



## DOWN EAST FAMILY YMCA 2017 Winter Newsletter

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## THERE'S A "Y" IN EVERY FAMILY

WE HAVE REDUCED OUR  
FAMILY MEMBERSHIP  
JOIN FEE TO JUST \$50  
BEGINNING JANUARY 1ST!



## DOWN EAST FAMILY YMCA

238 State Street, Ellsworth ME 04605

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

For Youth Development, For Healthy Living, For Social Responsibility



# News & Upcoming Events

## There's a Y in Every Family

Membership in the Y is a special thing. Be a part of a leading nonprofit organization for youth development, healthy living and social responsibility.

When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve.
- Adults and children connect with friends, pursue interests and learn how to live healthier lives.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.



Membership to the YMCA is affordable and flexible. Adult memberships start at just \$1.40 a day. Family Memberships start at just \$.88 a day. We have reduced our Family membership Join Fee to just \$50. While you can't put a price on health we are aware that everyone needs to budget. We also offer an extensive scholarship program. We want to ensure that no one is turned away due to an inability to pay. Check out the back page of this newsletter for pricing information.

Stop by for a tour or to give us a try for the day. We have something for everyone. Did you know that you can freeze your membership for up to 3 months at a time? No play, no pay!

**Be sure to sign up for swim lessons before January 1st to save! Details on page 5!**

## New Youth Programs

### Homeschool Exercise Classes

Join our own Maks Grover for fun fitness classes for kids. Classes will be held Fridays 1:00pm-1:35pm, right before Homeschool Swim Lessons. **\$35**

### Recreational Indoor Soccer

Sponsored by EBS, Indoor Soccer is offered for ages 4-10. Teams will meet once a week for practice and have games on Saturdays. See page 4 for details

### Sports Specific Training

Beginning in February we will be offering Sport Specific strength training and agility work for middle school & high school athletes. Details available soon!

**COUNTRY HEAT LIVE!**

BEACHBODY LIVE!

INSTRUCTOR WORKSHOP

YOU WILL LOVE TEACHING THIS CLASS!

*Christine Pilaroscia*  
Beachbody Master Trainer

**Ellsworth, ME**

**Down East Family YMCA**

Friday February 17th, 2017

Only \$249 Earn CECs/CEUs  
**HURRY! It will sell out!**

COUNTRYHEATLIVE.COM

**the Y**  
YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUILD MORE THAN MUSCLE.**

**Join now!**  
Financial assistance is available.

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

**For more than a workout.  
For a better us.**

**DOWN EAST FAMILY YMCA**

Visit us at  
[www.defymca.org](http://www.defymca.org)



# Early Learning Center & Day Camp

## Ellsworth Afterschool

**LOCATION:** Early Learning Center at the Moore Community Center

**PROGRAM COORDINATOR:** Roman Perez

**HOURS:**

**Before School Care**  
6:30 a.m.-7:30 a.m.

**Afterschool Care**  
End of School Day to 5:30pm

**PRICES:**

<b>Before School:</b>	\$5/day for members	\$8/day non-members
Full week:	\$20 member	\$35 non-member

<b>Afterschool:</b>	2 Day	\$40 member	\$45 non-member
	3 Day	\$55 member	\$60 non-member
	4 Day	\$65 member	\$70 non-member
	5 Day	\$75 member	\$80 non-member

**Sign up for both Before School and Afterschool Care**  
\$90 member                      \$105 non-member

The YMCA offers Afterschool Programming in the following locations:

**LAMOINE CONSOLIDATED SCHOOL**  
**HANCOCK GRAMMAR SCHOOL**  
**BLUE HILL CONSOLIDATED SCHOOL**  
Contact Jessica Montgomery at [jmontgomery@defymca.org](mailto:jmontgomery@defymca.org)

**BENEFITS OF BEING AN AFTERSCHOOL PARTICIPANT:**  
Free Snow Day Care at the Moore Community Center  
Early Registration for all Vacation Camps

## Christmas Vacation Camp

**December 26 - 30 & January 2**

Our Vacation Camp schedule is chock-full of fun & adventures. We will be taking field trips to the new Orono Trampoline Park, Playland Adventures, The Gran, Eastward Bowling Lanes and the YMCA for swimming! Vacation Camp is offered from 6:30am- 5:30pm. Drop off & Pick-up is at the Moore Community Center. Contact Roman Perez at [rperez@defymca.org](mailto:rperez@defymca.org) with any questions.

**\$30 per day for members**  
**\$35 per day for non-members**



## The General Bryant E. Moore Community & Conference Center

The City of Ellsworth and the YMCA have developed a usage and rental plan for groups to utilize the facility at a nominal cost (to cover the cost of operating the facility) or free dependent on the offering of services. The center is available for groups to utilize on Monday – Friday 6:30 am – 9:00 pm (scheduling is required), Saturday and Sunday dependent on need.

- Non-Profit groups (501C3) not charging a fee may use the facility when available for FREE on Monday – Friday 6:30 am – 5:30 pm. A nominal fee will be assessed beyond these designated times.
- Non-Profit groups charging a fee or for profit businesses will also be assessed a nominal fee for usage.

For More information regarding fees & room availability please contact Amy Curtis at 307-0324 or [rentals@defymca.org](mailto:rentals@defymca.org).

## Ellsworth Community Music

Ellsworth Community Music Institute (ECMI) presents the last in a series of four FREE professional concerts at the Moore Community Center Theater!

Please join us on Thursday, January 12 at 1:00pm for a performance by Deirdre McArdle, flute and Deiran McArdle, piano.



ECMI is accepting new students for lessons. Please call 207-664-9258 or visit [www.ellsworthcommunitymusic.org](http://www.ellsworthcommunitymusic.org) for more information.

## DEFY Early Learning Center

The DEFY Early Learning Center offers a variety of options to meet the needs of the working family. Full week, partial week and 9, 10 or 11 hour slots available for each program. The following rates are based on a 9 hour slot. See our website for prices for 10 and 11 hour slots.

**INFANT CARE**

Coordinator: Courtney Wood  
[cwood@defymca.org](mailto:cwood@defymca.org)  
Appropriate for children age 6 weeks to 18 months.  
Staff to Child ratio 1:4

2 days	\$117 for members, \$122 non-members
3 days	\$137 for members, \$143 non-members
4 days	\$170 for members \$175 non-members
5 days	\$200 for members \$205 non-members

**PRESCHOOL**

Coordinator: Tracy Dowling  
[tdowling@defymca.org](mailto:tdowling@defymca.org)  
Appropriate for children age 3 to 5 years (children must be potty trained).  
Staff to Child ratio 1:8

2 days	\$85 for members, \$90 non-members
3 days	\$115 for members, \$120 non-members
4 days	\$130 for members, \$135 non-members
5 days	\$165 for members, \$170 non-members

**TODDLER CARE**

Coordinator: Shauna Esposito-Caldwell  
[sesposito-caldwell@defymca.org](mailto:sesposito-caldwell@defymca.org)  
Appropriate for children age 18 months to 3 1/2 years.  
Staff to Child ratio 1:5

2 days	\$112 for members, \$117 non-members
3 days	\$133 for members, \$138 non-members
4 days	\$150 for members, \$155 non-members
5 days	\$190 for members, \$195 non-members

**MORNING PRESCHOOL**

7:30 am - 12:30 pm  
Full week \$90 for members,  
\$95 non-members

**AFTERNOON PRESCHOOL**

12:00 pm - 5:30 pm  
Full week \$90 for members,  
\$95 non-members

**The Y is a great place to grow!**



# YOUTH SPORTS

Youth Sports Director: Shane Lowell  
slowell@defymca.org

## Recreational Indoor Soccer Sponsored by:



Players will be placed on teams and play games once a week. They will also have one practice a week.

**Divisions are:**

U6 (4 or 5 years old on August 1, 2016)

U8 (6 or 7 year old on August 1, 2016)

U11 (8, 9 or 10 years old on August 1, 2016)

**Fee: \$50 members**

**\$65 supporting communities**

**\$80 non supporting communities**

## Travel Tournament Basketball

Players will try out for teams that will be playing in tournaments throughout Eastern Maine in February and March. Tryouts will be as soon as the Eastern Maine Basketball League teams have completed their seasons.

We will offer teams in the following divisions:

3rd and 4th Grade Girls

3rd and 4th Grade Boys

5th and 6th Grade Girls

5th and 6th Grade Boys

7th and 8th Grade Girls

7th and 8th Grade Boys

**Registration Fee: \$125**

## 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 surrounding communities. Springers offers programs from walking toddlers to competitive high schoolers. Program are for boys and 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 register online at springersgymnastics.com



## Down East Family YMCA Little League

**Important Dates**

Registration: March 1-30

Placement Day: April 1—11:30am for Baseball and 3:00pm for Softball

**Fees:**

T-Ball: **\$30**

Farm League: **\$40**

Minor/Major League : **\$100**

If you are interested in sponsoring a team or purchasing an advertising sign please call the Y at 667-3086. Team sponsor fee is \$500 and the advertising signs are \$300.

## - New Program - Home School Exercise Classes

Join Maks Grover for exercise classes designed for kids.

This class will be on Fridays from 1:00-1:25pm (right before swim lessons).

**Fee: \$35**

## - Coming Soon - Sports Specific Training Program

Get your middle school or high school athlete ready for their next season with this intense program designed to build strength and improve agility specific to your child's sport. Details about this program will be available soon. Programming will begin in late February.



**Win a Free Season of Sports!**

SHARE YOUR PICTURES OF YOUR KID PARTICIPATING IN YMCA ACTIVITIES FOR A CHANCE TO WIN A FREE SEASON. EMAIL PHOTOS TO PHOTOS@DEFYMCA.ORG

# AQUATICS

## Youth Swim Lessons

Swim Lesson Coordinator: Jaime Frost  
jfrost@defymca.org

### Session: January 2 - February 18

#### 7 Week Sessions - Swim 1 x per week

##### SHRIMP - 30 minute class

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

**\$40 Members, \$55 Supp comm, \$70 non-member per session**

##### PRESCHOOL I - 30 minute class

Monday 9:00am-9:30am  
Monday 5:35pm-6:05pm  
Tuesday 10:00am-10:30am  
Wednesday 9:00am-9:30am  
Wednesday 5:35pm-6:05pm  
Saturday 10:30am-11:00am  
Saturday 11:15am-11:45am

**\$40 Members, \$55 Supp comm, \$70 non-member per session**

##### PRESCHOOL II - 30 minute class

Monday 9:00am-9:30am  
Monday 5:35pm-6:05pm  
Wednesday 5:35pm-6:05pm  
Saturday 11:15am-11:45am

**\$40 Members, \$55 Supp comm, \$70 non-member per session**

##### PROGRESSIVE I - 45 minute class

Monday 5:35pm-6:20pm  
Wednesday 5:35pm-6:20pm  
Saturday 9:30am-10:15am

**\$45 Members, \$65 Supp comm, \$80 non-member per session**

##### PROGRESSIVE II - 45 minute class

Wednesday 6:05pm-6:50pm  
Saturday 9:30am-10:15am

**\$45 Members, \$65 Supp comm, \$80 non-member per session**

##### PROGRESSIVE III - 45 minute class

Monday 5:35pm-6:20pm

**\$45 Members, \$65 Supp comm, \$80 non-member per session**

### Homeschool Swim Lessons - 30 minute class

**PRESCHOOL I & PRESCHOOL II** Monday 1:00pm-1:30pm

**PROGRESSIVE I & PROGRESSIVE II** Monday 1:30pm-2:00pm

**\$35**

### PRIVATE LESSONS - 30 minute class

Contact Jaime Frost at the Y to schedule your class.

	Mem / Non
<b>1 lesson</b>	<b>\$20 / \$25</b>
<b>7 lessons</b>	<b>\$126/\$140</b>

2 in 1 class (semi-private)	
	Mem / Non
<b>1 lesson</b>	<b>\$35 / \$40</b>
<b>7 lessons</b>	<b>\$200/\$245</b>

**Register for Preschool or Progressive Swim Lessons before January 1st and you will save \$5!**

## Red Cross Courses

Lifeguard Certification: Contact Jaime Frost at jfrost@defymca.org  
CPR/First Aid/AED: Contact Courtney Wood at cwood@defymca.org

## Adult Aquatics

### Session: January 2 - February 18

#### ADULT SWIM LESSONS (ALL LEVELS)

Mondays	11:30am-12:15pm	Jaime
Wednesday	6:30-7:30pm	Jim

**Members Free, \$50 supp comm, \$65 non-member**

#### INSTRUCTOR

#### H2O WORKS ♥♥♥♥

Monday, Wednesday & Friday 8:00-9:00am Jaime

**Members Free, \$63 supp comm, \$78 non-member**

#### HYDRO-KINETICS ♥♥

Monday, Wednesday & Friday 9:30-10:30am Margaret

**Members Free, \$63 supp comm, \$78 non-member**

#### AQUA FIT ♥♥♥♥

Monday, Wednesday & Friday 10:30-11:30am Tina

**Members Free, \$63 supp comm, \$78 non-member**

#### WET STEPPIN' ♥♥♥

Tuesday & Thursday 8:30-9:30am Liz & Muriel

**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**

#### WATA' TABATA ♥♥♥♥♥

Tuesday 9:30-10:00am Jaime  
Friday 9:00-9:30am Jaime

**Members Free, \$25 supp comm, \$50 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**

### Aqua Aerobic Intensity Guide

- ♥ Gentle level. Perfect for someone looking to increase flexibility.
  - ♥♥ Basic level. Stretching & some cardio movements.
  - ♥♥♥ Intermediate level. Mostly cardio with some stretching.
  - ♥♥♥♥ Advanced level. More intense cardio workout.
  - ♥♥♥♥♥ Intense level. Our most challenging classes.
- As with any aerobic program, a participant may adjust the level of intensity of each class according to their needs and abilities.



## Swim Lesson Snow Policy

Lessons may be canceled due to weather and road conditions. If Ellsworth Schools cancel or delay due to the weather or if they cancel after school activities due to the weather we will not hold our lessons.

**If we have to cancel more than 1 class in a session we will make every effort to provide make-up opportunities.**



# DEFY FITNESS

## Adult Fitness Schedule

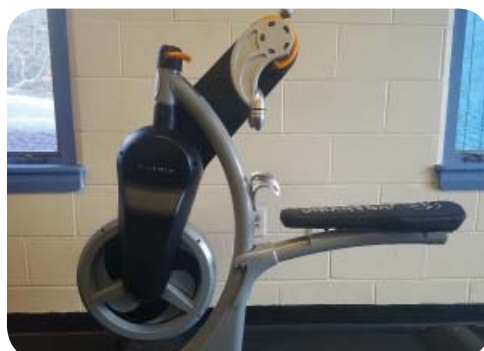
Fitness Director: Robin Clarke  
rclarke@defymca.org

### Session: January 2 - February 18

Day/Time	Class Name	Instructor
<b>MONDAY</b>		
5:45am-6:30am	Indoor Cycling	Becca
8:15am-8:30am	Core Blast	Emily - NEW
8:30am-9:00am	Tabata	Emily- New Time
9:00am -10:00am	Yoga	Martina
9:00am-9:30am	Cardio Cycle	Emily
9:30am-10:00am	TRX	Emily
10:00 -11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm -12:50pm	Zumba ®	Emily
5:00pm -5:45pm	TRX	Rhonda
5:30pm -6:30pm	Zumba ®	Robin
<b>TUESDAY</b>		
6:00am-6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:00am-8:30am	Epic Fit Camp	Roman
8:30am-8:45am	Core Engagement	Roman- New Time
9:00am-9:30am	BarreFit	Robin
9:30am-10:15am	TRX	Amanda
10:00am-11:00am	Active Older Adult	Robin
10:15am-10:45am	TRX Advanced	Amanda
11:00am-12:00pm	Walking Club	
12:10-12:50	Jacked Zumba ®	Robin
12:00pm-12:50pm	Indoor Cycling	Jan
6:00pm-6:45pm	Evening Yoga	Brittany-New Time
7:00pm-7:30pm	Indoor Cycling	Roman
<b>WEDNESDAY</b>		
5:45am to 6:30am	Indoor Cycling	Rhonda
6:45am to 7:15am	TRX	Rhonda
8:00am-8:15am	Core Engagement	Robin - New Time
8:15am-8:50am	Cizelive	Sarah - NEW
9:00am-9:50am	Mat Science	Sarah
9:00am-9:30am	Indoor Cycling	Emily
9:30am-10:15am	TRX	Emily
10:00am-11:00am	Cardiac and Pulmonary Rehab	Robin
12:10pm-12:50pm	Zumba ® w/ Interval Training	Emily-New Class!
5:30pm-6:30pm	Zumba ®	Robin
<b>THURSDAY</b>		
5:45am to 6:30am	TRX	Amanda
6:30am-7:00am	Indoor Cycle	Amanda
8:00am-8:30am	Epic Fit Camp	Roman - New Time
8:30am-8:45am	Core Engagement	Roman- New Time
9:00am-9:30am	BarreFit	Robin
9:30am-10:15am	TRX	Amanda
10:00am-11:00am	Active Older Adult	Robin
10:15am-10:45am	TRX Advanced	Amanda
11:00am-12:00pm	Walking Club	
12:10pm-12:50pm	Jacked Zumba ®	Robin
6:00pm-6:45pm	Evening Yoga	Brittany - New Time
7:00pm-7:30pm	Indoor Cycling	Roman
7:15pm-8:50pm	Co-ed Volleyball	Adam
<b>FRIDAY</b>		
5:45am-6:30am	Indoor Cycle	Becca
8:15am-8:30am	Core Blast	Emily
8:30am-9:00am	CTC	Emily
9:00am-9:30am	Cardio Cycle	Emily
9:00am-9:50am	Mat Science	Sarah
9:30am-10:00am	TRX	Emily
10:00am-11:00am	Cardio Pulmonary Rehab	Robin
12:10am-12:50 pm	Low Impact Zumba ® **	Brianne
<b>SATURDAY</b>		
8:00am-9:00am	Zumba ®	Beth

\*\* Great for beginners!

We are very pleased to announce the arrival of our newest piece of equipment to our Cardio Center, the Crankcycle. This upper body machine was made possible through donations made in memory of our great friend, Wilma Sargent.



## Personal Training

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

### PERSONAL TRAINING

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

### BUDDY TRAINING (2-3 PEOPLE)

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

## Older Adults

### CARDIAC & PULMONARY REHABILITATION

### CANCER RECOVERY & PARKINSON'S MANAGEMENT

Mondays, Wednesdays & Fridays  
10:00am-11:00am

\$42 per month includes a senior membership

\$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

## 2017 Road Race Schedule

### APRIL 1

COACH POTATO .00020K APRIL 1

### APRIL 22

KAUFMAN 5K

### MAY 29

MEMORIAL MILE MAY

### SEPTEMBER 23

ROGER WILLEY 5K AND 10K

### NOVEMBER 12

VETERANS REMEMBRANCE 4 MILER



## New Programs

### CIZE LIVE

Cize Live is a revolutionary Dance workout to sculpt muscles, gain confidence and get sweaty while dancing to hot music tracks. Come check it out! Wednesdays 8:15am-8:50am with Sarah!

### COUNTRY HEAT

We will be hosting a Country Heat Instructor Workshop at the YMCA on February 17th. Check it out for a boot kicking, rocking good time! Details available on page 2.

### COED VOLLEYBALL

Join us on Thursday evenings, 7:15-8:50pm for fun and exercise. Don't have a team? Don't worry, show up and we'll place you on one.

Like us on Facebook  
[facebook.com/defymca](https://facebook.com/defymca)  
to get up to date info on new programs, cancellations and much more!

Fitness Sponsors  
Finelli Pizzeria  
Coastal Car Care

# THE BLUE HILL YMCA

## Blue Hill Fitness

### CONTACT

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

### FACILITY HOURS

Mon.-Fri. 6:00am-7:00pm  
 Sat. 8:00am-12:00pm

### 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 DRAFT MEMBERSHIP

\$33 per month Adult membership  
 \$43 per month Family membership  
 \$30 one time Join Fee for Adult or Family membership

### TEMPORARY MEMBERSHIP

We are now offering 3 month memberships - No Join Fee.  
 \$45 - 1 Month Adult  
 \$60 - 1 month Family  
 \$45 - 3 Month Teen membership (ages 14-17)  
 \$65 - 3 Month Young Adult Membership (ages 18-21)  
 \$125 - 3 Month Adult Membership  
 \$175 - 3 Month Family Membership

### NEW THIS SUMMER - 1 WEEK PASS \$30

### PERSONAL TRAINING

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

One Hour Sessions		1/2 Hour Sessions	
	Mem/Non		Mem/Non
1	\$43/55	1	\$31/44
3	\$105/118	3	\$69/112
8	\$241/254	8	\$145/158
12	\$321/334	12	\$177/190

### ARE YOU LOOKING FOR THE BLUE HILL YMCA'S SCHEDULE?

LIKE us on Facebook to get the most current up to the minute changes in our facility schedule.

### BLUE HILL YMCA HOLIDAY HOURS

Saturday, December 24: Closed  
 Sunday, December 25: Closed  
 Saturday, December 31: Open  
 Sunday, January 1: Closed

We offer more than  
**40 fitness classes**  
 each week.  
 See our schedule online!



## Blue Hill Fitness Snow Policy

Classes may be canceled due to weather and road conditions. If Blue Hill Schools cancel or delay due to the weather or if they cancel after school activities due to the weather we will not hold our classes. We will make every effort to open the facility for general use when we can!

## Blue Hill Child Care

The Child Care Programs are independent programs supported by the established DEFY Early Learning Center. We have 2 multi-age classrooms.

**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

The Blue Hill Child Care Center offers a variety of options to meet the needs of the working family. Full week, partial week and 9, 10 or 11 hour slots available for each program. The following rates are based on a 9 hour slot. See our website for prices for 10 and 11 hour slots.

	INFANT 6 weeks- 18 months	TODDLER 18 months- 3 years	PRESCHOOL 3- 5 years old
Fees:			
2 days per week	\$117	\$107	\$80
3 days per week	\$137	\$128	\$110
4 days per week	\$170	\$145	\$125
5 days per week	\$200	\$175	\$150

### MORNING PRESCHOOL

3 - 5 years old  
 6:30am - 12:30pm  
 Fees: \$110 for a full week.

Our hours of operation are Monday to Friday from 6:30 AM until 6:00 PM. We offer flexible enrollment options that range from 2 days per week to 5 days per week, with morning and afternoon programming available too. Our toddler program focuses on the skills needed to successfully participate in group activities while exploring the world around them. We support language skills, the development of independent skills, processing and cognitive skills; but most of all we move!!!

Our Preschool program uses a weekly theme, a letter of the week and a number of the week to build on language skills, early literacy skills, problem solving and cognitive processing skills. Our goal is to create a lifetime love of learning through questions, experience and exploration.



The Blue Hill YMCA will be offering  
**The Biggest Winner**  
 starting in January.  
 The program with Phil LeBreton will include Nutritional components, accountability on your workouts, group support, personal online support, weekly weigh ins, Prize for the biggest percentage of weight loss every week. This would make a great Holiday gift. Call for details.



# 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 YMCA WILL BE CLOSED ON:

Saturday, December 24

Sunday, December 25

Sunday, January 1

### NO SMOKING FACILITY

The YMCA is a "No Smoking" facilities.

We appreciate your cooperation.



## 2017 Winter Newsletter



The Dolphins are off to a fast start this season!

### SPECIAL HOLIDAY HOURS

#### SPECIAL HOURS DEFYMCA

New Years Eve

Saturday, December 31,

Open 8:00am-3:00pm

The pool will be open from 12:00pm-3:00pm.

#### BLUE HILL YMCA

Saturday, December 24: Closed

Sunday, December 25: Closed

Saturday, December 31: Open

Sunday, January 1: Closed

### 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 memberships, excluding Youth & Teen. The following prices reflect our monthly dues. Multiply by 12 for annual dues. Rates effective January 1, 2017.

	Supporting Community	Non-Supporting Community	Corporate Rate
Youth (13 & under)	\$14	\$16	\$N/A
Teen (14 - 18)	\$21	\$24	\$18
Young Adult (19-23)	\$36	\$42	\$34
Adult	\$45	\$53	\$42
One Parent Family	\$47	\$56	\$44
Family	\$58	\$66	\$53
Senior (62 & up)	\$36	\$42	\$34
Senior Couple	\$46	\$53	\$43

### 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 7.

### 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, Hancock, Lamoine, Mariaville, Milbridge, Orland, Otis, Sedgwick, Sorrento, Steuben, 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	\$10
Youth & Teen	\$5 **
Young Adult	\$8
Seniors (62 & over)	\$8
Families	\$15

\*\* 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.

### FINANCIAL ASSISTANCE

The YMCA strives to make our 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.com 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	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, Moore Center Manager	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
Liz Carter, Development Director	ecarter@defymca.org
Joy Bragdon, Blue Hill	jbragdon@defymca.org
Jaime Frost, Swim Lesson Coordinator	jfrost@defymca.org
Roman Perez, Afterschool/Day Camp	rperez@defymca.org

### BOARD OF DIRECTORS

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