

# Y Times

Summer Newsletter  
June - August, 2009

## The Newsletter of the Down East Family YMCA

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## Down East Family YMCA 2009 Summer Newsletter

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### A LETTER FROM OUR CAMPAIGN CHAIRMAN

Dear Friends,

It's no secret that we currently live in tough economic times. In times like these many people feel that swimming, exercising or putting their children in programs like soccer and Day Camp are luxuries that they can't afford.

At the YMCA, we know that these programs are crucial elements in building a child's self esteem, preventing childhood obesity and developing family bonds. The fitness and social outlet that the YMCA provides adults and seniors are essential in maintaining a healthy mental and physical balance during stressful times. These opportunities aren't luxuries, they're necessities.

At the YMCA we make it our mission to ensure that everyone, regardless of ability to

pay, is welcome to take advantage of all the YMCA has to offer.

With every dollar donated the YMCA is able to provide our communities with life-enriching activities and programs made possible through your support.

Our success will always be measured by the lives we touch. Thank you for your support.

Sincerely,

Chad Francis  
Chairman, Annual Support Campaign  
Atlantic Landscape, Inc.

*To make a contribution, please visit our website, [www.defymca.org](http://www.defymca.org), or email Jeanne at [jmwood@midmaine.com](mailto:jmwood@midmaine.com). Pledge forms are also available at the YMCA.*

# Breaking News & Upcoming Events

## Discovery Family Music Festival

**Saturday, August 15th**

Imagine a summer Saturday picnic by the water with your family, serenaded by some of the best local musical talent around.

That is what we are offering this August at the 1st Annual Discovery Music Festival at Camp Discovery in Eastbrook.

The event takes place on Saturday, August 15th from 11:00 am - 6:00 pm.

We have several bands lined up for the main stage, including The Flannery Brothers, Entropy and members of Blue Northern.

The Flannery Brothers recently won the prestigious Lennon Award for songwriting.

Entropy was just named best young band in Maine.

Blue Northern has been entertaining the region for many years with their traditional, original and contemporary acoustic music.

They will join several other acts of family friendly music.

Other highlights include a 2nd stage set up as an Open Mic for aspiring talent. We will also have on hand several games for children, including a bounce house, canoe rentals and more.

Bring a picnic or enjoy the concessions offered by Chip Butterwick of Chipper's Restaurant.

If you are interested in being a part of this festival, please contact Matt at [mmontgomery@mid-maine.com](mailto:mmontgomery@mid-maine.com).

More information about the festival will be available soon.

## Bill Reeve Echo Lake Swim

**Saturday, August 8th - 10:00am**

The 15th Annual Bill Reeve Echo Lake Swim returns to Camp Beech Cliff on August 9th.

This event started 15 years ago when Bill Reeve encouraged a bunch of Master's swimmers to drive down to the beach at Echo Lake swim for a swim and bar-b-que.

Since then an average of 70 swimmers a year, some traveling from as far away as Texas, descend upon the refreshing waters of Echo Lake Swim for the challenge of a 500 yard or 1.5 mile swim.

The day starts with the 500 yard swim, out and back around a buoy, at 10:00 am. The 1.5 mile swim follows the 500 yard swim.

The 1.5 mile swim is a triangular course consisting of three .5 mile legs.

Each swim starts and finishes in the water at the dock.

We follow the swim with a bar-b-que and refreshments.

The swim is \$15 for those 18 & under and \$25 for all adults.

Registration includes the swim, bar-b-que, awards for all participants and t-shirt. Non-swimmers are welcome at the bar-b-que for an additional \$3.

Registration forms and directions available at the Y and online at [www.defymca.org](http://www.defymca.org). We will offer day of registration beginning at 8:30 am.



## "Play 4 Kids" Golf Tournament

**Friday, July 17th**  
**1:00 pm Shotgun start**

**Bar Harbor Golf Course**  
**4 Person Scramble**

**\$80 per person**

Golf, lobster, steak and friends...a great way to spend a Friday this summer! Leave work early to help out the Y.

The "Play 4 Kids" Golf Tournament returns to the Bar Harbor Golf Course in Trenton this July.

Great prizes, including cash for the 1st and 2nd place gross and net scores, and an opportunity to win a free car, courtesy of Morrison Chevrolet.

The cost is only \$80 per person. If you don't have your own team, we'll find one for you.

Cost includes lunch, dinner, 18 holes and a cart.

Applications available at the YMCA, or print one out at [www.defymca.org](http://www.defymca.org).

## Few spots left for Camp Discovery

**Don't miss out on the best summer ever!**



Camp Discovery is set to kick off it's 2nd season Monday, June 22rd.

The camp motto for this year is "Flirt with Dirt".

Each week will have a new theme.

There are still a few spots left in each of the camps.

Camp Discovery is split into Camp Rangers (children entering grades K-2), Camp Explorers (grades 3-5) and Camp Pioneers

(grades 6-9).

For more information check out our camp pages on the Y's website, [www.defymca.org](http://www.defymca.org).

We make it easy for you with pick up and drop off at the YMCA and an optional lunch program.

Don't get left behind. Sign up today.

**Sponsor a hole for only \$150!**  
**Contact Jeanne at [jmwood@midmaine.com](mailto:jmwood@midmaine.com).**

## Summer Swim Lessons

Enrolling in swim lessons has never been easier. with our new schedule you can bring all your kids for lessons in one trip.

Aren't sure what level to enroll in? No problem. Sign your child up according to age group. We offer a Shrimp class for children aged 6 weeks to 3 years old. The Preschool lessons are for children aged 3-6 and the Progressive lessons are for children aged 6 and up.

Do you have more than one child to enroll, our schedule will allow you to bring all your swimmers the same day at the same time.

Our instructors will separate the children according to ability.

Whether your children are learning to blow bubbles or mastering

rotary breathing, we'll have a group for them.

Our instructors are trained to encourage those with a healthy fear of the water, and help make those daredevils a little safer.

Basic water safety is a part of every session. Parents in the Shrimp class will learn basic skills to make this a safer summer around the water. Preschoolers will learn self rescue skills and the Progressive swimmers will learn self rescue and an introduction to competitive strokes.

Check out page 5 for dates and times. You can register at the Y, or save the gas and enroll online at [www.defymca.org](http://www.defymca.org). It's easy!



# Breaking News & Upcoming Events

## Summer Memberships

Starting in June we are offering Summer Memberships. Summer Memberships are temporary memberships, paid in advance, with no Join Fee.

Summer Memberships enjoy all of the amenities as year round members, including free adult programs, unlimited use of the pool, gym and fitness rooms, free orientations, free babysitting and member rates for youth programs.

You may purchase one or 3 month Summer memberships.

As an added bonus this summer, if you purchase a summer membership and decide to keep your membership long term, we will deduct the additional fees from your summer membership to offset the cost of the Join Fee.

Summer Membership Rates		
1 Month		3 Month
\$40	Young Adult	\$120
\$60	Adult	\$150
\$65	1 Parent Family	\$165
\$70	Family	\$200
\$40	Senior	\$120
\$60	Senior Couple	\$150



## Camp Discovery rates & times

Camp is offered during Ellsworth School Summer Break. Dates will be defined once established by the school department.

Buses leave the YMCA at 7:30am, 8:00am and 8:30am.

Buses return from camp at 4:30pm, 5:00pm and 5:30pm.

Camp Discovery consists of 3 separate camps.



### Rangers

For campers entering Kindergarten through 2nd grade. (child must be five years old by June 15th in order to be eligible for day Camp).

**\$135 per week for members**

### Explorers

For campers entering 3rd through 5th grade.

**\$135 per week for members**



### Pioneers

For campers entering 6th through 9th grade.

**\$120 per week for members**

### Lunch Program

For added convenience, take advantage of our lunch program! An experienced cook will plan, prepare and provide a healthy lunch for your camper every day right on site in our first class kitchen. No need to ever worry about packing another lunch. Cost for the food program: **\$6 per day or \$25 per week**

**Camp Discovery Registration forms available online.**  
[www.defymca.org](http://www.defymca.org)

## Dare to Tri Triathlon Results

On May 16th we hosted our 1st ever Sprint Triathlon.

48 individuals and 7 teams braved to 525 yard swim, 13.4 mile bike and 5 K run.

Doug Shattuck of Mount Desert bested a field of 40 competitors in Saturday's first-ever Sprint Triathlon sponsored by the YMCA.

Shattuck turned in a combined time of 75 minutes, 5 seconds in the three events, clocking 8:30 in the 500-yard swim in the YMCA pool, 43:31 in the 16-mile bicycle ride

through Ellsworth and Surry and 23:04 in the 3.1-mile run.

Overall runner-up and female winner was Alyie Dorko of Skowhegan with a combined time of 77:59, and Derek Hayes of Franklin finished third with a combined time of 78:58.

Triathlon winners of the separate events were Dorko with a time of 6:52 in the swim, Shattuck with a time of 43:31 in the bike ride and Hayes with a time of 21:42 in the run.

### Name, Town: Time

- Doug Shattuck, Mt. Desert: 1:15:05
- Alyie Dorko, Skowhegan: 1:17:59
- Derek Hayes, Franklin: 1:18:58
- John Morey, Orland: 1:21:40
- Chip Loring, Old Town: 1:22:27
- Michelle Gagnon, Ellsworth: 1:22:46
- Kurt Lietz, Sedgwick: 1:22:58
- Kim Parrott, Blue Hill: 1:23:51
- Megan Hildebrand, Ellsworth: 1:28:08
- Gretchen Weisner, Ellsworth: 1:28:47
- Caroline Webster, Ellsworth: 1:32:36
- Nancy Patterson, Ellsworth: 1:32:44
- Kim Allen-Wadman, Ellsworth: 1:33:22
- Bill Webster, Ellsworth: 1:35:37
- Stephen O'Connell, Bucksport: 1:36:10
- Suzanne Loiselle, New York: 1:36:28
- James Wadman, Ellsworth: 1:38:26
- Alissa Black, Weston: 1:38:47
- Steven Joy, Ellsworth: 1:39:02
- Lorena Stearns, Ellsworth: 1:40:32
- Peter Weaver, Ellsworth: 1:40:37
- Warren Hughes, Ellsworth: 1:40:58
- Rebecca Leamon, Ellsworth: 1:42:01
- Molly Collins, Lamoine: 1:42:15
- Jessica Brown, Ellsworth: 1:43:49
- Dawn Hughes, Ellsworth: 1:44:07
- Debra Hubbard, Cherryfield: 1:44:08
- Anita Sommers, Ellsworth: 1:45:27
- Sean McKay, Blue Hill: 1:45:52
- Erin Connery, SW Harbor: 1:47:45
- Louise Aponte, Brooklin: 1:52:08
- Jeff Smith, Kennebunk: 1:53:09
- Judy Blake, Bar Harbor: 1:55:12
- Justin Bennett, Ebule Hill: 1:57:00
- Candace Gammelin, Ellsworth: 1:58:59
- Julia St. Martin, Ellsworth: 2:04:08
- Peter Loiselle, Ellsworth: 2:07:49
- Charlotte Stephens, Lamoine: 2:11:26
- Julie Bent, Ellsworth: 2:16:23
- Jerry Krzyckowski, Ellsworth: 2:17:39
- Sarah Homich, Ellsworth: 2:20:15
- Sheila Clark, Ellsworth: 2:54:10
- Cole Larson-Whitaker, Penobscot



### TEAMS

Robin Clarke, Peter Farragher, Mark Rosborough: 1:21:56

Brian Batson, Dustin Smelley, Dan Curtis: 1:22:40

Cynthia Cullinane, Denise Chandler, Lisa McGowan: 1:31:14

Andy Stephenson, Roger Chandler, Lori Fineman: 1:32:30

Debra Jordan, Ridge Jordan, Emily Sweatt: 1:40:41

Maks Grover, Marianne Shirley, Kody Holmes: 2:14:17

## Motorcycle Safety Class

This class is required to obtain a Maine Motorcycle permit. The course is approved by the Maine State Bureau of Motor Vehicles Driver Education Unit.

The program teaches awareness and appreciation of safe, careful and skillful motorcycle operation.

The permit course consists of 8 hours of instruction. When the course is completed and the exam passed the student is issued the necessary paperwork to visit the Department of Motor Vehicles

branch in their area and receive a permit to legally ride a motorcycle in the state of Maine. The class runs from 8:00 am - 4:00 pm and takes place in the Teen Center.

For more information contact Steve Ireland at [ridesafe@tds.net](mailto:ridesafe@tds.net)

**July 11**

**August 8**

**\$55 in advance**

**\$70 at the door if space is available**

# Spring Season Program Guide

Session: June 22 - August 15, 2009

## Adult Fitness Schedule

Fitness Director: Kevin DiDonato  
kdidnoato@midmaine.com

### MONDAY

5:45am-6:45am Group Cycling  
6:00am-7:00am Tone Zone  
7:00am-7:30am ABS Plus  
8:00am-9:00am The Breakfast Pact  
9:00am-10:00am Instructor's Choice  
10:00am-10:30am Ab Lab  
10:30am-11:30am **Cardiac Rehab**  
12:15pm-1:15pm Group Cycling  
5:45pm-7:00pm **Yoga - Mixed Levels**  
(at the Yoga Place)

### TUESDAY

6:00am-6:30am High Intensity Interval Training  
9:00am-10:00am Step  
10:00am-11:00am Strength Training For  
The Active Older Adult  
12:15pm-1:15pm Group Cycling  
5:45pm-7:00pm Pilates

### WEDNESDAY

5:45am-6:45am Group Cycling  
7:00am-7:30am ABS Plus  
8:00am-9:00am The Breakfast Pact  
9:00am-9:30am AB Lab  
9:30am-10:00am Lower Bod Squad  
10:30am-11:30am **Cardiac Rehab**  
11:30am-12:15pm **Cancer Exercise Recovery Program**  
12:15pm-1:15pm Group Cycling

### THURSDAY

6:00am-6:30am High Intensity Interval Training  
10:00am-11:00am Strength Training For  
The Active Older Adult  
12:15pm-1:15pm Group Cycling  
5:45pm-7:00pm Pilates

### FRIDAY

5:45am-6:45am Group Cycling  
6:00am-7:00am Tone Zone  
7:00am-7:30am ABS Plus  
8:00am-9:00am The Breakfast Pact  
9:00am-10:00am Cardio Pump  
10:00am-10:30am AB Lab  
10:30am-11:30am **Cardiac Rehab**  
11:30am-12:15pm **Cancer Exercise Recovery Program**  
12:15pm-1:15pm Group Cycling

**BOLD - Denotes extra charge per session/class.**

**Descriptions of each of these classes can be found on page 6 and on our website. [www.defymca.org](http://www.defymca.org)**

## Older Adults

### CARDIAC REHABILITATION (PHASE III)

Mondays, Wednesdays & Fridays  
10:30am-11:30am  
\$42 per month includes a senior membership  
\$57 per month includes a senior couple membership

### DROP IN THE AOA LOUNGE WITH MARIE

Wednesdays & Fridays 12:00 p.m. - 2:00 p.m.  
Housed in St. Dunstan's Episcopal Church.

### AOA STRENGTH TRAINING

Tuesdays & Thursdays, 10:30am-11:30am  
**FREE Members, \$40 Supp comm, \$50 Non-member**

## Adult Aquatics

Aquatic Director: Kate Sullivan  
ksullivan@midmaine.com

### ADULT SWIM LESSONS

Wednesday 6:15- 7:00pm  
**Members Free, \$50 supp comm, \$65 non-member**

### ARTHRITIS FOUNDATION

Tuesday & Thursday 10:30am-11:30am  
**Members Free, \$50 Supp comm, \$60 non-member**

### JOINT EFFORT AQUACIZE

Monday, Wednesday & Friday 10:30am-11:30am  
**Members Free, \$63 supp comm, \$78 non-member**

### H2O WORKS

Monday, Wednesday & Friday 8:00am-9:00am  
**Members Free, \$63 supp comm, \$78 non-member**

### WET STEPPIN'

Tuesday & Thursday 8:30am-9:30am  
**Members Free, \$50 Supp comm, \$60 non-member**

### DEEP WATER JOGGING

Tuesday & Thursday 6:00pm-7:00pm  
**Members Free, \$50 Supp comm, \$60 non-member**

### HYDRO-KINETICS

Monday, Wednesday & Friday 9:30am-10:30am  
**Members Free, \$63 supp comm, \$78 non-member**

### MASTER SWIM TEAM

Saturday 8:00am-9:30am  
**Members Free, Daily user fee for non member**

## Member Services Personal Training

The following are additional services set up to make it easier for our members to use our facilities and take advantage of our programs.

### FITNESS ROOM ORIENTATIONS- FREE

Set up an appointment at the Front Desk. We recommend that anyone beginning a new fitness regimen start with an orientation. Our trained staff can help you learn how to safely operate the equipment.

### BABYSITTING- FREE

Monday - Friday: 8:00am - 9:30am and 9:30am -11:00am. Sign-ups for babysitting begin each Friday morning for the following week. We take a maximum of 6 children, no more than two infants, per time slot. Sign-ups are available at the Front Desk, or call to sign up at 667-3086.



### FITNESS ASSESSMENTS

\$5 for members, \$20 non-members

### PERSONAL TRAINING (MEMBER/NON-MEMBER)

Price does not include Daily User Fee (see page 8)

One Hour Sessions	1/2 Hour Sessions
Mem/Non	Mem/Non
1 \$34/46	1 \$22/35
3 \$96/109	3 \$60/103
8 \$232/245	8 \$136/213
12 \$312/413	12 \$168/263

### BUDDY TRAINING (MEMBER/NON-MEMBER)

Get your friends together to workout and have them push you harder than you have been pushed before. Split the cost between a max of 3 people and save!  
Price does not include Daily User Fee (see page 8)

One Hour Sessions	1/2 Hour Sessions
Mem/Non	Mem/Non
1 \$45/58	1 \$30/43
3 \$129/142	3 \$90/103
8 \$320/333	8 \$200/213
12 \$400/413	12 \$250/263

### BOOTCAMP INTERVAL TRAINING

Get your team together and do pyramid sets with body-weight work, adult PE games, obstacle course and more!  
Max of 10 per team.

One Hour Sessions	1/2 Hour Sessions
1 \$65	1 \$50
3 \$150	3 \$110.00
8 \$275	8 \$220
12 \$350	12 \$275



# Spring Program Guide

**Session: June 22 - August 15, 2009**

## Youth Aquatics

Aquatic Director: Kate Sullivan  
ksullivan@midmaine.com

**SUMMER WILL BE BROKEN UP INTO TWO FOUR WEEK SESSIONS!**

**SESSION I-**

**Monday June 22nd- Thursday July 16th**

**SESSION II-**

**Monday July 20th- Thursday August 13th**

**SKIPPER SWIM LESSONS**

**FOR KIDS AGES 6 MONTHS TO 5 YEARS.**

**SHRIMP**

Monday 9:00- 9:30 am  
Tuesday 9:30- 10:00 am  
Wednesday 9:00- 9:30 am  
Thursday 5:30- 10:00 am

**\$20 Members \$30 Supp Comm \$40 Non members**

**PRESCHOOL**

Monday 9:00- 9:30 am  
Monday 5:00- 5:30 pm  
Tuesday 9:30- 10:00 am  
Wednesday 9:00- 9:30 am  
Wednesday 5:30- 6:00 pm  
Thursday 9:30- 10:00 am

**\$20 Members \$30 Supp Comm \$40 Non members**

**PROGRESSIVE SWIM LESSONS**

**FOR KIDS AGES 6 & UP.**

**ALL LEVELS**

Monday 9:00- 9:45 am  
Monday 5:30- 6:15 pm  
Wednesday 5:30- 6:15 pm  
Thursday 9:30- 10:15 am

**\$25 Members \$35 Supp Comm \$45 Non Members**

**PRIVATE LESSONS**

Email Kate at ksullivan@midmaine.com to schedule.

**\$15 Members \$19 Non Members**

**\$22 for 2 Members \$30 for 2 non Members**

**PRE-COMPETITIVE SWIM TEAM**

Mondays & Wednesdays 4:00- 5:00pm

Email Matt at mmontgomery@midmaine.com for info.

## Summer Sports Camps

Youth Sports Director: Shane Lowell  
slowell@midmaine.com

**YMCA SOCCER CAMP**

Coed Grades 4-8

August 10th-14th

9:00am-4:00pm

Location: Wilson Field

Soccer Camp will be coached by YMCA Staff and Coaches, led by Shane Lowell, the Ellsworth Middle School Girl's Varsity coach. Players will work on individual skills in the morning, break for lunch and a quick swim, and play small sided games in the afternoon.

**Cost: \$125**

**YMCA Golf Camp**

Coed Grades 5-8

August 17th - 21st.

9:00am-4:00pm

Location: Vokes and White Birches

Golfers will go to Vokes in the morning to work on swings and short game. We will play every afternoon at White Birches.

**Cost: \$125**

## Youth Activities

**END OF SCHOOL DANCE**

Kids entering grades 6-9th Grade

6:30pm - 9:00pm.

Celebrate the last day of school as we turn the "Y" gym into a giant dance floor.

**\$5 for all**

June 19

**\*\*There will be a July dance to benefit the DEFY Swim Team. Date is to be determined.**

**BIRTHDAY PARTY RENTALS**

**NEW AFTERSCHOOL LOCATION**

The Child Care room and Pool are available for rentals. We provide the location; you provide the food, beverages and decorations. Rentals are available Saturday & Sunday from 1-5 pm & Friday evenings from 6-8:30 pm.

## Teens

Youth Services: Matt Montgomery  
mmontgomery@midmaine.com

Learning Leadership Program Seeks Teen Mentors. If you enjoy working with preschool age children we have a great opportunity for you. Teen Mentors volunteer one day per week after school from 3-4:30pm. Activities include arts, crafts, reading and playtime with kids ages 3-5. It's a great way to "Do Something Good" for your community and you'll feel great about yourself for doing it! To learn more, contact Matt Montgomery at mmontgomery@midmaine.com.

## Little League

Youth Sports Director: Shane Lowell  
slowell@midmaine.com

**LITTLE LEAGUE INFORMATION**

Please visit the DEFY Little League website for all updates.

<http://eteamz.active.com/defymcall/>

The League Website has all information needed.

**GYMNASTICS**

Springers Gymnastics Center is proud to provide gymnastics instruction for the DEFY. Springers Gym is a 6,500 sq. ft. facility dedicated to gymnastics instruction to the youth of Hancock County and its surrounding communities. Springers offers programs from walking toddlers to competitive high schoolers. Program are for boys as well as girls. **DEFY MEMBERS:** Tell us you're a member of the

DEFY, and receive a discount on monthly tuition.

Please contact Springers Gymnastics Center directly at 667-0880; email info@springersgymnasticscenter.com; or visit their website for more information at:

[www.springersgymnasticscenter.com](http://www.springersgymnasticscenter.com).



## Day Camp

Day Camp Director: Rick Parker  
rparker@midmaine.com

**Day Camp is available June 22 - September 4.**

We are returning for our 2nd season to Webb Pond in Eastbrook. Pick up and drop off is available at the YMCA. For more information, please pick up a brochure at the Y or visit the website at [www.defymca.org](http://www.defymca.org).

**RANGERS**

Appropriate for children in Kindergarten - 2nd Grade.

**\$135 per week for members**

**\$145 per week for supporting communities**

**\$155 per week for non-members**

**EXPLORERS**

Appropriate for children in 3rd - 5th Grade.

**\$135 per week for members**

**\$145 per week for supporting communities**

**\$155 per week for non-members**

**PIONEERS**

Appropriate for children in 6th Grade - 9th Grade.

**\$120 per week for members**

**\$130 per week for supporting communities**

**\$140 per week for non-members**

**LUNCH PROGRAM**

**\$6 per day or \$25 per week.**

Please call the YMCA at 667-3086 to request a Camp Brochure. Brochures and registration forms also available online at [www.defymca.org](http://www.defymca.org).

## Child Care

Child Care is available Monday through Friday from 7:00 am - 5:30 pm.

Child Care forms are available on the website.

Fill out and return the form to  
P.O. Box 25, Ellsworth, ME 04605.

**INFANT CARE**

Head Teacher: Sara McDonald

Appropriate for children age 6 weeks to 18 months.

**\$180 per week for members, \$185 non-members**

**\$125 for M/W/F for members, \$130 non-members**

**\$100 for T/TH for members, \$105 non-members**

**TODDLER CARE**

Head Teacher: Sara McDonald

Appropriate for children age 18 months to 2 years.

**\$160 per week for members, \$165 non-members**

**\$115 for M/W/F for members, \$120 non-members**

**\$95 for T/TH for members, \$100 non-members**

**EARLY PRESCHOOL CARE**

Head Teacher: Crystal Moretto

Appropriate for children age 2 to 3 1/2 years.

**\$145 per week for members, \$150 non-members**

**\$105 for M/W/F for members, \$110 non-members**

**\$80 for T/TH for members, \$85 non-members**

**PRESCHOOL**

Head Teacher: Jessica Montgomery

Appropriate for children age 3 1/2 to 5 years.

**\$135 per week for members, \$140 non-members**

**Save \$5 per week on all Child Care by signing up for automatic payments!**

## Fitness Classes Descriptions

### Classes Free with Membership

#### AB LAB-

Looking for a class to help tone and tighten those hard to hit areas. This class is for you, intense legs and abs workout designed to give you the chiseled form your looking for!

#### ABS PLUS-

Abdominal training is a dreaded part of everybody's regimen. The ABS Plus routine will tone those six pack abdominals and worked the lower back to boot. This is core body training at its best

#### BREAKFAST PACT-

Boost your metabolism, improve strength and flexibility. Get a jump start on becoming stronger today.

#### FITNESS ROOM ORIENTATIONS-

A free service with your membership. A certified trainer will take you through the machines and help you to determine your goals and appropriate settings on the machines. This is a must for anyone who is a new member to fitness or a seasoned veteran who may be looking to jump start their routine from hitting a plateau. They trainer will go over the rules or the fitness room, the cardiovascular machines and strength training machines or any exercise that the member feels would be beneficial to their overall well being.

#### GROUP CYCLING-

This high intensity low impact fitness class will provide you with all your fitness goals. This class incorporates cardiovascular fitness, muscle strength and endurance, as well as flexibility. Join one of our upbeat, and enthusiastic instructors for the ride of your life. Call us today to reserve your seat!

Free for members, \$12 drop in fee for non members

#### HIGH INTENSITY INTERVAL TRAINING-

Join Denise for a class that with challenge every core of y our being. This class is a half hour of intervals, and circuit training. Come and get yourself pumped up. Warm up and Cool Down are on your own!

#### INSTRUCTORS CHOICE-

Join Joy for a well rounded workout designed to get your week off to a great start. Weights, steps, anything is possible!

#### LOWER BOD SQUAD-

We will use weights to strengthen and tone your lower body. Glutes, hamstrings, quads and calves will be the primary focus of this class. Robin Clarke is the instructor for this program. Daily user fee for non-members.

#### MAKING TRAILS WALKING CLUB-

Postponed for the summer. Will return this fall!

#### PILATES-

Join instructor Jessica Montgomery who will guide you through the same training as Josef Pilates, renowned instructor of the Pilates routine. This class is designed to target strength, flexibility and endurance that is sure to give you the workout you need for everyday use. Tuesday class

Free for members, \$12 drop in fee for non-member

Thursday Class

Free for members, \$12 drop in fee for non-member

#### POWER ABS-

Postponed this summer. Will return in the fall!

#### STEP-

This is a dynamic fitness regimen. Join us twice a week for a workout that will really make an impact.

#### STRENGTH TRAINING FOR THE ACTIVE OLDER ADULT-

This class combines a little bit of everything for strong bone development and balance training. Designed for "baby boomers" or anyone interested in strengthening their bones and joints. This class includes but not limited to: strength training, cardiovascular fitness, and balance work.

Free for members, \$40 supp. comm., \$50 non member

#### TONE ZONE-

This step class is intense and fun. This class is designed to be nothing fancy – but very effective...High Intensity Step involves a 30-minute cardiovascular portion that will push you physically and mentally!

## Classes with an additional fee

#### BETTER BODY FOR YOU-

This program is monitored by a registered dietician through the AASDN network of Sports Dietician. Group sessions and individual sessions include menu plan, exercise prescription, and helpful handouts to help you change you eating habits. Call Kevin DiDonato at 667-3086 ext. 15 or email him at Kdidonato@midmaine.com to set up an appointment.

Group Session 10 weeks

\$75 members, \$100 non member

Corporate Rates 10 weeks

\$60 members, \$75 non member

Individual Sessions

6 weeks one ½ hour session per week

\$99 members, \$150 non member

#### CARDIAC REHABILITATION-

Join us for an hour of heart health for those who have suffered a cardiac event, or for the Active Older Adults just interested in preventing similar experiences. Prevention is the key to a healthy heart. This is a medically supervised program providing ongoing aerobic, strength, and stretching programs with an outgoing instructor and some INCREDIBLE PEERS. Drop in and meet the gang and see what it is all about or call Robin at the Y for more information.

#### CARDIO PUMP-

A high intensity workout that is designed to get your heart pumping and the blood flowing. Join Joy as she takes you up and down the target heart rate zones with weights, sprints, and step. This is a must class for anyone who wants to get in shape fast!

\$42 single cardiac membership, \$57 senior cardiac couple (membership includes senior membership)

#### FITNESS ASSESSMENT-

This test will help to determine your oxygen consumption (VO2 Max), your muscle strength and endurance, flexibility, and body fat percentage. Its best to have a test done before you start your weight routine as well as a midway point and at the end of your routine.

The test costs \$5 dollars, \$20 non-member

#### TRIATHLON TRAINING-

Kevin will lead you through a workout routine that will help you prepare your body for a sprint triathlon. The cardiovascular portion will focus on the three main areas of the sport: bike, run and swim. The strength portion of the program will help tone and build endurance in the areas of the body that will be affected by the race. Join Kevin today for a routine that is sure to get your body pumped and get you in the best shape of your life!

\$30 members, \$45 supporting community, \$60 non member

#### YOGA-

From the Ancient Chinese, this practice has lasted the test of time. Join Mary for a class that focuses on meditation and flexibility. This class is designed to help you dance your mind and spirit into a meditative state that will help you rekindle with your inner self.

Cost is \$12 members, \$15 non member

#### CANCER EXERCISE RECOVERY PROGRAM

This program is sponsored through the Down East Family YMCA in collaboration with Beth C. Wright Cancer Center and Bayview Physical Therapy. This program is designed to help combat the effect of Cancer Fatigue due to chemotherapy and radiation therapy. This pilot program will go for three month and meet twice a week on Wednesday and Friday each week for 45 minutes.

\*Each participant will be given a workout that is specific to their type of Cancer and their limitations!

\$20 program fee

#### ONLINE PERSONAL TRAINING

Check out our website at [www.myhitechtrainer.com/kevind24](http://www.myhitechtrainer.com/kevind24) for more information.

### PICTURES FROM THE MAIN STREET MEMORIAL DAY MILE



# Board Information & Program Profiles

## Main Street Memorial Mile

To benefit the Beth C Wright Cancer Center and the YMCA Camp Scholarship

Nearly 200 runners turned out on Memorial Day for the second annual Main Street Memorial Mile. 187 runners and walkers lined up by the Chamber of Commerce on Memorial Day to help remember friends and family who have passed away.

The race took runners from High Street down Main Street to the finish in front of R.F. Jordan.

Every runner ran in memory of a loved one or in honor of someone else, and those names were displayed on the race tags worn by each competitor

And in just 4 minutes and 26.76 seconds, 46-year-old Andy Beardsley of Surry crossed the finish line in first place, besting runner-up high school senior Ben Chapman of Ellsworth, who finished in 4:31.85.

Jeremiah Roper of Bangor, Chapman's high school running teammate, was third

in 4:42.83.

Rounding out the top 10 were Blake Pattengale, 15, of Ellsworth, 4:47.92; J.D. Doe Jr., 18, of Ellsworth, 4:52.89; Drew Barkhouse, 16, of Ellsworth, 4:56.11; Michael Philippon, 16, of Ellsworth, 4:58.98; Yonas Millay, 19, of Ellsworth, 5:00.47; Rob Shea, 36, of Ellsworth, 5:06.45; and Alexander Keefe, 17, of Ellsworth, 5:07.71.

Caroline Webster, 19, of Ellsworth was the first female finisher and 12th overall in 5:10.21, with Brianna Dunn, 16, of Ellsworth, finishing 13th in 5:11.09.

The race was sponsored by Wayne Wright and Coastline Homes, TD Banknorth and Roy, Beardsley, Williams and Granger, with proceeds being shared by the James Russell Wiggins Down East Family YMCA and the Beth C. Wright Cancer Center.



### Name, Town, Time, In Memory

Andy Beardsley, Surry, 4:26.76: J.H Beardsley  
Ben Chapman, Ellsworth, 4:31.85: Mildred McLain  
Jeremiah Roper, Bangor, 4:42.83, Vicki  
Blake Pattengale, Ellsworth, 4:47.92: Jimmy Garrett  
JD Doe Jr, Ellsworth, 4:52.89: MLK  
Drew Barkhouse, Ellsworth, 4:56.11: Nini  
Michael Philippon, Ellsworth, 4:58.98: Rosario Philippon  
Yonas Millay, Ellsworth, 5:00.47: Martin Luther King Jr.  
Rob Shea, Ellsworth, 5:06.45: Margaret Davis  
Alexander Keefe, Ellsworth, 5:07.71: Claude Russenberger  
Tyler Beardsley, Surry, 5:09.00: Margaret Beardsley  
Caroline Webster, Ellsworth, 5:10.21: Grandpa  
Brianna Dunn, Ellsworth, 5:11.09: Charlotte Clemons  
Warren Hughes, Ellsworth, 5:13.28: Warren Hughes  
Robert Jordan, Ellsworth, 5:17.58: Glenn C. Jordan  
Shannon Horton, Trenton, 5:27.54: Fred Merriam  
David Rassne-Lange, Ellsworth, 5:32.79: Albert Werdenbusch  
Jeffrey Bruce, Birch Harbor, 5:36.59: Don Bruce  
Hayley White, Lamoine, 5:38.30: Linda White  
Tom Kirby, Ellsworth, 5:38.74: Bill Pinkham  
Steve Joy, Ellsworth, 5:39.59: Hale & Eleanor Joy  
Ben Avery, Blue Hill, 5:40.84: Casper Sargent  
Darien Lewis, Ellsworth, 5:43.08: Thomas Richardson  
Juan Aponte, Brooklin, 5:46.00: Nini  
Lauren Barkhouse, Ellsworth, 5:47.58: Nini  
Mallory Nightingale, Ellsworth, 5:50.26: James Russell  
Michael DeWitt, Ellsworth, 5:51.5: Tiger Henry DeWitt  
Sarah Lyons, Ellsworth, 5:52.06: Grampy MacKay  
Patrick MacKay, Ellsworth, 5:53.10: Tonya Hadley  
Ryan Garrity, Ellsworth, 5:53.77: Nancy Willey  
Casper Holmes, Ellsworth, 5:55.11: Barbara Calocci  
Bill Webster, Ellsworth, 5:59.38: Bill Webster Sr.  
Annika Firestone, Ellsworth, 5:59.96: Ellen Cederberg  
Lukas Firestone, Ellsworth, 6:00.63: Bo Hakansson  
Katie Ridlitzky, Ellsworth, 6:00.77: Magarat Wagner  
Kevin Arkin, Ellsworth, 6:03.47: Casper Sargent  
George Firestone, Ellsworth, 6:05.34: George F. Firestone, Jr  
Jenna Bell, Ellsworth, 6:07.95: Mariene Brown  
Sarah Homich, Ellsworth, 6:10.77: Alveena Young  
Kaly Jackson, Ellsworth, 6:16.11: Bill Drohan  
Kody Holmes, Ellsworth, 6:17.34: Barbara Calocci  
DJ Samuelian, Bangor, 6:20.11: Marjorie Samuelian  
Mary-Beth Mitchell, Ellsworth, 6:27.18: All Veterans  
Robin Clarke, Ellsworth, 6:29.20: Jon Logan  
Keith Smith, Ellsworth, 6:33.29: Fredrick Smith & Mina Holden  
Nate Rockwood, Ellsworth, 6:33.76, Lionel Bourassa  
Matthew Fendle, Ellsworth, 6:33.91: Thomas F. McAuliffe  
Dave Samuelian, Bangor, 6:45.27: John Samuelian  
Peter Weaver, Lamoine, 6:47.96: Weyman A. Boone  
Corinne Powell, Ellsworth, 6:50.18: Nelson Belliveau  
Zak Charette, Hampden, 6:54.39: Charlie Smart  
Ben Lee, Ellsworth, 6:56.39: Charlie Smart  
Taylor Lounder, Ellsworth, 6:58.88: Ed Brown  
Griffin Nightingale, Ellsworth, 6:59.85: James Russell  
Ceileigh Weaver, Lamoine, 7:02.68: Nana Young  
Nate Stephenson, Ellsworth, 7:03.14: Joan Stephenson  
Becky Leamon, Ellsworth, 7:03.71: Steve Graves  
Jack Lee, Ellsworth, 7:05.44: Charlie Smart  
Beverly Hawkins, Sedgewick, 7:08.44: Havilah & Mary Hawkins  
Mike Petkova, Ellsworth, 7:10.62: Stefka Petkova

Kelsey Crowley, Ellsworth, 7:12.27: Betty Sprague  
Lisa DeWitt, Ellsworth, 7:12.39: Roy Lee Lietz Jr.  
Mitch Domagala, Ellsworth, 7:12.54: Beth Wright  
Aaron Scilla, Ellsworth, 7:16.11: David Durost  
Camden Holmes, Ellsworth, 7:18.46: Barbara Calocci  
Isaac Weaver, Lamoine, 7:21.11: Poppo Young  
Susie Fay, Ellsworth, 7:23.25: Chad Curtis  
Eric Holmes, Ellsworth, 7:24.71: Sadie Laprade  
Stephen Fay, Ellsworth, 7:27.16: Chad Curtis  
Jason Lee, Ellsworth, 7:35.07: Grandmother  
Hannah Firestone, Ellsworth, 7:37.51: Lars H. Laron  
Phil Stuart, Machias, 7:37.55: Heather Stuart  
John Fendle, Ellsworth, 7:41.71: Howard J. McAuliffe  
Katherine Ford, Trenton, 7:42.24: Sandra Ford  
Nicole Thurber, Ellsworth, 7:42.37: Gramma  
Jeff Dalrymple, Surry, 7:43.01: Olive Gibson  
Shirley Amcott, Ellsworth, 7:45.11: Tobin Fitch  
Declan White, Ellsworth, 7:50.13: Michael Ryan  
Danielle Chatto, Ellsworth, 7:51.95: Casper Sargent  
Chelsea Lounder, Ellsworth, 7:55.49: Edward Brown  
Bill Hansen, Surry, 7:55.56: Harold Ledien  
Katie Beardsley, Augusta, 7:59.22: Elaine Haines  
Tony Beardsley, Surry, 7:59.42: Peg Beardsley  
Morgan Barkhouse, Ellsworth, 8:01.34: Nini  
Brianna Reardon, Ellsworth, 8:03.12: All Veterans  
Kyle Lima, Ellsworth, 8:05.98: William Lima  
Ed Raymaker, Ellsworth, 8:07.68: Christina Greenlaw  
Bridget Jordan, Ellsworth, 8:07.99: Marion D. Berry  
Robert Reardon Jr, Ellsworth, 8:08.26: All Veterans  
Petko Petkova, Ellsworth, 8:11.00: Stefka Petkova  
Brandon Aponte, Brooklin, 8:17.13: All Veterans  
Chrissy Allen, Old Town, 8:26.42: Lola Barrett  
Anne Gibson, Surry, 8:29.69: Dick Gibson  
Marty Elliot, Prospect Harbor, 8:35.59: Don Bruce  
Matt Hudson, Ellsworth, 8:36.4: Theodor Beal  
Lucas Allen, Old Town, 8:36.76: Roger Allen  
Tricia Hamilton, Ellsworth, 8:38.40: Casper Sargent  
Jared Hamilton, Ellsworth, 8:38.50: Charles Katsiaficas  
Elliott Gagnon-Victor, Ellsworth, 8:44.14: Gabriel Gagnon  
Meghan Collins, Bangor, 8:44.30: Joseph Smith  
Bill Null, Gouldsboro, 8:45.38: Phyllis Morse  
Mary Alice Bruce, Corea, 8:51.34: Don Bruce  
Kristen Beal, Ellsworth, 9:07.94: Rita Welch  
Joseph Look, Ellsworth, 9:13.89: Joy Ellen Look  
Maddie Nida, Ellsworth, 9:18.85: George Mitchell  
Dylan Kelley, Lamoine, 9:26.10: Richard Butler  
Jennifer McFarland, Ellsworth, 9:27.23: Zach Armstrong  
Laura Cook, Ellsworth, 9:29.09: Casper Sargent  
Kristen Crosthwaite, Ellsworth, 9:30.28: Joshua Bach  
Briana Garrity, Ellsworth, 9:32.32: Nancy Willey  
Sydney Garrity, Ellsworth, 9:34.24: Nancy Willey  
Donna Abbott, Franklin, 9:35.71: Benji Abbott  
Johna Barkhouse, Ellsworth, 9:42.28: Nini  
Jim Barkhouse, Ellsworth, 9:42.39: Nini  
Matt Shea, Ellsworth, 9:53.39: Dwight Brown  
Colin Aponte, Brooklin, 9:59.98: All Veterans  
Louise Aponte, Brooklin, 10:00.55: All Veterans  
Matthew Collins, Bangor, 10:04.44: Philip Jarvis  
Michael Reisman, Hulls Cove, 10:09.86: Barbara Reisman  
Asa Jordan, Ellsworth, 10:10.62: Bette Ray  
Padraig White, Ellsworth, 10:17.11: Michael Ryan

Ena O'Dwyer-White, Ellsworth, 10:17.67: Michael Ryan  
Hillary Caruso, Sorrento, 10:20.0: Michael Ryan  
Joe Caruso, Sorrento, 10:25.40: Loren Hutchinson  
Brayden Beardsley, Surry, 10:28.96: David Preston  
Biruk Beardsley, Surry, 10:29.07: William H. Beardsley  
Haley Abbott, Hancock, 10:32.53: Uncle Benji Abbott  
Dawn Corbett-Hughes, Ellsworth, 10:33.38: Warren Hughes  
Ciera Abbott, Franklin, 10:35.30: Uncle Benji Abbott  
Sheila Clark, Ellsworth, 10:37.59: Luke Sponberg  
Orion Jordan, Ellsworth, 10:46.30: Richard Berry  
Rhonda Reardon, Ellsworth, 10:46.59: All Veterans  
Bronwyn Beardsley, Surry, 10:52.36: Carol Beardsley  
Teresa Starkie, Quincy, 10:57.90: Nancy  
Laura Smith, Ellsworth, 11:05.34: Jerry & Ruby Turner  
Devin Grindle, Surry, 11:19.50: Mildred Emerton  
Colby Hamilton, Ellsworth, 11:19.95: Casper Sargent  
Dale Hamilton, Ellsworth, 11:20.58: Charles Katsiaficas  
Rusty Elliot, Prospect Harbor, 11:22.12: Don Bruce  
Ryan Mitchell, Surry, 11:34.87: All Veterans  
Peter Loiselle, Ellsworth, 11:40.04: All Veterans  
Sandra DeWitt, Ellsworth, 11:58.23: Henry DeWitt  
Wyatt Braun, Ellsworth, 12:51.60: Everett Freeman  
Brian Clark, Ellsworth, 13:04.45: Grandma Beryl  
Beverly Homich, Ellsworth, 13:56.40: May & Valere Albert  
Paul Homich, Ellsworth, 13:57.00: Helen & Alexander Homich  
Sara Shea, Ellsworth, 14:32.27: Sara D. Shea  
Karen Shea, Ellsworth, 14:32.51: Richard Higgins  
Beth Fendle, Ellsworth, 14:43.09: Margaret McAuliffe  
William Starkie, Ellsworth, 14:52.91: Nancy, Norman, Margaret  
Abigail Mazgaj, Ellsworth, 15:12.39: All Veterans  
Mallory Dunbar, Mt. Desert, 15:12.65: John Dunbar  
Paul Mazgaj, Ellsworth, 15:12.67: All Veterans  
Benjamin Mazgaj, Ellsworth, 15:12.67: All Veterans  
Hayden Braun, Ellsworth, 15:13.32: Everett Freeman  
Robert Blood, Lamoine, 16:25.49: Nana D  
Aimee Blood, Lamoine, 16:25.74: James Denbow  
Anne Blood, Lamoine, 16:25.81: Everett Freeman  
Paul Cotton, Lamoine, 16:26.61: James Denbow  
Kim Crane, Lamoine, 16:39.79: Maxine Lakin  
Bonita Ross, Ellsworth, 16:52.88: Norman Ross  
Josh Callnan, Ellsworth, 16:54.11: Ethel Donahue  
Cheryl Callnan, Ellsworth, 16:54.26: Fred Donahue  
Beverly Grindle, Ellsworth, 16:59.35: Casper Sargent Jr.  
Tracie Crane, Hancock, 16:59.92: Uncle Charles Harmon  
Kathy Crane, Lamoine, 16:59.96: All Veterans  
Anne Lusby, Ellsworth, 17:01.99: Teresa & Casper Sargent  
Kinsey Crowley, Ellsworth, 17:14.08: Evla Crowley  
Debbie Crowley, Ellsworth, 17:14.18: Ale from Chile  
Teri Sargent-Smith, Ellsworth, 17:26.66: Casper & Teresa Sargent  
Janice Sargent-Mitchell, Ellsworth, 17:26.83: George, Morn, & Dad  
Athana Joy, Ellsworth, 17:55.97: Viole Sargent & Bessie Thoros  
Maria Libby, Hancock, 17:56.81: My Papou  
Lily Katsiaficas, Ellsworth, 17:58.50: Papou  
Mary Katsiaficas-Libby, Ellsworth, 17:58.84: Charles Katsiaficas  
Caroline Mazgaj, Ellsworth, 19:54.91: All Veterans  
Katrina Mazgaj, Ellsworth, 19:55.65: All Veterans  
Andrea Beardsley, Surry, 20:13.87: Doris Bean  
Betty Beardsley, Surry, 20:13.89: Rena Candage  
Eden Beardsley, Surry, 20:14.03: Ruth Dutton  
Lucas Fendle, Ellsworth, 20:55.07: Fred Warren  
John Fendle, Ellsworth, 20:55.08: Henry Thomas

# Membership, Policies & Contacts

## OUR MISSION STATEMENT

To build strong communities, families and individuals by fostering respect and promoting a healthy spirit, mind and body for all.

## CONTACT INFORMATION

P.O. Box 25, Ellsworth, Maine 04605 \* Phone: (207) 667-3086 \* Fax: (207) 664-0120 \* [www.defymca.org](http://www.defymca.org)

### FACILITY HOURS:

Monday- Friday Saturday & Sunday  
5:30 am - 9:00 pm 8:00 am - 5:00 pm

The YMCA will be closed on the following days:

Saturday, July 4th  
Sunday July 5th  
Monday, September 7th  
Monday, September 8th.

### OPEN GYM TIMES:

Monday/Wednesday/Friday  
5:30 am - 6:00 am  
1:00 pm - 3:00 pm

Tuesday/Thursday  
5:30 am - 9:00 am  
10:30 am - 11:30 am  
1:00 pm - 3:00 pm

Sunday  
8:00 am - 1:00 pm

All schedules subject to change.

## 2009 Summer Newsletter



### LAP POOL TIMES

Monday/Wednesday/Friday  
5:45 am - 8:00 am 3 laps  
8:30 am - 10:30 am 2 laps  
11:30 am - 1:00 pm 6 laps  
1:00 pm - 4:00 pm 4 laps  
6:15 pm - 8:30 pm Open/ 2 laps

Tuesday/Thursday  
5:45 am - 8:30 am 3 laps  
9:30 am - 10:30 am 2 laps  
11:30 am - 1:00 pm 6 laps  
1:00 pm - 2:00 pm 3 laps  
2:00 pm - 3:00 pm Open/2 laps  
3:00 pm - 4:00 pm 3 laps  
6:00 pm - 7:00 pm Open shallow/1 lap  
7:00 pm - 8:30 pm Open/2 laps

Saturday  
9:30 am - 1:00 pm 6 laps  
1:00 pm - 4:00 pm Open/3 laps

Sunday  
8:00 am - 1:00 pm 6 laps  
1:00 pm - 4:00 pm Open/3 laps

### OUR EASY PAYMENT OPTIONS INCLUDE:

- Payment through a monthly bank draft
- Credit card or ATM card draft.
- Payment in full.

All bank information is kept confidential. Money is drafted on the first business day of the month. For more information please contact Matt Montgomery, the Membership Director, at 667-3086 or via email at [mmontgomery@midmaine.com](mailto:mmontgomery@midmaine.com).

A one time **Joiner Fee of \$50** applies to all new memberships except youth and summer memberships. The following prices reflect our monthly dues. Multiply by 12 for annual dues.

	Supporting Community	Non-Supporting Community	Corporate Rate
Young Adult (19-23)	\$30	\$35	<b>\$28</b>
Adult (24 & up)	\$39	\$46	<b>\$36</b>
One Parent Family	\$42	\$50	<b>\$39</b>
Family	\$48	\$56	<b>\$43</b>
Senior (62 & up)	\$30	\$35	<b>\$28</b>
Senior Couple	\$39	\$46	<b>\$36</b>
Youth - Annual Rate	\$96	\$120	

### SUPPORTING COMMUNITIES

Supporting Communities support our YMCA financially each year so that we may provide scholarships to individuals from that community to use our facility. Residents of these communities receive a reduction in membership fees, significant reduction in most program fees and open gym and pool times from 1-4 p.m. on the weekends. Our Supporting Communities include:

Blue Hill, Brooklin, Brooksville, Ellsworth, \*Franklin, Hancock, Lamoine, Mariaville, Millbridge, Orland, Otis, Sedgwick, Sorrento, Stonington, Sullivan, Surry, Trenton, Waltham & Winter Harbor.

\* some communities not eligible for full supporting community benefits.

### CORPORATE MEMBERSHIPS

A corporate membership is available to any organization that has 6 or more employees with memberships at our YMCA. Those eligible receive a reduction in membership fees, and in some cases the opportunity for payroll deduction for dues, as well as other benefits. Contact Matt Montgomery at [mmontgomery@midmaine.com](mailto:mmontgomery@midmaine.com) for more info.

### YMCA STAFF CONTACT LIST

Peter Farragher, CEO	<a href="mailto:pfarragher@midmaine.com">pfarragher@midmaine.com</a>
Jeanne Wood, Associate Executive Director	<a href="mailto:jmwood@midmaine.com">jmwood@midmaine.com</a>
Kate Sullivan, Aquatic Director	<a href="mailto:ksullivan@midmaine.com">ksullivan@midmaine.com</a>
Carolee Batson, Aquatics	<a href="mailto:cbatson@midmaine.com">cbatson@midmaine.com</a>
Kevin DiDonato, Fitness	<a href="mailto:kdidonato@midmaine.com">kdidonato@midmaine.com</a>
Robin Clarke, Fitness	<a href="mailto:defymca@midmaine.com">defymca@midmaine.com</a>
Rick Parker, Afterschool Director	<a href="mailto:rparker@midmaine.com">rparker@midmaine.com</a>
Shane Lowell, Youth Sports Director	<a href="mailto:slowell@midmaine.com">slowell@midmaine.com</a>
Matt Montgomery, Marketing Director	<a href="mailto:mmontgomery@midmaine.com">mmontgomery@midmaine.com</a>
Bob Dyer, Facilities Director	<a href="mailto:defymca@midmaine.com">defymca@midmaine.com</a>
Heidi Tupper, Membership Administration	<a href="mailto:htupper@midmaine.com">htupper@midmaine.com</a>
Childcare Department	<a href="mailto:defymca@midmaine.com">defymca@midmaine.com</a>
Amy Curtis, Childcare Billing	<a href="mailto:acurtis@midmaine.com">acurtis@midmaine.com</a>

### DUAL MEMBERSHIP

#### OPPORTUNITY AT THE MDI YMCA

Fees are annual. Dual members must adhere to membership policies at individual YMCA's. Member must be an annual member in good standing.

Young Adult	\$100
Adult	\$200
1 Parent Family	\$200
Family	\$300
Senior	\$100

Dual Membership Policies: the member interested in upgrading must be a member in good standing at their present YMCA. If their membership expires and/or is cancelled, the upgrade membership is automatically expired/cancelled. The dual membership fee must be paid in full to the YMCA the member is adding to their membership. Youth and summer memberships do not apply.

### DAILY USER FEE

Individual or families who do not wish to take out a membership may use the facilities by paying the following:

Adults (24 & up)	\$8
Youth	\$3 **
Seniors (62 & over)	\$5
Families	\$10
Young Adult (19-23)	\$5

\*\* Youth may not use the weight room. Buy a 15 visit pass for \$99!

### WITHDRAWALS

To withdraw from a program and receive a full cash refund, the request must be made in writing prior to the first class. All requests made after the first class may be eligible for a credit at a prorated amount. No request may be submitted after the 2nd class. A \$10 administration fee will be assessed for all cash refunds. Medical excuses will be evaluated on an individual basis.

### SERVICE CHARGE

All returned checks and drafts will be assessed a \$10 fee. Replacement payment must be paid in cash.

### CLASS CANCELLATIONS

If the Ellsworth School System cancels school due to inclement weather, our morning classes will be cancelled. By 12:00 p.m. a decision will be made regarding afternoon classes.

By 4:00 p.m. a decision will be made regarding evening classes.

Please check out our website at [www.defymca.org](http://www.defymca.org).

### SCHEDULES

Most of our schedules are available on our website, [www.defymca.org](http://www.defymca.org). All schedules subject to change without notice.

### FINANCIAL ASSISTANCE

The YMCA strives to make its programs and facilities available to everyone who wishes to participate, regardless of the individual's ability to pay. See the Service Desk for an application.



Please visit our website for up to date schedules and program information.

[www.defymca.org](http://www.defymca.org)