

FALL 2019  
PROGRAM GUIDE



NUMBERS

TWELVE

11 1

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7

# BUILDING A BRIGHTER FUTURE

YMCA OF MARQUETTE  
COUNTY [www.ymcamqt.org](http://www.ymcamqt.org)



## 2 HOURS OF OPERATION

### Marquette

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

### West End

<b>Monday–Thursday:</b> 5am–9pm	<b>Monday–Thursday:</b> 5am–8pm
<b>Friday:</b> 5am–8pm	<b>Friday:</b> 5am–7pm
<b>Saturday:</b> 7am–5pm	<b>Saturday:</b> 7am–3pm
<b>Sunday:</b> 10am–5pm	<b>Sunday:</b> 10am–3pm

### IMPORTANT DATES

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

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### our mission:

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

## THE TEAM

### MANAGEMENT STAFF

#### Jenna Zdunek

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### BOARD OF DIRECTORS

#### Michele Butler

Chief Volunteer Officer

#### Amanda Filizetti

Vice C.V.O.

#### Randell Girard

Treasurer

#### Christine VanAbel

Secretary

#### Dan Bonsall

#### Daniel Carpenter

#### Bill Davis

#### Kristen Derocha

#### Kate Havel

#### Travis Hongisto

#### Dr. Greg Jones

#### Joy Lambros-Caron

#### Jason Lee

#### Rich Matthews

#### Carolyn McDonald

#### Steven Nystrom

#### Christine Pesola

#### Amanda Specker

#### 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.



(at the YMCA) "You can be running on a treadmill next to a doctor and an individual who lives below the poverty line and no one minds. Everyone is greeted and cared for the same"--Christina

The YMCA of Marquette County is driven by the stories and the faces of our community of members. Look for snippets of these stories sprinkled throughout this program guide. These are the stories of a "Better Us" and we are honored to share them.

# SOCIAL responsibility

## WHERE CAN THE KIDS GO?

### Tot Watch:

- Ages 6 weeks-8 years: Signed in & Parent must be in the building

### Kids Gym:

- Ages 6 weeks- 4 years: Parent must be with child
- Ages 5-7: Must be with parent when not staffed-can be without parent when staffed
- Ages 8-11: Parent must be in building

### Youth Center:

- Ages 5-7: Parent must be with child
- Ages 8+: Parent must be in building

### Pool:

- Ages 6 weeks to 7 years:
  - Not passed swim test- parent in pool within arms reach
  - Passed swim test-parent must be in pool area
- Ages 8-11:
  - Not passed swim test-parent in pool within arms reach
  - Passed swim test-parent must be in 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

\*Parent= defines broadly to include all adults with primary responsibility.

Guardians must be 15 or older

Parent/Guardian must be actively engaged





# HAPPY BIRTHDAY YMCA!!!

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GOING SILVER  
INTO GOLD  
OCTOBER 12TH

SAVE THE DATE  
AND CELEBRATE WITH THE  
YMCA OF MARQUETTE COUNTY



25 YEARS  
OF A "BETTER US" IN MARQUETTE COUNTY

Fall 1 Session: September 9th-October 26th

Fall 2 Session: October 28th-December 14th

# PROGRAM GRID\*

	Ages	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Fall 1	Fall 2	Page:
<b>GYMNASTICS</b>										9
<b>Level 1</b>	3-5yrs				5:30-6:15pm			X	X	9
<b>Level 2</b>	6-10yrs				6:15-7:00pm			X	X	9
<b>TODDLER TIME</b>	0-5 yrs		9-11:00am					X	X	10
<b>VOLLEYBALL</b>	Middle School									10
	6th Grade			6-7:00pm					X	10
	7th Grade			7-8:00pm					X	10
	8th Grade					6-7:00pm			X	10
<b>FLAG FOOTBALL</b>	4-6yrs						9-9:45am	X		8
	7-10yrs						10-10:45am	X		8
<b>LACROSSE</b>	10-14yrs						11am-12:00pm	X		8
<b>MIX IT UP SPORTS</b>	4-6yrs		5:30-6:15pm					X	X	9
<b>PLAYGROUND GAMES</b>	7-10yrs		6:30-7:15pm					X	X	9
<b>HOMESCHOOL MIX IT UP</b>	Elementary					1-3pm		X		9
<b>CHOOSE FITNESS</b>	ALL	6:00-7:00pm						X	X	13
<b>CHOOSE HEALTH</b>	ALL					5:00-6:00pm		X	X	13
<b>FITNESS CERTIFICATION</b>	12-16yrs						10-11:30am	X	X	12
<b>CARDIO ORIENTATION</b>	10-11yrs		5-6:00pm		5-6:00pm			X	X	12
<b>FIT CLUB</b>	8-14yrs		4:15-5:00pm					X	X	12
<b>PEDALING FOR PARKINSONS</b>	18+	Please contact the front desk for schedule								16
<b>LIVEWISE</b>	18+	Please contact the front desk for schedule								16
<b>LIVESTRONG</b>	18+		1:00-2:30pm		1:00-2:30pm		Sept. 17-Dec.5th			16
<b>ADULT SWIM INSTRUCTION</b>	18+			7:15PM				X	X	20
<b>WATER POLO JR.</b>	5-12yrs	7:00pm							X	20

\*Marquette Facility only  
**Aquatics Youth Swim Lesson Grid on page 19**



# childhood FUN



## Tot Watch

Ages: 6 weeks– 8 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: 5–11 years

**\*Ages: 6 weeks–4yrs**

**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 11.

Available at our Marquette facility.

**Socks required.**

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

## Youth Center

Ages: 5–13

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.

Available at our Marquette facility.

--Visit [ymcamqt.org](http://ymcamqt.org) for current open hours--



# OUTDOOR SPORTS

**FALL 1 ONLY**

Fall 1 Session: September 9th-October 26th

**ALL Outdoor Sports at MSHS Practice Field Weather Permitting**

## FLAG FOOTBALL

Learn football fundamentals without heavy contact! Our coaches focus on teamwork in a positive and structured environment. Children learn different aspects of the game that keep them active & engaged, building leadership skills, self-esteem, and developing character through the YMCA core values of honesty, caring, respect, and responsibility. Children will learn hand-eye coordination, agility as well as sportsmanship and teamwork.

**Ages 4-6**

**Saturday: 9-9:45am**

**Ages 7-10**

**Saturday: 10-10:45am**

**Member Rate: \$41 Non-Member Rate: \$56**

## LACROSSE

The YMCA of Marquette County is proud to offer Lacrosse, one of the fastest growing sports in the country. Learn the fundamentals of this fun and fast-paced game. The YMCA Lacrosse program is great for first timers. All necessary equipment for practice and games is provided and no experience is needed. Our coaches meet every athlete where they are at and coach them up from there in a non contact and fun filled atmosphere all while learning the YMCA core values of honesty, caring, respect, and responsibility.

**Ages 10-14**

**Saturdays 11am-12pm**

**Member Rate: \$54 Non-Member Rate: \$69**





## FALL 1 & 2

Fall 1 Session: September 9th–October 26th  
Fall 2 Session: October 28th–December 14th

# YOUTH programs

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### MIX IT UP SPORTS:

Learn a variety of traditional sports in a camp setting. Classes are designed to introduce children to a new sport each week, teaching the basics to prepare for the youth sports league.

Sports include; soccer, basketball, kickball, baseball/softball, T-Ball, floor hockey, flag football, badminton, and a few other surprises!

**Members: \$41 Non-Members: \$56**  
**Ages: 4-6**

**Tuesdays: 5:30pm–6:15pm**

**+++PLUS+++**

### HOMESCHOOL SPECIAL

**MIX IT UP SPORTS**—Same fun learning traditional sports--homeschoolers only!

#### FRIDAYS:

Grades 1-3: 10:00–11:00am

Grades 4-6: 11:00am–12:00pm

**Members: \$41 Non-Members: \$56**

### PLAYGROUND GAMES:

Learn and play a variety of fun playground games including but not limited to; dodgeball, 4-square, kickball, SPUD, Jackpot, and capture the flag!

**Members: \$41 Non-Members: \$56**

**Ages: 7-10**

**Tuesdays: 6:30–7:15pm**

# HONESTY CARING RESPECT RESPONSIBILITY

**ALL OUR YMCA PROGRAMS INSTILL AND  
TEACH THESE YMCA CORE VALUES**

### GYMNASTICS

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

**Members \$41 Non-Members: \$56**

**Thursdays: FALL 1\* & 2**

Beginning Tumblers Level 1

**Ages 3-5 5:45-6:15pm**

Beginning Tumblers Level 2

**Ages 6-10 6:15-7:00pm**

*\*Fall 1 session begins Sept. 19 for this class only\**

**TUESDAY: FALL 2 ONLY**

Mommy & Me

**Ages 1-3 5:45-6:15pm**

Beginning Tumblers Level 1

**Ages 3+ 6:15-7:00pm**



For more information please  
contact Emmy Holt.

[Eholt@ymcamqt.org](mailto:Eholt@ymcamqt.org)  
906-227-9622 ext. 18

# YOUTH Programs

## FALL 2 ONLY

Fall 2 Session: October 28th-December 14th

### PARENTS NIGHT OUT

Drop the kids off at the YMCA while you get a night out. Kids get an exciting night of swimming, pizza, nerf fun, and other playground type games. After swimming, the gym will be outfitted with giant foam shapes and cardboard forts for an epic game of nerf fun. Bring your favorite nerf toy compatible with elite darts, a bathing suit, and a towel! We'll provide the nerf darts and safety eyewear.

**Members: \$22 Non-Members: \$28**

**Ages: 8-13**

**Fridays (Dates TBA)**

**6:30-8:30pm**

### TODDLER TIME

Open gym with bikes! Kids are allowed to play, engage, and socialize in our basketball gym. Balls, gym mats, agility equipment, rider bikes, hula hoops, and other gym equipment will be out and available to use. In addition, bring your own bike (with helmet!) to practice your skills inside while the outside weather declines.

**Bikes permitted only in gym please!**

Guardian supervision required.

**Members: FREE Non-Members: \$4/child**

**Tuesdays**

**9:00-11:00am**



## MIDDLE SCHOOL VOLLEYBALL

JR. SPIKERS! Brush up and improve your skills and team development while you get ready for the playing season that starts in January. During this program you will learn to execute the game skills at a higher level with dedicated coaches teaching our YMCA core values along the way.

**This is a great way to get ready for the competitive season!**

### WEDNESDAY:

**6TH GRADE: 6:00-7:00PM**

**7TH GRADE: 7:00-8:00PM**

**Members: \$ 100 Non-Members: \$ 114**

### FRIDAY:

**8TH GRADE: 6:00-7:00PM**

**Members: \$120 Non-Members: \$134**



# 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](http://ymcamqt.org) for hours and pricing

## YMCA 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](http://ymcamqt.org) for hours and pricing

## 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 2019 – May 2020  
Monday – Friday (Full School Day)



For more information please contact  
Leslie DesJardins.  
[ldesjardins@ymcamqt.org](mailto:ldesjardins@ymcamqt.org)  
906-227-9622 ext. 31



**USDA is an equal opportunity Provider and employer**



## 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**

**4:15–5:00pm**

**Ages 8–14 years**

**Members \$30**

**Non-Members \$45**

## 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 & Thursday**

**5:00–6:00pm**

**Ages 10–11**

**Members \$10**

**Non-Members \$15**

## 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**



## PERSONAL TRAINING

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

For more information please  
contact Travis Alexander

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



## Jump Start Package

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.

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

## 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!





## 14 GROUP exercise

# Learn Form Gain Structure Be Motivated

### 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)**

## 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.



## **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!

# ADULT Programs



## Pedaling For Parkinson's

Pedaling for Parkinson's is a FREE program for both members and non-members who are diagnosed with Idiopathic PD. Our mission is to improve the quality of life of individuals and their caregivers, to educate about the benefits of maintaining a healthy lifestyle after a Parkinson's diagnosis, and to support research dedicated to prevention and treatment of the disease.

**For times please see our Group Exercise schedule**

## LIVESTRONG

Evidence-based physical activity and well-being program, designed to help adult cancer survivors achieve their holistic health goals.

September 17th-December 5th  
Tuesday & Thursday: 1:00pm-2:30pm

## Member spotlight:

Pete moved to the Upper Peninsula to take care of his aunt and found his home and community at the YMCA of Marquette County. He started by attending our LiveStrong program and now attends various classes Monday-Friday every week.

Pete says that he appreciates his relationships and the community he has found at the "Y." It's members, like Pete, drive the YMCA of Marquette County to continue to cultivate a community for everyone to enjoy.

The YMCA of Marquette County is dedicated to every member of our community. We are so grateful to be able to host programs that cater to specific areas that effect us as we mature in age. Please visit our website or call the front desk for full details.

## LIVEWISE

A collaboration between the Alzheimer's Association and the YMCA to provide exercise and educational opportunities for individuals in the early stages of Alzheimer's disease and other related demetias and their care partners.

This eight week program offers physical activities and educational programming that helps to promote health, socialization, and cognitive well being. Participants are guided through a 45 minute exercise session with YMCA staff followed by a one hour education program covering topics including communication strategies, legal and financial planning, safety and community resources.

**Contact our Front Desk for more information and dates.**

## SWIM INSTRUCTION

**Fine Tune your skills or learn something new!**  
**Turn to Page 20 for more information.**





# AQUATICS <sup>17</sup> programs

Fall 1 Session: September 9th–October 26th  
Fall 2 Session: October 28th–December 14th

## 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.

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

# AQUATICS

## YOUTH LESSONS

### 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.

Parent  
& Child  
Classes



For more information please  
contact Patrick Markey.  
[Pmarkey@ymcamqt.org](mailto:Pmarkey@ymcamqt.org)  
906-227-9622 ext. 19





# AQUATICS <sup>19</sup>

## YOUTH LESSONS

Fall 1 Session: September 9th-October 26th  
Fall 2 Session: October 28th-December 14th

**Session= Seven 30 minute classes**

**Parent/Child:**

Members \$39

Non-Members \$59

**Preschool & School Age:**

Members \$50

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	Home School
9:30am				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](http://WWW.YMCAMQT.ORG)

# AQUATICS programs

## ADULT SWIM INSTRUCTION

Instructional drop-in swim clinics for those wanting to learn how to swim or just improve their swimming ability.

**Wednesday: 7:15pm**

**Members: FREE**

**Non-Members: \$10**



"I've found a quiet and friendly place in the aquatics department at the YMCA to focus on my recovery."

## PRIVATE & SEMI-PRIVATE INSTRUCTION

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 \$65/person**

**Non-Members \$95/person**

### Private Rates:

**Members \$115**

**Non-Members \$175**

## WATER POLO JR.

This program offers the opportunity to learn the fundamentals of the sport in a supportive environment that emphasizes skill development, teamwork and physical fitness. Our coaches will teach the necessary skills required to begin playing water polo, including passing, dribbling, shooting, treading water, head-up swimming, basic rules and conditioning.

### FALL 2 ONLY

**Monday: 7:00pm**

**Members: \$38**

**Non-Members: \$52**







# MAKING A DIFFERENCE AT THE WEST END

"My story begins when I was 13. I wasn't the smallest kid in the world and I was dealing with extreme mental health issues. I started working out and was doing great. At the age of 15 I relapsed into drugs and was hospitalized twice. That's when I found the Y(MCA.) This has been my therapy and my get away for two years now. I come every day for 2-3 hours to help myself. Now everyone asks me to train them because of my physical appearance. The Y is my home."

--Brendan, 17 yrs old

## AT THE WEST END ONLY: SAULT TRIBE MEMBERS

Members of the Sault Tribe of Chippewa

Indians can show their I.D. cards at the West End

Facility front desk to gain access to the West End facility. Sault Tribe members receive basic membership to the West End YMCA along with opportunity to participate in the YMCA programs at the member rate.

VISIT PAGE 23 FOR WEST END SPECIFIC MEMBERSHIP INFORMATION



# WEST END programs

Fall 1 Session: September 9th–October 26th  
Fall 2 Session: October 28th–December 14th

## 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:** Sept. 14th, Sept. 28th, Oct. 12th, Oct. 26th, Nov. 9th, Nov. 30th, Dec. 14th

**Saturday:** 10:00am–11:30am

**Ages:** 12–16

Members \$18

Non-Members \$26



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 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:** Sept. 14th, Sept. 28th, Oct. 12th, Oct. 26th, Nov. 9th, Nov. 30th, Dec. 14th

**Saturday:** 11:45am–12:15pm

**Ages 10–11**

Members \$10

Non-Members \$15

## AFTER SCHOOL YOUTH FIT CLUB

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 as well as wellness education.

**Ages 8–14**

Tuesday & Thursday 4:45–5:30pm

**Fall 1 & 2**

**Cost: \$5 for first 8 participants**

**Members & Non-Members**

Many thanks to UPPCO

for their generous donation making a discounted After school fit club a possibility



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



## Program Registration Dates

**Fall 1 Session: September 9–October 26th**

Member Registration– August 19th

Non-Member Registration– August 26th

**Fall 2 Session: October 28–December 14th**

Registration Open–October 14th

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

## Addresses & Phone Numbers

**Marquette:**

1420 Pine Street Marquette, MI 49855

P 906.227.9622

**West End/Negaunee**

350 Iron Street Negaunee, MI 49866

P 906.475.9666

## 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 or for any other reason may not be rescheduled or refunded.

## NATIONWIDE MEMBERSHIP

A membership at the YMCA of Marquette County brings many benefits including access to most of the 2,200 YMCA's across the United States when you are traveling. Find participating locations at [www.ymca.net](http://www.ymca.net)

## SAULT TRIBE MEMBERS

Members of the Sault Tribe of Chippewa Indians can show their I.D. cards at the West End Facility front desk to gain access to the West End facility. Sault Tribe members receive basic membership to the West End YMCA along with opportunity to participate in the YMCA programs at the member rate.

## 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.

## MEMBERSHIP RATES AS OF 8/1/2019

Member Category	Monthly	Annual	West End ONLY	West End Annual
<b>YOUTH MEMBERSHIPS</b>				
Youth (0–17)	\$22	\$242	\$18	\$198
Young Adult* (18–24)	\$30	\$330	\$26	\$286
<b>ADULT MEMBERSHIPS</b>				
Adult* (25–64)	\$45	\$495	\$35	\$385
Adult Couple*	\$61	\$671	\$51	\$561
<b>SENIOR MEMBERSHIPS</b>				
Senior* (65+)	\$41	\$451	\$33	\$363
Senior Couple*	\$58	\$638	\$45	\$495
<b>FAMILY MEMBERSHIP</b>				
Single Parent Family*	\$59	\$649	\$49	\$539
Family*	\$70	\$770	\$54	\$594
<b>DAY PASS RATES</b>				
Family	\$22	N/A	\$18	N/A
Adult	\$10	N/A	\$8	N/A
Youth (under 18)	\$6	N/A	\$6	N/A
*The Joiners Fee is a one time fee required to begin membership. Please contact our front desk or visit <a href="http://www.ymcamqt.org">www.ymcamqt.org</a> for more information				
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.				
<b>GUEST PASSES:</b>				
All members will receive 2 free guest passes. These passes allow one person, one couple or a family to use the facility for free for 1 day.				



# THANK YOU TO OUR PARTNERS! BECAUSE OF YOU MARQUETTE IS BETTER



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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.