

# YMCA of Marquette County Spring Programs

**Session Dates - Spring** April 13 - May 30

No programs will be held on Memorial Day

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

Enhance Fitness	50 and up	Spring	Mon & Wed	10am - 11am	Free	\$30
Yoga for the Back	16 and up	Spring	Mon	6:15pm - 7:15pm	\$33	\$42
Couch to 5K	16 and up	Spring	Mon	4:30pm - 5:15pm	\$30	\$45
Spring Boot Camp	16 and up	Spring	Mon Wed	5:30pm - 6:30pm <b>OR</b> 6pm - 7pm	\$33	\$50
Adult Karate	16 and up	Spring	Tues	7:00pm - 8:00pm	\$26	\$39

## FAMILY PROGRAMS - YMCA West End Location

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

## PRESCHOOL PROGRAMS - YMCA West End Location

Jazz - Ballet Combo 2	2.5 - 4 years	Spring	Tues	4pm - 4:30pm	\$26	\$38
Jazz - Ballet Combo	2.5 - 4 years	Spring	Tues	5:15pm - 5:45pm	\$26	\$38
Jazz - Ballet Combo	2.5 - 4 years	Spring	Sat	10:30pm - 11am	\$26	\$38
Jazz - Ballet Combo 2	2.5 - 4 years	Spring	Sat	11:45pm - 12:15pm	\$26	\$38

## YOUTH PROGRAMS - YMCA West End Location

Jazz/Ballet Combo	5 - 8 years	Spring	Tues	4:40pm - 5:15pm	\$28	\$42
After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4pm - 4:45pm	\$24	\$36
Beginning Gymnastics	3 - 4 years	Spring	Wed	4:50pm - 5:20pm	\$26	\$38
Level 1 Gymnastics	4 - 6 years	Spring	Wed	5:30pm - 6:10pm	\$26	\$38
Kids Karate	6 - 14 years	Spring	Thurs	6pm - 6:45pm	\$28	\$44
Kids Karate (Yellow Belt & Higher)	6 - 14 years	Spring	Thurs	6:45pm - 7:30pm	\$28	\$44
Youth Fitness Certification	12 - 16 years	May 16, 30 or June 6	Sat	10am - 11:30am	\$16	\$24
Jazz/Ballet Combo	5 - 8 years	Spring	Sat	11:05am - 11:40am	\$28	\$42



### YMCA Run/Walk - April 18, 2015

Your participation makes it possible for the YMCA of Marquette County to provide financial assistance for our annual campaign programs.

### Pictured Rocks Road Race - June 28, 2015

Pictured Rocks Road Race is sponsoring the YMCA LIVEWISE Program. LIVEWISE is a FREE program for individuals and their care partners who have early stage Alzheimer's Disease, dementia or other memory impairments.



# SPRING IS IN THE AIR



## Spring programs begin April 13

### 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 April 13.**

#### YMCA OF MARQUETTE COUNTY

1420 Pine Street Marquette MI 49855

P 906 227 9622 F 906 227 9248

[WWW.YMCAMQT.ORG](http://WWW.YMCAMQT.ORG)

#### YMCA OF MARQUETTE COUNTY

**WEST END LOCATION**

350 Iron Street Negaunee MI 49866

P 906 475 9666



## YMCA SPRING PROGRAMS

### Program Session Dates

Spring April 13 - May 30

### Registration

Spring - YMCA Members March 30

YMCA Non Members April 6

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<b>AQUATICS - YMCA of Marquette County Location (Monday classes discounted due to Memorial Day)</b>						
Parent and Child Swim	6 months - 3 years	Spring	Mon	6:05pm - 6:35pm	\$37	\$55
Parent and Child Swim	6 months - 3 years	Spring	Wed	5:30pm - 6:00pm	\$37	\$55
Parent and Child Swim	6 months - 3 years	Spring	Thurs <b>OR</b> Sat	10:00am - 10:30am	\$37	\$55
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Spring	Thurs <b>OR</b> Sat	10:35am - 10:55am	\$40	\$60
Preschool Swim	3 - 5 years	Spring	Mon	5:30pm - 6:00pm	\$50	\$75
Preschool Swim	3 - 5 years	Spring	Mon <b>OR</b> Wed	6:40pm - 7:10pm	\$50	\$75
Preschool Swim	3 - 5 years	Spring	Wed	6:05pm - 6:35pm	\$50	\$75
Preschool Swim	3 - 5 years	Spring	Thurs <b>OR</b> Sat	11:00am - 11:30am	\$50	\$75
Special Needs Lesson	4 - 13 years	Spring	Sat	11:45am - 12:15pm	\$56	\$84
School Age Lessons—Level 1 and Level 2	6 - 13 years	Spring	Mon Wed <b>OR</b> Sat	5:30pm - 6:15pm 6:20pm - 7:05pm 10:00am - 10:45am	\$54	\$81
School Age Lessons - Level 3 and Level 4	6 - 13 years	Spring	Mon Wed <b>OR</b> Sat	6:20pm - 7:05pm 5:30pm - 6:15pm 10:50am - 11:35am	\$54	\$81

## COMPETITIVE SWIM TEAM STROKE CLINICS – MSHS POOL (see [mqtyswim.com](http://mqtyswim.com) for more details)

Freestyle Clinic	8 and up	May 12, 13 & 14	Tues, Wed & Thurs	5:30pm - 6:45pm	\$25	\$35
Backstroke Clinic	8 and up	May 19, 20 & 21	Tues, Wed & Thurs	5:30pm - 6:45pm	\$25	\$35
Butterfly Clinic	8 and up	May 26, 27 & 28	Tues, Wed & Thurs	5:30pm - 6:45pm	\$25	\$35
Breaststroke Clinic	8 and up	June 2, 3 & 4	Tues, Wed & Thurs	5:30pm - 6:45pm	\$25	\$35

## GYMNASTICS - YMCA of Marquette County Location

Gym Ventures 1 - Fundamentals in gymnastics	1.5 - 3 years	Spring	Tues	5:15pm - 6pm	\$32	\$48
Gym Ventures 2 - Building of gymnastic skills	3 - 4 years	Spring	Tues	6:15pm - 7pm	\$32	\$48
Gymnastics - Rising Stars	5 - 6 years	Spring	Thurs	5:15pm - 6pm	\$32	\$48
Gymnastics - Level 1	6 - 7 years	Spring	Thurs	6:15pm - 7pm	\$32	\$48



## COME TAKE A GLIMPSE AT OUR EARLY CHILDHOOD DEVELOPMENT CENTER

Now enrolling at our Marquette Location.  
Want to know more and take a glimpse inside? We invite you to come in for a visit!  
You will be able to tour our facilities, look at our classrooms, and meet the teachers. What better way is there to familiarize yourself with your children's Center, and to see what we can offer for your family?

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<b>KARATE - YMCA of Marquette County - Location Varies</b>						
Karate Tots	3.5 - 5 years	Spring	Wed	9am - 9:45am	\$32	\$48
Youth Karate Beginner (White belts)	6 - 14 years	Spring	Wed	5:15pm - 6pm	\$40	\$60
Youth Karate Intermediate (Yellow Belts & up)	6 - 14 years	Spring	Wed	6:15pm - 7pm	\$40	\$60
Youth Karate Intermediate (all ages)	6 and up	Spring	Sat	10am - 11am	\$40	\$60
Family Karate (Rate includes parent & 1 child- each add. child \$8)	5 and up	Spring	Sat	11am - 12pm	\$35	\$53
Youth Karate Beginner	6 - 14 years	Spring	Sat	12pm - 1pm	\$40	\$60

## YOUTH FITNESS - YMCA of Marquette County Location

BYOP (Bring Your Own Parent) - Articatiz	Grades 1 & 2	May 12, 19, 26 & June 2 & 9	Tues	6pm - 7pm	\$50	\$70
After School Fit Club	8 - 14 years	Spring	Tues & Thurs	4:15pm - 5pm	\$35	\$53
Spring Volleyball - Articatiz at Baraga Gym	Grades 3 - 4	April 10, 17, 24 May 1, 8 & 22	Fri	6 - 7:30pm	\$60	\$80
Youth Fitness Certification	12 - 16 years	April 11, 25, May 9 <b>OR</b> 23	Sat	10am - 11:30am	\$16	\$24

## ADULT PROGRAMS - YMCA of Marquette County Location

Small Group Personal Training	16 and up	Spring	Mon <b>OR</b> Wed	6am - 7am 2:30pm - 3:30pm	\$80	\$120
Intermediate Weight Training	18 and up	Spring	Tues	5pm - 6pm	\$40	\$50
Adult Karate	18 and up	Spring	Wed	6am - 7am	\$30	\$45
Advanced Total Body Strength Training	18 and up	Spring	Wed	11am - 12pm	\$40	\$50
Women's Strength Training	18 and up	Spring	Wed	1pm - 2pm	\$39	\$49
Private Road/Mountain Bike Instruction	18 and up	Spring	Varies	Based on participant availability	\$65	\$75



## Spring Break Camp

Must bring a healthy lunch and 2 snacks, swimsuit & towel 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: \$140 Non Member: \$210 **Day Rate:** Member: \$30 Non Member: \$45



## Summer Day Camp (June 8 - September 4)

Locations Marquette, Birchview & Kl Sawyer **Time:** 7:30am - 5:30pm

Field trips, kayaking, swimming, arts and crafts, sports, outdoor educations and so much more!

All YMCA Summer Day Camps are Licensed! For information on Summer Day Camp contact Seth Hoopingartner at 906.227.9622 or email Seth at [shoopingartner@ymcamqt.org](mailto:shoopingartner@ymcamqt.org).

**Healthy Kids Day June 6 from 10am - 6pm**