



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

STAY AND PLAY

**YMCA OF MARQUETTE COUNTY
WINTER 2 PROGRAMS**



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** 906.475.9666
W ymcamqt.org

GET ENGAGED

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn grow and thrive.

MEMBERSHIP BENEFITS FOR ALL

Join the YMCA of Marquette County and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the facility's Wellness Center, Gym and Locker Rooms; priority registration for classes and program; free fitness and aqua exercise classes; and discounts on classes and programs with a fee.

The option for the Marquette facility membership allows you to use both facilities.

FINANCIAL ASSISTANCE

The YMCA of Marquette County is a 501(c)3 nonprofit charity . Financial assistance is available for membership and for our programs for those who qualify. Thanks to the generous gifts of our donors, we are able to continue to help our community. Stop by either facility to pick up a financial assistance application or download one at ymcamqt.org.

AWAY PROGRAM

The Always Welcome At YMCA (AWAY) program is your access to YMCAs across the nation during times of travel. Call 1-800-US-YMCA or www.ymca.net for the YMCA closest to your traveling destination, and to find out specific details. When traveling to another YMCA, please make sure to bring your membership card and a picture I.D. Out of state visitors will receive up to 12 visits to the YMCA of Marquette County per year. In state and WI visitors have unlimited visits to the YMCA of Marquette County.



FEES

Membership Types	Marquette/ Joining Fee	West End/ Joining Fee
Youth (0-18)	\$19 /None	\$15 /None
Young Adult (19-24)	\$26 /\$45	\$21 /\$30
Individual (25-64)	\$41 /\$75	\$29 /\$54
Family*	\$66 /\$75	\$46 /\$54
Senior Individual (65+)	\$38 /\$75	\$28 /\$54
Senior Couple**	\$56 /\$75	\$39 /\$54
Military Family***	Varies/ None	Varies/ None

* 1 or 2 financially dependent adults residing in the same household and their dependent children, up to age 24.

** 2 adults residing in the same household, both ages 65 or older.

*** An adult who is active or disabled military

CORPORATE MEMBERSHIP

A healthy and active lifestyle leads to mental and physical well-being. As studies have shown, healthy, happy employees are much more productive employees. A company can benefit from offering wellness opportunities to their employees. These benefits can include reduced healthcare expenses, decreased absenteeism and increased productivity and morale.

- The YMCA of Marquette County offers two locations (Marquette and Negaunee) for one rate.
- The Y can arrange for health and wellness classes, seminars and assessments onsite at your company.

YMCA OF MARQUETTE COUNTY INFORMATION

The YMCA of Marquette County has friendly and courteous staff committed to providing excellent service while making your visit an enjoyable experience.

YMCA of Marquette County

Monday - Thursday 5:00am - 9:00pm
Friday 5:00am - 8:00pm
Saturday 7:00am - 7:00pm
Sunday 10:00am - 6:00pm

YMCA of Marquette County

West End Location

Monday - Thursday 5:00am - 8:30pm
Friday 5:00am - 7:30pm
Saturday 7:30am - 4:00pm
Sunday 10:00am - 4:00pm

REGISTRATION FOR PROGRAM SESSIONS

Our swimming, wellness, and fitness classes are scheduled in five to seven week sessions. Registration is on a first-come, first serve basis. Payment is due at time of registration. YMCA members enjoy the privileges of early registration and reduced rates.

2015 SESSION & REGISTRATION

WINTER 2 REGISTRATION DATES

Members Only: Monday, Now
Open Registration: Monday, Feb 9

WINTER 2 SESSION DATES

February 23 - April 13
(no programs the week of Spring Break)

REGISTRATION ONLINE

On the YMCA of Marquette County Y website, members can:

- Access account status
- Register for programs online. Your account is automatically updated and a receipt issued.
- No waiting in line! Register from the comfort of home or office at your own computer.
- Make a donation to our Annual Campaign.

Contact Us Phone: 906.227.9622 | E-Mail: fdesk@ymcamqt.org | Web: ymcamqt.org

Page 5 - The Y. So Much More.

Page 6 - Aquatics

Page 8 - Youth Fitness

Page 9 - Karate

Page 10 - Dace

Page 11 - Gymnastics

Page 12 - Tiny Tot

Page 13 - Before & After School Programs

Page 14 - Days Off/Snow Days

Page 15 - Reach & Rise™ Mentoring Program

Page 16 - Adult Programs

Page 17 - YMCA Run/Walk

Page 20 - Member Services

Page 21 - Personal Training

Page 22 - Registered Dietician

Page 23 - Group Exercise Programs

WHERE CAN MY CHILDREN PLAY AT THE Y

POOL -

Marquette Location

Our pool has a great slide and rain tree, as well as a hot tub and sauna. Come relax, swim laps, join an aqua aerobics class or play on the slide - it's not just for kids!

In order to keep everyone as safe as possible, the following is the Y policy for youth swimmers less than 5-feet tall during open swim hours:

- All youth swimmers must wear a wrist band.
- All swimmers who pass a swim test will receive green wristband.
- Swimmers who decline or do not pass the test must wear red wrist bands.
- Wrist bands are not required during swim lessons or swim team practice.

Lap Swim: Lap Lanes guaranteed. Other areas of the pool available for open usage. Lane rope is installed.

Pool Open: All children less than 5-feet tall must either pass a swim test or have an actively-engaged adult (16+) in the water with them at all times, within an arms length.

Hot Tub: For those 14 or older, under 14 must remain on top step. No swim diapers.

Swim Diapers: Must be worn by children who are not potty trained. (Are available at the front desk for \$1)

SAUNA

Marquette and Negaunee Location

The sauna are for those 18 or older.

Marquette Hours

When the YMCA pool is open the Sauna is open.

West End Hours

Monday: 7:00am - 7:30pm

Tuesday: 8:00pm - 7:30pm

Wednesday: 7:00am - 7:30pm

Thursday: 8:00pm - 7:30pm

Friday: 7:00am - 6:30pm

Saturday: 8:30am - 3:00pm

Sunday: 11:00am - 3:00pm

GROUP EXERCISE CLASSES

SHOWERS & LOCKERS

Marquette & Negaunee Location

Included with membership and day passes. Must provide your own lock. Available at both Marquette and Negaunee locations.

BOULDERING WALL

Negaunee Location

5 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Socks must be worn at all times.

Winter Hours

Mon: 5:30pm - 7:30pm

Tues: 5:30pm - 7:30pm

Wed: 5:30pm - 7:30pm

Thurs: 5:30pm - 7:30pm

Fri: 5:30pm - 7:30pm

Sat: 9am - 11am

Sun: 11am - 1pm

KIDZ ZONE (6 Weeks - 7 years)

Marquette and Negaunee Location

Kidz Zone is available to members and guests who are working out or attending classes/programs provided at the Y. Our trained and caring staff provide a safe, fun place for your child while you work out. There is a per hour fee for members and visitors.

An emergency form and parent agreement must be filled out before your child's first day of attendance. This provides a full understanding of what our families can expect from us and what we expect from our families.

YMCA of Marquette County

Kidz Zone Winter Hours

Monday: 8:30am - 1pm and 4:00pm - 8:30pm

Tuesday: 8:30am - 1pm and 4:00pm - 8:30pm

Wednesday: 8:30am - 1pm and 4:00pm - 8:30pm

Thursday: 8:30am - 1pm and 4:00pm - 8:30pm

Friday: 8:30am - 1pm and 4:00pm - 7:30pm

Saturday: 9:00am - 2:00pm

Sunday: 10:00am - 3:00pm

YMCA of Marquette County

West End Kidz Zone Winter Hours

Monday: 8:30am - 12:30pm and 5:30pm - 7:30pm

Tuesday: 9:30am - 12:30pm and 5:30pm - 7:30pm

Wednesday: 8:30am - 12:30pm and 5:30pm - 7:30pm

Thursday: 9:30am - 12:30pm and 5:30pm - 7:30pm

Friday: 8:30am - 12:30

Saturday: 9:00am - 11:00am

Sunday: Closed

KIDZ GYM

Marquette Location

For ages 10 and under. 5 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Socks must be worn at all times.

Winter Hours

Monday: 4:00pm - 8:30pm

Tuesday: 4:00pm - 8:30pm

Wednesday: 4:00pm - 8:30pm

Thursday: 4:00pm - 8:30pm

Friday: 4:00pm - 7:30pm

Saturday: 9:00am - 4:00pm

Sunday: 10:00am - 3:00pm

You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but at the YMCA of Marquette County, the Y is so much more. We also offer transformative programs in teen leadership, afterschool learning, work readiness, and international exchange for young individuals.

All of it free or at low cost for those who need it most.

That's where you come in. Help us make our community stronger as we reach people of all ages and all backgrounds in our community. When you volunteer or give, you're building a stronger Marquette County.

With your help we can do so much more.



THE Y. SO MUCH MORE™

Please give today.
ymcamqt.org/give

DEVELOP LIFELONG SKILLS



YOUTH PROGRAMS

AQUATICS

Contact Erin Jewett, Aquatics Coordinator for more information at 906.227.9622 or email Erin at ejewett@ymcamqt.org.

Parent and Child Swim (6 months - 3 years)

Developed for children six months to three years, Parent and Child swim lessons help young children get ready to swim by emphasizing fun in the water. Parents and children participate together in several guided sessions. Children learn elementary swimming skills, which include water entry, bubble blowing, front kicking, back floating and underwater exploration, all through songs and games!

Minimum 3 people to run class.

YMCA Pool

Winter 2 Session

Monday 6:05pm - 6:35pm

Wednesday 5:30pm - 6:00pm

Thursday 10:00am - 10:30am

Saturday 10:00am - 10:30am

Winter 2 - Member: \$37

Non Member: \$55

Transition Preschool Swim (2 - 3 years)

A transition from the Parent and Child class for those children not quite ready for our regular preschool lessons, this program is designed to be the first class away from mom or dad and features play in the water that teaches beginning skills such as blowing bubbles, getting ears and face wet, floating, kicking and water safety.

Minimum 2 people to run class.

YMCA Pool

Winter 2 Session

Thursday 10:35am - 10:55am

Saturday 10:35am - 10:55am

Winter 2 - Member: \$40

Non Member: \$60

Preschool Swim (2 - 3 years)

Songs, games, skills and water safety! The Preschool swim class is designed to begin working on stroke development. With two instructors at all times, the swimmers are constantly in motion, either working one-on-one or playing a group game!

Minimum 3 people to run class.

YMCA Pool

Winter 2 Session

Monday 5:30pm - 6:00pm

Monday 6:40pm - 7:10pm

Wednesday 6:05pm - 6:35pm

Wednesday 6:40pm - 7:10pm

Thursday 11:00am - 11:30am

Saturday 11:00am - 11:30am

Winter 2 - Member: \$50

Non Member: \$75



YOUTH PROGRAMS

AQUATICS

Contact Erin Jewett, Aquatics Coordinator for more information at 906.227.9622 or email Erin at ejewett@ymcamqt.org.



Special Needs (4 - 13)

With a low ratio of one instructor for every two swimmers, this class is designed to give your child the best experience possible. Our instructors focus on getting swimmers acclimated to the water and basic stroke development.

Minimum 2 people to run class.

YMCA Pool

Winter 2 Session

Saturday 11:45am - 12:15pm

Winter 2 - Member: \$56

Non Member: \$84

Private Swim (3+)

If our group swim lessons don't fit into your schedule, we also have private lessons available. Swimmers work one-on-one with our instructors for seven thirty minute lessons, tailored to your request. Private Swim Lessons expire 90 days after registration.

YMCA Pool

By Appointment

Member: \$108

Non Member: \$162

Semi Private Swim (3+)

Similar to our private lessons, seven thirty minute lessons will be given to two swimmers (you must provide your own partner). Semi Private Swim Lessons expire 90 days after registration.

YMCA Pool

By Appointment

Member: \$56/person

Non Member: \$84/person

School Age Swim Level 1 & 2 Polliwog & Guppy (6 - 13)

Introduction to water safety, continuing to work on stroke development and building endurance, Level 1 and 2 are a great start for school age children.

Minimum 3 people to run class.

YMCA Pool

Winter 2 Session

Monday 5:30pm - 6:15pm

Wednesday 6:20pm - 7:05pm

Saturday 10:00am - 10:45am

Winter 2 - Member: \$54

Non Member: \$81

School Age Swim Level 3 & 4 Minnow & Fish (6 - 13)

Students joining this class must be able to pass our swim test. Level 3 & 4 swim lessons focus on more advanced skills and getting ready for the swim team.

Minimum 3 people to run class.

YMCA Pool

Winter 2 Session

Monday 6:20pm - 7:05pm

Wednesday 5:30pm - 6:15pm

Saturday 10:50am - 11:35am

Winter 2 - Member: \$54

Non Member: \$81



DISCOVER YOUR INNER STRENGTH



YOUTH PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader for more information on Marquette Location at 906.227.9622 or jzdunek@ymcamqt. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.

Youth Fitness Certification (12 - 16)

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 of exercising in the Wellness Center without parental supervision. Minimum 2 people to run class.

YMCA of Marquette County or
West End Location

Marquette -
Feb 21, March 7, OR 21

West End -
Feb 21, March 7 OR 21
Saturday 10:00am - 11:30am
Member: \$16
Non Member: \$24

After School Fit Club (8 - 14)

This program is designed to improve children's health and knowledge of fitness. Each day and week will have a different activity with new challenges and great physical activity. Minimum 2 people to run class.

YMCA of Marquette County or
West End Location

Winter 2 Session
Marquette -
Tuesday & Thursday 4:15pm - 5pm
Member: \$35
Non Member: \$53

Winter 2 Session
West End -
Tuesday & Thursday 4pm - 4:45pm
Member: \$22
Non Member: \$33



YOUTH PROGRAMS

KARATE

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or lmurawski@ymcamqt.org. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.



Karate Tots (3.5 - 5)

Preschoolers love our KARATE TOTS program. Kids are improving their motor skills and balance as they learn confidence, discipline and concentration

Minimum 4 people to run class.

YMCA of Marquette County
YMCA Kidz Gym

Winter 2

Wednesday 9:00am - 9:45am

Member: \$32

Non Member: \$48

Intermediate Karate - Yellow Belts, & Higher (6+)

Children develop leadership skills in their very first class. Martial Arts teaches every child to be more confident, focused and disciplined—which are the core skills of being a good leader.

Minimum 4 people to run class.

YMCA of Marquette County
Lakeview Arena Citizens Forum Room

Winter 2

Wednesday 6:15pm - 7:00pm

Member: \$40

Non Member: \$60

Intermediate Karate - (6+)

Children develop leadership skills in their very first class. Martial Arts teaches every child to be more confident, focused and disciplined—which are the core skills of being a good leader.

Minimum 4 people to run class.

YMCA of Marquette County
Lakeview Arena Citizens Forum

Winter 2

Saturday 10am - 11am

Member: \$40

Non Member: \$60

Youth Karate - Beginner (6 - 14)

Instructors are committed to help children become more successful in school and in life by teaching the foundation of Martial Arts. They'll learn self control, gain confidence, build self esteem, improve their hand-eye coordination as well as develop techniques to help improve fitness.

Minimum 4 people to run class.

YMCA of Marquette County
Lake View Arena Citizen Forum

Winter 2

White Belts

Wednesday 5:15pm - 6pm

Lake View Arena Citizen Forum

Winter 2

Beginner

Saturday 12pm - 1pm

Member: \$40

Non Member: \$60

Youth Karate - All Ranks (6 - 14)

Instructors are committed to help children become more successful in school and in life by teaching the foundation of Martial Arts. They'll learn self control, gain confidence, build self esteem, improve their hand-eye coordination as well as develop techniques to help improve fitness.

Minimum 4 people to run class.

West End YMCA

Winter 2

Thursday 6pm - 7pm

Member: \$28

Non Member: \$44

YOUTH PROGRAMS

KARATE & DANCE

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or lmurawski@ymcamqt.org. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.



Family Karate (5+)

The Y is a great place for your child to learn, grow and have fun while learning the importance of discipline through our martial arts program. Prices includes 1 parent and 1 child, \$8 for each additional participant.

Minimum 4 people to run class.

YMCA of Marquette County
Lake View Arena Citizen Forum

Winter 2

All Ranks

Saturday 11:00am - 12pm

Member: \$35

Non Member: \$53

West End YMCA

Winter 2

All Ranks

Tuesday 6pm - 7pm

Member: \$30

Non Member: \$45

Ballet Level 1 (5 - 8)

Take dance education to the next level. This class will include a fun recital at the end with homemade costumes. Must have participated in a minimum of 1 session of dance. Minimum 4 people to run class.

West End Location

Winter 2

Saturday 11:05am - 11:40am

Member: \$33

Non Member: \$46

Beginning Jazz (5 - 8)

Learn basic steps and combinations, increase physical coordination and have a blast in this course.

Minimum 3 people to run class.

West End Location

Winter 2

Tuesday 4:40pm - 5:10pm

Member: \$28

Non Member: \$42

Jazz-Ballet Combo 2 (2.5 - 4)

Child must have participated in at least one session of dance. This class will include more combinations and progress into more complex movements while continuing to foster good social relationships.

Minimum 3 people to run class.

West End Location

Winter 2

Tuesday 4pm - 4:30pm

Member: \$26

Non Member: \$38

YOUTH PROGRAMS

GYMNASTICS

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or lmurawski@ymcamqt.org. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.



Gymnastics: Rising Stars (5 - 6)

Students are introduced to all the beginning skills on the gymnastics apparatus. Students will advance to the next class level upon instructor recommendation.

Minimum 3 people to run class.

YMCA of Marquette
Kids Gym
Winter 2
Thursday 5:15pm - 6pm
Member: \$32
Non Member: \$48

GymVentures 2 (3 - 4)

Previous GymVentures 1 experience recommended. Students will work on activities with specific themes incorporating the gymnastics apparatus though obstacles courses. Basic tumbling is introduced. Minimum 3 people to run class.

YMCA of Marquette
Kids Gym
Winter 2
Tuesday 6:15pm - 7pm
Member: \$32
Non Member: \$48

Gymnastics: Level 1 (6 - 7)

Participants will concentrate on learning basic skills in floor, beam and vault. Basic dance skills are introduced as well as flexibility and strength. Minimum 3 people to run class.

YMCA of Marquette
Kids Gym
Winter 2
Thursday 6:15pm - 7pm
Member: \$32
Non Member: \$48

Beginning Gymnastics (3 - 4)

The focus of this program will be on increasing basic motor skills, flexibility and bravery while learning the basics of gymnastics. Social skills are emphasized as well. Minimum 3 people to run class.

West End Location
Winter 2
Wednesday 4:50pm - 5:20pm
Member: \$26
Non Member: \$38

GymVentures 1 (1.5 - 3)

Introducing young tikes to the sport of gymnastics. Learn the fundamentals necessary for vault, bars, beam and floor. Work on balance, movement and hand-eye coordination in a fun and safe environment. Minimum 3 people to run class.

YMCA of Marquette
Kids Gym
Winter 2
Tuesday 5:15pm - 6pm
Member: \$32
Non Member: \$48

Level 1 Gymnastics (4 - 6)

First level in a progressive program. Strength building, forward rolls, backward rolls, jumps, beam, and balance. Minimum 3 people to run class.

West End Location
Winter 2
Wednesday 5:30pm - 6:10pm
Member: \$26
Non Member: \$38

YOUTH PROGRAMS

PRESCHOOL & ART

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or lmurawski@ymcamqt.org. For information on Negaunee Location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.



Parent and Tot Play Group

(3 - 5)

Parents help guide their little on through fun games/activities and arts and crafts. Participants get to meet new friends in organized play.

Minimum 4 people to run class.

YMCA of Marquette County - Kids Gym & Kidz Zone

Winter 2

Wednesday 2:00pm - 3:00pm

Member: \$28

Non Member: \$42

Exploring Art

(6 - 12)

Join our professional art staff as we explore different mediums of art including painting, drawing, sculpture and mixed media.

Minimum 3 people to run class.

West End Location

Winter 2

Tuesday 4:30pm - 6:00pm

Member: \$36

Non Member: \$53

Parent and Tot Tumbling

(1.5 - 3)

Parent or guardian will help their child learn basic motor skills, flexibility and bravery while learning the basics of gymnastics.

Minimum 3 people to run class.

West End YMCA

Winter 2

Wednesday 4pm - 4:40pm

Member: \$24

Non Member: \$36

Parent and Infant Massage Clinic

(6 weeks - 1)

Learn techniques for infant massage from a certified therapist and mom. Benefits include bonding, reduced colic, relaxation and improved digestion.

Please bring a blanket for class

Minimum 3 people to run class.

West End YMCA

February 21

Saturday 9:30am - 10:30am

Member: \$8

Non Member: \$12



ELEMENTARY SCHOOL PROGRAMS



BEFORE AND AFTER SCHOOL PROGRAMS

For information on Before and After School programs contact Seth Hoopingarner at 906.227.9622 or email Seth at shoopingarner@ymcamqt.org.

The YMCA of Marquette County has been providing quality school age programs for the past 15 years. With an emphasis on caring, honesty, respect and responsibility, our school age programs are value driven and committed to providing a safe, supportive and fun environment for children. Your child does not stop learning when the bell rings, they just change teachers.

Before and After School activities at your child's school may include:

- Arts & crafts activities
- Science & building activities
- Board games
- Team building/group games
- Team sports and active games
- Homework Time

How to register

To enroll a child, parents must complete the registration forms required for state regulations. Parents are required to keep children's records up to date with changes in phone numbers, addresses, employers, etc.

Enrollment inquiries are received year around. Enrollment is on a first come, first serve basis. There are limits on the number of children who can be served. Sometimes a waiting list may be necessary. Parents are required to notify the YMCA of withdrawal so records can be adjusted accordingly.

Parents are required to provide a weekly schedule of attendance; this allows the YMCA to properly staff the program.

Schedules are due Friday prior to the start of each week.



Birchview Elementary

Monday - Friday
Before - 6:45am - 8:30am
After - 3:45pm - 6:00pm
Grades 1 - 5
Day Rate \$3 Full Week \$15
DHS Accepted



KI Sawyer

Monday - Friday
Before - 7:00am - 8:30am
After - 3:45pm - 6:00pm
Grades K - 5
Day Rate \$3 Full Week \$15
DHS Accepted



Lakeview Elementary

Monday - Friday
Before - 6:45am - 8:30am
After - 3:45pm - 6:00pm
Grades 1 - 5
Day Rate \$3 Full Week \$15
DHS Accepted



ELEMENTARY SCHOOL PROGRAMS



DAYS OFF/SNOW DAYS, & SPRING BREAK CAMP

For information on Before and After School programs contact Seth Hoopingarner at 906.227.9622 or email Seth at shoopingarner@ymcamqt.org.

DAYS OFF/SNOW DAYS

School may be out, but the fun is just beginning! Our day camp programs are age-specific to ensure a fun and exciting experience for all of our campers. We foster an atmosphere that reflects our four character values: caring, honesty, respect and responsibility. Now you can have a stress-free holiday knowing that your kid is learning, growing and making friends at the Y.



Days Off/Snow Days

Must bring a healthy lunch and 2 snacks, swim suit & towel.

- Any Full Day Snow Days
- February 16 (Monday)
- May 25 (Monday)

Location: YMCA of Marquette County

Time: 7:30am - 5:30pm

Member Rate: \$30

Non Member Rate: \$45



Spring Break Camp

Must bring a healthy lunch and 2 snacks, along with warm clothes (hat, mittens & boots)

- Monday April 6
- Tuesday April 7
- Wednesday April 8
- Thursday April 9
- Friday April 10

Location: YMCA of Marquette County

Time: 7:30am - 5:30pm

Week Rate:

Member Rate: \$140 Non Member Rate: \$210

Day Rate:

Member Rate: \$30 Non Member Rate: \$45



CHANGE A LIFE FOREVER



Reach & Rise™ Mentoring Program

For information on Reach & Rise™ contact Melissa DeMarse at 906.227.9622 or email Melissa at mdemarse@ymcamqt.org.



WHY SHOULD I BE A MENTOR?



- Be part of the SOLUTION
- Have a DIRECT impact on your local community
- Make a DIFFERENCE in the life of someone in need

DOES IT REALLY WORK?

- Youth are FIVE times more likely to graduate if they have a meaningful relationship with an adult
- Kids who have mentors are nearly 50% less likely to use drugs

REQUIREMENTS

Desire to work with at-risk youth ages 6-17
23+ years old
Meet 1-3 hours a week for 1 year

COMMITMENT



Mentor training (15 hours total) and
1-3 hours a week (flexible) for one year



As part of the Y's commitment to nurturing the potential of youth, the YMCA of Marquette County's Reach & Rise program will engage at-risk youth who lack role models and are in communities challenged by poverty, crime, truancy and single-parent households, among other social issues. Through this program, the Y will recruit and train adult volunteer mentors to provide direct one-to-one mentoring services and create safe, healthy and meaningful relationships with youth. Mentors and mentees will participate in service projects, field trips and other engaging activities.

HOW WILL MENTORING HELP MY CHILD?

Quality time with a Mentor can improve your child's ACADEMIC PERFORMANCE, SELF-ESTEEM, DECISION-MAKING SKILLS and RELATIONSHIPS with Peers and Family.

WHO IS ELIGIBLE? Youth ages 6-17

HOW DOES IT WORK?

- A Mentor will spend about 2 hours with your child every week for 1 year
- Activities in the community include: sports, arts, museums, help with homework and other enriching activities
- Your child will be picked up and dropped off by the Mentor at home or school

SAVE THE DATE

APRIL 18



YMCA Annual Run/Walk

Contact Jenna Zdunek, Senior Health Innovations Leader for more information at 906.227.9622 or jjzdunek@ymcamqt.org.

RACE INFORMATION

BAG PICK UP

- Friday (4/17/15): 4:00pm - 6:00pm
- Saturday (4/18/15): 7:00am - 8:30am

CHIP TIMING

High tech timing system for fast and accurate results. Chips will be issued to all 1 mile, 5K, 10K and 10 Mile runners; 15 minutes prior to the race.

RACE TIMES

- 8:30 am 1 Mile Youth Run
- 9:15 am 5K, 10K and 10 Mile
- 11:00 am Toddler Trot

COURSES

Everyone will start and finish at the Y and follow the bike path along Lake Superior. The 10 mile race will have approximately 3.8 miles of trail.

Wheelchairs and strollers are welcome.

WATER & SPORT DRINK STATIONS

Two will be available.

FACILITIES

Locker rooms available (please bring a lock)

POST RACE REFRESHMENTS

Enjoy bottled water, bagels and fruit

AWARDS & RESULTS

Will begin at 11:30am

REGISTER ONLINE AT

<http://bit.ly/1u4TJpc>

ENTRY FEE NOTES:

- UPPRC and/or YMCA members receive \$3.00 off the entry fee.
- Toddler Trot is FREE to all youth participants and registration takes place immediately prior to the race.
- There will be no race day registrations

COST INFORMATION

Age	By 4/6/15	On or After 4/7/15
Adult (18 & up)	\$22	\$27
Teen (13-17)	\$17	\$22
Youth** (12 & under)	\$12	\$17

AWARDS & T-SHIRTS

- Trophies for overall top 3 males & females in each adult race.
- Ribbons for top 3 male and female finishers in each age group and race.
- Medals will be awarded for all youth participants.
- T-shirts for all 1 mile, 5K, 10K and 10 mile participants.
- Age Groups: 5 and under, 6-9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

100% of net proceeds benefit the YMCA of Marquette County Annual Campaign Program so that every community member who wants to participate at the YMCA may do so, regardless of their ability to pay.

The YMCA would also like to thank these sponsors:



STRIVE FOR YOUR BEST



ADULT HEALTHY LIFESTYLE PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader or Christina Bennett, Chronic Disease Leader for more information at 906.227.9622 or jzdunek@ymcamqt.org or cbennett@ymcamqt.org. For information on Negaunee location contact Rachel Berglund at 906.475.9666 or rberglund@ymcamqt.org.

Adult Karate

Participants will learn the basic techniques of punching, kicking, blocking and self-defense. Our programs has a strong emphasis on values and learning the importance of discipline.
Minimum 3 people to run class.

YMCA of Marquette
Basketball Gym

Winter 2

Wednesday 6:00am - 7:00am

Member: \$30

Non Member: \$45

West End Location

Winter 2

Tuesday 7:00pm - 8:00pm

Member: \$26

Non Member: \$39

Small Group Personal Training

These sessions offers an affordable option to kick start your workouts or learn something new with a personal trainer! Small group size will maximize your results.

Minimum 3 people to run class.

YMCA of Marquette County

Winter 2

Monday 6:00am - 7:00am

Monday 5:30pm - 6:30pm

Wednesday 10:00am - 11:00am

Member: \$80

Non Member: \$120

YMCA West End Location

Winter 2

Monday 5:30pm - 6:30pm

Wednesday 6:00pm - 7:00pm

Member: \$33

Non Member: \$50

Nutritious Grocery Shopping on a Budget with RD Monica Nelson

Find nutrient dense food to feed you and your family while watching your budget.
Minimum 3 people to run class.

Will meet at Econo Foods in Marquette
Feb 21

Saturday 2:00pm - 4:00pm

Member: \$25

Non Member: \$30

Women's Strength Training

If you're looking for a fun way to get in shape, you've come to the right place. Enjoy the outdoors, good company and a program designed to put the fun into fitness with a combination of endurance, strength and flexibility.
Minimum 5 people to run class.

YMCA of Marquette County

Winter 2

Wednesday 1:00pm - 2:00pm

Member: \$39

Non Member: \$49

Yoga for the Back

This program helps to strengthen muscles that are weakened and stretch muscles that are tight in individuals whom summer from chronic back pain.
Minimum 5 people to run class.

YMCA of Marquette County

Winter 2

Monday 10:30am - 11:30am

Member: \$33

Non Member: \$42

YMCA West End Location

Winter 2

Monday 5:15pm - 6:15pm

Member: \$35

Non Member: \$42

ADULT HEALTHY LIFESTYLE PROGRAMS

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Stretch & Roll

After a brief aerobic warm up, class will learn how to properly stretch the entire body and/or use a foam roller. Bring your own foam roller.

Minimum 5 people to run class.

YMCA of Marquette County

Winter 2

Tuesday & Thursday 11:00am - 12:00pm

Member: \$39

Non Member: \$49

Sprint 5K Training

Learn how to go from the couch to your first 5K by spring. Class will be instructed on various techniques and will receive help on how to progress at their own fitness level. Class will be conducted on treadmills and then move outside.

Minimum 3 people to run class.

YMCA of Marquette County

Winter 2

Thursday 5:00pm - 6:00pm

Member: \$45

Non Member: \$55



ADULT HEALTHY LIFESTYLE PROGRAMS

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Enhance Fitness

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. Minimum 5 people to run class.

YMCA West End Location

Winter 2

Monday & Wednesday 10:00am - 11:00am

Member: FREE

Non Member: \$30

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a FREE twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal".

For more information or to register contact Christina Bennett at 906.227.9622.

FREE | Members and Non Members

BLOOM

A special wellness program for moms who are 6 weeks to 1 year postpartum. Minimum 5 people to run class.

YMCA West End Location

Must call MGH to register 225.3221

Member: \$50

Non Member: \$50

Freedom From Smoking

Designed by the American Lung Association, Freedom from Smoking is a 7-week course focusing on a variety of evidence-based cessation practices delivered in a small group setting. Instruction includes lectures, group discussions and skills practice. There are 8 sessions during the 7 weeks, each session lasts an average of 1 hour. The first 3 weeks focus on preparing to quit, then weeks 4-8 focus on support and staying smoke free.

For more information or to register contact Christina Bennett at 227.9622.



YMCA of Marquette County Location

Winter 2

Wednesday 6:30pm - 7:30pm

Member: \$50

Non Member: \$75

BIG REWARDS SMALL STEPS

Diabetes Prevention Program
YMCA of Marquette County

A LOT CAN HAPPEN IN ONE YEAR

What can you accomplish in one year? You can make a change for life and improve your health. Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? Learn how the **YMCA'S Diabetes Prevention Program** can help you reach your healthy living goals.

YMCA MEMBERSHIP NOT REQUIRED

To see if you qualify or for information about program fees and financial assistance, contact:

Jenna Zdunek, Health Innovations Leader
906.227.9622 or jzdunek@ymcamqt.org

DISCOVER WELLNESS



ADULT/OLDER ADULT WELLNESS PROGRAMS

How do you define wellness? Whatever your goals, the Y is ready to support you on your journey toward improved health

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

Fitness Orientation

We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment.

You can schedule an appointment by talking with our Front Desk staff.

FREE | Members only

Body Composition Assessment

Consultation includes body fat and lean muscle weight analysis using calipers with complete assessment report and exercise recommendations. Please wear loose fitting clothing as we'll need to access the thigh and abdominal areas (and chest for men). Women are asked to wear a sports bra. Tests will be conducted in private.

Please sign up for Body Composition with our Front Desk.

Member: \$12

Non Member: \$17

OUR GOAL IS TO HELP YOU REACH YOURS

90 Day Wellness Coaching Program

Our 90 day Wellness Coaching is available for all members to help you pursue your goals of a healthier lifestyle for you and your family. The goal of this program is to help you obtain your goals by identifying your personal fitness needs.

You can schedule an appointment by talking with Matt Deal.

FREE | Members only

Fitness Evaluation

Our trained staff will test aerobic fitness levels, body composition, muscular strength and endurance along with your flexibility. Required for all personal training packages

Please sign up for a Fitness Evaluation with our Front Desk.

Member: \$45

Non Member: \$60



The 90 Day Wellness Coaching is FREE with membership! To schedule an appointment, speak to a representative at the Front Desk.

Personal Training

Looking for greater results or need additional motivation? A certified YMCA Personal Trainer can coach you to new levels of fitness. Please sign up for Personal Training by stopping at the front desk or calling 906.227.9622. All personal training sessions must be paid in advance and sessions are 30 minutes, (1) hour or (1.5) hours long. Cancellation Policy: We ask that you provide at least 24 hours notice for cancellations. Those who provide less than 24 hours notice will be charged for their session.



Specialized Fitness Package

The first session (1 hour) of the package includes a fitness evaluation. The second session is a training session using your goals and evaluation results (1.5 hours). Together, they help ensure exercises are being performed effectively and will keep you progressing towards meeting your goals.

Member: \$99
Non Member: \$136

Specialized Fitness Package Plus

Receive two hours with our Registered Dietician.

Member: \$179

Group Training

Gather a group of 3, 4 or 5 of your friends or co-workers and workout with a personal wellness trainer as a group. You choose the day, time and trainer.

Member: \$60/group

Semi-Private

Would you like to train with a friend, small group, or family members? We now offer semi-private personal training for individuals of similar fitness abilities. If you have a group who would like to exercise together, a trainer will develop a specialized workout; be prepared to be challenged!

Member:

1 hour sessions	5	10
	\$104	\$175

Non Member:

1 hour sessions	5	10
	\$149	\$249

One-on-One Training

Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals,

Member:

1/2 hour sessions	1	5	10
	\$21	\$89	\$175

1 hour sessions	1	5	10
	\$39	\$179	\$349

Member:

2 times a week for one month (8 sessions)
 \$275 per month

3 times a week for one month (12 sessions)
 \$389 per month

Non Member:

1 hour sessions	1	5	10
	\$52	\$240	\$449

Registered Dietician Services

Meet with our registered dietitian to obtain your nutritional goals. Private and semi-private (2-3 people) consultations are offered. Sessions are 30, 60, 90 or 120 minutes in length and will set you up with an individualized meal plan. Calorie needs will be determined as well as carbohydrate, fat and protein. All nutritional needs can be addressed from diabetes to heart health. This is a great way to start a weight loss plan! For those looking for a complete nutritional makeover - our dietitian will accompany you to the grocery store for a hands-on educational experience.



Nutrition Counseling

This includes review of current lifestyle, medical history, estimation of energy needs, evaluation of current medications and supplements and food log review. With focus on your specific health and wellness goal(s) your RD will help create a nutrition plan to help you meet these goals.

Comprehensive Nutrition Assessment (90 minutes)

Member: \$45

Non Member: \$55

Semi-Private (90-120 minutes)

Member: \$30 per person

Non Member: \$40 per person

Food Analysis

Includes review of 3-5 days worth of food intake followed by nutrition recommendations based on your wellness goals. (45-60 minutes)

Member: \$25

Non Member: \$35

Semi-Private

Member: \$15 per person

Non Member: \$20 per person

Nutrition Follow Up

Analysis and review of the current status regarding your individual health and wellness goal(s) with feedback and adjustment of nutrition plan as appropriate. (30-45 minutes)

Member: \$20

Non Member: \$25

Semi-Private (45-60 minutes)

Member: \$15 per person

Non Member: \$20 per person

Family Food Analysis

Includes the same as the individual food analysis for all members in the family, followed by specific age/gender nutrition recommendations to help meet your family's wellness goals (60 minutes).

Member \$40

Non Member \$60

Group Exercise Classes

All Adult Exercise Classes and Adult Aqua Classes are FREE for YMCA members and run year round!



Group Fitness and Aqua Exercise schedules are available at the front desk, or online at ymcamqt.org.

AOA – AQUA AEROBICS or MODIFIED WATER AEROBICS – 60 minute

Aqua aerobics is a low impact aerobic conditioning, resistance training and flexibility class; no swimming is required. Modified version is a slower pace.

****BEGINNING SPIN** – 45 minute

This indoor cycling class is tailored for participants at Beginning and Intermediate levels.

FUNCTIONAL PILATES – 50 or 60 minute

Increases core stability and improves flexibility and balance. Stability ball & weights may be used.

LES MILLS BODYATTACK – 60 minute

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit.

LES MILLS BODYCOMBAT – 60 minute

Strike, punch, kick and kata your way through calories to superior cardio fitness. BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

LES MILLS BODYFLOW –

60 minute or 30 minute express
Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music creates a holistic workout.

LES MILLS BODYPUMP – 60 minute

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 quickly produce lean body muscle conditioning.

LES MILLS CXWORX – 30 minute

Based on cutting-edge scientific research, this program is the ultimate way to get a tight, toned core and improved functional strength for balance, mobility and injury prevention. It's dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

LES MILLS RPM – 50 minute

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.

AOA – STAND OR SIT AND BE FIT – 45 minute

This class is designed as 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!

Group Exercise Key

** – Classes available in West End

AOA – Classes are great for Active Older Adults

 – Classes are high intensity

Group Exercise Classes

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****SPIN or SPIN & CORE** – 40, 45 or 60 minute
This indoor cycling class is tailored for all levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. Some classes include 15-20 minutes of “core” work using pilates, floor, balls, or weights.

***STRENGTH CIRCUIT** – 60 minute
Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.


STEP or STEP INTERVAL–
30, 45 or 60 minute class
Take a step toward complete fitness by stepping up, down, and around an adjustable step bench. The 60 minute class includes muscle conditioning with weights, bands, discs or tubing.

***STRONG BODIES** – 60 minute
This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

***Yogalates** – 30 minute
This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

AOA - YOGA and CHAIR YOGA – 60 minute
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. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations.

**** AOA - Zumba Gold**– 45-60 minute class
A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt. Zumba Gold is low impact Zumba easier on joints and slower in pace.

 **ZUMBA** – 60 minute class
A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt.

Group Exercise Key

** - Classes available in West End

AOA - Classes are great for Active Older Adults

 - Classes are high intensity