

The Newsletter of the Down East Family YMCA

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Down East Family YMCA 2010 Winter Newsletter

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A LETTER FROM OUR CEO

Dear Friends,

Each new year most of us set out with the best intentions to start fresh.

Some of us have aspirations of ridding ourselves of bad habits, others try to start good habits.

Either way, it's clear that those who are the most successful don't succeed on their own. They rely on help and encouragement. Some rely on competition to get moving.

It's our goal at the YMCA to help provide you all the opportunities to help you accomplish your goals.

We have trained staff who can help guide you in the right fitness direction. We have scores of equipment and a variety of programs to help you along the way.

This winter we are even putting together a

Race Series for all the runners in the area to help get the competitive juices flowing.

If you need any extra motivation or inspiration, I encourage you to check out the story on page 7 about one of our own who travelled to Mexico to compete in an Ironman Triathlon. This from a man who could barely swim 4 lengths of the pool continuously a little more than a year ago.

With 4 fitness rooms, more than 40 hours of aerobics each week and a flexible pool schedule, we believe that we can help you achieve your goals, no matter how grand they may be.

See you at the Y,

Peter Farragher
CEO

Breaking News

Zumba- New Classes, New Location

This dance, fitness class has been wildly popular. Our Monday, Wednesday and Friday evening classes have brought throngs of participants into the YMCA for a fun-filled, intense workout. To help meet the growing demand for this unique class, we have added 4 new classes and one new location.

Lunchtime Zumba

Starting Tuesday, January 5th, we will be offering a Lunchtime Zumba class. This condensed version of the evening program will run on Tuesdays and Thursdays from 12:15 pm - 12:45

pm. Jill and Robin will lead this program designed to get a great cardio workout in the middle of the day.

Bucksport Zumba

Starting January 12th Zumba will be heading to Bucksport.

On Tuesday and Thursday evenings, from 6:00 pm - 7:00



pm, Jill and newly certified instructor Kim Crane, will offer the same great program currently offered at the YMCA, at the Miles Lane School in Bucksport.

The class will be \$4 per class for YMCA members, \$5 for RSU 25 employees and \$8 for everyone else.

Zumba Pass (Bucksport only)

For your convenience we are now offering a Zumba pass for non-members who wish to take the class in Bucksport. The pass is \$40 and will be good for 8 classes.

Learn More

To learn more about this great program, check out the Zumba page on our website, www.defymca.org.

Special Class - December 23rd

Wednesday, December 23rd, 8:30 am - 9:30 Zumba in the morning!

Holiday Inn Membership Transfers

Anyone who stills holds a current Holiday Inn Membership card may begin a YMCA membership without incurring a Join Fee through the end of December.

Memberships at the YMCA include use of all 4 fitness rooms, the pool and the gymnasium. Most adult programs are included with membership. These programs, like Pilates, Zumba and Spinning, are offered at various times throughout the day, all week long.

The Fitness rooms are open

more than 90 hours per week. **The pool has more than 55 hours of open or lap time each week.**

Since we expanded our fitness rooms there is always equipment available for a workout.

Our fitness rooms are staffed most of the day during the week. Orientations are available free to members who wish to learn more about the equipment.

Stop by today for a tour. Don't delay, as this offer is valid only through the end 2009.

Free Membership for State Employees

State employees who receive their paycheck from Augusta may be eligible for a free membership to the YMCA.

This offer is the result of a partnership between the YMCA, Maine General Medical Center and the State of Maine.

To start your free membership, you must contact the Gym Program Coordinator, April Cusick, at (207) 287-6440 or via email at april.cusick@maine.gov.

April will send you a swipe card which you can bring in to the Y to

start your membership.

Already a member? No problem. Once you receive your swipe card from the State we can transfer your upcoming dues to the State.

This membership works the same way as our standard memberships. There are no added restrictions. Members have access to all the facilities and programs available to other members.

State Employees may upgrade to a Family membership for just \$10 per month.

Newest Equipment - Treadwall

The YMCA has purchased a Treadwall which will be arriving in late January.

The Treadwall climbing wall combines aerobic conditioning with flexibility, balance, and functional upper and lower body strength work.

There are no motors, only gravity. Users choose to climb at their own pace (patented sensors stop the wall when you stop) or a set speed. A simple electronic display shows time and distance. Intensity can be varied with adjustable wall angles, fully controllable speed, and holds (grips) that can be re-oriented or moved.

It can be used for all types of training, youth fitness, and climbing. It is an open platform used for climbing or ground-based modes of training. There are no age limits. It is a low-impact, weight-bearing activity appropriate to all levels of fitness.

The Treadwall was purchased thanks to a gift from Peter and Cathy Goebel in memory of Peter's parents, Ursula and Robert Goebel.

The Treadwall will be located in the Kaufman Training Center, adjacent from the Front Desk.

For more information about the Treadwall, please visit the manufacturer's website at www.brewersledge.com. The Treadwall model we have ordered is the Treadwall M6.



Win Big at the YMCA

Are you feeling lucky? Well you don't have to be too lucky to win big at the YMCA.

The Big Ticket

Through the end of December the Y is selling raffle tickets for the Big Ticket. The Big Ticket is the Calendar Raffle sponsored by WNSX, 97.7. Only 300 tickets will be sold. A prize worth at least \$250 will be given away on WNSX each day in January. That means a ticket holder has a greater than 1 in 10 chance of winning big.

Prizes include 2 cords of wood, granite benches, fabulous gift certificates and a grand prize of \$1000 cash.

Tickets are \$100 and are available at the YMCA.

A complete list of prizes can be found on the Y's website, www.defymca.org.

Scooter Raffle

Another great opportunity to win big is with our Scooter Raffle.

The scooter is a Schwinn 50 Valo, valued at about

\$2000.

With great fuel economy, about 100 miles per gallon rating, the Schwinn is rated as one of the best scooters on the market by motorcycle.com.

Tickets are \$5 each or 5 for \$20.

The drawing will be held on Thursday, February 19th.

The scooter was donated by Morrison Chevrolet.



Child Care & Afterschool

Moore Community Center Updates

PRESCHOOL ENRICHMENT

With the added space available at the new child care facility, we will be offering enrichment programs that will be available to our child care participants as well as children in the community. Preschool Enrichment programs are for children aged 3 1/2 to 5 years old.

PEE WEE CHEERING

Children aged 3 1/2 - 5.

Join Stephanie Davis, Child Care and Afterschool staff member and former Ellsworth Cheerleader, for this great introduction to cheering. This class won't involve any stunts, but will

include basic coordination skills, stretching and cheering.

\$20 for supporting community and \$25 for non-supporting community. YMCA Child Care enrollees receive a \$5 discount.

ROOM RENTALS

The classrooms, cafeteria and gymnasium are available for weeknight and weekend rentals.

Local non-profits may be eligible for **FREE** use of the facility when space is available.

The classrooms are perfectly set up for meetings or small programs. The gym and cafeteria offer larger spaces for gather-

ings, parties or meetings.

Please contact Facility Coordinator, Rick Parker, at rparker@midmaine.com for more information.

NEW POSITIONS

Long time YMCA employees Rick Parker and Jessica Montgomery are leading new positions at the Moore Child Care Center.

Rick Parker has been promoted to Moore community Center Director. As Facility Coordinator, Rick will be in charge of coordinating community use of the Moore Community Center. The YMCA is making the

facility available for rentals for the community as well as offering free space on weeknights for local non-profits, when available.

Jessica Montgomery has been promoted to Child Care Director. As the director Jessica will be involved with program coordination, staff development and community outreach. Jessica will still be intimately involved with the classrooms and will spend time each week in each class.

Melanie Lee and Tracey Dowling will be the head teachers of Preschool and Early Preschool, respectively.

INFANT CARE

Head Teacher: Sara McDonald

Appropriate for children age 6 weeks to 12 months.

Full week \$180 for members, \$185 non-members
M/W/F \$125 for members, \$130 non-members
T/TH \$100 for members, \$105 non-members

EARLY TODDLER CARE

Head Teacher: Sara McDonald

Appropriate for children age 12 months to 18 months.

Full week \$160 for members, \$165 non-members
M/W/F \$115 for members, \$120 non-members
T/TH \$95 for members, \$100 non-members

TODDLER CARE

Head Teacher: Sara McDonald

Appropriate for children age 18 months to 30 months.

Full week \$160 for members, \$165 non-members
M/W/F \$115 for members, \$120 non-members
T/TH \$95 for members, \$100 non-members

EARLY PRESCHOOL CARE

Head Teacher: Crystal Moretto

Appropriate for children age 2 1/2 to 4 years.

Full week \$145 for members, \$150 non-members
M/W/F \$105 for members, \$110 non-members
T/TH \$80 for members, \$85 non-members

PRESCHOOL

Head Teacher: Melanie Lee

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

Full week \$135 for members, \$140 non-members

MORNING PRESCHOOL

Head Teacher: Tracey Dowling

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

8:00am-11:30am
Full week \$65 for members, \$70 non-members

AFTERSCHOOL

Head Teacher: Rick Parker

Appropriate for children in Kindergarten through 5th grade.

1 day a week \$17 member \$22 non-member
2 days a week \$34 member \$39 non-member
3 days a week \$51 member \$56 non-member
4 day a week \$68 member \$73 non-member
Full week \$70 member \$75 non-member

SAVE \$ SAVE \$5 PER WEEK SAVE \$
BY PAYING THROUGH AN AUTOMATIC DRAFT

Vacation Camps

CHRISTMAS VACATION CAMP

The YMCA Afterschool Program will be offering Vacation Camps pack full of activities for all Kindergarten through 5th Graders.

Camp starts and ends each day at the Moore Child Care Center. Each day includes a field trip.

Wednesday, December 23

Campers will be making Gingerbread Houses and putting together a Gingerbread Village. After lunch its off to the YMCA for swimming from 1:00 pm - 2:30 pm.

Monday, December 28

Campers will be crafty in the morning. We will construct New Year's Pinatas and more. We will be leaving Ellsworth after lunch and heading to Bangor for bowling at the Family Fun Bowling Center.

Tuesday, December 29

Tuesday will be out of this world as campers head up to the Maynard Jordan Planetarium at the university of Maine in Orono.

Wednesday, December 30

Wednesday is New Year's celebration day full of games and prizes. We'll also be trying out our Pinatas. In the afternoon we'll head out to the Grand Auditorium for a festive movie.

Christmas Vacation Camps are **\$25 a day for Afterschool Enrolees and \$30 for non-Afterschool members.**

FEBRUARY VACATION CAMP

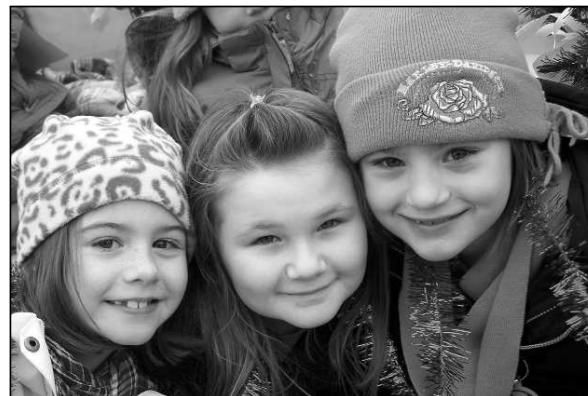
The YMCA Afterschool Program will be offering Vacation Camps pack full of activities for all Kindergarten through 5th Graders.

Camp starts and ends each day at the Moore Child Care Center. Each day includes a field trip.

February vacation will be February 16 - 20. A full list of activities will be available soon.

For more information regarding vacation Camps, please contact Rick Parker at 667-3086 or via email at rparker@midmaine.com.

Snow Day Care is Free for Afterschool Enrolees. For non-Afterschool children the fee is \$25 for a half day and \$35 for a full day.



The YMCA Child Care will be closed on Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

Winter Program Guide

Session: January 5 - February 28, 2010

Youth Aquatics

Aquatic Director: Kate Sullivan
ksullivan@midmaine.com

SKIPPER SWIM LESSONS FOR KIDS AGES 6 MONTHS TO 6 YEARS.

SHRIMP

Monday	9:00- 9:30 am
Tuesday	9:30- 10:00 am
Wednesday	9:00- 9:30 am
Thursday	9:30- 10:00 am
Saturday	10:45- 11:15 am

\$35 Members \$50 Supp Comm \$65 Non members

PRESCHOOL

Monday	9:00- 9:30 am
Monday	5:30- 6:00 pm
Tuesday	9:30- 10:00 am
Tuesday	2:00- 2:30 pm
Wednesday	9:00- 9:30 am
Wednesday	5:30- 6:00 pm
Thursday	9:30- 10:00 am
Saturday	10:15- 10:45 am
Saturday	10:45- 11:15 am

\$35 Members \$50 Supp Comm \$65 Non members

PROGRESSIVE SWIM LESSONS FOR KIDS AGES 6 & UP.

ALL LEVELS

Monday	5:30- 6:15 pm
Tuesday	2:00- 2:45 pm
Wednesday	5:30- 6:15 pm
Saturday	9:30- 10:15 am

\$40 Members \$60 Supp Comm \$75 Non Members

PRIVATE LESSONS

Email Kate at ksullivan@midmaine.com to schedule. Purchase 6 lessons and receive a 7th free.

\$15 Members \$19 Non Members

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

PRE-COMPETITIVE SWIM TEAM

For children who want to experience the competitive side of swimming. Meets twice a week.

Mondays & Wednesdays 4:00- 4:30 pm

\$50 Members \$65 Supp Comm \$80 Non Members

Email Matt at mmontgomery@midmaine.com for info.

DEFY SWIM TEAM

Competitive program for children aged 6 - 21.

YMCA and USA program. We believe that swimming should be a fun sport, but also realize that it takes a lot of work to achieve lofty goals.

We encourage our swimmers to challenge themselves regularly. Although training can be rigorous and many children start at a young age, we take many measures to help prevent "burn-out".

We do not require swimmers under the age of 12 to compete.

All swimmers receive a cap and t-shirt.

Regular season lasts until the final Championship meet that the swimmer qualifies for. The Championship meets are held in March and April.

Contact Matt at mmontgomery@midmaine.com for info.

YMCA Child Care & Afterschool kids receive \$5 off most programs.

Teens

Youth Services: Mike Feero
mfeero@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 Mike Feero at 667-3086

SCHOOL DANCE

December 18, January 16 & February 20

Kids in grades 6-8th

6:30pm - 9:00pm.

\$5 for all

Ski Trips

Youth Services: Mike Feero
mfeero@midmaine.com

This winter the YMCA will be offering Ski Trips for kids in 6th grade and up. These trips will leave from and return to the YMCA. The cost of each trip includes transportation and lift ticket. Ski or board rentals, lessons and meals are the responsibility of each skier.

TRIP 1-SKI/SNOWBOARD AT HERMON MOUNTAIN

Saturday, January 9, 2010

Leave YMCA: 2:00pm

Back at YMCA: 8:00pm

Ski Time: 3:00-7:00pm

Cost: \$40

Skiers should bring extra money for rentals and lessons if needed.

Rental price: Ski \$13 Board \$16

Lesson price: \$10

TRIP 2-SKI/SNOWBOARD AT MOUNT JEFFERSON

Date: Saturday, February 13, 2010

Leave YMCA: 10:00am

Back to YMCA: 6:00pm

Ski Time: 12:00-4:00pm

Cost: \$40

Skiers should bring extra money for rentals.

Rental price: Ski \$12 Board \$8

TRIP 3-SKI/SNOWBOARD AT CAMDEN SNOWBOWL

Date: Saturday, March 13, 2010

Leave YMCA: 10:00am

Back to YMCA: 6:00pm

Ski Time: 12:00-4:00pm

Cost: \$40

Skiers should bring extra money for rentals and lessons if needed.

Rental price: Ski \$15 Board \$15

Lesson price: \$17

TRIP 4-SKI/SNOWBOARD AT SUGARLOAF

Date: Saturday, April 10, 2010

Leave YMCA: 6:00am

Back to YMCA: 7:30pm

Ski Time: 9:00-4:00pm

Cost: \$60

Skiers should bring extra money for rentals and lessons if needed.

Rental price: Ski \$26 Board \$26

Lesson price: \$25

Youth Sports

Youth Sports Director: Shane Lowell
slowell@midmaine.com

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.

PEE WEE CHEERING

AGES 3 1/2 TO 5 YEARS OLD.

Join Stephanie Davis, Child Care and Afterschool staff member and former Ellsworth Cheerleader, for this great introduction to cheering. This class won't involve any stunts, but will include basic coordination skills, stretching and cheering.

\$20 for supporting community and \$25 for non-supporting community.

YMCA Child Care enrollees receive a \$5 discount.

TOURNAMENT BASKETBALL

After the travel season has completed we will offer try-outs for tournament teams. These teams play in at least 3 tournaments during February and March. **Cost is \$75.**

Tryout dates will be announced.

Contact Shane at slowell@midmaine.com for more



information.

Youth Memberships start at \$8 per month

Fitness Classes Descriptions & Special Events

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.

DESIGNED BY DONNA-

Class is designed personally by Donna Abbott. This class mixes up step, strength and flexibility for a fun, interactive routine to help tone and sculpt those hard to reach places!

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.

FUN, FABULOUS FITNESS-

This class is fun and exciting. Guaranteed to increase your energy levels and tone your body for fabulosity! Have fun and get sweaty too!

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 your 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!

MAKE TRACKS WALKING CLUB-

Take one step at a time to a healthier you!!
Sponsored by Maine Coast Memorial Hospital Social and Fun! Walks at the Down East Family YMCA Tuesday and Thursdays 11:00am-12:00pm
In the gym or outside (weather permitting)
"KICK OFF" to new season **OCTOBER 13, 2009**
MCMH provides pedometers & YMCA provides the gym space. Contact Robin 667-3086 or Bernadette 664-5434 for more information

PILATES- AT THE MOORE SCHOOL

Jessica Montgomery is back from summer vacation and 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-

Half hour intense class focusing on your abs and lower back.

SALSA-

Sylvana is returning with her ever popular Salsa class. Get fit and learn a few new steps.

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

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

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.

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

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!

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-

We 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 us 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

Orientations

We highly recommend a Fitness Orientation for anyone who is new to the YMCA, or anyone who wants to "amp up" their workout by trying new equipment.

Orientations are FREE with your membership. You can schedule an orientation by calling 667-3086 or emailing Robin Clarke at rclarke@midmaine.com.

We are also offering group orientations. These orientation last about 30 minutes and are available facility wide or room specific. A schedule will of group orientations will be available at the Front Desk.

Before your orientation, please pick up an exercise release form at the Front Desk. Wear comfortable, workout clothes during the orientation.



Event Results

Ironman Experience

Derek Hayes is a resident of Franklin, employee at Bar Harbor Bank & Trust and a YMCA Board Member. This fall Derek travelled to Mexico to compete in his first ever Ironman Triathlon.

Derek has been training at the YMCA for the last 15 months to prepare for the Ironman. The Ironman Triathlon consists of a 2.4 mile swim, 112 mile bike ride and 26.2 mile run.

According to Ironman.com, worldwide, less than one percent of the population will even start a triathlon each year, and less than one percent of those will finish an ironman.

This is part of Derek's story.

"The start was at a national park/ dolphin preserve. There were thousands of people on the shore, helicopters flying around and masses of boats getting ready for the race.

I really had no time to get nervous--it takes a while to get 2000 people in the water! I got in and bobbed around for about 3 minutes, setting myself near the back of the mass swim start.

At 7am sharp the military firing squad did their thing. All of the sudden, there was a mass of mad paddling as the race got underway. For the past year, this was the moment I had been most nervous about. I have heard stories of people being swum over, punched, kicked, etc. For all of the races I've done, this one was remarkably calm.

Within 200 yards, I marked someone to draft and for the next 500 yards or so got into a good rythm, tucking in behind those around me, occasionally popping up to make sure I was headed in the right direction.

I made the first turn buoy and felt really good. My heart rate was nice and low and my level of exertion felt really easy. I was now looking at a 2200 yard straight swim to the next buoy. The water was gorgeous and clear. Every now and then I would catch a glimpse of a star fish, sting ray and the occasional safety diver (stationed every 200 yards or so).

All of the sudden, OUCH! Both arm pit and a spot of my back started to burn and sting. Jellyfish! I tried to stay calm and just kept on moving. The pain was pretty intense but tolerable. After settling back in to my stroke I looked up to see that I was moving fast in the water and in what felt like only a couple of minutes, I was only a few hundred yards

from the two catamaran sailboats marking the far turn buoys.

I made the turn and was now on the home stretch. I felt really good, heart rate still low (right where I wanted it). Minutes later, I popped out of the water, expecting to feel a bit wobbly. Thankfully, I felt great. I ran the 400 yards or so from the water along a huge boardwalk to the transition tent."

To read Derek's full ironman story, visit our website at www.defym-ca.org.



Dolphins Off to a Fast Start

The DEFY Dolphins Swim Team's season is in full swing.

The team has already competed in one invitational and 3 dual meets.

The Dolphin's are have a 2-1 record after defeating the Waldo County YMCA and the Penobscot Bay YMCA. their only loss came to the Boothbay Regional YMCA where the Dolphins were outnumbered 3 to 1.

The Dolphins have more than 90 swimmers for the first time in history. After graduating only two swimmers last year, the Dolphins acquired several new youngsters to bolster their roster.

So far the team has accumulated a total of 83 Winter Championship qualifying times from 21 swimmers and 26 New England qualifying times from 11 swimmers.

The Dolphins also have 3 YMCA Short Course nationals qualifying times from Chelsey Curran and Cecelia McEachern.

The Dolphins have broken one team record so far. The 8 7 under boys relay team of Sam Pelletier, Isaac Weaver, Brandon Aponte and Camden holmes broke the 100 Medley Relay record with a time of 1:13.11.



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Mallory Nightingale

Student Representative

Dwayne Patton

Patton Plumbing

Mike Wight

Broughman Builders

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

FACILITY HOURS:

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

The YMCA will be closed on:

Thursday, December 24th,
Friday, December 25th,
Thursday, December 31st and
Friday, January 1st.

OPEN GYM TIMES:

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

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

Sunday
1:00 am - 5:00 pm

All schedules subject to change.

2010 Winter 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 - 2:45 pm 4 laps
6:15 pm - 8:00 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 - 2:45 pm Open/2 laps
6:00 pm - 7:00 pm Open shallow/1 lap
7:00 pm - 8:00 pm Open/2 laps

Saturday
11:30 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.

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	\$28
Adult (24 & up)	\$39	\$46	\$36
One Parent Family	\$42	\$50	\$39
Family	\$48	\$56	\$43
Senior (62 & up)	\$30	\$35	\$28
Senior Couple	\$39	\$46	\$36
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 for more info.

YMCA STAFF CONTACT LIST

Peter Farragher, CEO	pfarragher@midmaine.com
Jeanne Wood, Associate Executive Director	jwood@midmaine.com
Kate Sullivan, Aquatic Director	ksullivan@midmaine.com
Carolee Batson, Aquatics	cbatson@midmaine.com
Robin Clarke, Fitness Director	rclarke@midmaine.com
Rick Parker, Afterschool Director	rparker@midmaine.com
Shane Lowell, Youth Sports Director	slowell@midmaine.com
Matt Montgomery, Marketing Director	mmontgomery@midmaine.com
Bob Dyer, Facilities Director	dfymca@midmaine.com
Heidi Tupper, Membership Administration	htupper@midmaine.com
Mike Feero, Teen Director	mfeero@midmaine.com
Amy Curtis, Childcare Billing	alcurtis@midmaine.com

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.

SCHEDULES

Most of our schedules are available on our website, 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