



Times

Mud Season Newsletter
March - April, 2014



Down East Family YMCA 2014 Mud Newsletter

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"My Y" Photo Contest

Submit a photo
of you, your
family or
your friends at
the YMCA and
you could win a
6 month
membership.
See page 2 for
details.



DOWN EAST FAMILY YMCA

238 State Street, Ellsworth ME 04605

Phone (207) 667-3086, Fax (207)664-0120, Web www.defymca.org, Social [facebook.com/defymca](https://www.facebook.com/defymca)

DEFY NEWS & UPCOMING EVENTS

Summer Camp Registration

Letter from the Camp Director

Dear Parents,

I am very excited for Summer Camp, 2014! This will be my 4th year at camp and we are bringing back many of the staff that make this a wonderful place for your children to spend their summer. We pride ourselves on offering a safe, inviting environment for every child. Whether your child is an avid outdoorsman, or into arts and crafts, we have the staff and programs to entertain and challenge them. From archery, and B.B. guns, swimming and boating, as well as environmental science and a dedicated art staff, the one thing you will not here from kids at our camp is, "There is nothing to do"!

We know that camp is necessary for many of our working families. We also know that some of these campers best memories will be made this summer! Fun for them, peace of mind for you!

Thank you!

Sarah Robinson, Camp Director

PART TIME CHOICES

In order to meet the many needs of local families, we have instituted Part Time Choices for Camp this summer.

Full Week:

\$145 per week for members,
\$155 for supporting communities
\$165 for non-members

Monday/Wednesday/Friday:

\$110 per week for members
\$120 for supporting communities
\$130 for non-members

Tuesday/Thursday:

\$95 per week for members
\$105 for supporting communities
\$115 for non-members

Registration begins
March 1st.

Early Bird Special:
Register by May 3rd
and save
\$10 per week!

CAMP DATES, HOURS & TRANSPORTATION

Camp is offered **June 23rd through August 29th**.
Sign up for one week, partial weeks or all summer long.
Our schedule is designed to meet the needs of the working family. Camp is offered **Monday through Friday from 7:00am-5:30pm**, rain or shine. Although Camp is located in a secluded location, we offer convenient drop off and pick up at the YMCA.
Buses leave for camp at 7:30 am, 8:00 am and 8:30 am.
Buses arrive back in Ellsworth around 4:30 pm. Parents have until 5:30 pm to pick up their children.

ACTIVITIES

Campers have the opportunity to enhance skills and learn new skills through a variety of activities. We have invested in a dedicated staff, many of whom are trained in specific skills, including an Arts and Craft Specialist an Environmental Education Coordinator, a Waterfront Director, an Archery Director and a BB Gun Safety Instructor.

We offer boating, swimming, archery, arts & crafts, drama, fishing, hiking, team sports, science experiments and much more. The activities are designed to challenge the camper, encourage teamwork skills as well as allow the camper to express his/her individuality.



“My Y” Photo Contest

You could win a 6 month membership to the YMCA by simply submitting a photo of your Y-related moment. Share a picture with us of what the Y means to you.

What makes a great Y moment?

- * Your child hitting the game winning shot
- * Reaching a health goal in a Y exercise class
- * Meeting your friends for an after-work workout at the Y
- * Unwinding with your family at the Y on the weekend

Submitting your phot is easy:

- * Share it on Facebook. Like our page (Down East family YMCA) and post your picture on our page with the caption “My Y”.
- * You may email your picture to Matt at mmontgomery@defymca.org with the “My Y” in the subject line.

We'll select 2 winners each week in March. In April Y members will vote on the overall winner, who will win a 6 month YMCA membership. By submitting your photo you are giving the Y the right to use the photo for any marketing purposes.



Boston Science Museum Trip

We are bringing back one of the greatest, most memorable trips in YMCA history! The OVER-NIGHT TRIP to the BOSTON SCIENCE MUSEUM!! Join the YMCA staff on bus ride to Boston where we will land at the museum for lots of discovery and exploration! Activities include:

- Hands-on workshops
- A lightning presentation (it's awesome!)
- A planetarium show
- An IMAX Film

And the best part.... Sleeping in the museum!

Kids will have the opportunity to learn about the wonders of science and beyond, plus create memories that we as YMCA staff still talk about with the kids that went on the trips with us!

This trip is for grades 2nd-5th. Children should be comfortable with spending a night away from home. Spaces fill up fast. We can only take 50 children. All children will receive a YMCA Boston Science Museum Trip T-Shirt.

When: Friday, April 25th Leave the YMCA at 10:00 a.m. Returning Saturday, April 26th Return to the Y between 4:00-4:30 p.m.

Cost: \$125 for afterschool participants, \$135 for non-participants
Prices include admission, transportation and meals.

Please call the us at 667-3086 for sign up-information and further details!

Indoor Soccer

Indoor Soccer returns to the YMCA beginning February 24th. Divisions will include U4 (age 3 as of August 1, 2013), U6 (ages 4 & 5), U8 (ages 6 & 7) and U11 (ages 9 & 10). Teams will practice once a week and play games on Saturdays. Additional information is on page 7.



Aquatic Coaching

Looking to compete in a Triathlon this year? Worried about the swim? Sign up for Aquatic Coaching with Coach Matt Montgomery. Matt has 20 years of experience coaching swimmers of all ages and abilities. Sign up for a 1/2 hour to hone your skills or register for several sessions to get yourself ready for the Triathlon season. Contact Matt at mmontgomery@defymca.org.

One Hour Sessions		1/2 Hour Sessions	
	Mem/Non		Mem/Non
1	\$38/50	1	\$26/39
3	\$100/113	3	\$64/107
8	\$236/249	8	\$140/153
12	\$316/329	12	\$172/185



DEFY EARLY LEARNING CENTER

Contact

Early Learning Center
238 State St
Ellsworth, ME 04605
Phone: (207) 667-3086
Fax: (207) 664-0120

Childcare Director:
Jessica Montgomery
jmontgomery@defymca.org

Childcare Billing
Amy Curtis
acurtis@defymca.org

Locations

Our Child Care Programs are currently located in separate facilities while renovation to the Moore Community Center takes place. We are scheduled to return to the Moore Community Center sometime in 2014.

Plans for the new facility are available online at www.defymca.org.

INFANT, EARLY TODDLER & TODDLER CARE
United Baptist Church
28 Hanock St. 479-1082

EARLY PRESCHOOL
Universalist Unitarian Church
121 Bucksport Rd. 479-1091

PRESCHOOL
Family Bible Church
460 high St. 479-1092

AFTERSCHOOL
Emmanuel Baptist Church
11 Park St. 479-1093

Free Friday Nights

To show our appreciation during our re-location the YMCA would like to invite all families enrolled in our Early Learning Center Programs the opportunity to come and play at the YMCA for FREE on Friday nights!

- Family swim beginning at 6:00pm
- Adult fitness classes beginning at 4:15 p.m. (you must sign up in advance for the TRX fitness class)
- Adult work-out time
- Open gym time, check schedule for availability.

EARLY LEARNING CENTER

Why invest in an early educational start for your child?

When children are presented with an early opportunity to form positive relationships with other caring adults and their peers, these relationships begin to build a foundation of self-esteem and self-awareness. Children see themselves as an important part of a group, a puzzle piece that fits into a bigger picture. The bigger picture is a family, a classroom, even a community.

Partnering with The Down East Family YMCA

Early Learning Center programs can help construct your wishes for your child to achieve their optimum potential during the early years. We employ teachers who are trained and educated in the field. These men and women have dedicated their work with our YMCA to the development of our children.

We have offered childcare for over 25 years to the Ellsworth Community and continue to strive for the absolute best in educational and developmental programming. We collaborate with over 20 different agencies in our community to ensure each child and family has access and the ability to receive every resource available. Along with our local Child Development Services agency, we have

created an Early Intervention Initiative using assessments indented to open up communication between teachers and parents when developmental concerns or questions arise. Children who receive early support have a greater probability of success in the classroom.

Our program is recognized as a Quality Rated Program in the State of Maine. We have measured success with our children leaving preschool ready to enter kindergarten productively. From infancy to preschool and beyond, we can offer your family an experience that will make certain the needs of you and your child are the total focus of what we do.

VACATION CAMPS

APRIL BREAK
April 21 - 25
Location: Emmanuel Baptist Church on School St.
Hours of Camp: 6:30 a.m.-5:30 p.m.
Cost: \$25 a day member
\$30 a day non-member

Celebrating Oral Health Month

In February the Caring Hands of maine visited our Child Care sites to help promote National Oral Health Month. The kids learned about healthy snacks for their teeth and proper brushing techniques with the help of "Big Al" the alligator.



INFANT CARE
Coordinator: Courtney Wood
Appropriate for children age 6 weeks to 12 months.

2 days	\$112 for members, \$117 non-members
3 days	\$132 for members, \$138 non-members
4 days	\$165 for members \$170 non-members
5 days	\$190 for members \$195 non-members

EARLY TODDLER CARE
Coordinator: Courtney Wood
Appropriate for children age 12 months to 18 months.

2 days	\$107 for members, \$112 non-members
3 days	\$128 for members, \$133 non-members
4 days	\$145 for members \$150 non-members
5 days	\$180 for members \$185 non-members

TODDLER CARE
Coordinator: Sara McDonald
Appropriate for children age 18 months to 30 months.

2 days	\$102 for members, \$107 non-members
3 days	\$123 for members, \$128 non-members
4 days	\$140 for members, \$145 non-members
5 days	\$170 for members, \$175 non-members

EARLY PRESCHOOL CARE
Coordinator: Kelley Gonyea
Appropriate for children age 2 1/2 to 3 1/2 years.

2 days	\$87 for members, \$92 non-members
3 days	\$113 for members, \$118 non-members
4 days	\$135 for members, \$140 non-members
5 days	\$155 for members, \$160 non-members

PRESCHOOL
Coordinators: Tracy Dowling
Appropriate for children age 3 1/2 to 5 years.

2 days	\$75 for members, \$80 non-members
3 days	\$105 for members, \$110 non-members
4 days	\$120 for members, \$125 non-members
5 days	\$145 for members, \$150 non-members

MORNING PRESCHOOL
8:00 am - 12:00 pm
Full week \$75 for members,
\$80 non-members

AFTERNOON PRESCHOOL
12:00 pm - 5:30 pm
Full week \$75 for members,
\$80 non-members

AFTERSCHOOL
Coordinator: Lauren White
Appropriate for children K - 5th Grade.

1 day a week	\$22 members, \$27 non-member
2 days a week	\$34 members, \$39 non-member
3 days a week	\$51 members, \$56 non-member
4 days a week	\$68 members, \$73 non-member
Full week	\$70 members, \$75 non-member

SNOW DAY CARE

WHEN RSU 24 IS CLOSED DUE TO THE WEATHER ALL OF OUR AFTERSCHOOL PARTICIPANTS (ELLSWORTH & LAMOINE) MAY ATTEND SNOW DAY CARE AT EMMANUEL BAPTIST CHURCH, 6:30AM-5:30PM.

DEFY FITNESS

Adult Fitness Schedule

Fitness Director: Robin Clarke
rclarke@defymca.org

March 1 - April 19		
DAY/TIME	CLASS NAME	INSTRUCTOR
MONDAY		
5:45am-6:30am	Indoor Cycling Fusion	Becca
7:45am-8:00am	Core 360	Kim
8:00am-8:30am	CTC	Kim
9:00am-10:00am	Pilates	Corentine
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50pm	Arms, Abs & Zumba	Kim
5:10pm-5:18pm	8 Minute Abs	Robin
5:30pm-6:30pm	Zumba	Robin
6:30pm-7:15pm	TRX **	Rhonda
TUESDAY		
6:30am-7:15am	TRX Cardio Blast **	Kim
7:15am-8:00am	Tone & Spin	Kim
8:30am-9:30am	Yoga	Cindy
10:00am-11:00am	The Active Older Adult	Kim
11:00am-12:00pm	Walking Club	Free
11:15am-12:00pm	TRX **	Kim
12:05pm-12:50	Jacked Up Zumba	Robin - <i>NEW</i>
12:10pm-12:55pm	Indoor Cycling	Jan
5:15pm6:00pm	TRX **	Steve
WEDNESDAY		
5:45am-6:30am	Indoor Cycling Fusion	Denise
7:45am-8:00am	Core 360	Kim
8:00am-8:30am	CTC	Kim
8:30am-9:15am	TRX	Kim - <i>NEW</i>
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50	Zumba Toning	Kim
5:10pm-5:18pm	8 Minute Abs	Robin
5:30pm-6:30pm	Zumba	Robin
THURSDAY		
6:30am-7:15am	TRX **	Kim
8:00am-8:45am	Tone & Spin	Kim
8:30am-9:30am	Yoga - Vinyasa *	Cindy
10:00am-11:00am	Active Older Adult	Robin
11:00am-12:00pm	Walking Club	Free
11:15am-12:00pm	TRX **	Kim
12:05pm-12:50	Jacked Up Zumba	Robin - <i>NEW</i>
12:10pm-12:55pm	Indoor Cycling	Jan
4:30pm-5:30pm	Power Pilates	Corentine
5:45pm-6:30pm	TRX **	Steve - <i>NEW</i>
FRIDAY		
5:45am-6:30am	Indoor Cycling Fusion	Becca
7:45am-8:00am	Core 360	Kim
8:00am-9:00am	CTC	Kim
9:00am-10:00am	Zumba	Jamie
10:00am-10:45am	TRX**	Jamie
10:30am-11:30am	Cardiac & Pulmonary Rehab	Robin
12:10pm-12:50	Arms, Abs & Zumba	Kim
4:30pm-5:15pm	TRX **	Rhonda
5:30pm-6:15pm	Cardio FitCamp	Rhonda - <i>NEW</i>
SATURDAY		
8:00am-9:00am	Zumba	Kalyn
** Must have taken the TRX Core Fundamentals Class		

Personal Training

FITNESS ASSESSMENTS/ BMI READINGS
\$5 for members, \$20 non-members

PERSONAL TRAINING		BUDDY TRAINING (2-3 PEOPLE)	
1 Hour Sessions	1/2 Hour Sessions	1 Hour Sessions	1/2 Hour Sessions
Mem/Non	Mem/Non	Mem/Non	Mem/Non
1 \$38/50	1 \$26/39	1 \$49/62	1 \$34/47
3 \$100/113	3 \$64/107	3 \$133/146	3 \$94/107
8 \$236/249	8 \$140/153	8 \$324/337	8 \$204/217
12 \$316/329	12 \$172/185	12 \$404/417	12 \$254/267

Prices do not include Daily User Fee
(see page 12)

Older Adults

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

THE ACTIVE OLDER ADULT
Tuesdays & Thursdays, 10:00am-11:00am
FREE Members, \$40 Supp comm, \$50 Non-member

THE WALKING CLUB
Tuesdays & Thursdays, 11:00am-12:00pm
FREE for the community

BOTH CLASSES
SUITABLE FOR
THOSE LIVING
WITH PARKINSONS
OR IN CANCER
RECOVERY

2014 Race Calendar

- SATURDAY, APRIL 26: Kaufman Memorial 5 K
- SATURDAY, MAY 17: Dare to Tri Sprint Triathlon
- MONDAY, MAY 26: Main Street Memorial Mile
- SATURDAY, SEPTEMBER 27: Roger Willey 5 K & 10 K
- NEW RACE FOR 2014:
- SUNDAY, NOVEMBER 9TH: Veterans Rememberence 4 Miler - NEW



Race Applications & 2013 Race Results
are available on our Race Page at
www.defymca.org.

New Classes

- JACKED UP ZUMBA

Tuesdays & Thursdays 12:05-12:50pm

We have added 10 minutes to this Zumba class to help you get jacked! We'll begin with weights to start and finish with Abs at the cooldown. Join us and "Get Jacked"!
- CARDIO FITCAMP

Inspired by the military boot camp environment, Cardio FitCamp brings fun to traditional exercises like jumping jacks, burpees and lunges. You will burn tons of calories, improve muscle tone and build stamina while having a blast interacting with classmates. Cardio Fit Camp is for all ages and abilities; modifications are available. Be ready for a high energy, wicked fun workout that will allow you to challenge yourself to an all new level!
- TRX - RIP TRAINERS

The TRX crew have a new toy...TRX Rip Trainers. Rip Trainers are the most effective and efficient functional and core strengthening tools available. Each exercise on the Rip Trainer engages your entire core and trains your body to move with more power and stability. Come check it out! We will be offering 2 for 1 TRX Core Fundamentals through the end of the year! \$35 for 2 people! Sign up today!

Fitness Advertising

We have an average of 9,000 people come through our doors every month. We are offering a unique opportunity to advertise your business in our facility. We have 2 options for advertising, \$50 and \$100 for a month. Contact Robin at rclarke@defymca.org for information.

THANK YOU TO OUR SPONSORS:

SMOOTH SAILING THERAPEUTIC MASSAGE &
WENDY LESSARD THERAPEUTIC MASSAGE
FINN'S IRISH PUB & MOTIFS

THE BLUE HILL YMCA

Fitness

CONTACT

Facility phone: 374-2248
Annie Grindal: agrindal@defymca.org
Joy Bragdon: jbragdon@defymca.org.

FACILITY HOURS

Monday-Friday 6:00am-7:00pm
Saturday 8:00am-2:00pm

WINTER WEATHER CLOSING – FITNESS CENTER ONLY

If The Blue Hill Consolidated School has been CANCELLED for the DAY we will not have any classes at The Blue Hill YMCA in the am (That is anything classes up until noon) but we will aim to open the facility as close to on time as possible. Please “Like” us on Facebook for the most up-to-date information on cancellations and changes in our facility schedule. You can also check in at www.defymca.org.

ALL IN ONE MEMBERSHIP PLANS

DEFY members may add a membership to the Blue Hill YMCA for just \$10 per month for an Adult, One Parent, Young Adult or Senior Membership and \$15 per month for a Family or Senior Couple Membership. Membership upgrades must be paid via draft or in full.

BLUE HILL YMCA MEMBERSHIP

\$27 per month Adult membership
\$37 per month Family membership
\$25 one time Join Fee for Adult or Family membership

TEMPORARY MEMBERSHIP

We are now offering 3 month memberships - No Join Fee.
\$100 - 3 Month Adult Membership
\$150 - 3 Month Family Membership

PERSONAL TRAINING

Prices do not include Daily User Fee for non-members.

One Hour Sessions		1/2 Hour Sessions	
	Mem/Non		Mem/Non
1	\$38/50	1	\$26/39
3	\$100/113	3	\$64/107
8	\$236/249	8	\$140/153
12	\$316/329	12	\$172/185

ARE YOU LOOKING FOR THE BLUE HILL YMCA’S SCHEDULE?

Please go to www.defymca.org and go to the Blue Hill Schedule drop down. We update our schedule monthly to give you any information or changes in the schedule for that month. You can also LIKE us on Facebook to get the most current up to the minute changes in our facility schedule.

RACE THROUGH MARCH MADNESS

Are you ready to get a jump on 2014’s race season? During the week of March 10-15th we will be hosting an indoor 5K race. Sign up to get timed on your 5K either on the treadmill or on the rower. The top 5K runner and rower will receive a 1 Month membership to the Blue Hill YMCA!

Registration is \$15 and the first 20 registered will receive a free Race Through March Madness t-shirt. Sign up today at The Blue Hill Y!

COMING THIS SPRING

Get you or your team geared up and ready for The Blue Hill YMCA’s 1st annual MUD CHALLENGE!!!!!! Details coming soon!!!!!!!!!!



Blue Hill Child Care

The new Child Care and Afterschool Programs will be independent programs supported by the established DEFY Early Learning Center.

Location: 15 South St., Blue Hill
P.O. Box 575, Blue Hill, ME 04614

Director of Child Care Services: Crystal Follette, cfollette@defymca.org, 374-2248

Hours: Monday - Friday, 6:30am - 6:00pm

	TODDLER 18 months- 3 years	PRESCHOOL 3 - 5 years old
Fees:		
2 days per week	\$102	\$75
3 days per week	\$123	\$105
4 days per week	\$140	\$120
5 days per week	\$170	\$145

At the Blue Hill Early Learning Center we offer a variety of ways to keep children engaged while learning! Every month we present a new theme with planned activities and projects that promote learning. We have a weekly cooking class where the children help to pick and prepare yummy recipes. Gym class is provided daily for the children by Miss Annie or Miss Joy. We plan time in the gym or playing outside every day.

Meet our new Staff



Alethia



Ashley



AQUATICS

Mud Season Session March 3 – April 19, 2014

Youth Swim Lessons

Aquatic Director: Jaime Frost
jfrost@defymca.org

Choose your day & time when you register.
Classes are held once week for 7 weeks.

SHRIMP
Monday 9:00am-9:30am
Wednesday 9:00am-9:30am
Saturday 10:45am-11:15am
\$35 Members, \$50 Supp comm, \$65 non-member per session

PRESCHOOL I		PRESCHOOL II	
Monday	9:00am-9:30am	Monday	5:30pm-6:00pm
Monday	5:30pm-6:00pm	Tuesday	9:30am-10:00am
Wednesday	5:30pm-6:00pm	Wednesday	9:00am-9:30am
Friday	2:00pm-2:30pm	Wednesday	5:30pm-6:00pm
Saturday	10:15am-10:45am	Saturday	10:15am-10:45am
Saturday	10:45am-11:15am		

\$35 Members, \$50 Supp comm, \$65 non-member per session

PROGRESSIVE I		PROGRESSIVE II	
Monday	5:30pm-6:15pm	Monday	5:30pm-6:15pm
Wednesday	5:30pm-6:15pm	Wednesday	5:30pm-6:15pm
Friday	2:00pm-2:45pm	Saturday	9:30am-10:15am
Saturday	9:30am-10:15am		

\$40 Members, \$60 Supp comm, \$75 non-member per session

PRIVATE LESSONS
Purchase 6 lessons and receive a 7th free. Contact Jaime to schedule your class.
\$15 Members \$19 Non Members
\$22 for 2 Members \$30 for 2 non Members

LESSON PLACEMENT GUIDE

SHRIMP
Swimmer is between 6 months and four years old, never had swim lessons before and/or needs one on one with the Parent in the water.

PRESCHOOL I
Swimmer is three to five years old (pre-school age), requires or wears floatation in the pool, can be in a class environment with an instructor.

PRESCHOOL II
Swimmer is three to five years old, has completed Pre-School Level One and/or mastered the skills of Preschool I, is comfortable and safe in shallow water, does not require floatation.

PROGRESSIVE I
Swimmer is at least four years old to pre-teen, has completed Pre-School Level Two skills, does not need floatation, is comfortable in the shallow water, has basic swimming skills such as glides and putting their face in the water.

PROGRESSIVE II
Swimmer has completed Progressive Level One, can demonstrate 25 yards of freestyle stroke and back-stroke, can demonstrate underwater swimming, can demonstrate a safe jumping and/or diving water entry.

Please sign up *EARLY* to ensure class availability.

Did you know?
Swim Lesson discounts for...
\$5 off for additional siblings. 2nd, 3rd...child receives discount.
\$5 off for children enrolled in our DEFY Early Learning Center.
\$5 off for enrolling your child in 2 lessons in 1 session.

Floatation

If your child requires floatation, we highly recommend that you invest in the purchase of a Swim Buoy, “Bubble,” which will aid your child in his/her journey of leaning to swim. Children highly benefit by owning their own bubble because it can be deflated gradually at the rate they learn to swim, without it needing to be adjusted each time. These training devices are available at our front desk for \$20.

Adult Aquatics

ADULT SWIM LESSONS		INSTRUCTOR
Wednesday	6:15-7:15pm	Jim
Members Free, \$50 supp comm, \$65 non-member		

ARTHRITIS FOUNDATION
Tuesday & Thursday 10:30-11:30am Anita & Trudie
Members Free, \$50 Supp comm, \$65 non-member

WATER TONING PLUS
Tuesday & Thursdays 6:00-7:00pm Gretchen
Members Free, \$50 Supp comm, \$65 non-member

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

H2O WORKS
Monday, Wednesday & Friday 8:00-9:00am Staff
Members Free, \$63 supp comm, \$78 non-member

WET STEPPIN’
Tuesday & Thursday 8:30-9:30am Staff
Members Free, \$50 Supp comm, \$65 non-member

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

MASTER SWIM TEAM
Wednesday 7:00pm-8:00pm Jim
Saturday 8:00am-9:30am Matt
Members Free, Daily user fee for non member

DEFY Swim Team

Head Coach: Matt Montgomery
mmontgomery@defymca.org

The DEFY Dolphins are registered with YMCA and USA Swimming. All swimmers are YMCA swimmers and have the option to join USA swimming. We offer year round opportunities for training and competition. We are equipped to develop swimmers of all abilities, from the novice to National qualifiers.

The Dolphins are wrapping up their season in March & April.
The Spring Session will begin April 28th.

Swim Lessons at MMA

The DEFYMCA will continue teaching swim lessons this Spring at Maine Maritime Academy in Castine. Beginning in March DEFY swim instructors will offer beginner through advanced lessons weekday afternoons.

Preschool:	5:00- 5:30pm- NEW!
Progressive 1:	5:30 - 6:15pm
Progressive 2:	5:30 - 6:15pm

Please register in advance. Classes fill quickly. Contact DEFYMCA Aquatics Director, Jaime Frost, jfrost@defymca.org for further details.

Aquatic Trainings

The DEFY Aquatics Department is proud to offer American Red Cross Certification Courses. Contact Jaime Frost at jfrost@defymca.org for specifics regarding these classes and others.

Water Safety Instructor
Lifeguard Certification
Waterfront Lifeguard

These classes will be offered this Spring. Check our website & Facebook for updates!

YOUTH SPORTS

Director: Shane Lowell
slowell@defymca.org

Indoor Soccer

Dates: February 24-April 19
Divisions: U4, U6, U8, and U11 (age as of August 1, 2013)
Info: Teams will practice once a week and play games on Saturdays
Cost:
\$55 members
\$70 supporting communities
\$85 non supporting communities

Spring Travel Outdoor Soccer

Players will tryout and compete in the Pine Tree League through Soccer Maine
Games start Sunday May 3rd, end Sunday June 8th
March 13th tryouts here
U9, U10 5pm
U11, U12 6pm
U13, U14 7pm

Cost:
\$60 for participants of Fall Travel Soccer 2013
\$75 for new participants

Little League

IMPORTANT DATES:
Registration Deadline: March 28
Baseball Tryouts: March 30 from 12:00-3:00pm at Ellsworth High School
Softball Tryouts: March 30 from 3:30-6:00pm at Ellsworth High School
All players league age 7-12 must attend tryouts for proper placement. All players will be placed on a team.
Opening Day: May 3
Divisions:
T-Ball (ages 4 and 5) - ***Begins in June***
Farm League (ages 6 and 7)
Minor League Baseball (ages 7-11)
Minor League Softball (ages 7-11)
Major League Baseball (ages 9-12)
Major League Softball (ages 9-12)

All registrations forms must be filled out and fee paid before tryouts.
Registration Fee: \$80

LITTLE LEAGUE SPONSORSHIP OPPORTUNITIES

DEFY Little League has more than 300 children, ages 4 - 16, participating in America's favorite pastime. Throughout the summer several thousand people will attend games and practices at the Demeyer Field Complex. You business can take advantage of the traffic by sponsoring our Little League Program. Sponsoring businesses will also be linked to our website.

Sign Sponsor: \$300. Your business will have a 4' x 8' sign at Demeyer Field from late April through September.
Team Sponsor: \$500. Your business' name will be on the back of your team's jerseys and the team will be named after your business.
Team & Sign Sponsor: \$700. All the above.
Team, Sign & All-Star Team Sponsor: \$900. All the above plus an All-Star Team sponsorship.
Contact Shane Lowell for more information at slowell@defymca.org.

Hannaford Donates \$5000 to DEFY Youth Sports



From left to right: Peter Farragher, DEFY CEO, Jay Gould, Hannaford Store Manager, Tom Perry, Hannaford Director of Operations, Shane Lowell, DEFY Youth Sports Director.



Thank You to
our Basketball
Sponsors:



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.



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

5:30 am - 9:00 pm

Saturday & Sunday

8:00 am - 5:00 pm

The Gymnasium will be closed on:

Friday, March 7th after 1pm and
all day Saturday & Sunday, March 8th
& 9th due to the Sheriff's Cup.

The YMCA will be closed on:

Easter Sunday, April 20th
Sunday, May 25th
Memorial Day, Monday, May 26th

NO SMOKING FACILITY

The YMCA is a
"No Smoking"
facilities.
We appreciate your
cooperation.



2014 Winter Newsletter



5th & 6th Grade Rotary Rec. League Basketball Champions,
sponsored by Bar Harbor Bank & Trust.

LAP POOL TIMES

Monday/Wednesday/Friday

5:35 am - 8:00 am 6 laps
8:30 am - 10:30 am. 2 laps
11:30 am - 1:00 6 laps
1:00 pm -3:00 pm 4 laps
6:15 pm - 8:00 pm Open/ 2 laps

Tuesday/Thursday

5:35 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 - 3:00 pm 4 laps
6:15 pm - 7:00 pm Open shallow
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

SCHEDULES

Most of our schedules are available
on our website, www.defymca.org.

OUR EASY PAYMENT OPTIONS INCLUDE:

Payment through a monthly bank draft, credit card or ATM card draft or
payment in full.

All bank information is kept confidential. Money is drafted on the 1st or 15th
business day of the month. For more information please contact Matt
Montgomery, the Membership Director, at 667-3086 or via email at
mmontgomery@defymca.org.

A one time **Joiner Fee of \$50** applies to all new Young Adult, Adult, One
Parent Family, Senior and Senior Couple memberships. The **Joiner Fee is \$75**
for Family memberships. The following prices reflect our monthly dues. Multiply by
12 for annual dues.

	Supporting Community	Non-Supporting Community	Corporate Rate
Youth (13 & under)	\$11	\$13	\$N/A
Teen (14 - 18)	\$20	\$23	\$17
Young Adult (19-23)	\$31	\$36	\$29
Adult (19-23)	\$40	\$47	\$37
One Parent Family	\$43	\$51	\$40
Family	\$53	\$61	\$48
Senior (62 & up)	\$31	\$36	\$29
Senior Couple	\$41	\$48	\$38

REGIONAL MEMBERSHIP INCLUDES BLUE HILL YMCA

Add \$10 per month for individual, \$15 per month for family. Blue Hill YMCA
information is available on page 5.

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, Lamoine,
Mariaville, Millbridge, Orland, Otis, Sedgwick, Sorrento, Stonington,
Sullivan, Surry, Trenton, Waltham & Winter Harbor.**

MEMBERSHIP RECIPROCITY

Your membership to the Down East
Family YMCA can now gain you
access to any YMCA in New
England. Each YMCA has the right to
limit the number of visits per month
as well as entrance to certain
programs. For more information
contact Heidi Tupper at
htupper@defymca.org

DAILY USER FEE

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

Adults	\$8
Youth	\$3 **
Teen & Young Adult	\$5
Seniors (62 & over)	\$5
Families	\$10

** 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 indi-
vidual basis.

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.

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@defymca.org for
more info.

SERVICE CHARGE

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



YMCA STAFF CONTACT LIST

Peter Farragher, CEO	pfarragher@defymca.org
Jeanne Wood, Associate Executive Director	jwood@defymca.org
Robin Clarke, Fitness Director	rclarke@defymca.org
Matt Montgomery, Marketing Director	mmontgomery@defymca.org
Bob Dyer, Facilities Director	defymca@defymca.org
Heidi Tupper, Membership Administration	htupper@defymca.org
Amy Curtis, Childcare Billing & Rentals	acurtis@defymca.org
Jess Montgomery, Child Care Director	jmontgomery@defymca.org
Crystal Follette, Child Care Director, Blue Hill	cfollette@defymca.org
Shane Lowell, Youth Sports	slowell@defymca.org
Annie Grindal, Blue Hill	agrindal@defymca.org
Joy Bragdon, Blue Hill	jbragdon@defymca.org
Jaime Frost, Aquatics Director	jfrost@defymca.org

YMCA BOARD OF DIRECTORS

Chairman Jeff Buzzell <i>Buzzell Insurance</i>	Chip Butterwick <i>Chipper's</i>	Matt Mattson <i>The First – Blue Hill</i>
Vice Chairman Stephen Fay <i>Ellsworth American</i>	Cheryl Callnan <i>MCMH</i>	Todd Merrill <i>Merrill Blueberry</i>
Secretary Bob Minott <i>Coastal Drilling & Blasting</i>	Eric Columber <i>RBWG Law Offices</i>	Sara O'Connell <i>Bar Harbor Bank & Trust</i>
Treasurer Joe Domagala <i>Melanson, Heath</i>	Jeff Dalrymple <i>Machias Saving Bank</i>	Dwayne Patton <i>Patton Plumbing</i>
Past President Rebecca Sargent <i>Sargent Law</i>	Chad Francis <i>Atlantic Landscape</i>	Brianna Reardon <i>Student Representative</i>
	Jeff Gammelin <i>Freshwater Stone & Brick</i>	Rob Shea <i>E.L Shea</i>
	Alison King <i>RBWG Law Offices</i>	Gregg TeHennepe <i>Jackson Laboratory</i>
	Amanda Look <i>Machias Savings Bank</i>	Chris Thornton <i>Sheriff Department</i>