

WINTER AT THE Y

WINTER 1 AND 2

2019 PROGRAM GUIDE



Experience the Y

YMCA OF MARQUETTE
COUNTY

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

Winter 1 Session: January 7-February 23
Member Registration- December 10
Non-Member Registration-December 17

Winter 2 Session: February 25-April 20
Member Registration- February 4
Non-Member Registration- February 11

Day Pass Rates

MARQUETTE FACILITY

Family \$22 (max. two adults and dependent children)
Adult \$10
Youth \$6 (under 18)

WEST END FACILITY

Family \$18 (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.

Program Refund/Credit Policy

A credit for programs will be given when:

- Your registration cancelation 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 for cancellations. Classes cancelled due to weather or for any other reason may not be rescheduled or refunded.

Marquette Hours Of Operation

FALL/WINTER	SPRING/SUMMER
<u>Labor Day-Memorial Day</u> Monday-Thursday: 5am-9pm Friday: 5am-8pm Saturday: 7am-5pm Sunday: 10am-5pm	<u>Memorial Day-Labor Day</u> Monday-Thursday: 5am-8pm Friday: 5am-7pm Saturday: 7am-3pm Sunday: 10am-3pm

West End Hours Of Operation

FALL/WINTER	SPRING/SUMMER
<u>Labor Day-Memorial Day</u> Monday-Thursday: 5am-8pm Friday: 5am-7pm Saturday: 7am-3pm Sunday: 10am-3pm	<u>Memorial Day-Labor Day</u> Monday-Thursday: 5am-7:30pm Friday: 5am-7pm Saturday: 7am-2pm Sunday: 10am-2pm

IMPORTANT DATES

Easter Sunday (April 1): Closed
 Memorial Day (May 28): Closed
 Fourth of July (July 4): Closed
 Labor Day (September 3): Closed
 Thanksgiving Day (November 22): Closed
 Christmas Eve (December 24): Close at 3pm
 Christmas Day (December 25): Closed
 New Years Eve (December 31): Close at 3pm
 New Years Day (January 1): Closed





WHERE CAN THE KIDS GO?

Tot Watch:

-Ages 6 weeks-7 years: Parent or guardian must be in the building

Kids Gym:

-Ages 6 weeks- 10 years

-Ages 6 weeks- 5 years: Parent or guardian must be with child

-Ages 5-10: Must be with parent when not staffed-can be without parent when staffed

Youth Center:

-Ages 9-17: Must be with parent when not staffed; can be without parent when staffed

Pool:

-Ages 6 weeks-17 years

-Ages 6 weeks to 7 years: must have parent or guardian in the pool within arm's reach if swim test isn't passed; If passed swim test (and wears green wristband), parent must be in pool area

-Ages 8-11: If swim test isn't passed, parent or guardian must be in pool with child within arm's reach. If the swim test is passed, the parent or guardian must be in the building

-Ages 12- 17: Parent is optional

Hot Tub:

-Ages 14-17

Wellness Center:

-Ages 10-11: Some Cardio equipment with Youth Cardio Orientation Certificate

-Ages 12-16: must pass Youth Fitness Certification or have DIRECT parental supervision

Group Exercise:

-Ages 12-17

-Ages 12-15: must attend with parent or guardian

-Ages 16-17:
Parent optional

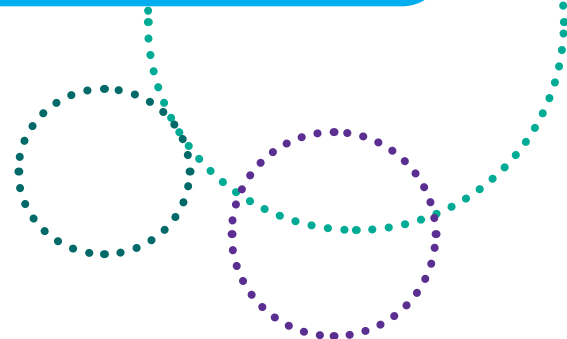
Lobby:

-Ages 6 weeks-17 years

-6 weeks-7years: Must be with parent or guardian

-8-11: Parent must be in building

-12-17: Parent is optional



STAFF and Board

Chief Executive Officer, Jenna Zdunek
jzdunek@ymcamqt.org
West End & Membership Director,
Rachel Berglund
rberglund@ymcamqt.org
Finance and Human Resources Director, Jenn Keni
jkeni@ymcamqt.org
Aquatics Director, Patrick Markey
pmarkey@ymcamqt.org
Marketing Coordinator, Grace Brindle
marketing@ymcamqt.org
Child Development Director, Leslie DesJardins
ldesjardins@ymcamqt.org
Sports and Youth Director, Emmy Holt
eholt@ymcamqt.org
Facilities Director, Steve St. Onge
gtrombley@ymcamqt.org
Director of Personal Training & Fitness,
Travis Alexander
talexander@ymcamqt.org
West End Coordinator, Linda Paquet
lpaquet@ymcamqt.org



Chief Volunteer Officer, Michele Butler
Vice Chief Volunteer Officer, Amanda Filizetti
Treasurer, Randell Girard
Secretary, Jean Hetrick
Board Members
Daniel Carpenter
Samantha Collins
Kristen Derocha
William Hetrick
Travis Hongisto
Dr. Greg Jones
Rich Matthews
Carolyn McDonald
Christine Pesola
Amanda Specker
Derek Swajanen
Dan Torres
Christine VanAbel
Dan Bonsall
Steve Nystrom
Kate Havel
Steven Salyer



Youth Development:

Nurturing the potential of every child and teen. At our YMCA, we provide a safe, fun environment for children during after school programs to give working parents piece of mind; help children discover friendships and build confidence at summer camp, and ensure that every child can safely enjoy water activities for life; and much, much more.



Healthy Living:

Improving Marquette County's health and well-being. The YMCA is committed to helping children, adults and families of all ages and abilities lead healthy, active lifestyles. We help cancer survivors feel alive again, ensure that seniors are active older adults, help individuals lose weight and gain confidence.



Social Responsibility:

Giving back and providing support to our neighbors. We offer volunteer opportunities for members to give back to their community through both the YMCA and other non-profits. Our financial aid program ensures that all YMCA programs and services are available to anyone, regardless of ability to pay.

This Issue at a Glance:

- 2-3: Important Information About Our Y
- 4-5: Staff and Board, Social Responsibility
- 6-7: Special Events, Youth Center
- 8-9: Youth Programs
- 10-11: Martial Arts, Wellness Programs
- 12-13: Personal Training, Group Exercise
- 14-15: Aquatics Programs
- 16-17: West End Programs
- 18-19: Early Childhood, Childhood Development
- 20: Sponsors

special EVENTS

Middle School Dances

Come and show off your dance moves at the Y! Parents please note there may be some new forms to fill out the event.

Grades: 6-8

Dates: Jan. 18, Feb. 8,
March 8, April 12,
& May 17



Healthy Kids Day April 27, 2019

Try out the Y for FREE
10:00am-12:00pm

Nothing charges up kids like summer and Healthy Kid's Day. So make sure your kids get the most they can out of this summer in spirit, mind and body. Join us for Healthy Kid's Day at the YMCA of Marquette County.

A complete schedule of the day's event will be posted at ymcamqt.org.

Easter Eggstravaganza March 31, 2019



WHAT?! Easter eggs in the POOL!? YES!! You read it right! Have a splash-splash time searching for Easter eggs in our pool and get your prize at the end.

Free for members
\$5 for non-members
Pre-registration required

YMCA Run/Walk April 27, 2019



Save the date and start training now!
Fun for the whole family,
all ages & abilities welcome.
100% of the net proceeds
benefits our Annual Campaign.

1 Mile Youth Run.
10 Mile Run.
5K Run.
5K Walk.
10K Run.
Free Tot Trot!

More details & to register online visit
ymcamqt.org
or visit our facebook page

Birthday Parties at the Y!

Up to 15 Guests! 2 Hour Party! Use the kids gym! Basketball gym! And the pool!*

Saturday and Sunday 1-3pm ONLY. Cost:\$150 + \$50 Cleaning Deposit

Call 906.227.9622 for availability.

Registration form must be filled out in person to reserve a date.

You bring decorations, food, and/or cake.

*For safety reasons 1 adult is required IN the water for every 4 non-YMCA tested swimmers.

Reserve Your Party Today!

YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT WWW.YMCAMQT.ORG

Brand new Youth Center! Come in and check it out!

That's right, the new youth center is open for business! As a Y we want to reach out to the community as much as possible, so we added a whole new section to the building to allow kids and teens to hang out in! The Youth Center comes with brand new climbing walls, air hockey, foosball, hangout area, computers, an Xbox, a Wii and much more!



Ages

Ages 9+

Children under 12 must have a parent or guardian in the building at all times.



A Special thank you to our sponsors who made this new addition possible! The community wouldn't be able to enjoy this great new addition without your help!

- Rotary Club of Marquette
- MI Masonic Charitable Foundation
- River Valley Bank
- Christine Pesola
- Rotary Breakfast Club
- Phyllis and Max Reynolds Foundation
- Frazier Fund
- Marquette County Community Foundation
- Gundlach Champion
- IDI
- Ashley Furniture
- Tom Evinrude
- Rob Berg



--Please visit ymcamqt.org for open hours--

***The Youth Center hours may be effected during snow days, days off, school breaks or during scheduled programs.**

YOUTH programs

Winter 1 Session: January 7th-February 23rd

Winter 2 Session: March 4th-April 20th

Gymnastics WINTER 1 & 2

No experience necessary! In a fun and encouraging environment, children and families will be introduced to gymnastics skills and apparatuses.

Children ages 3 and up to 10 will learn how to correctly and safely use the apparatus such as spring boards and balance beams, correct positioning and safety as well as the rules and fundamentals of the sport.

Coaches will teach the YMCA core values of honesty, caring, respect and responsibility, along with sportsmanship and teamwork.

Thursdays:

Beginning Tumblers

Ages 3-5

5:30-6:15pm

Intermediate Tumblers

Ages 6-10

6:15-7:00pm

Members \$37

Non-Member Rate \$52



Toddler Time Winter 1 & 2

Open Gym—Kids will be allowed to play, engage, and socialize in our basketball gym for an hour and a half of open gym time. This time will be designated for our younger members as a fun filled safe space for them to get their winter wiggles out. Balls, gym mats, agility equipment, rider trikes, hula hoops, and other gym items will be available to use.

Tuesdays 9am-10:30am

Guardians must stay with the children to supervise and ensure a safe environment.

BIKES—Kids will be allowed to play, engage, and socialize in our basketball gym for an hour and a half of open gym to be able to practice their bike riding skills during the winter months. Bikes will not be provided and any bikes brought in must not be ridden through the building.

Thursdays 9am-10:30am

Guardians must stay with the children to supervise and ensure a safe environment.

Ages: Up to 5 years old

Members: FREE

Non Members: \$4/child

Vango's
pizza
Marquette, Michigan

Parents Night Out WINTER 1 & 2

**Pizza
Provided by
Vango's!**

PARENTS!!!

Drop your kids off at the Y!

**Sign up NOW!!!
30 Participants
MAX**

You get a night just for you while your kids get a night of swimming, pizza, nerf fun, and other playground type games.

Kids will swim in the pool for one hour and play games in the gym for the other hour. The gym will be outfitted with giant foam shapes and large cardboard forts. All kids need to bring is one nerf gun compatible with nerf elite darts, a bathing suit, and a towel. Nerf darts and safety eyewear will be provided. Other playground type games will be incorporated as well.

Members: \$20/child **Non-Members:** \$25/child **Ages:** 6-12 **Dates:** Fridays starting mid-January
--Pre-Registration required--Sorry, NO day of registration--

YOUTH programs

Winter 1 Session: January 7th-February 23rd
 Winter 2 Session: March 4th-April 20th

Lacrosse WINTER 2



Day/Time	AGE	DETAILS
MONDAY 7pm-8pm	8-14 GIRLS	20 PERSON MAX
TUESDAY 6PM-7PM 7PM-8PM	11-14 BOYS	20 PERSON MAX/ PER CLASS
WEDNESDAY 7pm-8pm	8-10 BOYS	20 PERSON MAX

PRICING:

MEMBERS:
\$40.00

NON MEMBERS:
\$47.00

A Clinic to build skills and gear up for game play. The YMCA of Marquette County is proud to offer Lacrosse, one of the fastest growing sports in the country. Our Lacrosse clinics for ages 8-14 teaches the fundamentals of this fun and fast-paced game. The YMCA Lacrosse program is great for first timers, since we provide all necessary equipment for practice and games. It doesn't matter if your child has never heard of Lacrosse. Our coaches will meet every athlete where they are and coach them up in a fun filled atmosphere. Coaches will help children apply the YMCA core values of honesty, caring, respect, and responsibility as well as sportsmanship.



For more information please contact Emmy Holt.

Eholt@ymcamqt.org
 906-227-9622 ext. 18

Youth Basketball WINTER 1 & 2

Introduce your child to a game filled with action, fun, and teamwork. Through learning and refining ball handling to strengthening defensive and offensive skills, your child will learn the fundamentals with positive coaching and personal players' core skills such as ball handling, defense, offense, rebounding, shooting, conditioning and more. Coaches will help children apply the YMCA core values of honesty, caring, respect, and responsibility as well as sportsmanship. More Details coming soon!

Coaches needed!

Contact Emmy Holt if you are interested in being a volunteer coach.

Monday, Thursday, Sunday afternoons
 PLUS Saturday morning
 60 Minute practice once a week
 Times TBD as per coach availability
 Grades: Kindergarten-3rd
 16-20 kids per class

Members: \$58 Non Members \$78

T-shirt included by mid-session

Nature Exploration WINTER 2

Our nature program allows children to explore their adventurous side, surrounding themselves in the beauty that nature in Marquette County has to offer. Through experiential learning, children will grasp a deeper understanding of animals, plants and natural elements and their importance. The program offers an outdoor environment with hands-on learning, so dress appropriate for the weather. Teachers will help children apply the YMCA core values of honesty, caring, respect, and responsibility in the natural world.

Tuesdays
 5:00pm-6:30pm

Ages: 7-10

Members: \$45 Non Members \$59

ADULT & YOUTH programs

Winter 1 Session: January 7th-February 23rd

Winter 2 Session: March 4th-April 20th

Little Yoga WINTER 1 & 2

This Yoga class focuses on the union of the spirit, mind and body. With games, stories, imaginative animal play, breathing and relaxation and kid friendly yoga poses we simplify a complex, ancient practice into something that is modern, inclusive, accessible and fun. Taught by Alexandra Kralova.

Monday 2:00PM-2:45pm

Ages: 3-7

Location: Group Exercise Room

Member: \$35 Non-Member: \$40

Yoga Retreat January 26th

Relax, Rejuvenate and learn This 3-hour extended yoga class will spend extra time to learn yogic breathing techniques, study yoga postures in more depth and enjoy full yoga nidra (relaxation). You will learn how to create yoga space at home. Bring home simple yoga routines for your every day! Taught by Alexandra Kralova.

January 26th 3-6pm

Ages: 16 & Up

Location: Group Exercise Room

Member: \$25 Non-Member: \$30

Karate WINTER 1 & 2

Experience the Korean Martial Arts of Tang Soo Do, taught by acclaimed Master Joyce Tredeau (certified 6th Degree Black Belt). These classes will teach students to apply defensive and offensive techniques as well as physical and mental skill sets including "Belly Busting" and "Stranger Danger." All while increasing self-confidence. Classes emphasize safety, self-control, strengthening of character and self-esteem as much as techniques such as kicking, blocking, punching and self-defense.

CLASS	AGE	DETAILS	FEE
ADULT	AGE 14+ Years	Wednesday 6:00-7:00am	\$39Members \$56 Non-Members
BEGINNER YOUTH (White Belt)	AGE 6-13 Years	Wednesday 5:15-6:00pm	\$47 Members \$70 Non-Members
INTERMEDIATE (Yellow Belt & Higher)	ALL AGES	Wednesday 6:15-7:00pm	\$47 Members \$70 Non-Members



Adult PickleBall Open Gym Drop In WINTER 1 & 2

Wednesday: 9am-11am

Friday: 9am-11am

Sunday: 10:30am-11:45am

Ages 17+

Open to all members PLUS; Day pass, punch card, & group exercise drop-in punch card holders



YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT WWW.YMCAMQT.ORG

Winter 1 Session: January 7th-February 23rd
 Winter 2 Session: March 4th-April 20th

WELLNESS programs

After School Fit Club Winter 1 & 2

Giving children the opportunity to participate in regular physical activity and to learn about healthy behaviors is what After School Fit Club is all about. The program focuses on teaching children the basics of fitness and health living. Fitness testing has long been considered an essential element of any physical activity program, including those for youth. Testing establishes a baseline from which participants can set goals and check progress. It also helps young people gain a better understanding of the components of fitness. For the After School Programs, 4 personalized fitness tests have been selected for use when acquiring physical fitness measurements: Curl-ups, Sit n' Reach, Push Ups, Shuttle Run.

Tuesday & Thursday 4:15-5:00pm
 Ages 8-14

Members \$30
 Non-Members \$45



Youth Fitness Certification Winter 1 & 2

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.

Saturday 10:00-11:30am
 Ages 12-16
 Members \$18
 Non-Members \$27

Youth Cardio Orientation Winter 1 & 2

Participants will sign up at the front desk for an orientation to the cardio equipment. Access to treadmills, bikes and rowing machines will be granted after completion. Parent must be present for participation.

Tuesdays after 5pm
 Ages 10-11
 Members \$10
 Non-Members \$15

Pedaling for Parkinson's Winter 1 & 2

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.

Ages 18+
 Monday & Wednesday: 12:00-1:00pm
 Friday: 1:00pm-2:00pm

Members \$25
 Non-Members \$25

Sponsored by- Duke Life Point and UP Health System



YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT WWW.YMCAMQT.ORG

PERSONAL training

Winter 1 Session: January 7th–February 23rd
Winter 2 Session: March 4th–April 20th

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 50 minutes long. You are committed to achieving your goals and so are we! Register today at the Front Desk.

INDIVIDUAL:

Member-\$70 per session
Non-Member- \$80 per session

SMALL GROUP TRAINING (3-5 PEOPLE):

Member-\$20 per person each session
Non-Member- \$30 per person each session

SEMI-PRIVATE:

Member- \$55 per session
Non-Member- \$65 per session



For more information please
contact Travis Alexander

Talexander@ymcamqt.org
906-227-9622 ext. 13

Fitness Evaluation

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

Body Composition Analysis

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

Jump Start Package (First Session Free!)

The first session is free with this package, which includes a fitness evaluation to determine what training best fits you! The second session 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. Fee:\$249 for Four total Sessions



Choose Health

Becky Simmons, ACE certified Personal Trainer, and member of the YMCA personal training team has lost over 110 pounds through healthy eating and exercise. In this series she will offer tips and suggestions to help you improve your overall wellness.

\$120 per person for 6 weeks
Wednesdays 6:30pm-7:20 pm

Choose Fitness

The YMCA Personal Training Team brings a high energy circuit workout designed especially for improving overall fitness! Participants will work out together each week and get individualized feedback from trainers to help them perform their workouts efficiently and effectively.

\$120 per person for 6 weeks
Mondays 6:30pm-7:20pm

These classes pair well together-Try both!!!

GROUP exercise

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

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AQUATICS programs

Winter 1 Session: January 7th-February 23rd

Winter 2 Session: March 4th-April 20th

INTRODUCING Water Polo

Come and enjoy the pool as you learn the fundamentals of this exciting sport. You'll learn how to play the game and some great teamwork skills too!

Ages 5-12

Mondays 7:00pm

Must have passed YMCA swim test

Members: \$38
Non-Members \$52



PARENT & CHILD SWIM LESSONS

Members: \$39 Non-members: \$59

CLASS	AGE	DETAILS	DAY/TIME
WATER DISCOVERY LEVEL 1	AGE 6 Months-3 Years	Accompanied by a parent, children learn to be comfortable in the water and develop swim readiness skills while parents learn about water safety, drowning prevention and the importance of supervision. Monday 5:00-5:30pm or Saturday 10:00-10:30am	Monday: 5-5:30pm Saturday: 10-10:30am
WATER EXPLORATION LEVEL 2	AGE 6 Months-3 Years	Child must respond to verbal cues and jump while on land to take class. Accompanied by a parent, children learn to be comfortable in the water and develop swim readiness skills while parents learn about water safety, drowning prevention and the importance of supervision. Wednesday 5:30-6:00pm or Thursday 10:00-10:30am	Wednesday: 5:30-6pm Thursday: 10-10:30am

PRESCHOOL SWIM LESSONS

Members: \$50 Non-members \$75

AGES: 3-5 YEARS 30 MINUTE LESSONS 4:1 STUDENT-TO-TEACHER RATIO GOGGLES RECOMMENDED

CLASS	DETAILS	Day/Time
WATER ACCLIMATION LEVEL 1	Introduces basic self-rescue skills performed with assistance. Beginner swimmers will gain comfort in underwater exploration and develop independent movement with aid from an instructor.	Monday 5pm Wednesday 6pm Thursday 10am Saturday 10:45am
WATER MOVEMENT LEVEL 2	Encourages forward movement in water and basic self-rescue skills performed independently. Students need to be able to go under water comfortably without goggles, float with minimal assistance and jump into the pool.	Monday 5:45 pm Wednesday 5:30 & 6:45pm Thursday 10:45am Saturday 10:45am
WATER STAMINA LEVEL 3	Builds upon skills learned in Water Movement 2 while developing stamina. Students will be introduced to rhythmic breath control, integrated arm and leg movement, how to propel forward on front and back. Students need to be able to go under water comfortably without goggles, float with minimal assistance and jump into the pool, submerge and return to the wall with assistance.	Wednesday 6pm Thursday 10:45am Thursday 6:30pm

Winter 1 Session: January 7th-February 23rd
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AQUATICS programs

SCHOOL AGE SWIM LESSONS

FEE: MEMBERS \$50 NON-MEMBERS \$75
EXCEPT LEVEL 5

7- 30 MINUTE LESSONS 6:1 STUDENT-TO-INSTRUCTOR RATIO GOGGLES RECOMMENDED

CLASS	PREREQUISITES	DAY/TIME
WATER ACCLIMATION LEVEL 1	Introduces basic self-rescue skills performed with assistance. Beginner swimmers will gain comfort in underwater exploration and develop independent movement with aid from an instructor.	Monday 6:30pm Wednesday 6pm Saturday 10am
WATER MOVEMENT LEVEL 2	Encourages forward movement in water and basic self-rescue skills performed independently. Students need to be able to go under water comfortably without goggles, float with minimal assistance and jump into the pool.	Monday 5:45pm Wednesday 6:45pm Saturday 10:45am
WATER STAMINA LEVEL 3	Builds upon skills learned in Water Movement 2 while developing stamina. Students will be introduced to rhythmic breath control, integrated arm and leg movement, how to propel forward on front and back. Students need to be able to go under water comfortably without goggles, float with minimal assistance and jump into the pool, submerge and return to the wall with assistance.	Monday 6:30pm Wednesday 6:45pm Saturday 10:45am
STROKE INTRODUCTION LEVEL 4	Introduces basic stroke technique in front and back crawl. Reinforces water safety through treading water and elementary backstroke. Students need to be able to submerge and retrieve an object in chest deep water, swim on front and back unassisted for 15 yards.	Wednesday 5:30pm Saturday 10:00am
STROKE DEVELOPMENT LEVEL 5	Introduces competitive strokes and reinforces water safety through treading water and sidestroke. Students need to be able to swim one length of the pool unassisted on front and back, and tread water. FEE: Member \$53 Non-member \$77 45 MINUTE lesson	Thursday 5pm

NEW ADULT PROGRAMS

	DESCRIPTION	DAY/TIME	FEE
SWIM INSTRUCTION	Instructional swim for those wanting to learn how to swim or just improve their swimming ability.	Wednesday 7:30am & 7:15pm	Members: FREE Non-Members: \$10
MASTERS PROGRAM	Instructional coaching for those looking to improve their endurance or swim strokes and those looking for a great total body workout. No competitive experience required. Full 14 weeks of 30 minute instruction followed by 30 minutes of reserved pool time	Wednesday 6:45am	Members: \$56 Non-Members \$98

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



For more information please contact Patrick Markey.
 Pmarkey@ymcamqt.org
 906-227-9622 ext. 19

YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT WWW.YMCAMQT.ORG

WEST END programs

Winter 1 Session: January 7th–February 23rd
Winter 2 Session: March 4th–April 20th



Afterschool Youth Fit Club WINTER 1 & 2

Ages 8-14
Tuesday & Thursday 4:45-5:30pm

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 and wellness education.

Members \$30
Non-Members \$45



Winter 1 & 2

A group class for seniors with certified Enhance fitness leader, Rachel Berglund, that follows evidence based curriculum geared towards decreasing likelihood of falls, maintaining bone and muscle mass and building relationships. Must register to participate

Ages 50+
Monday, Wednesday, Friday 10:00-11:00am
Members \$30 (Free for returning participants)
Non-Members \$38

Youth Fitness Certification

One Time Class: January 12th, January 26th, February 9th, February 23rd, March 9th, March 23rd, April 6th

Saturdays 10:00am-11:30am

This hands-on program provides youth with the skills and knowledge to use the Wellness Center equipment safely. Once certification has been obtained, youth have the privilege to exercise in the wellness center without parental supervision

Ages: 12-16
Members \$18
Non-Members \$26



Youth Cardio Certification

One Time Class: January 12th, January 26th, February 9th, February 23rd, March 9th, March 23rd, April 6th

Saturday 11:45am-12:15pm

This hands-on program provides youth with the skills and knowledge to use the Wellness Center equipment safely. Once certification has been obtained, youth have the privilege to exercise in the Wellness Center without parental supervision.

Ages 10-11
Members \$10
Non-Members \$15

WEST END programs

Winter 1 Session: January 7th-February 23rd
 Winter 2 Session: March 4th-April 20th

Free Community Education Hour

January 25th, February 22nd, March 29th

Ages 18 and up
 Friday 10:00- 11:00am

Join us for coffee and conversation to learn or try something new! This hour is free and open to the public and held in our Lower Level. No registration required; call the West End facility for topics.

Members Free
 Non-Members Free



WE ARE MORE THAN JUST A GYM



Karate

Experience the Korean Martial Arts of Tang Soo Do, taught by Mr. Brad Seppala (certified 2nd Degree Black Belt). These classes will teach students to apply defensive and offensive techniques as well as physical and mental skill sets all while increasing self-confidence. Classes emphasize safety, self-control, strengthening of character and self-esteem as much as techniques such as kicking, blocking, punching and self-defense.

CLASS	AGE	DETAILS	FEE
YOUTH	AGE 6+ Years	Thursday @ 6:15-7:00pm	\$46 Members \$69 Non-Members
ADULT	AGE 14+ Years	Thursday @ 7:00-8:00pm	\$34 Members \$51 Non-Members

YOU CAN REGISTER FOR PROGRAMS AT EITHER OF OUR LOCATIONS OR ONLINE AT WWW.YMCAMQT.ORG

EARLY childhood

CREATE. CARE. CHALLENGE.

At the Y, toddlers develop trust and security, preschoolers experience early literacy and learn about the world around them and 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.

--Visit ymcamqt.org for current open 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. 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.

Socks required.

*Socks are available for purchase at the front desk for \$2

Members Free

Non-Members Day Pass Required



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.



CHILDHOOD development

CONFIDENCE GROWS HERE

Y Infants & Toddlers



Ages 6 weeks-2.5 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.

Full-time programming available year round.
Available at our Marquette facility
Please visit ymcamqt.org for hours

Members \$205/week
Non-Members \$225/week

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.

Full-time programming available year round.
Available at our Marquette and KI Sawyer facility
Please visit ymcamqt.org for hours

Members \$155/week or \$35/day (3 days/week minimum)
Non-Members \$175/week or \$40/day (3 days/week minimum)



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 2018 – May 2019
Monday – Friday Full School Day



For more information please contact
Leslie DesJardins.
ldesjardins@ymcamqt.org
906-227-9622 ext. 31



NON-DISCRIMINATION DISCLOSURE

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the FOR ALL



The YMCA of Marquette County's "Y for All" annual campaign supports over 1650 people with approximately \$125,000 a year in financial assistance so they can participate in the health promoting programs and membership of the YMCA. Thank you for supporting this cause and the impact it will have in the lives of those who benefit.

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