

YMCA of Marquette Fall 1 & 2 Programs

Session Dates - Fall 1 September 8 - October 25
Fall 2 October 27 - December 20 (no programs Thanksgiving week)

	Ages	Date (s)	Day	Time	Member	Non Member
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ADULT PROGRAMS - West End Location

Yoga for the Back	16 and up	Fall 2	Mon	5:15pm - 6:15pm	\$33	\$42
BLOOM	16 and up	Sept 15 - Oct 20	Mon	6pm - 7:30pm	\$50	\$50
Adult Couple Dance Workshop (Swing, Ballroom, Latin, & Square)	16 and up	Sept 11, Oct 2, Nov 6 & OR Dec 4	1st Thurs of the Month	7:15pm - 8:30pm	\$8/class or \$24/all	\$12/class or \$36/all
Belly Dancing	16 and up	Fall 1 & 2	Sat	9:30am - 10:15am	\$28	\$42
Small Group Personal Training	16 and up	Fall 1 & 2	Tues	6pm - 7pm	\$33	\$50
Enhance Fitness	50 and up	Fall 1 & 2	Mon & Wed	10am - 11am	Free	\$30
My Metabolism	16 and up	Fall 2	Tues	6pm - 7pm	\$44	\$66

FAMILY PROGRAMS - West End Location

Amazing Race - Costa Rica	10 and up	Oct 6 - Nov 30		Varies	\$15	
Parent and Infant Massage Clinic	6 wks - 1 year	Sept 27	Sat	9:30am - 10:30am	\$8	\$12
Parent and Tot Tumbling	1.5 - 3 years	Fall 1 & 2	Wed	4pm - 4:40pm	\$24	\$36
Family Karate (Rate includes parent & 1 child - each additional child is \$8.00)	4 and up w/parent	Fall 1 & 2	Tues	6:00pm - 7:00pm	\$30	\$45
Family Yoga	4 and up w/parent	Fall 1	Mon	5:30pm - 6:15pm	\$33	\$42

TINY TOT PROGRAMS - West End Location

Tiny Dancer - Jazz	2.5 - 4 years	Fall 1 & 2	Tues	4pm - 4:30pm	\$26	\$38
Tiny Dancer 2 - Jazz	2.5 - 4 years	Fall 2	Tues	5:30pm - 6pm	\$26	\$38
Tiny Tot Art	3 - 5 years	Fall 1 & 2	Wed	10am - 10:45am	\$36	\$53
Tiny Dancer - Ballet	2.5 - 4 years	Fall 1 & 2	Sat	10:30am - 11:00am	\$26	\$38
Tiny Dancer 2 - Ballet	2.5 - 4 years	Fall 1 & 2	Sat	11:10am - 11:40am	\$26	\$38

YOUTH PROGRAMS - West End Location

Beginning Jazz	5 - 8 years	Fall 1 & 2	Tues	12pm - 12:35pm	\$28	\$42
Beginning Gymnastics	3 - 5 years	Fall 1 & 2	Wed	4:50pm - 5:20pm	\$26	\$38
Level 1 Gymnastics	4 - 6 years	Fall 1 & 2	Wed	5:30pm - 6:10pm	\$26	\$38
Cheer Clinic	4 - 8 years	Sept 20, Oct 4 OR Nov 8	Sat	10:30am - 11:30am	\$8	\$12
Beginning Ballet	5 - 8 years	Fall 1 & 2	Sat	11:45am - 12:20pm	\$28	\$42
Ballet Level 1	5 - 8 years	Fall 2	Sat	12:30pm - 1:15pm	\$33	\$46
Intro to Drawing & Color Theory	6 - 12 years	Fall 1	Tues	4:30pm - 6pm	\$67	\$100
Kids Karate	6 - 14 years	Fall 1 & 2	Thurs	6pm - 7pm	\$28	\$44
After School Fit Club	8 - 14 years	Fall 1 & 2	Tues & Thurs	4pm - 4:45pm	\$22	\$33
Youth Fitness Certification	12 - 16 years	Sept 20, Oct 18, Nov 15, 29, Dec 6 OR 20	Sat	10am - 11:30am	\$16	\$24

YMCA CHILD DEVELOPMENT CENTER - KI Sawyer

- Preschool Full Day Hours: 8am - 4pm
- Preschool Half Day Morning: 8am - 12pm
- Preschool Half Day Afternoon: 12pm - 4pm
- Preschool Extended Care (before 8am or after 4pm): \$3.50/hr

DHS Subsidy Accepted: Did you know? Our Great Start to Quality rating of 5 Stars allows the reimbursement rate to be at the maximum amount allotted, ensuring parent's access to affordability.

For more information contact Amber Ostlund, Child Development Leader, YMCA of Marquette County - KI Sawyer
 411 Scorpion Street, Gwinn MI 49841 P 906.372.4044 E aostlund@ymcamqt.org



**FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY**

YMCA OF MARQUETTE COUNTY
 1420 Pine Street, Marquette, MI 49855

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RESIDENTIAL CUSTOMER

PROGRAMS FOR MARQUETTE & WEST END LOCATION

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 September 8 for Fall 1 and October 27 for Fall 2.

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**
 350 Iron Street Negaunee MI 49866
 P 906 475 9666



YMCA FALL PROGRAMS

Program Session Dates

Fall 1 September 8 - October 25
Fall 2 October 27 - December 20
 (No programs the week of Thanksgiving)

Registration

Fall 1 - YMCA Members August 11
 YMCA Non Members August 18
Fall 2 - YMCA Members September 29
 YMCA Non Members October 6

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	Ages	Date (s)	Day	Time	Member	Non Member
AQUATICS - Marquette Location						
Parent and Child Swim	6 months - 3 years	Fall 1 & 2	Mon	6:05pm - 6:35pm	\$34	\$51
Parent and Child Swim	6 months - 3 years	Fall 1 & 2	Wed	5:30pm - 6:00pm	\$34	\$51
Parent and Child Swim	6 months - 3 years	Fall 1 & 2	Thurs OR Sat	10:00am - 10:30am	\$34	\$51
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Fall 1 & 2	Thurs OR Sat	10:35am - 10:55am	\$37	\$56
Preschool Swim	3 - 5 years	Fall 1 & 2	Mon	5:30pm - 6:00pm	\$47	\$71
Preschool Swim	3 - 5 years	Fall 1 & 2	Mon OR Wed	6:40pm - 7:10pm	\$47	\$71
Preschool Swim	3 - 5 years	Fall 1 & 2	Wed	6:05pm - 6:35pm	\$47	\$71
Preschool Swim	3 - 5 years	Fall 1 & 2	Thurs	11:00am - 11:30am	\$47	\$71
Preschool Swim	3 - 5 years	Fall 1 & 2	Sat	11:00am - 11:30am	\$47	\$71
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Fall 1 & 2	By appt	Seven 30 minute sessions	\$54 each	\$81 each
Private Swim Lessons	3 and up	Fall 1 & 2	By appt	Seven 30 minute sessions	\$106	\$159
Special Needs Lesson	4 - 13 years	Fall 1 & 2	Sat	11:45am - 12:15pm	\$52	\$78
School Age Lessons—Level 1 and Level 2	6 - 13 years	Fall 1 & 2	Mon Wed OR Sat	5:30pm - 6:15pm 6:20pm - 7:05pm 10:00am - 10:45am	\$52	\$78
School Age Lessons - Level 3 and Level 4	6 - 13 years	Fall 1 & 2	Mon Wed OR Sat	6:20pm - 7:05pm 5:30pm - 6:15pm 10:50am - 11:35am	\$52	\$78

COMPETITIVE SWIM - Marquette Location (see mqtysswim.com for more details)

Swim Team Evaluations & Meet the Coaches	6 and up	Sept 6, 13 & 20	Sat	9am - 10am	Free	Free
Preseason Killer Whales Swim Team	8 and up	Sept 8 - 19	Mon - Fri	3:30pm - 5pm	\$25	
High School Preseason Strength & Swim Training	14 and up	Sept 8 - Oct 27	Mon - Fri	MSHS & NMU Pool	\$285	
Swim Team Try Us Out Week	6 and up	Sept 22 - 26	Varies	5:30pm - 6:30pm	\$15	\$15
Swim Team Future Stars	8 and under	Sept 22 - Dec 18	Tues & Thurs	5:30pm - 6:15pm	\$225	
YMCA Killer Whales Swim Team (Bronze, Silver & Gold)	6 and up	Sept 22 - March 14	Varies	Varies	\$390	Sibling discount

KARATE - Marquette Location - Citizens Forum Room

Karate Tots	3.5 - 5 years	Fall 1 & 2	Wed	9am - 9:45am	\$30	\$45
Youth Karate (White belts, all stripe colors)	6 - 14 years	Fall 1 & 2	Wed	5:15pm - 6:15pm	\$40	\$60
Youth Karate (All Ranks)	6 - 14 years	Fall 1 & 2	Sat	12pm - 1pm	\$40	\$60
Youth Karate (Both Sat)	6 - 14 years	Fall 1 & 2	Wed & Sat	5:15pm - 6:15pm & 12pm - 1pm	\$68	\$102
Intermediate Karate	6 and up	Fall 1 & 2	Sat	10am - 11am	\$40	\$60
Family Karate (Rate includes parent & 1 child- each add. child \$8)	6 and up	Fall 1 & 2	Sat	11am - 12pm	\$35	\$53

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FLAG FOOTBALL - Marquette Location - maps Practice Football Field (No practice Oct 11th)						
Flag Football (Rookies)	4 - 6 years	Fall 1	Sat	9am - 9:45am	\$34	\$34
Flag Football (Winners)	7 - 12 years	Fall 1	Sat	10am - 11am	\$34	\$34

TINY TOT - Marquette YMCA Location

Tiny Tot Play Group	2 - 4 years	Fall 1	Wed	2pm - 3pm	\$24	\$36
Beginning Ballet	4 - 8 years	Fall 1 & 2	Mon	5:15pm - 6pm	\$30	\$45

YOUTH FITNESS - Marquette Location

Amazing Race - Costa Rica	10 and up	Oct 6 - Nov 30		Varies	\$15	
After School Fit Club	8 - 14 years	Fall 1 & 2	Tues & Thurs	4:15pm - 5pm	\$35	\$53
Sport Conditioning & Pre-habilitation Clinic	13 and up	Fall 1 & 2	Wed & Fri	4pm - 5pm	\$80	\$90
Youth Fitness Certification	12 - 16 years	Sept 6, 20, Oct 4, 18, Nov 1, 15, 29, Dec 6 OR 20	Sat	10:00am - 11:30am	\$16	\$24

ADULT PROGRAMS - Marquette Location

Adult Agility Training	18 and up	Fall 1 & 2	Mon	10am - 11am	\$39	\$49
Adult Square Dancing	18 and up	Fall 1 & 2	Mon	6pm - 7pm	\$24/couple	\$36/couple
Adult Karate	18 and up	Fall 1	Wed	6am - 7am	\$26	\$39
Private Road/Mountain Bike Instruction	18 and up	Fall 1	Varies	We work with your schedule	\$65	\$75
Women's Strength Training	18 and up	Fall 1 & 2	Wed	1pm - 2pm	\$39	\$49
Freedom From Smoking	18 and up	Sept 10 - Oct 22	Wed	6:30pm - 7:30pm	\$50	\$75
Freedom From Smoking	18 and up	Oct 29 - Dec 17	Wed	6:30pm - 7:30pm	\$50	\$75
Gluten Free Grocery Shopping with RD Monica Nelson	16 and up	Sept 13, Oct 11 OR Nov 8	Sat	2pm - 4pm	\$35	\$45
Nutritious Grocery Shopping on a Budget	16 and up	Sept 27, Oct 25 OR Nov 15	Sat	2pm - 4pm	\$35	\$45

Before & After School Enrichment Programs

- An healthy afterschool snack is provided
- Before & After School Programs are a licensed program
- DHS is Accepted at all locations

Birchview School	Before 7 - 8:30am	After 3:45 - 6pm	1st - 5th Grade	\$3 a day Morning and or Afternoon
Lakeview School	Before 6:45 - 8:45am	After 3:45 - 6pm	1st - 4th Grade	\$3 a day Morning and or Afternoon
KI Sawyer	Before 7 - 8:15am	After 3:30 - 6pm	K - 5th Grade	\$3 a day Morning and or Afternoon

For more information on **Birchview** or **Lakeview** contact Laura Murawski, Senior Program Development Leader at 906.227.9622, lmurawski@ymcamqt.org or for **KI Sawyer** contact Amber Ostlund, Child Development Leader at 906.372.4044, aostlund@ymcamqt.org.

