

YMCA of Marquette Spring Programs

Session Dates - April 21 - May 31 (No programs Monday May 26)
Registration - YMCA Members March 24 - YMCA Non Members March 31

	Ages	Date (s)	Day	Time	Member	Non Member
ADULT PROGRAMS - Marquette Location						
LIVEWISE - Early Stage Alzheimer's Program	18 and up	April 22	Tues & Thurs	10:30am - 12:30pm	Free	Free
YMCA Diabetes Prevention Program	18 and up	TBA		TBA		
Freedom From Smoking	18 and up	TBA		TBA	\$50	\$75
Nutrition Program MY Metabolism with RD Monica Nelson	16 and up	Spring	Mon	6:45pm - 7:30pm	\$39	\$53
Gluten Free Grocery Shopping with RD Monica Nelson	16 and up	April 23, May 3 OR May 10	Sat	1pm - 4pm	\$25	\$30
Prenatal Yoga	16 and up	Spring	Mon	6:30pm - 7:30pm	\$50	\$60
Adult Karate	18 and up	Spring	Wed	6:00 - 7:00am	\$22	\$33
Yoga for the Back	18 and up	Spring	Wed	11am - 12pm	\$39	\$49
Women's Strength Training	18 and up	Spring	Wed	1pm - 2pm	\$39	\$49

ADULT PROGRAMS - West End Location

Programs will occur at new YMCA West End Facility 350 Iron Street, Negaunee MI

Yoga for the Back	16 and up	Spring	Mon	6:15pm - 7:15pm	\$30	\$45
Spring Boot Camp	16 and up	Spring	Tues	6:15pm - 7:15pm	\$35	\$52
Enhance Fitness	50 and up	Spring	Mon & Wed	10am - 11am	Free	\$30

FAMILY PROGRAMS - West End Location

Programs will occur at new YMCA West End Facility 350 Iron Street, Negaunee MI

Parent and Infant Massage Clinic	6 wks - 1 year	May 10	Sat	9:30am - 10:30am	\$9	\$13
Parent and Tot Tumbling	1.5 - 3 years	Spring	Tues	4:00pm - 4:40pm	\$24	\$36
Family Karate (Rate includes parent & 1 child-- each additional child is \$8.00)	4 and up w/parent	Spring	Thurs	6:00pm - 7:00pm	\$30	\$45
Family Yoga	4 and up w/parent	Spring	Mon	5:30pm - 6:15pm	\$30	\$45

YOUTH PROGRAMS - West End Location

Programs will occur at new YMCA West End Facility 350 Iron Street, Negaunee MI

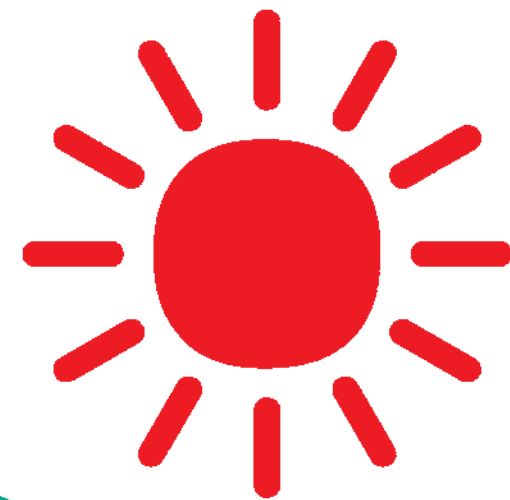
Tiny Dancer 1	2.5 - 5 years	Spring	Sat	10:00am - 10:30am	\$26	\$38
Tiny Dancer 2	2.5 - 5 years	Spring	Sat	10:45am - 11:15am	\$26	\$38
Preschool Tumbling	3 - 6 years	Spring	Tues	5:00pm - 5:40pm	\$26	\$38
Beginning Jazz	5 - 8 years	Spring	Sat	11:30am - 12:05pm	\$28	\$42
Kids Karate	6 - 14 years	Spring	Thurs	5:00pm - 6:00pm	\$28	\$44
After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4:00pm - 4:45pm	\$22	\$33
Youth Fitness Certification	12 - 16 years	May 3, 17 OR June 7	Sat	10:00am - 11:30am	\$16	\$24

YMCA OF MARQUETTE COUNTY
 1420 Pine Street Marquette MI 49855
P 906 227 9622 F 906 227 9248
WWW.YMCAMQT.ORG

YMCA OF MARQUETTE COUNTY
WEST END LOCATION
 205 Iron Street Negaunee MI 49866
P 906 475 9666



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



SPRING IS IN THE AIR



PROGRAMS FOR MARQUETTE & WEST END LOCATION

LOOK FOR THESE PROGRAMS COMING SUMMER

TENNIS
 KARATE
 SUMMER DAY CAMP
 AQUATICS
 NUTRITION CLASSES
 OUTDOOR YOUTH YOGA
 ORE 2 SHORE TRAINING

GYMNASTICS
 KAYAKING
 ART CAMPS
 YOGA
 SOCCER
 BIKE CLINICS
 TINY TOT CAMPS

Summer Session Dates

Summer 1 - June 16 - July 18
 Members Registration May 19
 Non Members Registration May 27

Summer 2 - June 21 - August 18
 Members Registration June 23
 Non Members Registration June 30

YMCA SPRING PROGRAMS

Program Session Dates

Spring April 21 - May 31
 (No programs Monday May 26)

Registration

Spring - YMCA Members March 24
 YMCA Non Members March 31

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 21 for Spring programs.**

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	Ages	Date (s)	Day	Time	Member	Non Member
AQUATICS - Marquette Location						
Parent and Child Swim	6 months - 3 years	Spring	Mon	6:05pm - 6:35pm	\$29	\$44
Parent and Child Swim	6 months - 3 years	Spring	Tues	10:00am - 10:30am	\$29	\$44
Parent and Child Swim	6 months - 3 years	Spring	Wed	5:30pm - 6:00pm	\$29	\$44
Parent and Child Swim	6 months - 3 years	Spring	Thurs	10:00am - 10:30am	\$29	\$44
Parent and Child Swim	6 months - 3 years	Spring	Sat	10:00am - 10:30am	\$29	\$44
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Spring	Thurs	10:35am - 10:55am	\$32	\$48
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Spring	Sat	10:00am - 10:20am	\$32	\$48
Preschool Swim	3 - 5 years	Spring	Mon	5:30pm - 6:00pm	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Mon	6:40pm - 7:10pm	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Wed	6:05pm - 6:35pm	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Wed	6:40pm - 7:10pm	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Thurs	11:00am - 11:30am	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Sat	10:35am - 11:05am	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Sat	11:10am - 11:40am	\$40	\$60
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Spring	By appt	Seven 30 minute sessions	\$54 each	\$81 each
Private Swim Lessons	3 and up	Spring	By appt	Seven 30 minute sessions	\$106	\$159
Special Needs Lesson	4 - 13 years	Spring	Sat	11:45am - 12:15pm	\$45	\$67
School Age Lessons	6 - 13 years	Spring	Mon	5:30pm - 6:15pm	\$45	\$67
School Age Lessons	6 - 13 years	Spring	Mon	6:20pm - 7:05pm	\$45	\$67
School Age Lessons	6 - 13 years	Spring	Wed	5:30pm - 6:15pm	\$45	\$67
School Age Lessons	6 - 13 years	Spring	Wed	6:20pm - 7:05pm	\$45	\$67
School Age Lessons	6 - 13 years	Spring	Sat	10:50am - 11:35am	\$45	\$67

ART - Marquette Location (no art classes May 1st)

Drawing and Perspective * Pre-requisite	7 and up	Spring	Thurs	1 - 2:30pm	\$48	\$72
Drawing and Painting Animals	6 and up	Spring	Thurs	4:30 - 6pm	\$48	\$72

GYMNASTICS - Marquette Location

Parent and Child Gymnastics	1.5 - 3 years	Spring	Tues	4:00pm - 4:45pm	\$22	\$33
Beginning Gymnastics (co-ed)	3 - 4 years	Spring	Tues	5:00pm - 5:45pm	\$26	\$39
Girls Level 1	4 - 6 years	Spring	Tues	6:00pm - 7:00pm	\$29	\$44
Boys Level 1	4 - 6 years	Spring	Tues	7:00pm - 8:00pm	\$29	\$44
Girls Level 2 (progressive class)	5 - 8 years	Spring	Thurs	5:00pm - 6:30pm	\$36	\$54
Gymnastics Level 3 (progressive class)	6 - 10 years	Spring	Thurs	6:15pm - 7:45pm	\$36	\$54

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KARATE - Marquette Location						
Karate Tots	3.5 - 5 years	Spring	Wed	9:00am - 9:45am	\$26	\$39
Family Karate (Rate includes parent & 1 child-- each additional child is \$8.00)	5 and up	Spring	Sat	11:00am - 11:45am	\$30	\$45
Kids Karate (White Belt - All Stripe colors)	6 - 14 years	Spring	Wed	5:15pm - 6:00pm	\$34	\$51
Kids Karate (Yellow Belts & Higher)	6 - 14 years	Spring	Wed	6:00pm - 6:45pm	\$34	\$51
Kids Karate (All Ranks)	6 - 14 years	Spring	Sat	12:00pm - 1:00pm	\$34	\$51
Kids Karate (All Ranks)	6 - 14 years	Spring	Wed & Sat	Varies	\$68	\$102
Intermediate Karate (Yellow Belts & Higher)	All	Spring	Sat	10:00am - 11:00am	\$34	\$51

SPORTS - Marquette Location (No Classes May 26)

Tennis under 10	4 - 7 years	Spring	Mon	5:15 - 6:00pm	\$34	\$51
Tennis under 10	8 - 10 years	Spring	Mon	6:15 - 7:15pm	\$34	\$51

SWIM TEAM CLINICS- Marquette Location

(Clinics take place at MSHS and will include instructional video, in water skill development and video review of each swimmer)

Freestyle Clinic		May 13 - 15	Tues - Thurs	5:30 - 7pm	\$30	\$45
Backstroke Clinic		May 20 - 22	Tues - Thurs	5:30 - 7pm	\$30	\$45
Butterfly Clinic		May 27 - 29	Tues - Thurs	5:30 - 7pm	\$30	\$45
Breaststroke Clinic		June 3 - 5	Tues - Thurs	5:30 - 7pm	\$30	\$45

TINY TOTS - Marquette Location

Tiny Tot Playgroup (must be potty trained) 2.5 - 4 years Fri 10:30am - 11:30am \$30 \$45
 Spring has sprung. Let's celebrate and welcome spring with new friends and new activities. Toddlers can be accompanied by a mom, dad, grandparent, nanny or any adult friend.

Parent and Tot Tennis	3 - 5 years	Spring	Wed	10:30 - 11:15am	\$26	\$39
Little Green Thumbs	3.5 - 5 years	Spring	Wed	10:30am - 11:30am	\$25	\$35
Little friends will learn more about springs green growth. Friends will learn about the growing cycle of plants along with watching their own grow.						
Pinners Retreat (Additional child discount rate of \$5 per child)	8 and up	May 23	Fri	6:30 - 8:30pm	\$15	
Pinners Retreat will allow mothers and daughters to bring the supplies for their newest Pinterst projects and have the space and craft support to create a complete product. As a group we will make a pinned recipe to share as a snack along with making memories.						

YOUTH FITNESS - Marquette Location

Youth Yoga	5 - 10 years	Spring	Wed	4:15pm - 5pm	\$29	\$39
After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4:15pm - 5:00pm	\$35	\$55
Youth Running Club	9 - 13 years	Spring	Sat	11am - 11:45am	\$30	\$40
Youth Fitness Certification	12 - 16 years	May 10, 24, June 7, OR 21	Sat	10:00am - 11:30am	\$16	\$24

YMCA UPCOMING EVENTS

YMCA Run/Walk - April 12
 Pictured Rocks Road Race June 29

Healthy Kids Day - April 26
 Run or Dye - June 28

West End Facility Open House April 30
 Teal Lake Triathlon - July 19