

YMCA of Marquette County Summer Programs						
Fall 1 Session Dates September 19 – October 29 • Fall 2 Session Dates October 31 – December 17						
	Ages	Date (s)	Day	Time	Member	Non Member
ADULT PROGRAMS – YMCA West End Location						
Introduction to Yoga	16 & up	Fall 1 <u>OR</u> 2	Mon	5:45pm - 6:45pm	\$31	\$46
Adult Karate - All Ranks	16 & up	Fall 1 <u>OR</u> 2	Tues	7pm - 8pm	\$31	\$46
Moving for Better Balance	50 & up	Fall 2	Tues & Thurs	11am - 12pm	\$28	\$42
HIIT Small Group Training	16 & up	Fall 1 <u>OR</u> 2	Wed	5:45pm - 6:45pm	\$40	\$50
Prenatal Yoga	16 & up	Fall 1 <u>OR</u> 2	Sat	9:30am - 10:30am	\$40	\$50

FAMILY PROGRAMS – YMCA West End Location						
Parent and Tot Yoga	2 - 4 years	Fall 1	Tues	11am - 11:45am	\$26	\$39
Family Karate (Rate includes parent & 1 child–each additional child is \$8.00)	4 and up w/parent	Fall 1 <u>OR</u> 2	Tues	6pm - 7pm	\$35	\$53
Parent and Infant Massage Clinic	6 wks - 1 yr	Sept 27 <u>OR</u> Nov 15	Tues	6:30pm - 7:30pm	\$9	\$13
Parent’s Night Out	4 - 10 years	Nov 26	Sat	5:30pm - 8:30am	\$15	\$21

PRESCHOOL PROGRAMS – YMCA West End Location						
Beginning Tumbling	4 - 6 years	Fall 1 <u>OR</u> 2	Wed	5:45pm - 6:15pm	\$28	\$42
Creative Movement	4 - 6 years	Fall 1 <u>OR</u> 2	Fri	5:45pm - 6:15pm	\$28	\$42
Tiny Dancer	3 - 6 years	Fall 1 <u>OR</u> 2	Sat	11:45am-12:15pm	\$26	\$38
Princess Ballet	2 - 3 years	Fall 1 <u>OR</u> 2	Sat	11:15am-11:45am	\$26	\$38

YOUTH PROGRAMS – YMCA West End Location						
Youth Fit Club	8 - 14 years	Fall 1 <u>OR</u> 2	Tues & Thurs	4pm - 4:45pm	\$27	\$41
Beginning Youth Strength Training	11 - 14 years	Fall 1 <u>OR</u> 2	Wed	4:45pm - 5:30pm	\$24	\$36
Tumbling	7 - 9 years	Fall 1 <u>OR</u> 2	Wed	6:30pm - 7:15pm	\$31	\$46
Kids Karate - White Belts	6 - 14 years	Fall 1 <u>OR</u> 2	Thurs	6pm - 6:45pm	\$31	\$46
Kids Karate - Yellow Belt or Higher	6 - 14 years	Fall 1 <u>OR</u> 2	Thurs	6:45pm - 7:30pm	\$31	\$46
Creative Movement	7 - 9 years	Fall 1 <u>OR</u> 2	Fri	6:30pm - 7:15pm	\$33	\$48
Youth Fitness Certification	12 - 16 years	Sept 17, Oct 1, 15, Nov 5, 19 <u>OR</u> Dec 3	Sat	10am - 11:30am	\$16	\$24

YMCA Before & After School Programs • A healthy afterschool snack is provided			
Birchview Elementary	After 3:25 – 6pm		K – 5th Grade
YMCA of Marquette County for Graveraet	Before 6:45am – 8:30am	After 3:15 – 6pm	K – 5th Grade
KI Sawyer Elementary	Before 7 – 8:30am	After 3:30 – 6pm	K – 5th Grade
For more information on <b>Birchview</b> or <b>Graveraet</b> contact Laura Murawski at 906.227.9622, or for <b>KI Sawyer</b> contact Leslie DesJardins, at 906.372.4044. There will be a small fee for each BAS program.			



FOR YOUTH DEVELOPMENT®

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY



# LET THE GAMES BEGIN

From flag football and fitness to swimming and karate, it’s a whole new ballgame at the Y!

YMCA FALL PROGRAMS FOR MARQUETTE & WEST END LOCATION

## YMCA FALL PROGRAMS

**Program Session Dates**  
**Fall 1 – September 19 – October 29**

**Fall 2 – October 31 – December 17**  
 (No youth programs November 20-26)

**Registration**  
**Fall 1** – YMCA Members September 6  
 YMCA Non Members September 12

**Fall 2** – YMCA Members October 17  
 YMCA Non Members October 24

**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. We will not take any registrations by phone. **Registration prices will increase by \$5 per program if signing up on or after September 19 OR October 31.**

**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 W ymcamqt.org

## YMCA of Marquette County Fall Programs

**Fall 1 Session Dates September 19 – October 29 • Fall 2 Session Dates October 31 – December 17**

	Ages	Date (s)	Day	Time	Member	Non Member
<b>AQUATICS – YMCA of Marquette County Location</b>						
Parent and Child Swim	6 mo - 3 yrs	Fall 1 <u>OR</u> 2	Wed	5:30pm - 6:00pm	\$33	\$48
Parent and Child Swim	6 mo - 3 yrs	Fall 1 <u>OR</u> 2	Thurs <b>OR</b> Sat	10:00am - 10:30am	\$33	\$48
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Fall 1 <u>OR</u> 2	Thurs <b>OR</b> Sat	10:35am - 10:55am	\$38	\$57
Preschool Swim	3 - 5 years	Fall 1 <u>OR</u> 2	Wed	6:05pm - 6:35pm	\$43	\$65
Preschool Swim	3 - 5 years	Fall 1 <u>OR</u> 2	Wed	6:40pm - 7:10pm	\$43	\$65
Preschool Swim	3 - 5 years	Fall 1 <u>OR</u> 2	Thurs <b>OR</b> Sat	11:00am - 11:30am	\$43	\$65
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Fall 1 <u>OR</u> 2	By appt	Seven 30 minute sessions	\$58 each	\$87 each
Private Swim Lessons	3 and up	Fall 1 <u>OR</u> 2	By appt	Seven 30 minute sessions	\$110	\$165
School Age Swim Lessons - Level 1 and Level 2	6 - 13 years	Fall 1 <u>OR</u> 2	Wed Thurs Sat	6:20pm - 7:05pm 10:00am - 10:45am 10:50am - 11:35am	\$47	\$71
School Age Swim Lessons - Level 3 and Level 4	6 - 13 years	Fall 1 <u>OR</u> 2	Wed Thurs Sat	5:30pm - 6:15pm 10:50am - 11:35am 10:00am - 10:45am	\$47	\$71

**Special Needs Swim Lesson**  
We will no longer be offering group lessons for special needs participants. Instead we will be offering discount semi-private and private lessons to those who qualify. To set up your appointment call 906.227.9622.

**COMPETITIVE SWIM TEAM** (must be able to swim 50 yards front and back)

Pre Season Training - returning members	All ages	Sept 6 - 16	Mon - Fri	3:00pm - 5pm	\$35
High School Preseason Training	9 - 12 grade	Sept 5 - Nov 4	Mon - Fri	Varies	TBA
Meet the Coaches	8 - 18 years	Sept 10 & 17	Sat	9am - 10am	FREE
Try Us Out Week	8 & under	Sept 12 - 16	Tues & Thurs	5:30pm - 6:15pm	\$15
Try Us Out Week	9 & older	Sept 12 - 16	Varies	5:30pm - 6:30pm <b>OR</b> 5:30pm - 6:45pm	\$15
Future Stars	8 & under	Sept 19-Dec 15	Tues, & Thurs	4:30pm - 5:15pm <b>OR</b> 5:30pm - 6:15pm	\$225
Killer Whales Gold	10 & up	Sept 19 - March 19	Mon - Fri	3pm - 5pm	TBA
Killer Whales Silver	9 & up	Sept 19 - March 19	Mon - Fri	3:30pm - 5pm	TBA
Killer Whales Bronze	6 - 10 years	Sept 19 - March 19	Varies	Varies	TBA

## ARTICATZ VOLLEYBALL – YMCA of Marquette County

Volley Tots - must be potty trained	K - 1st grade	Nov 1, 15, 22, 29, Dec 6, 13 & 20	Tues	6pm - 7pm	\$70	\$70
Academy Level 1	2 & 3 grade	Sept 13, 20, 27 Oct 4, 11, 18 & 25	Tues	6pm - 7pm	\$70	\$70
Academy Level 2	4 & 5 grade	Sept 23, 30, Oct 7, 14, 28 Nov 4 & 11	Fri	6pm - 7pm	\$70	\$70
Junior Spikers	6 - 8 grade	Oct 7, 14, 28 Nov 4, 11 Dec 2 & 9	Fri	7pm - 8:30pm	\$70	\$85

## YMCA of Marquette County Summer Programs

**Fall 1 Session Dates September 19 - October 29 • Fall 2 Session Dates October 31 - December 17**

	Ages	Date (s)	Day	Time	Member	Non Member
<b>KARATE - YMCA of Marquette County</b>						
Mom and Me	3 - 5 years	Fall 1 <u><b>OR</b></u> 2	Wed	9am - 9:30am	\$34	\$51
Youth Karate - Beginner (white belts)	6 & up	Fall 1 <u><b>OR</b></u> 2	Wed	5:15pm - 6pm	\$44	\$66
Youth Karate - Intermediate (yellow belts & Higher)	All ages	Fall 1 <u><b>OR</b></u> 2	Wed	6:15pm - 7pm	\$44	\$66
Private or Special Needs	All ages	Fall 1 <u><b>OR</b></u> 2	Sat	9:15am - 9:45am	\$25	\$38
Youth Karate - Intermediate (yellow belts & Higher)	6 and up	Fall 1 <u><b>OR</b></u> 2	Sat	10am - 10:50am	\$38	\$57
Family Karate (Rate includes parent & 1 child-- each add. child \$8)	4 and up	Fall 1 <u><b>OR</b></u> 2	Sat	11am - 11:50pm	\$39	\$58
Youth Karate - Beginner (white belts)	6 & up	Fall 1 <u><b>OR</b></u> 2	Sat	12pm - 12:50pm	\$38	\$57

## SPORTS – YMCA of Marquette County

Mix It Up Sports	4 - 6 years	Fall 1	Mon	5:20pm - 5:50pm	\$32	\$48
Football - Rookies - MQT practice field Sept 24, Oct 1, 8, 15 & 22	4 - 6 years	Fall 1	Sat	9am - 9:30am	\$28	\$33
Football - Juniors - MQT practice field Sept 24, Oct 1, 8, 15 & 22	7 - 12 years	Fall 1	Sat	9:45am - 10:30am	\$34	\$39

## YOUTH FITNESS – YMCA of Marquette County Location

After School Fit Club	8 - 14 years	Fall 1 <u>OR</u> 2	Tues & Thurs	4:15pm - 5pm	\$35	\$45
Youth Fitness Certification	12 - 16 years	Sept 3, 17, Oct 1, 15, 29, Nov 12, 26, Dec 10, <u>OR</u> 17	Sat	10am - 11:30am	\$16	\$24

## ADULT PROGRAMS – YMCA of Marquette County Location

Amazing Race	8 & up		Varies	Varies	\$15	
Pedaling for Parkinson's	18 and up	Fall 1 <b>OR</b> 2	Mon, Wed & Fri	1pm - 2pm	\$50	\$50
Adult Karate	18 and up	Fall 1 <b>OR</b> 2	Wed	6am - 7am	\$32	\$48
Women on Weights	18 & up	Fall 1 <b>OR</b> 2	Wed	11am - 12pm	\$40	\$50
Prenatal Yoga	18 and up	Fall 1 <b>OR</b> 2	Thurs	6pm - 7pm	\$40	\$50
ROM/Flexibility with Cari	18 and up	Fall 1 <b>OR</b> 2	Sat	8am - 9am	\$70	\$80

## TRX Suspension Training – YMCA of Marquette County Location

TRX Intermediate/Advanced with Cari	18 and up	Fall 1 <b><u>OR</u></b> 2	Mon & Wed	9am - 10am	\$55	\$65
TRX Level 2 with Joanne	18 and up	Fall 1 <b><u>OR</u></b> 2	Tues	11am - 12pm	\$45	\$55
TRX Level 1 with Rebecca	18 and up	Fall 1 <b><u>OR</u></b> 2	Tues & Thurs	7:15am - 8am	\$55	\$65
TRX Level 1 with Christina	18 and up	Fall 1 <b><u>OR</u></b> 2	Wed	4pm - 4:45pm	\$45	\$55
TRX Level 1 with Joanne	18 and up	Fall 1 <b><u>OR</u></b> 2	Thurs	11am - 12pm	\$45	\$55
TRX Beginner to Intermediate with Aubrey	18 and up	Fall 1 <b><u>OR</u></b> 2	Thurs	5pm - 6pm	\$45	\$55
TRX Level 1 with Aubrey	18 and up	Fall 1 <b><u>OR</u></b> 2	Fri	5pm - 6pm	\$45	\$55
TRX Strength and Balance with Aubrey	18 and up	Fall 1 <b><u>OR</u></b> 2	Sun	10:15am - 11:15am	\$45	\$55

## MIDDLE SCHOOL DANCE SCHEDULE

Sept 16, Oct 21, Nov 18, Dec 16, Jan 20, Feb 17, March 18, April 28, May 19