YMCA Board & Staff

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Owen Frank - Teen Representative

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SPRING 2024 NEWSLETTER

SUPPORTING COMMUNITIES IN BLUE HILL | BROOKLIN | BROOKSVILLE | BUCKSPORT
DEER ISLE | ELLSWORTH | GOULDSBORO | HANCOCK | LAMOINE | MARIAVILLE | MILBRIDGE
ORLAND | OTIS | PENOBSCOT | PROSPECT | SEDGWICK | SORRENTO | STEUBEN | STONINGTON
SULLIVAN | SURRY | TRENTON | VERONA | WALTHAM | WINTER HARBOR

Be Somebody's Hero

Facility Hours

Hours may vary due to holidays, private events, and/or weather. We recommend following our social media for our updates and closure alerts.

Blue Hill YMCA
MONDAY- FRIDAY
5:30AM-8:00PM
SATURDAY-SUNDAY
8:00AM-4:00PM

Ellsworth YMCA
MONDAY- FRIDAY
5:30AM-8:00PM
SATURDAY-SUNDAY
8:00AM-5:00PM

Bucksport YMCA
MONDAY-THURSDAY
5:00AM-7:00AM,
3:00PM-8:00PM
FRIDAY
5:00AM-7:00AM,
2:00PM-8:00PM
SATURDAY
7:00AM-12:00PM

Join The YMCA!

Looking to join the Down East YMCA?
Visit defymca.org/membership to learn about member benefits*

Monthly Memberships

Adult (24 & up) $63
Family** $84
One Parent Family $70
Senior (62 & up) $54
Senior Couple $70
Teen (14-18) $31
Young Adult (19-23) $54
Youth (0-13) $24

Short Term Memberships

	1 Month | 3 Month
Adult	$91 | $274
Family	$111 | $335
OP Family	$98 | $306
Senior	$81 | $242
Senior Couple	$98 | $306
Young Adult	$81 | $242

Corporate Memberships

Small Business (2-5 Units):

Adult $57
Family $76
One Parent Family $63
Senior $49
Senior Couple $63
Teen $28
Young Adult $49

Large Business (6 & up Units):

Adult $54
Family $72
One Parent Family $60
Senior $47
Senior Couple $60
Teen $27
Young Adult $47

*Please note that there is a $50 joiner fee.
**Kids up to 23 who are full time students can be included on a family plan.

For more information regarding corporate memberships, please contact Heidi at htupper@defymca.org.

Ellsworth YMCA Add-on Membership Services

Hydro Massage: Members - $10.00 per month for unlimited usage, or $3.00 per visit
Non-members - $12.00 per visit – includes a day pass to the Y

Golf Simulator: Members - $30 per month (includes daily usage)
Non Members - $50 per month
Members - $25.00 per hour – 3 guests max
Non Members - $35.00 per hour
Guests - members are free, non-member $5.00 each

Membership For All

Membership for all bases membership rates on household income. Families whose annual household income is less than $54,999 may be eligible for a 10-40% rate reduction. To learn about requirements for financial assistance, see our Rate Sheet under Membership for All at defymca.org/rates.

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Financial Assistance

The YMCA strives to make its programs and facilities available to everyone who wishes to participate regardless of ability to pay.

Contact Heidi at htupper@defymca.org or pick up an application at the front desk.

Adult Programming

Outdoor pickleball courts are open! Try out a new hobby today. Offerings change seasonally, so go to defymca.org/adult-rec or follow us on social media to stay up-to-date!

Ellsworth YMCA

Pickleball

Outdoor courts are open from sun up to sun down

Volleyball

Thursday: 6:30 – 8:00pm

Walking Group

Tuesday: 11:00am-12:00pm
Thursday: 11:00am-12:00pm

[Events take place in the Wiggins Center gym]

Blue Hill YMCA

Pickleball

Tuesday & Thursday: 10:00am – 12:00pm
Tuesday & Wednesday 5:00 – 7:00pm

Adult Pickup Basketball

Monday & Thursday: 6:00 – 7:45pm

Walking Group

Tuesday: 10:00 – 11:00am
Thursday: 10:00 – 11:00am

[Pickleball and basketball take place in the Lawrence Center gym. The Walking Group meets on the walking track.]

Adult Swim Lessons

Adult swim lessons are designed to meet the needs of each individual. Small class sizes ensure that whether you are trying to overcome fears or improve technique, you can work towards your goals. We offer private or semi-private1/2 hour lessons that can be done one on one or with a friend. These are for non-swimmers to masters and everything in between. Contact Brian at btownsend@defymca.org or your local YMCA to get connected with an instructor or coach depending on your needs!

Masters Swimming

For novice and experienced swimmers. Workouts are tailored so all levels can train together. Stroke development, speed and endurance are all part of each workout. Masters Swimming is offered at the Blue Hill YMCA on Mondays & Wednesdays at 6:00pm and the Wiggins Centers on Saturdays at 8:00am.

Visit defymca.org/adult-rec for the full Adult Rec schedule!

Adult Programming

The Down East Family YMCA offers personal training at all three branches in Blue Hill, Bucksport and Ellsworth!

The personal training staff at the Down East Family YMCA is growing, and we are currently accepting new clients. If you're looking for help creating a fitness plan, building strength, or growing your gym confidence, reach out to our team today.

Personal Training Rates:
per 30 min. session

Members	Non Members
1 | $40	1 | $60
3 | $38	3 | $58
6 | $36	6 | $56
12 | $33	12 | $53
24 | $25	24 | $45

Benefits of working with a Personal Trainer:

- Create a personalized training plan based on individual goals.
- Help to create and/or realize health goals.
- Learn to use exercise equipment safely and effectively.
- Provide accountability and motivation to build healthy habits.

Visit defymca.org/pt to request a personal trainer!

Membership Benefits

By joining the Down East Family YMCA, enjoy the many exclusive benefits that a membership offers!

- Full access to our 3 fitness facilities, Bucksport, Blue Hill & Ellsworth.
- Free Adult programming, including an average of more than 50 hours of fitness programming per week.
- Free access to over 2,000 YMCAs across the Nation with Nationwide Membership
- Stay & Play (free with Family Membership)
- Discounted rates for members on programs like Youth Swim Lessons, Child Care & Afterschool, Summer Camps, Golf Simulator, Personal Training, and Family Fun Night events
- Year-round Pickleball in Blue Hill & Ellsworth
- Fitness Room orientations
- Participate in adult aquatics classes and Masters Swim Program

Stay & Play

Stay & Play at the Blue Hill & Ellsworth YMCA is a free babysitting program for our members. Serving children ages 6 weeks to 10 years old, Stay & Play enables parents and caregivers to enjoy a workout while their children have a great time under the care of our trained childcare staff.

Blue Hill YMCA: Monday, Wednesday & Friday 8:00-11:00am
Ellsworth YMCA: Tuesday & Thursday 8:00-11:00am

Available for 90 minutes per child. Free for YMCA Family Memberships, $10 per child for Adult Memberships.

Note: Parents/caregivers must remain in the YMCA building while their child is in Stay & Play.

Rent the YMCA!

POOL PARTY AT BLUE HILL PACKAGE!

A 2-hour party at the Blue Hill YMCA includes an hour in the pool for up to 20 swimmers and an hour in a party room.

This package costs $250 for members and $300 for non-members

See Blue Hill rental options and party packages at defymca.org/blue-hill-rentals

Rentals Available!

The Down East YMCA has spaces and rooms for rent for your next event. With affordable pricing, ample parking, and the technology hook-ups you need, we are the venue that meets all your needs!

Birthday Parties | Meetings | Concerts
Weddings | Large Meals | Dance Recitals
and more!

Childcare

The Down East Family YMCA now has three early learning centers: The Moore Community Center and Beechland Road Early Learning Center in Ellsworth, as well as The Island of Imagination in Bar Harbor. Our centers serve children ages 6 weeks old through preschool. We also run before and after-school care as well as snow day and vacation care for school-aged children. Full and part-time slots are available.

Our programs are recognized as Quality Rated Programs 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.

Check out defymca.org/childcare to learn more about our programs!

Childcare

Early Learning Centers Hours

Beechland Center
6:00am-6:00pm M-F

Hancock Grammar School
After School Care
Operates until 5:30pm

Island of Imagination
6:00am-5:00pm M-F

Moore Center
6:30am-5:30pm M-F

Looking for childcare? Island of Imagination in Bar Harbor and the Moore Center Preschool in Ellsworth both have openings. For more information, please call (207) 307-0324.

Rent the YMCA

MOORE CENTER EVENT RENTALS

The Moore Community Center is a multi-purpose center that can be set up for any event needs. Whether you're looking to rent the gym for a birthday party or the theater for a beautiful shower like this, you won't regret hosting your next event here.

Book Your Event Today!

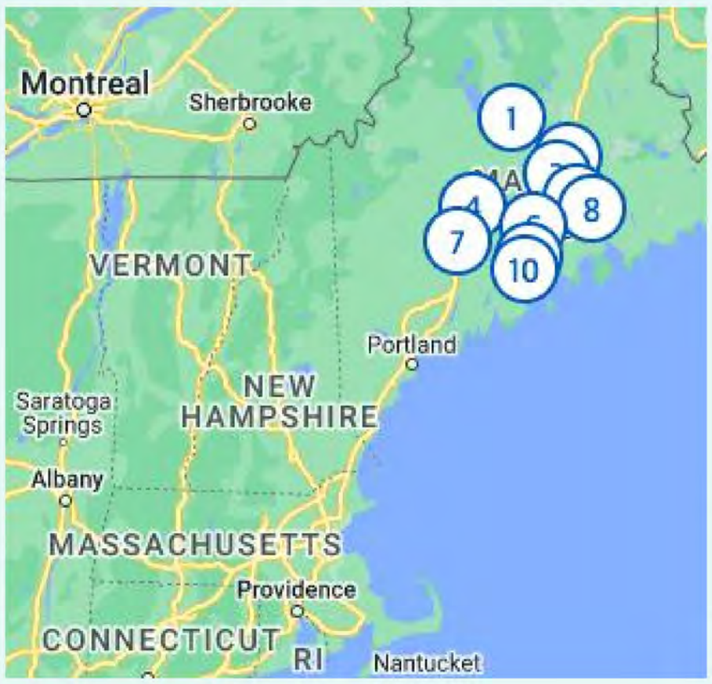
Complete our rental application at defymca.org/rental-app or contact Shauna Esposito at (207) 307-0324 or sesposito@defymca.org.

Non-profits and regularly scheduled meeting organizers should contact us for pricing.

In The Community

Support the YMCA While You Shop!

During the whole month of May, for each Community reusable bag sold at Ellsworth Hannaford, the store will donate $1.00 to the Down East Family YMCA! It's a great time to replace all your dirty old bags.



Use Any Y Facility In New England

Use your Regional Down East Family YMCA membership across New England and nationwide. If you're looking to stay active while traveling, visit one of the over 2,700 YMCAs nationwide!

A Nationwide Membership is designed to allow members of a YMCA to use another YMCA, as a visitor, at no additional cost. Members must use their home YMCA more than 50% of the time in any given month.

On Rainy Days

Did you know that we have indoor golf simulators at our YMCAs in Ellsworth and Blue Hill? Make your rainy days productive by working on your golf skills!

YMCA members can play unlimited rounds for $30.00/month paid by autodraft or $25.00/hour. Non-members can play unlimited rounds for $50.00/month paid by autodraft or $35.00/hour.

On Sunny Days

Get outside and play! No matter your age, the Down East Family YMCA has something for you to do.

We will soon have FOUR outdoor pickleball courts at the Wiggins Center open. Check in with the front desk for availability.

Special Events

To see all of our upcoming events, go to defymca.org/events

DEFY Annual Meeting & Awards Celebration

May 22 – 5:45 pm at the Moore Community Center

Main Street Memorial Mile Run

May 27 – 9:00am in Ellsworth

Tour Du Lac 10 Mile Run/Walk

June 22 – 6:45am in Bucksport

Advance registration costs $30 and day-of registration costs $40.

Kinsley Ray 5k Run and Walk

July 27 – 8:45am in Ellsworth

Wilbur's Run 5k

August 31 – 8:00am at the Blue Hill Fairgounds

Youth Programming

Youth programming slows down for the spring, but the Down East Family YMCA is excited to bring a FUN PACKED summer! Dates and registration information for the following camps will be announced soon. Follow us on social media or check in with the front desk for more information.

Sports Camps

Attention young athletes! Soccer, basketball, volleyball and pickleball camps will take place this summer at the Blue Hill YMCA and Wiggins Center.

Fishing Camp

Get outside and fish at our upcoming Fishing Camp! Campers will go to Camp Discovery every day for a week to learn about fishing and work on skills.

COMING SOON

Family Programming

Glow Party Family Fun Night

May 10 - 5:00pm-7:00pm @ Moore Community Center

There will be pizza, a glow stick sing-a long, games and crafts. Each child gets to take home their very own microphone! This event is free with a family membership.

Parents Night Out: Tie-Dye Explosion

May 17 - 5:00pm -8:00pm @ Moore Community Center

This Parents Out Night event will have pizza, a tie dying craft, gym games and more. Please supply your child with 1 white t-shirt to tie dye. This event costs $25 and $15 for each additional sibling for members. For non-members, it costs $35 and $20 each additional sibling.

Family Fun Night Ice Cream Social

June 7 - 5:30pm-7:00pm @ Moore Community Center

Kick off summer with some fun at this free community event! There will be open swim, a bounce house, vendors, a fun run. kids games and more.

Healthy Kids Day Summer Kick Off

June 8 - 2:00pm-4:00pm @ Wiggins Center

Kick off summer with some fun at this free community event! There will be open swim, a bounce house, vendors, a fun run. kids games and more.

Bucksport Father / Daughter Dance

June 14 - 7:00 pm @ Bucksport Middle School