



Making Friends Making Memories

YMCA OF MARQUETTE
www.ymcamqt.org COUNTY

our mission

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

PROGRAM registration dates

Spring Session: April 22nd-June 8th

Member Registration- April 1

Non-Member Registration-April 8

Summer 1 Session: June 17th-July 20th

Member Registration- May 27th

Non-Member Registration- June 3rd

Summer 2 Session: July 22nd-August 24th

Member Registration-july 1st

Non-Member Registration: July 8th

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 21): 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



1420 Pine Street Marquette, MI 49855
P 906.227.9622

350 Iron Street Negaunee, MI 49866
P 906.475.9666



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: **Summer Camp, Program Grid**
- 8-9: Youth & Sports Programs
- 10-11: Childhood Development & fun
- 12-13: **Personal Training & Wellness Programs**
- 14-15: Group Exercise
- 16-19: Aquatics Programs & Grid
- 20-21: **West End Programs**
- 22: Sponsors

STAFF and Board

Chief Executive Officer, Jenna Zdunek

jzdunek@ymcamqt.org

Membership Director & West End,

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

Group Exercise Director, Joanne Wolford

jwolford@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, Christine VanAbel

Board Members

Dan Bonsall

Daniel Carpenter

Bill Davis

Kristen Derocha

Kate Havel

Travis Hongisto

Dr. Greg Jones

Joy Lmabros-Caron

Jason Lee

Rich Matthews

Carolyn McDonald

Steve Nystrom

Christine Pesola

Amanda Specker

Dan Torres

Steven Salyer

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: Opened only 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

Facility:

-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



Summer DAY CAMP

Best Summer Ever

June 10–August 23
Monday–Friday

7:30am–5:30pm

Daily Rate:

Member \$35

Non-Member \$40

Weekly Rate:

Member \$155

Non-Member \$180

Half Day Rate:

Member \$18

Non-Member \$21

Times: 7:30am–12:30pm

OR

12:30pm–5:30pm

Swimming
Sports
Field Trips
Community Outreach
PLUS Much, Much, More

Program Grid*

	Ages	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Spring	Summer 1	Summer 2
Gymnastics										
Level 1	5-8yrs				5:15-6:00pm			X		
Level 2	9-12yrs				5:45-6:45pm			X		
Toddler Time	0-5 yrs		9-11:00am		9-11:00am			X		
Volleyball	High School									
Setter Training	H.S.		6-7pm					X		
Libero Training	H.S.		7-8pm					X		
Middle Training	H.S.				6-7pm			X		
Outside Hitter Training	H.S.				7-8pm			X		
Boot Camp	H.S.	July 29th-August 1st ONLY 10am-12pm & 1pm-3:30pm								X
Karate										
Adult	14+			6-7am				X		
White Belt Youth	6-13yrs			5:15-6pm				X		
Yellow Belt+	ALL			6:15-7pm				X		
Choose Fitness	ALL	6:00-7:00pm						X	X	X
Choose Health	ALL					5:00-6:00pm		X	X	X
Pedaling for Parkinsons	18+	12-1pm		12-1pm		1-2pm		X	X	X
Fitness Certification	12-16yrs						10-11:30am	X	X	X
Cardio Orientation	10-11yrs		Spring-5pm Summer 1 & 2: 2-6pm					X	X	X
Fit Club	8-14yrs		Spring-4:15-5pm Summer 1 & 2- 10:15-11am & 5:15-6pm		Spring-4:15-5pm Summer 1 & 2- 10:15-11am & 5:15-6pm			X	X	X

*Marquette Facility only
Aquatics program Grid on pages 18-19

YOUTH programs

Spring Session- April 22nd-June 8th
 Summer 1 Session- June 17th- July 20th
 Summer 2 Session- July 22nd-August 24th

Spring Gymnastics:

No Experience necessary! Children are introduced to gymnastics skills and aparatuses safely, correctly, and in a fun enviroment.

Members \$37 Non-Members: \$52

Thursdays:

Begining Tumblers Level 1
 Ages 3-5 5:15-6:00pm

Begining Tumblers Level 2
 Ages 6-10 6:00-6:45pm

Toddler Time:

Bring your bikes and gym toys for a fun time getting wiggles out in our basketball gym. Balls, gym mats, agility equipment, rider trikes, hula hoops, and other gym items will be available to use.

Ages: Up to 5 years old

Members: Free Non-Members: \$4

Tuesdays & Thursdays 9am-11:00am

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

Please no riding bikes in the facility other than the gym during Toddler Time

**Honesty
 Caring
 Respect
 Responsibility**

Spring

Volleyball:

Develop and refine your skills in these position specific training classes

Cost: \$70

Tuesdays:

High School Setter Training- 6-7pm

High School Libero Training- 7-8pm

Thursdays:

High School Middle Training-6-7pm

High School Outside Hitter Training- 7-8pm

Maximum participants: 10

Karate:

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.

Wednesdays:

Adult Karate (14+)- 6-7am

Members: \$39 Non-Members: \$56

White Belt Youth-

Beginner Ages 6-13 5:15-6pm

Members: \$47 Non-Members: \$70

Yellow Belt+ Youth-

Intermediate All Ages 6:15-7pm

Members: \$47 Non-Members: \$70



Summer 2

Volleyball:

July 29th-August 1st

High School Boot Camp! Develop and refine skills to set you up for a successful season.

Members: \$135 Non-Members: \$145

Time: 10am-3:30pm

*1 Hour Lunch break from 12-1pm



For more information please contact Emmy Holt.
Eholt@ymcamqt.org
906-227-9622 ext. 18

childhood FUN



Tot Watch

Ages: 6 weeks- 7 years

Reservations for non-walkers required

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. 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.

Kid's Gym

Ages: 6-10 years

***Ages: 6 weeks-5yrs**

with direct parent supervision

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 direct parent/guardian supervision.

For children under 10.

Available at our Marquette facility.

Socks required.

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

Youth Center

Ages: 9+

A place for the "big" kids to hang out at the YMCA.

Your child will enjoy hanging out at the entertainment center, playing foosball, or climbing around on the bouldering wall while you have peace of mind knowing they are safe in the YMCA.

Open only when staffed.

Available at our Marquette facility.

--Visit ymcamqt.org for current open hours--

CHILDHOOD development

Y Infants & Toddlers

Ages 6 weeks-2.5 years

We think that the building blocks to a happy adulthood begin at the youngest age. Your child will get 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 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. Here they build important relationships and friendships. 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)

GREAT START READINESS PROGRAM

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



USDA is an equal opportunity Provider and employer

PERSONAL training

Spring Session- April 22nd-June 8th
 Summer 1 Session- June 17th- July 20th
 Summer 2 Session- July 22nd-August 24th

Personal Training Options

Our Personal trainers can get you on the road to a better body and better health. They will 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

BUDDY TRAINING:

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

Choose Health

Need help with healthy eating and exercise? This series we will offer suggestions and tips to help 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!!!**

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

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.

WELLNESS programs

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Youth Fitness Certification

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

Saturday's 10:00-11:30am

Ages 12-16

Members \$18

Non-Members \$27

Youth Cardio Orientation

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.

Tuesday's

Spring-5pm

Summer 1 & 2-6pm

Ages 10-11

Members \$10

Non-Members \$15

Youth Fit Club

Giving children the opportunity to participate in regular physical activity and to learn about healthy behaviors is what Youth 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

Spring: 4:15-5:00pm

Summer 1 & 2: 10:15-11am

5:15-6pm

Ages 8-14 years

Members \$30

Non-Members \$45

Pedaling for Parkinson's

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- UP Health System



For more information please
contact Travis Alexander

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

14 GROUP exercise

Learn Form Gain Structure Be Motivated



LES MILLS

Les Mills certified classes. In fact, the only currently certified Les Mills certified facility in Marquette County. Our group exercise classes are jam packed with great encouragement, a friendly atmosphere, and an instructor who's willing to challenge you.

Les Mills, Aqua Aerobics, Yoga? We have something for you.

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

AQUA AEROBICS – 60 minute class

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class all in the shallow pool. No swimming.

PILATES – 30 or 50 minute class

Increases core strength and stability. Helps improve flexibility and balance. This low impact class is on the mat.

HIIT Cardio – 45 minute class

The HIIT cardio class focuses on high-intensity interval training, an all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short rest.

LES MILLS BARRE – 30 minute class

Les Mills Barre is a modern expression of classic balletic training.

LES MILLS BODYATTACK – 60 minute class or 30 or 45 minute express

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises for total fitness.

LES MILLS BODYCOMBAT – 60 minute class or 30 or 45 minute express

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This energetic program is inspired by martial arts.

LES MILLS BODYFLOW – 60 minute class or 30 or 45 minute express

Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

LES MILLS BODYPUMP – 60 minute class

BodyPump uses THE REP EFFECT™, a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and produce lean body muscle conditioning.

LES MILLS CXWORX – 30 minute class

Based on scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention.

LES MILLS GRIT – 30 minute class

Science based GRIT is a high-intensity interval-training team workout that drives you to push hard (maximum effort) and hit EPOC (after burn). Strength and athletic cardio push you to fatigue. Maximum calorie and fat burn, high heart rates in minimal workout time.

LES MILLS RPM – 50 minute class

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

LES MILLS SPRINT – 30 minute class

Science based SPRINT is high-intensity interval-training on a bike, that drives you to push hard (maximum effort) and hit EPOC (after burn). Low Impact but high intensity training pushes you to fatigue and the structure changes with every release.

BE FIT– 45 minute class

A total body conditioning class using equipment that you can stand or sit as needed for all levels and is geared towards the older population to encourage fitness, fun and friends, but you'll still work hard.

SPIN – 30, 45 or 60 minute class

This indoor cycling class is for all levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music.

STEP – 50 or 60 minute class

Take a step toward cardio fitness by stepping up, down, and around an adjustable step bench. May include toning segments.

STRONG BODIES – 60 minute class

This class uses barbells and hand weights set to music to build muscle endurance. Fun and fitness for all levels.

YOGA and CHAIR YOGA – 45, 50 or 60 minute class

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state.

ZUMBA, ZUMBA GOLD, ZUMBA STEP or AQUA ZUMBA– 45 or 60 minute class

A fusion of Latin and International music and dance themes. Zumba GOLD is low impact, Zumba STEP adds an aerobic step, AQUA Zumba takes it to the pool!

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

AQUATICS programs

Spring Session- April 22nd-June 8th
 Summer 1 Session- June 17th- July 20th
 Summer 2 Session- July 22nd-August 24th

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
 STAGES A–B



3 years–5 years
PRESCHOOL:
 STAGES 1–4



5 years–12 years
SCHOOL AGE:
 STAGES 1–6



12+ years
TEEN & ADULT:
 STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

AQUATICS programs

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A- Water Discovery

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

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.

B- Water Exploration

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

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.

Level 1-Water Acclimation

Cost: Members \$50 Non-Members \$7

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.

Level 2- Water Movement

Cost: Members \$50 Non-Members \$75

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.

Level 3- Water Stamina

Cost: Members \$50 Non-Members \$75

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.

Level 4- Stroke Introduction

Cost: Members \$50 Non-Members \$75

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.

Level 5- Stroke Development

Cost: Members \$50 Non-Members \$75

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.

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.

Semi-Private Rates:

Members \$63/person

Non-Members \$91/person

Private Rates:

Members \$110

Non-Members \$165



Parent
& Child
Classes

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

SPRING Aquatics

Spring Session- April 22nd-June 8th

Session= Seven 30 minute classes

Spring session is offered in
once per week classes

Parent/Child:	Preschool & School Age:
Members \$39	Members \$50
Non-Members \$59	Non-Members \$75

Monday Night

Time	Parent Child A	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3	School Age 4
5:00pm			X	X	X			
5:35pm	X	X				X		
6:10pm		X	X				X	
6:45pm		X			X			X

Wednesday Night

Time	Parent Child B	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3	School Age 4
5:00pm		X	X					X
5:35pm	X	X			X			
6:10pm		X		X		X		
6:45pm			X		X		X	

Thursday Morning

Time	Parent Child B	Pre School 1	Pre School 2	Pre School 3	Home School
9:30am				X	X
10:05am	X				
10:40am		X			
11:15am			X		

Saturday Morning

Time	Parent Child A	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3	School Age 4
9:30am			X	X				X
10:05am	X	X			X			
10:40am		X	X				X	

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

SUMMER Aquatics

Session= Seven 30 minute classes

INTRODUCING: TWO WEEK ONLY Classes Meet Monday–Thursday Morning

Session 1: June 17th–26th
Session 2: July 8th–17th
Session 3: July 22nd–31st
Session 4: August 5th–14th

Time	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3
10:20am	X			X	X	
10:55am	X	X				X
11:30am		X	X	X		

Once a Week–Tuesday Night June 17th–July 30th

Time	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3
5:00pm	X	X				X
5:35pm		X	X	X		
6:10pm	X			X	X	

Once a Week–Saturday Morning June 22nd–August 3rd

Time	Pre School 1	Pre School 2	Pre School 3	School Age 1	School Age 2	School Age 3	School Age 4
9:00am	X	X					X
9:35am	X		X	X		X	
10:10am		X	X		X		

Parent/Child:
Members \$39
Non-Members \$59

Preschool & School Age:
Members \$50
Non-Members \$75



WEST END programs

Spring Session- April 22nd-June 8th
 Summer 1 Session- June 17th- July 20th
 Summer 2 Session- July 22nd-August 24th

Youth Fitness Certification

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

One Time Class: May 11, May 25, June 8, June 22, July 13, July 27, August 10

Saturday's 10:00am-11:30am
Ages: 12-16

Members \$18
 Non-Members \$26

Youth Cardio Certification

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.

One Time Class: May 11, May 25, June 8, June 22, July 13, July 27, August 10

Saturday: 11:45am-12:15pm
Ages 10-11

Members \$10
 Non-Members \$15

Youth Fit Club

Giving children the opportunity to participate in regular physical activity and to learn about healthy behaviors is what Youth 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.

Ages 8-14

Spring: Tuesday & Thursday 4:45-5:30pm
summer 1 & 2: 9:15am-10:00am

Members \$26
 Non-Members \$39



Super Hero Training

Increase basic gross motor skills, flexibility and bravery while also focusing on the values of a superhero. Social skills are also emphasized.

Summer 1 & 2
Wednesday: 6:10-6:40pm
Ages 3-6

Members \$29
Non-Members \$43

Karate:

Experience the Korean Martial Arts of Tang Soo Do, taught by Second Degree Black belt Brad Seppala). 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.

Spring & Summer 1 Thursdays:

White Belt Youth-
Beginner Ages 6-13 6:15-7:00pm
Members: \$47 Non-Members: \$70

Adult Karate (14+)- 7-8pm
Members: \$39 Non-Members: \$56

Camp STEAM

Keep your mind sharp with Science, Technology, Art, and Math. Experiment and build while increasing cognitive abilities over summer vacation.

June 17-21 or August 13-17
Monday-Friday: 9:30am-11:30am
Ages 6-9

Members \$38
Non-Members \$57



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+
Spring/Summer: Monday, Wednesday, Friday 10:00-11:00am

Members \$30 (Free for returning participants)
Non-Members \$38





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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.

