

YMCA of Marquette County Winter Programs

Spring Session Dates - April 25 - June 11 (No programs Monday May 26)

	Ages	Date (s)	Day	Time	Member	Non Member
AQUATICS - YMCA of Marquette County Location						
Parent and Child Swim	6 mon - 3 yrs	Spring	Mon	6:05pm - 6:35pm	\$33	\$48
Parent and Child Swim	6 mon - 3 yrs	Spring	Wed	5:30pm - 6:00pm	\$38	\$55
Parent and Child Swim	6 mon - 3 yrs	Spring	Thurs OR Sat	10:00am - 10:30am	\$38	\$55
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Spring	Thurs OR Sat	10:35am - 10:55am	\$44	\$63
Preschool Swim	3 - 5 years	Spring	Mon	5:30pm - 6:00pm	\$42	\$65
Preschool Swim	3 - 5 years	Spring	Mon	6:40pm - 7:10pm	\$42	\$65
Preschool Swim	3 - 5 years	Spring	Wed	6:05pm - 6:35pm	\$49	\$76
Preschool Swim	3 - 5 years	Spring	Wed	6:40pm - 7:10pm	\$49	\$76
Preschool Swim	3 - 5 years	Spring	Thurs OR Sat	11:00am - 11:30am	\$49	\$76
Special Needs Lesson	4 - 13 years	Spring	Sat	11:45am - 12:15pm	\$57	\$85
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Anytime	By appt	Seven 30 minute sessions	\$58 each	\$87 each
Private Swim Lessons	3 and up	Anytime	By appt	Seven 30 minute sessions	\$110	\$165
School Age Lessons—Level 1 and Level 2	6 - 13 years	Spring	Mon Wed OR Sat	5:30pm - 6:15pm 6:20pm - 7:05pm 10:00am - 10:45am	\$55 \$47 Mon Class	\$83 \$71 Mon Class
School Age Lessons - Level 3 and Level 4	6 - 13 years	Spring	Mon Wed OR Sat	6:20pm - 7:05pm 5:30pm - 6:15pm 10:50am - 11:35am	\$55 \$47 Mon Class	\$83 \$71 Mon Class

COMPETITIVE SWIM TEAM STROKE CLINICS (must be able to swim 50 yards, at MSHS pool)

Butterfly Stroke Clinic	8 & up	May 9 - 11	Mon - Wed	5:30pm - 6:45pm	\$25	\$35
Backstroke Clinic	8 & up	May 16 - 18	Mon - Wed	5:30pm - 6:45pm	\$25	\$35
Breaststroke Clinic	8 & up	May 23 - 25	Mon - Wed	5:30pm - 6:45pm	\$25	\$35
Freestyle Stroke Clinic	8 & up	May 30 - June 1	Mon - Wed	5:30pm - 6:45pm	\$25	\$35

GYMNASTICS - YMCA of Marquette County Location (no classes on May 26)

Gym Ventures 1	1.5 - 3 years	Spring	Tues	5:20pm - 5:50pm	\$32	\$48
Gym Ventures 2	3 - 5 years	Spring	Tues	6pm - 6:45pm	\$36	\$54
Gym Ventures 3	6 - 8 years	Spring	Mon	5:15pm - 6pm	\$31	\$47
Gym Ventures 4	8 - 12 years	Spring	Mon	6:10pm - 6:55pm	\$31	\$47



YMCA SUMMER DAY CAMP

Our well-trained staff provide safe, high-quality care with a focus on important life skills, developing core values, improving reading comprehension through daily literacy activities, and practicing good healthy habits by being active throughout the day.

CAMP LOCATIONS

- YMCA of Marquette County (5 - 12 years old)
- YMCA Early Childhood Development Center - Marquette (3 - 5 years old)
- YMCA Early Childhood Development Center - KI Sawyer (4 - 12 years old)

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KARATE - YMCA of Marquette County						
Youth Karate - Beginner (white belts)	6 - 14 years	Spring	Wed	5:15pm - 6pm	\$40	\$60
Youth Karate - Intermediate (yellow belts & Higher)	6 - 14 years	Spring	Wed	6:15pm - 7pm	\$40	\$60
Youth Karate - Intermediate (yellow belts & Higher)	6 and up	Spring	Sat	10am - 11am	\$40	\$60
Family Karate (Rate includes parent & 1 child— each add. child \$8)	4 and up	Spring	Sat	11am - 12pm	\$35	\$53
Youth Karate - Beginner (white belts)	6 - 14 years	Spring	Sat	12pm - 1pm	\$40	\$60

SPORTS - YMCA of Marquette County

T-Ball	4 - 6 years	Spring	Mon	5:15pm - 5:50pm	\$30	\$45
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TENNIS - YMCA of Marquette County Gymnasium

Tot Tennis	3 - 5 years	Spring	Mon	1pm - 2pm	\$29	\$43
Future Stars	5 - 7 years	Spring	Thurs	6pm - 7pm	\$34	\$51
Prospective Pros	8 - 11 years	Spring	Thurs	7pm - 8:15pm	\$41	\$60
Middle School Tennis	6th - 8th Grade	Spring	Mon	4:15pm - 5:15pm	\$35	\$51
Middle School Tennis	6th - 8th Grade	Spring	Thurs	4:30pm - 5:45pm	\$41	\$60

YOUTH FITNESS - YMCA of Marquette County Location

After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4:15pm - 5pm	\$30	\$45
Youth Fitness Certification	12 - 16 years	May 7, 21 OR June 4	Sat	10am - 11:30am	\$16	\$24

ADULT PROGRAMS - YMCA of Marquette County Location

Pickle Ball Clinic	16 & up	April 25 & May 9	Mon	11:30am - 1pm	FREE	FREE
Pedaling for Parkinson's	18 and up	Spring	Mon, Wed & Fri	1pm - 2pm	1st time Free, Repeat \$25	1st time Free, Repeat \$25
Enhance Fitness	50 and up	Spring	Tues, Thurs & Sat	1pm - 2pm	Free	\$30
Adult Karate	18 and up	Spring	Wed	6am - 7am	\$30	\$45
Spring Boot Camp	18 and up	Spring	Wed	11am - 12pm	\$80	\$120
Get Your Plate In Shape - Nutrition Class	18 and up	Spring	Wed	TBA	\$36	\$45
LIVESTRONG at the YMCA - Cancer Survivor Program	18 and up	May 16 - Aug 3	Mon & Wed	12pm - 1:30pm	Free	Free

TRX Suspension Training - YMCA of Marquette County Location

TRX - Once a week with Christina	18 and up	Spring	Mon	10am - 11am	\$45	\$55
TRX - Once a week with Joanne	18 and up	Spring	Tues	11:30am - 12:30pm	\$45	\$55
TRX - Once a week with Brian	18 and up	April 26 - May 31	Tues	6pm - 7pm	\$39	
TRX - Once a week with Aubrey	18 and up	Spring	Thurs	5:30pm - 6:30pm	\$45	\$55
TRX - Once a week with Aubrey	18 and up	Spring	Sat	9:30am - 10:30am	\$45	\$55
TRX - Twice a week with Cari	18 and up	Spring	Mon & Wed	9am - 9:45am	\$55	\$65
TRX - Twice a week with Jenna	18 and up	Spring	Mon & Wed	12pm - 12:45pm	\$55	\$65
TRX - Twice a week with Rebecca	18 and up	May 23 - June 11	Tues & Thurs	6am - 6:45am	\$27	

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Spring Session Dates - April 25 - June 11 (No programs Monday May 26)

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ADULT PROGRAMS - YMCA West End Location

Enhance Fitness	50 & up	Spring	Mon, Wed & Fri	10am - 11am	Free	\$30
Couch to 5K	16 & up	Spring	Mon	4:30pm - 5:15	\$41	\$61
Spring Boot Camp	16 & up	Spring	Mon	5:30pm - 6:30pm	\$49	\$73
Training for the Back	16 & up	Spring	Mon	6:45pm - 7:45pm	\$49	\$73
Moving for Better Balance	15 & up	Spring	Tues & Thurs	2pm - 3pm	\$28	\$42

FAMILY PROGRAMS - YMCA West End Location

Family Karate (Rate includes parent & 1 child—each additional child is \$8.00)	5 and up w/parent	Spring	Tues	6pm - 7pm	\$30	\$45
Parent and Tot Tumbling	1.5 - 3 years	Spring	Wed	5:15pm - 5:45pm	\$24	\$36
Parent and Infant Massage Clinic	6 wks - 1 year	May 7	Sat	9:30am - 10:30am	\$9	\$13

PRESCHOOL PROGRAMS - YMCA West End Location

Preschool Dance 1	2.5 - 5 years	Spring	Tues	5:15pm - 5:45pm	\$26	\$38
Preschool Dance 2	2.5 - 5 years	Spring	Tues	4pm - 4:30pm	\$26	\$38
Beginning Gymnastics	3 - 5 years	Spring	Wed	5:50pm - 6:30pm	\$31	\$47
Preschool Dance 1	2.5 - 5 years	Spring	Sat	10:30am - 11am	\$26	\$38
Preschool Dance 2	2.5 - 5 years	Spring	Sat	11:45am - 12:15pm	\$26	\$38

YOUTH PROGRAMS - YMCA West End Location

Youth Dance	5 - 8 years	Spring	Tues	4:40pm - 5:15pm	\$28	\$42
After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4pm - 4:45pm	\$22	\$33
Kids Karate (white belt)	6 - 14 years	Spring	Tues	7pm - 7:45pm	\$31	\$46
Kids Karate (white belt)	6 - 14 years	Spring	Thurs	6pm - 6:45pm	\$31	\$46
Kids Karate (yellow belt & higher)	6 - 14 years	Spring	Thurs	6:45pm - 7:30pm	\$31	\$46
Youth Dance	5 - 8 years	Spring	Sat	11:05am - 11:40am	\$28	\$42
Youth Fitness Certification	12 - 16 years	April 30, May 14, OR May 28	Sat	10am - 11:30am	\$16	\$24



YOUTH NIGHTS

Join us on every Tuesday & Thursdays beginning April 26 from 4 - 6pm at our West End location. Your children ages 5 - 11 will spend a couple hours learning and exploring in a nurturing and welcoming space. Imagination and creativity are just some topics we will touch on. Learning through fun scenarios and activities, your little one will be well prepared! Free for members and \$7 for non members. For more information contact Rachel Berglund at 906.475.9666.

YMCA OF MARQUETTE COUNTY
1420 Pine Street Marquette MI 49855
P 906.227.9622 F 906.227.9248
W ymcamqt.org

YMCA of Marquette County
West End Location
350 Iron Street Negaunee MI 49866
P 906.475.9666 F 906.401.0037 W ymcamqt.org



YMCA SPRING PROGRAMS FOR MARQUETTE & WEST END LOCATION



YMCA RUN/WALK

Our 16th Annual YMCA Run/Walk will be taking place on Saturday April 16th. Registration for this event will be taken at the YMCA of Marquette County. If you would like to volunteer, please call or email Ashley McGrath at 227.9622.



HEALTHY KIDS DAY

Make this your kid's Best. Summer. Ever! Keep them active and learning all summer long. Get a head start on April 23 from 10am - 12pm at Healthy Kids Day, the YMCA's **free** day of creative, challenging, fit family fun! Learn more by calling Kelsey Roy at 227.9622.

YMCA SPRING PROGRAMS

Program Session Dates

Spring April 25 - June 11
(No programs Monday May 26)

Registration

Spring - YMCA Members April 11
YMCA Non Members April 18

REGISTRATION REMINDERS

Please adhere to the program age requirements and max capacity numbers, these are set to ensure program safety and quality. All programs require advance registration. **Registration prices will increase by \$5 per program if signing up on or after April 25 for Spring programs.**

Upcoming Summer Session

• Summer 1 - June 13 - July 23

• Summer 2 - July 25 - September 3