Y members in order to participate. Financial assistance for membership and gymnastics is available. Contact Bob Huff, Membership Director, to find out more at memberships@mdiymca.org.

FLAG FOOTBALL DAY

Come join the MDI YMCA as we prepare for the SuperBowl!

We will be hosting a day of flag football to get everyone in the football spirit. Kids ages 6-11 are invited to come and play. In addition to flag football there will be other games provided. Keep your eyes open for times as we get ready to cheer on our favorite teams!

There will be a skills competition. Kids will be tested on Throwing, Kicking, and Catching. Come and play!

\$25 a participant, February 1, 2020. Times to be announced.

SNOW DAYS* AND SCHOOL VACATION CAMPS

When bad weather hits or when school is out, the MDI YMCA has you covered. We offer full day care for school vacation days and snow days. So bring your kids down for a day at the Y! Rates are based off whether the child is an After School Participant, a Y Member, or a Non Member. Payment due at registration. Contact Jared Erskine at childcare@mdiymca.org if you need to make other payment arrangements.

What to Pack: Snacks, lunch, water bottle, bathing suit and towel (we try and get them into the pool)

SNOW DAY RATES

ASP: \$15

Y Members: \$20

Non Members: \$25

SCHOOL VACATION RATES

ASP: \$25

Y Members: \$35

Non Members: \$50

WINTER 2020 SWIM LESSON INFORMATION

Classes run January 4 – February 13, 2020

PRESCHOOL SWIM LESSONS (Ages 6 months-36 months and 3-5 years old)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Starters#						11:00-11:30am
Swim Basics		4:20-4:50pm		4:20-4:50pm		10:25-11:55am
Swim Strokes *		5:00-5:30pm		5:00-5:30pm		10:30-11:00am

This class is for children ages 6 months – 36 months & they are accompanied by an adult

*Pre-approval required - this is obtained through a swim lesson evaluation or swim instructor. Swim evaluations are available by appointment

SCHOOL AGE SWIM LESSONS (Ages 6+ years old)

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Basics		5:00-5:45pm		5:00-5:45pm		9:30-10:15am
Swim Strokes*		5:00-5:45pm		5:00-5:45pm		9:30-10:15am
Advanced Swim Strokes*		5:00-5:45pm		5:00-5:45pm		9:30-10:15am

*Pre-approval required - this is obtained through a swim lesson evaluation or swim instructor. Swim evaluations are available by appointment.

Minimum 3 participants in a class for the class to not be cancelled!

Free swim evaluations: Monday, December 30 from 4:15pm-5:15pm or by appointment

Private Swim Lessons: Y Members: \$40, Non Members \$55 for 30 minutes

5 Lesson Package: Y Members/: \$175, Non Members: \$250

Semi-Private Swim Lessons: Y Members: \$33/person, Non Members: \$44/person

5 Lesson Package: Y Members: \$140/person, Non Members \$195/person

Cost:

Preschool- Members \$39 & Non members \$78 for one class a week

School Age-Members \$47 & Non members \$94 for one class a week

PAYMENT DUE AT REGISTRATION!

Adult Swim Lessons: Whether you're a beginner or just looking for some tips, join us for class on Mondays at 6:45pm-7:15pm. Y Members: \$39 Non Members: \$78

Contact information: Angela Begin, Swim Lessons Manager, swimlessons@mdiymca.org

SWIM CLASS DESCRIPTIONS



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 pass Swim Basics or successfully pass a Swim Evaluation to take this class.



ADVANCED SWIM STROKES: 5/STROKE DEVELOPMENT & 6/STROKE MECHANICS

Students are introduced to butterfly, breaststroke, and sidestroke while refining their stroke technique for all major competitive strokes. Swimmers must either pass Swim Strokes or successfully pass a Swim Evaluation to take this class.

MDI YMCA SHARKS SWIM TEAM

The Mount Desert Island YMCA Sharks swim team season, which began in October will continue until March. The Sharks will be offering WeeShark members and any new or past swimmers a chance to join the team for the rest of the season beginning on Thursday, January 2, 2020.

There will be no WeeSharks during this last half of the swim season.

IMPORTANT DATES

Jan 2 - Practices resume for 2020

Jan 4 - MDI vs. LRSC @ Home

Jan 18 - MDI @ Bangor Y

Feb 1 - MDI vs. WCY & CCSC @ Home

Feb 2 - Aquathon

Feb 10 - Lenny DeMuro Swim Meet

Feb 28-Mar 1 - Y State Meet @ UMaine

Mar 19-22 - ME Winter Champs @ UMaine

April 8 - Sharks Awards Banquet @ MDI HS

April 14 - Last Day of Practice

HEAD COMPETITIVE SWIM COACH

Jim Willis

sharks@mdiyymca.org

IMPORTANT INFORMATION

January 2 - March 27

Gold Team: Ages 9-14

\$200 (payment plan options available)

Green Team: ages 10 and under

\$160 (payment plan options available)

Swimmers must be members of the MDI YMCA in order to compete. Additionally, swimmers can opt to become members of USA Swimming. See Coach Jim for details.

PER MAINE/NATIONAL YMCA LEAGUE RULES, ALL SWIM TEAM MEMBERS MUST BE ANNUAL MEMBERS OF THE MDI YMCA. [Financial scholarships are available! Please speak with Bob Huff, Membership Director.](#) (memberships@mdiyymca.org)





**THANK YOU FOR BEING A PART
OF THE MDI YMCA COMMUNITY!**

WWW.MDIYMCA.ORG • INFO@MDIYMCA.ORG