



# FALL 1 & 2 PROGRAM GUIDE

join the y  
YMCA OF MARQUETTE  
COUNTY

[www.ymcamqt.org](http://www.ymcamqt.org)  
1420 Pine Street Marquette, MI 49855  
P 906.227.9622  
350 Iron Street Negaunee, MI 49866  
P 906.475.9666



# our mission

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## PROGRAM registration dates

Fall 1 is September 17 - October 29.  
Member Registration opens August 28  
Non-Member Registration opens September 4

Fall 2 is November 5 - December 23.  
Member Registration opens October 16  
Non-Member Registration opens October 23

**YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT [WWW.YMCAMQT.ORG](http://WWW.YMCAMQT.ORG)**

## Program Refund/Credit Policy

**A credit for programs will be given when:**

- Your registration cancellation meets date criteria
- Participant can no longer participate because of medical reasons. (Pro-rated amount will be credited.)

**Classes cancelled if:**

- YMCA program does not meet minimum registration by dates specified.

**Weather Closings:**

The Y may close/cancel classes due to unsafe weather conditions. Please call the Y at 906-227-9622 or check our website at [www.ymcamqt.org](http://www.ymcamqt.org) for cancellations. Classes cancelled due to weather may not be rescheduled or refunded.

## Day Pass Rates

Family \$20 (max. two adults and dependent children)

Adult \$8

Youth \$6 (under 18)

Guests are welcome to use the Y. The Y reserves the right to limit/restrict guest passes due to facility capacity. Guests must check in, create photo ID account, and sign a waiver at the Front Desk. Children under 12 years of age must be accompanied by a parent/guardian.

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## Marquette hours of operation

FALL/WINTER	SPRING/SUMMER
September 5 - May 28 Monday-Friday: 5am-9pm Saturday: 7am-5pm Sunday: 10am-5pm	May 30 - September 4 Monday-Friday: 5am-8pm Saturday: 7am-3pm Sunday: 10am-3pm

## West End hours of operation

FALL/WINTER	SPRING/SUMMER
September 5 - May 28 Monday-Friday: 5am-8pm Saturday: 7am-3pm Sunday: 10am-3pm	May 30 - September 4 Monday-Friday: 5am-7pm Saturday: 7am-2pm Sunday: 10am-2pm

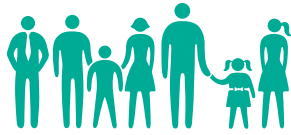
## IMPORTANT DATES

Good Friday (April 14): Closed at Noon  
Easter Day (April 16): Closed  
Memorial Day (May 29): Closed  
Fourth of July (July 4): Closed  
Labor Day (September 4): Closed  
Thanksgiving Day (November 23): Closed  
Christmas Eve (December 24): Closed  
Christmas Day (December 25): Closed  
New Years Eve (December 31): Closed  
New Years Day (January 1): Closed

## pool closures

Pool Maintenance

September 5 - 10 Pool, Sauna & Hot Tub Closed



# SOCIAL responsibility

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## KEY STAFF

**Chief Executive Officer, Jenna Zdunek**

[jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org)

**West End & Aquatics Director, Rachel Berglund**

[rberglund@ymcamqt.org](mailto:rberglund@ymcamqt.org)

**Swim Team & Lessons, Shawn Robinson-Sobczak**

[ssobczak@ymcamqt.org](mailto:ssobczak@ymcamqt.org)

**Finance Director, Jenn Keni**

[jkeni@ymcamqt.org](mailto:jkeni@ymcamqt.org)

**Membership & Marketing Director, Bob Reddick**

[breddick@ymcamqt.org](mailto:breddick@ymcamqt.org)

**Child Development Director Marquette, Amy Gale**

[agale@ymcamqt.org](mailto:agale@ymcamqt.org)

**Child Development Director KI Sawyer, Leslie DesJardins**

[ldesjardins@ymcamqt.org](mailto:ldesjardins@ymcamqt.org)

**Healthy Living Director, Christina Bennett**

[cbennett@ymcamqt.org](mailto:cbennett@ymcamqt.org)

**Reach & Rise® Mentor Director, Melissa DeMarse**

[mdemarse@ymcamqt.org](mailto:mdemarse@ymcamqt.org)

**Reach & Rise® Group Mentor Director, Jasmin Roden**

[jroden@ymcamqt.org](mailto:jroden@ymcamqt.org)



The YMCA of Marquette County runs more than 100 programs and events each year. Our volunteers are a very important part of what we offer. Join us this year in our efforts to continue offering these special programs and events that make us an integral part of this community. Looking for opportunities to volunteer? The YMCA is a way for you to get connected and volunteer! Inquire about it today at the Front Desk.

Volunteer Opportunities in the following programs: Administrative/Business Office, Adult Programing, Aquatics, Camp, Child Care, Family Events, Fundraising, Maintenance/ Ground Work, Running, Special Events, Welcome Center, Youth Sports and so much more!

Stop by the Front Desk to fill out your volunteer application today!

## WHEN YOU JOIN THE Y

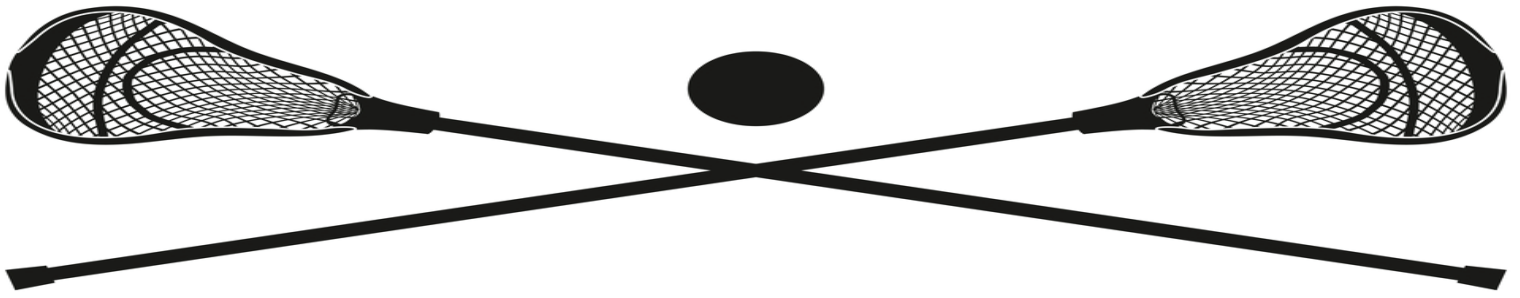
When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living, and social responsibility. Join the Y today and become a member of a community committed to helping you and your family learn new things, make new friends, and lead a healthy lifestyle. We know how hard it is to find balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive. Stop in to find out more and experience the Y.

## 90 DAY FITNESS & ORIENTATIONS

The Y cares about your safety. With every membership we give you a FREE orientation of the building and fitness equipment. If using equipment is new to you, we will show you how to safely and effectively use it. The Y also offers members a FREE 90 Day Fitness Journey. We will help you set goals and give you a baseline assessment to head you in the right direction. Schedule your orientation and 90 Day Fitness Journey at the Y's Front Desk.

## FINANCIAL ASSISTANCE/SCHOLARSHIP

The YMCA believes that every person should have an opportunity to participate and pursue their own personal goals regardless of financial level. The YMCA of Marquette County uses an income based sliding scale fee schedule to fit most needs. Applications are available at the Front Desk and on our website. This assistance is made possible through generous contributions to the Y. If you would like to donate to this fund you can do so at the Front Desk.



# LACROSSE CLINICS

This dynamic, fast-growing sport has roots in the cultural traditions of the Native American Iroquois people. We're excited to share it with kids ages 10-18 at the Y. In our comprehensive lacrosse program, kids learn stick handling, throwing and catching. Classes start with the basics and work up to more advanced clinics coming in the Spring of 2018. NMU's Lacrosse team will be coaching.

**September 23-October 14**

**Boys Clinic: Saturday 12:00-12:45pm**

**Girls Clinic: Saturday 12:00-12:45pm**

**Members \$36**

**Non-Members \$51**

## FLAG FOOTBALL



**FALL 1: SEPTEMBER 17 - OCTOBER 29**

**Saturday 9:00-9:45am (Ages 4-6)**

**Saturday 10:00-10:45am (Ages 7-10)**

This program is geared toward kids who want to learn how to play flag football, brush up on rules, tactics and most importantly - HAVE FUN!! Football players should anticipate a challenging but instructional program that focuses on fundamentals and good sportsmanship.

**We need coaches! Interested in Volunteering? Contact us at 906-227-9622**

**Members \$36**

**Non-Members \$51**

**YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT [WWW.YMCAMQT.ORG](http://WWW.YMCAMQT.ORG)**



## NURTURE GUIDE SUPPORT

### YOUR TIME MAKES A DIFFERENCE!

Reach & Rise® is a national YMCA mentoring program designed to build a better future for youth by helping them reach their full potential through the support of caring adults. Reach & Rise® supports youth ages 8 to 17 who are open to mentoring and have a parent/guardian that supports the mentoring relationship. We are looking for volunteers who want to make a difference through intentional therapeutic mentoring, spending 1-3 hours a week with a mentee over the course of a year with the ongoing support of the Reach & Rise® Director.

### ONE-ON-ONE MENTORING PROGRAM

The One-on-One Reach & Rise® Mentoring Program is offered to youth ages 9-17 through the YMCA. Through the mentoring relationship, our mission is to model and grow effective emotional and interpersonal skills in youth while enjoying fun weekly outings together and exploring our community. Volunteer mentors commit to spending 1-3 hours per week with a child for one year. Volunteers receive valuable Paraprofessional counseling training before being matched with a child. Mentors must be a minimum of 21 years old.

### One-on-One Training

Mentor training will take place in September, 2017. This training is free of charge and available for anyone 21 years and over. Actual dates to be determined based on interest.

### GROUP MENTORING PROGRAM

The Therapeutic Group Reach & Rise® Mentoring Program is offered to youth ages 8-15 through the YMCA. Our focus is on the emotional and social well-being of youth; essentially teaching them emotion identification and healthy emotion management as well as effective interpersonal skills through group activities and discussions. The volunteers will co-facilitate therapeutic based groups of up to 6 children for 8-16 weeks. The mentors also receive 15 hours of Paraprofessional training prior to facilitating the groups. Mentors must be a minimum of 21 years old. Two new groups will be starting in the Fall of 2017.

### Group Training

Mentor training will take place in Fall 2017. This training is free of charge and available for anyone 21 years and over. Actual dates to be determined based on interest.

For More Information Contact:  
Melissa DeMarse, LPC, NCC, Reach & Rise® (One-on-One)  
mdemarse@ymcamqt.org

Jasmin Roden, LLBSW, Reach & Rise® (Group)  
jroden@ymcamqt.org

906-227-9622



# before & AFTER SCHOOL

## ADVANCING A SUCCESSFUL LIFELONG JOURNEY

Kids enrolled in the YMCA Healthy Out of School Time Program will receive homework help, play fun games that encourage active and healthy lifestyles and swim time in the Pool.

Please pick up a parent packet at the Y to register. Space is limited and pre-registration is required.

Programming is Monday-Friday on School Days only.

Graveraet School Bus will pick up/drop off at the corner of Russell and Fair.

### BAS RATES:

Morning Program (6:45-8:45am): \$7.00

Afternoon Program (3:45-6:00pm): \$7.00

Full Day: \$14.00

Weekly Rate: \$65.00

### DAYS OFF PROGRAM

Don't have anywhere for your kids to go on a scheduled day off of school or even worse a **SNOW** day? Don't worry the Y has you covered! Bring your child to the Y for the day where they will enjoy a day filled with fun and adventure.

Full Days only

Members \$29

Non-Members \$42



For more information contact us:

906-227-9622



# special EVENTS

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Enjoy a muck filled day on our 5K obstacle course. You will climb the mountain on the chair lift and then traverse from the top of Marquette Mountain to the bottom (500 Feet) while going through some of the muckiest obstacles you've ever seen. Enjoy great views, fall colors, fun, friends, food, mud and beer. Registrants must be at least 12 years of age.

#### REGISTRATION INFO:

**EARLY MUCKER: JULY 21 - AUGUST 21: \$35 (Includes T-Shirt and A Beer)**

**GENERAL MUCKER: AUGUST 22 - OCTOBER 1: \$40 (Includes T-Shirt and A Beer)**

**LATE MUCKER: OCTOBER 2 - OCTOBER 18: \$45 (Includes A Beer)**

Heat times will be posted by October 20 on [www.ymcamqt.org](http://www.ymcamqt.org) or at either Y location. Registration starts at 8:30am on October 21.

The first heat will leave at 10:00am. You can register yourself or your team at [www.eventbrite.com](http://www.eventbrite.com). Registrations will not be taken after October 18.

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**econofoods**

## other events

**Middle School Dances - Fridays, September 22; October 13; November 17; December 15 , 8:00-10:30pm**

\$6 for Members & Non-Members

**YMCA Open House - Thursday, August 31, 10:00am-6:00pm**

Come try the Y for FREE!!!! We will have scheduled events all day (schedule tbd). Everyone is welcome!!

**Halloween at the YMCA - Saturday, October 28, 10:00am-12:00pm**

Join us for a ghoulish time at our Marquette Facility!

**New Years at the West End YMCA - Saturday, December 30, 10:30am-12:00pm**

Ring in the New Year with a smashing party at our West End Facility.

\*All dates and times are tentative and are subject to change.

## Birthday Parties at the Y

**Party Package Includes:** Party host (who will take care of set up and clean up), Cupcake cake, Decorations , Table settings, Goodie bags, Juice boxes. Pizza's are available for \$8.00 each from Vango's.

Parties last a total of 2.5 hours; party goers have use of the kids gym, basketball gym and pool.

Call 906.227.9622 for availability. Registration form will be filled out over the phone. A non refundable deposit of \$125 must be taken at the time of reservation to reserve your date. Parties are booked on Saturdays 1:00-3:30pm and Sundays 11:00-1:30pm.

Up to 10 children: \$150 for members and \$165 for non-members

11-15 children: \$175 for members and \$190 for non-members

16-20 children: \$200 for members and \$215 for non-members

21-25 children: \$225 for members and \$240 for non-members

# YOUTH programs

## Basketball

Fall 2 Session: November 5–December 23

Thursday

5:15–6:00pm (Ages 7–9)

6:15–7:00pm (Ages 10–12)

Features activities emphasizing skill development, strategy and safety. Register today for a fun-filled time as you make new friends on the court!

Members \$42

Non-Members \$63



## Lacrosse Clinics

This dynamic, fast-growing sport has roots in the cultural traditions of the Native American Iroquois people. We're excited to share it with kids ages 10–18 at the Y. In our comprehensive lacrosse program, kids learn stick handling, throwing and catching. Classes start with the basics and work up to more advanced clinics coming in the Spring of 2018. NMU's Lacrosse team coaching.

September 23–October 14

Boys Clinic: Saturday 12:00–12:45pm

Girls Clinic: Saturday 12:00–12:45pm

Members \$36

Non-Members \$51



## Mix it Up Sports

Fall 2 Session: November 5–December 23

Monday 5:15–6:00pm (Ages 4–6)



Each week participants will learn and play a new sport. Kids will learn skills and rules of the game through fun and exciting drills and games. Basketball, T-Ball, Flag Football, Kick Ball, Floor Hockey, Soccer, Lacrosse.

Members \$36

Non-Members \$51

## Gymnastics

Fall 1: September 17–October 29  
Fall 2: November 5–December 23

CLASS	AGE	DETAILS	FEE
 <b>MIGHTY TUMBLERS</b>	<b>AGE 3–5 Years</b>	Thursdays 4:30–5:00pm No experience necessary! Children will be introduced to gymnastic skills and apparatuses in a fun and encouraging environment.	\$32 Members \$48 Non-Members
 <b>STAR TUMBLERS</b>	<b>AGE 6–10 Years</b>	Thursdays 5:15–6:00pm No experience necessary! Children will be introduced to gymnastic skills and apparatuses in a fun and encouraging environment.	\$36 Members \$51 Non-Members



# YOUTH programs

## After School Fit Club

Fall 1: September 17–October 29

Fall 2: November 5–December 23

Ages 8–14

Tuesday & Thursday 4:15–5:00pm

Introduction to weights in the Wellness Center. This class will challenge children to develop active, positive lifestyles.

Members \$45

Non-Members \$67



## Youth Fitness Certification

Fall 1: September 23; October 7, 21

Fall 2: November 4, 18; December 2

Saturday 10:00–11:30am

This 90 minute class gives your child the ability to use our Wellness Center without supervision. We will take your child through the basics of an exercise routine and teach weight room etiquette. For Ages 12–16.

Members \$18

Non-Members \$27



## Just Keep Playing!

Fall 1: September 17–October 29

Fall 2: November 5–December 23

Monday 4:30–6:15pm (Ages 8–12)

This program is a great way to keep your young kids moving! The first 45 minutes will be spent in the wellness center or playing a game in the gym. The second half of the class will be spent playing games in the pool.

Members \$55

Non-Members \$82



## Teen Y-Fit

Fall 1: September 17–October 29

Fall 2: November 5–December 23

Ages 13–17

Wednesday 6:00–7:00pm **or** Saturday 11:30am–12:30pm

This program incorporates a warm-up along with body weight exercises. The class will also develop youth agility, balance and coordination. The class will finish with stretches to increase flexibility.

Members \$40

Non-Members \$60

# YOUTH programs

## Flag Football

Fall 1: September 17-October 29  
 Saturday 9:00-9:45am (Ages 4-6)  
 Saturday 10:00-10:45am (Ages 7-10)

This program is geared toward kids who want to learn how to play flag football, brush up on rules, tactics and most importantly - HAVE FUN!! Football players should anticipate a challenging but instructional program that focuses on fundamentals and good sportsmanship.

Members \$36  
 Non-Members \$51



## Karate

Fall 1: September 17-October 29  
 Fall 2: November 5-December 23

CLASS	AGE	DETAILS	FEE
<b>ADULT</b>	<b>AGE 14+ Years</b>	Wednesday 6:00-7:00am	\$34 Members \$51 Non-Members
<b>BEGINNER YOUTH</b>	<b>AGE 6-13 Years</b>	Wednesday 5:15-6:00pm <b>or</b> Saturday 12:00-1:00pm	\$46 Members \$69 Non-Members
<b>INTERMEDIATE (Yellow Belt &amp; Higher)</b>	<b>ALL AGES</b>	Wednesday 6:15-7:00pm <b>or</b> Saturday 10:00-11:00am	\$46 Members \$69 Non-Members
		Wednesday 6:15-7:00pm <b>&amp;</b> Saturday 10:00-11:00am	\$80 Members \$120 Non-Members
<b>FAMILY (One Parent &amp; One Child)</b>	<b>AGE 4+ Years</b>	Saturday 11:00am-12:00pm (Add \$8 per additional child/family member)	\$42 Members \$63 Non-Members
<b>PRIVATE OR SPECIAL NEEDS</b>	<b>ALL AGES</b>	Saturday 9:00-10:00am	\$45/Hour Members

### KARATE SPECIAL EVENT

Celebrate Master Tredeau's 25th Anniversary of Teaching in Marquette on September 30th, 9:00-11:00am. Students, past and present, are invited to celebrate and workout at no charge.



## Articatz Volleyball Academy Level 1

September 12 - October 24  
2nd & 3rd Graders  
Tuesday 6:00-7:00pm

We will be learning the skills in volleyball by breaking down the skills to its simplest form. Each skill will be mastered for ultimate success for the future. The skills of setting, passing, serving, blocking and spiking will be our main focus. We use a lighter ball to allow maximum growth and learning.

Members & Non-Members \$80

## Articatz Volleyball Academy Level 2

September 22 - December 1  
4th & 5th Graders  
Friday 6:00-7:00pm

We will be continuing our learning of the volleyball skills in single skill drills but we will also work the skills in game situations to prepare us for the Winter Season. Even if your child has not done Level 1 they will be able to handle this level due to our skill training.

Members & Non-Members \$80

## Articatz Volleyball Junior Spikers

October 6 - December 22  
6th, 7th & 8th Graders  
Friday 7:30-8:30pm

We will be working on the skills and team development for the playing season which starts in January. They will learn to execute the game skills at a higher level during this program. This is also a great way to get your daughter ready for the competition season.

Members & Non-Members \$80

## Articatz Volley Tots

November 14 - December 19  
Kindergarden - 1st Grade  
Tuesday 6:00-7:00pm

We will learn the skills of volleyball through functional movement - skipping, shuffling, throwing, dribbling and jumping. We will be using tennis balls, hula hoops, jump ropes and other fun equipment to get us ready to be future volleyball players.

Members & Non-Members \$60



# ADULT programs

## Y-Fit

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Tuesday & Thursday 5:15-6:00pm  
**OR**  
Monday & Wednesday 7:30-8:15am

Beginner to Intermediate. This is a strength & conditioning program with varied movements that are scaled to your fitness level. It will combine aerobic and body weight exercise as well as plyometric training.

Members \$65  
Non-Members \$95

## Prenatal Yoga

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Sunday 10:15-11:15am

A fun and relaxing Yoga class designed to help moms strengthen the muscles to support their baby during pregnancy and birth. No previous experience required. Taught by a certified prenatal Yoga instructor.

Members \$55  
Non-Members \$82

## Strength in Motion

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Monday & Wednesday 11:30am-12:15pm

Increase your strength, add muscle definition and challenge your cardiovascular system with this high repetition, weight/resistance training class. The class is adaptable to all fitness levels.

Members \$65  
Non-Members \$95



## Power Up

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Tuesday & Thursday 8:00-8:45am

Take your Fitness Orientation to the next level! Have you started to plateau in your workout or are you unsure of what steps to take next? This class will help you progress past your initial Fitness Orientation and help you continue your fitness journey safely and effectively.

Members \$45  
Non-Members \$67

## Take the Next Step

Fall 1: September 17-October 29  
Fall 2: November 5-December 23  
Marquette & West End Facility

Ages 18+

Walking can be done almost anywhere, at any time and in any weather. Over 6 weeks you will be tracking your daily steps and working toward a weekly goal. Participants will receive a pedometer to track their steps. Step goals begin with 5,000 per day and max out in week 6 with 10,000 steps per day. Each time you reach your weekly step goal you will be entered into a drawing for a prize at the end of the program. See the Front Desk for more details.

Members Only \$12

## Morning Grind

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Monday, Wednesday & Friday 9:00-9:45am

Maximize your muscle strength through functionally challenging movements and exercises. You'll incorporate plyometric and agility training with strength and core-work - you'll become strong, Fast! An intermediate level of fitness is suggested.

Members \$75  
Non-Members \$110



## Enhance Fitness

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 50+  
Tuesday, Thursday, Saturday 1:00-2:00pm

Evidenced based aerobic and strength class for active older adults.

Members \$30 (Free for returning participants)  
Non-Members \$35

## Pedaling for Parkinson's

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Monday, Wednesday, Friday 1:00-2:00pm

An evidence based program to help improve the lives of people diagnosed with Parkinson's. The goal is to maintain a heart rate range of 60-80% of max for one hour, 3 times per week through the means of cycling. Research has shown by doing so symptoms of Parkinson's can be reduced.

Members \$30  
Non-Members \$30

## TRX Suspension Training

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Born in the Navy Seals, suspension training exercise develops strength, balance, flexibility and core stability simultaneously. TRX training leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself.

Monday (Level 2) 9:15-10:15am  
Tuesday (Level 2) 11:00am-12:00pm  
Wednesday (Level 1) 7:00-8:00am

Members \$60  
Non-Members \$90

Monday & Wednesday (Circuits) 10:15-11:00am  
Tuesday & Thursday (Level 1) 6:15-7:00am (Fall 1 Session Only)

Members \$88  
Non-Members \$130

Private, Semi-Private & Group training options available. See the Front Desk for details and pricing.

## LIVESTRONG at the YMCA

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Monday & Wednesday 1:00-2:30pm

This is an exercise program for cancer survivors. You are considered a survivor from the moment you are diagnosed, so whether you're 1 month out of treatment or 10 years you are able to participate. We will work on progressive cardio, strength, balance and flexibility.

Members FREE  
Non-Members FREE



## Diabetes Prevention Program

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 18+  
Thursday 5:30-6:30pm

Prediabetes occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. Risk for developing type 2 diabetes may be reduced or eliminated by weight loss, healthier eating and increased physical activity.

Members \$214  
Non-Members \$214

**Check with your insurance company to see if they will cover the cost of the program.**

**58%** OF NEW  
CASES OF  
**TYPE 2**  
**DIABETES**  
CAN  
**BE PREVENTED**  
THROUGH PROGRAMS LIKE THE  
**YMCA'S DIABETES**  
**PREVENTION PROGRAM**

# PERSONAL training

## 10 THINGS personal trainers HELP YOU BUILD BESIDES muscles

1. **accountability  
& MOTIVATION**

2. **DEVELOP A  
routine**

3. **CONSISTANT & SOLID  
judgement free support**

4. **PERSONALIZED  
programs**

5. **PROPER  
technique & form**

6. **INJURY REHAB  
& injury prevention**

7. **sports specific  
TRAINING**

8. **MAXIMIZED  
workout**

9. **RELATIONSHIP  
building**

10. **RESULTS**

## Personal Training Options

Our Personal trainers can get you on the road to a better body and better health. Our nationally certified trainers help you get in shape, learn new techniques and create a workout tailored just for you. We specialize in weight loss, strength training, and sports performance. Sessions are 60 minutes long. You are committed to achieving your goals and so are we! Register today at the Front Desk.

### INDIVIDUAL:

Members \$40 (single session); \$185 (5 sessions); \$349 (10 sessions)  
Non-Members \$55 (single session); \$240 (5 sessions); \$410 (10 sessions)

### GROUP TRAINING (3-5 PEOPLE):

Members \$20/session/person  
Non-Members \$26/session/person

### SEMI-PRIVATE:

Members \$25/person (single session); \$115/person (5 sessions); \$200/person (10 sessions)  
Non-Members \$35/person (single session); \$150/person (5 sessions); \$270/person (10 sessions)

## Specialized Fitness Package

The first session (1 hour) of the package includes a fitness evaluation. The second session (1.5 hours) is a training session using your goals and evaluation results. Together they help ensure exercises are being performed effectively and will keep you progressing toward achieving your goals.

Members \$99  
Non-Members \$136

## Fitness Evaluation

Trained staff will test your aerobic fitness level, body composition, muscular strength, endurance and flexibility. Required for most personal training packages.

Members \$45  
Non-Members \$60

## Body Composition Analysis

Find out your body fat percentage using skin fold calipers. Taken by a certified personal trainer.

Members \$12  
Non-Members \$17

## MEET OUR TRAINERS



Christina Bennett



Jen Byma



Brittany Richard



Ryan Philipps



Brian Garton





# AQUATIC programs

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## BUILDING A STRONG FOUNDATION



### Bronze Training

This is a great program for swimmers who want to improve their skills in the four racing strokes, build a foundation for future success or just maintain fitness. Participants must be a Y member.

September 18 - March 18  
Monday, Wednesday & Friday 5:30-7:00pm @ MSHS  
Tuesday & Thursday 6:00-7:30pm @ NMU

Members \$400 (payable over 3 installments)

### Silver Training

For athletes ready to perform at the next level and also for those who want to maintain condition, improve their technique and take swimming to the next level. This program will focus on building a base of endurance while refining stroke technique, starts and turns. Self motivation required. Held at MSHS. Participants must be a Y member.

September 18 - March 18  
Monday - Friday 3:30-5:00pm

Members \$425 (payable over 3 installments)

**For More Information Contact:**  
**Shawn Robinson-Sobczak, Head Coach**  
**(906) 227-9622**  
**ssobczak@ymcamqt.org**

### TRY OUT THE SWIM TEAM!

**SEPTEMBER 11-15; \$15.00**

Tuesday & Thursday @ the Y 5:30-6:15pm (Ages 8 & Younger)  
Monday-Friday @ MSHS 5:30-6:45pm (Ages 9+)

Not sure if you're ready to join the team. Take advantage of this time to try it out for a week at a low price. Our coaches will introduce young swimmers to the concepts of competitive swimming strokes in a fun and social environment. Fee will be credited toward a full team registration.

### Future Stars

Are you considering joining the swim team but you're just not sure? Do you want to try something beyond swim lessons? This program introduces younger children to butterfly, backstroke, breaststroke and freestyle as well as simple concepts of competitive swimming such as flip turns, transition turns and streamline. Participants must be able to swim one length of the Y pool. Held at the YMCA. Participants must be a Y member.

September 19 - December 16  
Tuesdays & Thursdays 4:30-5:15 **or** 5:30-6:15pm (Ages 8 & under)

Members \$250 (Fall Session); \$225 (Winter Session)  
(payable over 2 installments)

### Gold Training

For advanced swimmers whose goals include collegiate and national level competition. Training includes endurance, aerobic development, race strategies and strength training. Self motivation, desire and mental toughness are a must. Requires head coach approval or participation in previous NDT training programs. Held at MSHS. Participants must be a Y member.

September 18 - March 18 (Ages 11+)  
Monday - Friday 3:00-5:00pm

Strength Training:  
Monday & Wednesday 5:15-5:45pm

Members \$450 (payable over 3 installments)

### High School Strength & Training

This program is for high school athletes who wish to train prior to their varsity season without making the full swim team commitment. Athletes can expect aerobic conditioning as well as stroke mechanics and intro to race strategies. Participants must be a Y member.

September 18 - March 18  
Monday - Friday 3:00-5:00pm @ MSHS  
Tuesday & Thursday 5:30-7:00pm @ NMU

Members \$300 (payable over 3 installments)

# SWIM lessons

## STRONG SWIMMERS CONFIDENT KIDS

### ADULT SWIM LESSONS

We have adult semi-private and private swim lessons available. We will tailor your lesson to whatever your comfort level is. Sign up for our private lessons or bring a friend. Pricing is on page 17.



### INFANT/TODDLER AND PARENT

CLASS	AGE	DETAILS	FEES
<b>PARENT &amp; CHILD SWIM</b>	<b>AGE 6 Months-3 Years</b>	We will introduce your child to the pool and get them comfortable with the water by singing songs and playing games. Fall 1 or 2: Monday or Wednesday 5:30-6:00pm	Members \$39 Non-Members \$59
<b>PARENT &amp; CHILD SWIM</b>	<b>AGE 6 Months-3 Years</b>	We will introduce your child to the pool and get them comfortable with the water by singing songs and playing games. Fall 1 or 2: Thursday or Saturday 10:00-10:30am	Members \$39 Non-Members \$59

### PRESCHOOL/KINDERGARDEN

CLASS	AGE	DETAILS	FEES
<b>PRESCHOOL TRANSITION</b>	<b>AGE 2.5-3.5 Years</b>	This class transitions your little one from the parent/child swim. Parents can watch from the sidelines while children explore water games and skills. Fall 1 or 2: Thursday or Saturday 10:35-10:55am	Members \$45 Non-Members \$68
<b>PRESCHOOL SWIM</b>	<b>AGE 3-5 Years</b>	Children learn basic water safety, rules, beginning floating, glides and paddling. Fall 1 or 2: Monday 6:05-6:35pm	Members \$49 Non-Members \$74
<b>PRESCHOOL SWIM</b>	<b>AGE 3-5 Years</b>	Children learn basic water safety, rules, beginning floating, glides and paddling. Fall 1 or 2: Wednesday 6:40-7:10pm	Members \$49 Non-Members \$74
<b>PRESCHOOL SWIM</b>	<b>AGE 3-5 Years</b>	Children learn basic water safety, rules, beginning floating, glides and paddling. Fall 1 or 2: Thursday or Saturday 11:00-11:30am	Members \$49 Non-Members \$74

# SWIM lessons

## Private or Semi-Private Lessons

Learn to swim or work on your strokes on a one-to-one basis or in a group of two. Classes are scheduled by appointment only. Lessons will consist of seven 30 minutes sessions. Contact the welcome center for more details. We offer a 50% discount for special needs children. Ages 3+

### Semi-Private Rates:

Members \$63/person

Non-Members \$91/person

### Private Rates:

Members \$110

Non-Members \$165

## AQUATIC NOTES

- Please note that the final determination of swim lesson level placement will be made by the instructor on the first day of class. If a child does not meet skill requirements listed in the program guide, the student will be moved to another class if there is room available. If there is no room in the appropriate class, a credit for registration will be given.
- Class levels may be combined without notice.
- Schedule changes may necessitate instructor changes without notice.



## SCHOOL AGE SWIM

CLASS	AGE	PREREQUISITES	FEES
LEVEL 1 & 2	AGE 6-13 Years	Children continue to build onto beginning skills to learn the front crawl and back stroke. They will continue to work on floating, treading water and an emphasis on water safety in and around pools and lakes. Fall 1 or 2: Monday or Wednesday 5:30-6:15pm	Members \$54 Non-Members \$81
LEVEL 1 & 2	AGE 6-13 Years	Children continue to build onto beginning skills to learn the front crawl and back stroke. They will continue to work on floating, treading water and an emphasis on water safety in and around pools and lakes. Fall 1 or 2: Saturday 10:00-10:45am	Members \$54 Non-Members \$81
LEVEL 3 & 4	AGE 6-13 Years	Expanding knowledge of swimming strokes, front crawl, back stroke, and endurance. We introduce the breast stroke and the butterfly. We also continue an emphasis on water safety. Fall 1 or 2: Monday or Wednesday 6:20-7:05pm	Members \$54 Non-Members \$81
LEVEL 3 & 4	AGE 6-13 Years	Expanding knowledge of swimming strokes, front crawl, back stroke, and endurance. We introduce the breast stroke and the butterfly. We also continue an emphasis on water safety. Fall 1 or 2: Saturday 10:50-11:30am	Members \$54 Non-Members \$81



# WEST END programs

## Preschool Dance 1

September 19-December 19

Ages 2-3  
Tuesday 4:15-4:45pm

Our unique class is full of imagination and fun! This introduction to movement allows the youngest dancers to become more aware of their bodies and the space around them. Students will prepare for a fun recital while building relationships. Costumes provided. **Ballet slippers required.**

Members \$62  
Non-Members \$82

## Teen Group Fit

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 13-17  
Tuesday 7:00-7:50pm

A fun and engaging program designed just for your teen! They will get to experience various components of fitness by participating in a variety of classes including indoor cycling, Pilates, Zumba, Yoga, and Strong Bodies under the guidance of supportive instructors.

Members \$22  
Non-Members \$33

## Youth Yoga

Fall 1: September 17-October 29  
Fall 2: November 5-December 23

Ages 3-7  
Saturday 9:45-10:15am

This class promotes and encourages the use of imagination, increases body awareness and develops social skills. It encourages adults to engage with their child in a supportive and relaxed environment.

Members \$31  
Non-Members \$44

## Preschool Dance 2

September 19-December 19

Ages 3-5  
Tuesday 5:00-5:30pm

Our unique class is full of imagination and fun! The level two class is for those who have completed a year of preschool or have prior dance experience. Students will prepare for a fun recital while building relationships. Costumes provided. **Ballet slippers required.**

Members \$62  
Non-Members \$82



# WEST END programs

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## Afterschool Fit Club

Fall 1: September 17–October 29  
Fall 2: November 5–December 23

Ages 8–14  
Tuesday 4:00–4:40pm (Grades 3–4)  
Thursday 2:50–3:30pm (Grades 5–8)

Support healthy habits for exercise that will last a lifetime while enjoying good company. This program uses a balanced approach that combines endurance, strength and flexibility training.

Members \$23  
Non-Members \$34

## Youth Fitness Certification

Fall 1: September 17; October 1, 15  
Fall 2: November 5, 19; December 3

Ages 12–16  
Saturday 10:00–11:30 am

This 90 minute class gives your child the ability to use our Wellness Center without supervision. We will take your child through the basics of an exercise routine and teach weight room etiquette. For Ages 12–16.

Members \$18  
Non-Members \$26



## Karate

Fall 1: September 17–October 29  
Fall 2: November 5–December 23

CLASS	AGE	DETAILS	FEE
<b>BEGINNER YOUTH</b>	<b>AGE 6–13 Years</b>	Thursday 5:30–6:15pm	\$46 Members \$69 Non-Members
<b>INTERMEDIATE (Yellow Belt &amp; Higher)</b>	<b>AGE 6+ Years</b>	Thursday 7:00–8:00pm	\$46 Members \$69 Non-Members
<b>FAMILY (One Parent &amp; One Child)</b>	<b>AGE 4+ Years</b>	Thursday 6:15–7:00pm	\$42 Members \$63 Non-Members

YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT [WWW.YMCAMQT.ORG](http://WWW.YMCAMQT.ORG)

# WEST END programs

## Enhance Fitness

Fall 1: September 17–October 29

Fall 2: November 5–December 23

Ages 50+

Monday, Wednesday, Friday 10:00–11:00am

Evidenced based aerobic and strength class for active older adults geared toward decreasing likelihood of falls, maintaining bone and muscle mass and building relationships.

Members \$30

Non-Members \$35

## RAD Women's Self Defense

Fall 2: November 6, 10 & 13

Ages 16+

5:30–8:30pm Each Session

Rape Aggression Defense System is one of the best women's self defense course available. RAD is a program of realistic self-defense tactics and techniques that begins with awareness and risk-reduction and progresses to hands-on training. It is taught by certified instructor Master Joyce Tredeau. Pricing includes all three sessions, a manual and the opportunity to retrain at subsequent courses.

Members \$55

Non-Members \$80

## Mind & Body Connection

Fall 2: November 5–December 23

Ages 16+

Monday 7:00–8:00pm

This stress management course involves using alternative methods to reduce perceived stress levels. The goal of this program is to educate and empower individuals to utilize stress relieving practices and integrate more awareness and mindfulness within their daily living. Examples of the skills taught in this class will be guided imagery, deep breathing, progressive relaxation, stretching and other yogic movements, restorative postures, meditation and yogic sleep. Come promote a healthy balance between your body, mind and spirit.

Members \$40

Non-Members \$60

## Y-Fit 1

Fall 1: September 17–October 29

Fall 2: November 5–December 23

Ages 18+

Tuesday & Thursday 5:15–6:00pm

**OR**

Monday & Wednesday 7:00–7:45am

Beginner to Intermediate. This is a strength & conditioning program with varied movements that are scaled to your fitness level. It will combine aerobic and body weight exercise as well as plyometric training.

Members \$65

Non-Members \$95

## Y-Fit 2

Fall 2: November 5–December 23

Ages 18+

Tuesday & Thursday 5:15–6:00pm

**OR**

Monday & Wednesday 7:00–7:45am

Intermediate. This is a strength & conditioning program with varied movements that are scaled to your fitness level. It will combine aerobic and body weight exercise as well as plyometric training.

Members \$65

Non-Members \$95

## Introduction to Yoga

Fall 1: September 17–October 29

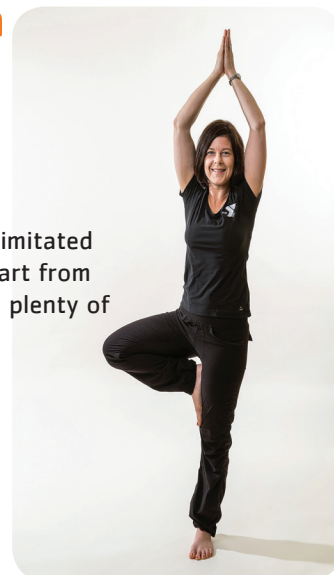
Ages 16+

Monday 7:00–8:00pm

Interested in learning Yoga but intimidated to enter an experienced group? Start from square one with a small group and plenty of instruction.

Members \$31

Non-Members \$46





# GROUP exercise

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## Drop In Classes

**Members: FREE      Non-Members: \$6/class**  
**10 class punch card available for \$60**

Punch cards can be purchased at the Front Desk, are useable on any drop-in exercise class, and do not expire. Cards are not transferable or refundable.

**Ages 12+**

**See Our Full Schedule of Classes at [www.ymcamqt.org](http://www.ymcamqt.org)**

### CARDIO STRENGTH FITNESS

BodyPump  
BodyAttack  
CXWorx  
BodyCombat  
Stand, Sit & Be Fit  
RPM  
Step  
Spin  
Pilates  
Cardio Interval

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DANCE FITNESS  
Zumba®



YOGA FITNESS  
Chair Yoga  
Yoga  
BodyFlow

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AQUA FITNESS  
Aqua Aerobics  
Modified Aqua Aerobics



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# EARLY childhood

## BUILDING. STRONG. FUTURES.

At the Y, toddlers develop trust and security, preschoolers experience early literacy and learn about the world around them. School-age kids make friends and learn new skills. Most importantly, children learn how to be their individual selves. Our child care programs are staffed with people who understand the cognitive, physical and social development of kids. Children need to feel connected and supported while trying new things. At the Y, families and parents have the opportunity to support and to help each other. We believe the values and skills children learn early on in development are the vital building blocks of life and lead to future success. Our future generation's education is something we value, and is important to help develop a better us.



### Tot Watch

Know your child is safe, happy, supervised, and playing while you attend a Y program or workout. Anyone with a child in Tot Watch must be in the building at all times. There is a 2 hour per visit time limit. This is available for children ages 6 weeks to 7 years old (reservations for non-walkers required and can be done by calling the Y). Photo ID required. Available at both facilities.

Rates vary depending on length of time and number of children. Please see the Front Desk for details. Member and Non-member rates apply.

### MQT TOT WATCH HOURS

SPRING/SUMMER	FALL/WINTER
Monday - Friday 8:30am-1:00pm & 4:00-7:30pm	Monday - Friday 8:30am-1:00pm & 4:00-8:30pm
Saturday: 9:00am-1:00pm	Saturday: 9:00am-2:00pm
Sunday: 10:00am-2:00pm	Sunday: 10:00am-3:00pm

Contact West End Facility at 906-475-9666 for current hours.

### Kid's Gym



Allow your kids to let off some extra energy in our padded kid's gym. It's sure to be a lot of fun and tire your little one out. Socks required. Supervision required when not staffed. The kid's gym may be used when not staffed with parent/guardian supervision. For children 10 and under. Available at our Marquette facility.

Members Free

Non-Members Day Pass Required



### KID'S GYM STAFFED HOURS

#### SPRING/SUMMER

Monday - Friday 4:00-7:30pm  
Saturday: 9:00am-2:00pm  
Sunday: 10:00am-2:00pm

#### FALL/WINTER

Monday - Friday 4:00-8:30pm  
Saturday: 9:00am-4:00pm  
Sunday: 10:00am-3:00pm

**Will be staffed from 9:00am-12:00pm when there is no school  
Monday - Friday**



## CONFIDENCE GROWS HERE



### Y Preschool

Ages 2.5-5 years

Our preschoolers discover science, arts, healthy habits, math, literacy and more! We know how fast children this age develop and that they want to explore everything they can. Here they are with the same children and teachers every day and build important relationships and friendships. With relationships as the foundation, preschoolers explore and discover important concepts in all developmental domains including social, emotional, and school readiness competencies. All of this occurs in a fun, active child initiated environment.

Monday-Friday 7:00am-6:00pm

Full-time programming available year round.

Available at our Marquette and KI Sawyer facility

Members \$155/week or \$35/day (3 days/week minimum)

Non-Members \$175/week or \$40/day (3 days/week minimum)



### Y Infants & Toddlers

Ages 6 weeks-2 years

Let's give them a great start! We think that the building blocks to a happy adulthood begin at the youngest age and we want to make sure that your child gets a chance to build relationships and develop their own personality, so they can grow up to be a secure and well-rounded adult. Our teachers know that children hit their milestones at their own pace, so we encourage each child to develop at their own pace.

Monday-Friday 7:00am-6:00pm

Full-time programming available year round.

Available at our Marquette facility

Members \$205/week

Non-Members \$225/week



### GSRP

Great Start Readiness Program is a free program that has a significant impact on increasing preschool children's early literacy and math skills. This program is designed to prepare 4 year olds for kindergarden readiness. Offered at our KI Sawyer facility.

October 2017 – May 2018

Monday – Friday Full School Day



For more information contact

Amy Gale, Child Development Director Marquette

1420 Pine St, Marquette, MI 49855

906-227-9622 or [agale@ymcamqt.org](mailto:agale@ymcamqt.org)

or

Leslie DesJardins, Child Development Director KI Sawyer

411 Scorpion St, Gwinn, MI 49841

906-372-4044 or [ldesjardins@ymcamqt.org](mailto:ldesjardins@ymcamqt.org)



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# Muck It U.P.

Mud Run/Obstacle Course

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**BECAUSE OF YOU MARQUETTE IS BETTER**