

YMCA of Marquette County Fall Programs

Session Dates - Fall 1 September 14 - October 24
Fall 2 October 26 - December 19 (No programs the week of Nov 23 - 28)

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

Introduction to Yoga	16 & up	Fall 1 & 2	Mon	6:15pm - 7:15pm	\$31	\$46
Enhance Fitness	50 & up	Fall 1 & 2	Mon, Wed & Fri	10am - 11am OR 2pm - 3pm	Free	\$30
45 and Older Small Group Personal Training	45 & up	Fall 1 & 2	Tues	2:30pm - 3:30pm	\$33	\$49
Adult Karate	16 & up	Fall 1 & 2	Tues	7pm - 8pm	\$30	\$45
Prenatal Yoga	16 & up	Fall 2	Sun	1:15pm - 2:15pm	\$31	\$46
Amazing Race - Mexico City	18 & up	Sept 28	Varies	Varies	\$15	

FAMILY PROGRAMS - YMCA West End Location

Family Karate (Rate includes parent & 1 child— each additional child is \$8.00)	4 and up w/parent	Fall 1 & 2	Tues	6pm - 7pm	\$33	\$49
Parent and Tot Tumbling	1.5 - 3 years	Fall 1 & 2	Wed	5:15pm - 5:45pm	\$26	\$38
Parent and Tot Jazz/Ballet	1 - 3 years	Fall 1 & 2	Sat	9:45am - 10:15am	\$26	\$38
Parent and Infant Massage Clinic	6 wks - 1 year	Oct 3 OR Nov 14	Sat	9:30am - 10:30am	\$9	\$13

PRESCHOOL PROGRAMS - YMCA West End Location

Beginning Gymnastics	3 - 5 years	Fall 1 & 2	Wed	5:50pm - 6:30pm	\$28	\$42
Tiny Dancer Jazz/Ballet	3 - 5 years	Fall 1 & 2	Tues OR Sat	3:30pm - 4pm 10:30am - 11am	\$26	\$38
Tiny Dancer 2 Jazz/Baller	3 - 5 years	Fall 1 & 2	Sat	12:30pm - 1pm	\$26	\$38

YOUTH PROGRAMS - YMCA West End Location

Youth Fit Club	8 - 14 years	Fall 1 & 2	Tues & Thurs	4pm - 4:45pm	\$22	\$33
Kids Karate (white belt)	6 - 14 years	Fall 1 & 2	Thurs	6pm - 6:45pm	\$31	\$46
Kids Karate (yellow belt & higher)	6 - 14 years	Fall 1 & 2	Thurs	6:45pm - 7:30pm	\$31	\$46
Vertimax Small Group Sport Training	12 & older	Fall 1 & 2	Mon & Fri	4:30pm - 5:30pm	\$66	\$99
Youth Fitness Certification	12 - 16 years	Sept 19, Oct 3, 17, Nov 7 Dec 5 OR 19	Sat	10am - 11:30am	\$16	\$24
Jazz/Ballet Combo	5 - 8 years	Fall 1 & 2	Tues OR Sat	4:45pm - 5:15pm 11:05am - 11:35am	\$28	\$42
Lyrical	8 - 10 years	Fall 1 & 2	Tues	4pm - 4:30pm	\$28	\$42
Hip Hop	8 - 10 years	Fall 1 & 2	Sat	11:45am - 12:15pm	\$28	\$42
Parent's Night Out	4 - 10 years	Oct 23 OR Dec 11	Fri	5:30pm - 7:30pm	\$12	\$18

Healthy Out of School Time - Before & After School Programs

- A healthy afterschool snack is provided
- Before & After School Programs are a licensed program
- DHS is Accepted at all locations
- \$3 a day or \$15 for a week - Morning & or Afternoon

Birchview	Before 6:45am - 8:05am	After 3:25 - 6pm	K - 5th Grade
Lakeview	Before 6:45am - 8:45am	After 3:45 - 6pm	1st - 5th Grade
Gilbert Elementary	Before 7 - 8:30am	After 3:15 - 6pm	K - 5th Grade
KI Sawyer	Before 7 - 8:30am	After 3:30 - 6pm	K - 5th Grade

For more information on **Birchview** or **Lakeview** contact Ben Platt at 906.227.9622, or for **KI Sawyer** or **Gilbert** contact Amber Ostlund, at 906.372.4044.



START FRESH THIS FALL

No joining fee for the month of August (value of \$75)

Fall Session Dates

Fall 1 September 14 - October 24
 Members Registration August 31
 Non Members Registration September 8

Fall 2 - October 26 - December 19
 (No programs the week of Thanksgiving)
 Members Registration October 5
 Non Members Registration October 12

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 Sept 14 for Fall 1 and October 26 for Fall 2**

YMCA OF MARQUETTE COUNTY
 1420 Pine Street Marquette MI 49855
P 906 227 9622 **F** 906 227 9248
W ymcamqt.org



WINTER BREAK CAMP/DAYS OFF Marquette & KI Sawyer locations

At the Y, we're committed to youth development, healthy living, and social responsibility. The YMCA of Marquette County is the place to go when the weather outside is fearsome. Snow Days at the Y provides child care on days when MAPS are forced to cancel for the entire day. The Y offers Snow Days from 7:30 am - 5:30 pm, providing fun, safe activities for children ages 5-12.



HALLOWEEN AT THE YMCA

Halloween is right around the corner and the YMCA of Marquette County will be offering a free, safe, family friendly and a fun event. Through a "spooktacular" morning of face painting, arts and crafts, games, and more. Join the YMCA of Marquette This event sponsored by Econo Foods and is open to the community of Marquette County

YMCA OF MARQUETTE COUNTY WEST END LOCATION
 350 Iron Street Negaunee MI 49866
P 906 475 9666 **W** ymcamqt.org

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	Ages	Date (s)	Day	Time	Member	Non Member
AQUATICS – YMCA of Marquette County Location (Fall 1: Sept 28 – Nov 7, Fall 2: Nov 9 – Dec 18)						
Parent and Child Swim	6 mon - 3 yrs	Fall 1 & 2	Mon	6:05pm - 6:35pm	\$32	\$47
Parent and Child Swim	6 mon - 3 yrs	Fall 1 & 2	Wed	5:30pm - 6:00pm	\$32	\$47
Parent and Child Swim	6 mon - 3 yrs	Fall 1 & 2	Thurs OR Sat	10:00am - 10:30am	\$32	\$47
Preschool Swim (Transition from Parent-Child Swim)	2 - 3 years	Fall 1 & 2	Thurs OR Sat	10:35am - 10:55am	\$37	\$55
Preschool Swim	3 - 5 years	Fall 1 & 2	Mon	5:30pm - 6:00pm	\$43	\$65
Preschool Swim	3 - 5 years	Fall 1 & 2	Mon OR Wed	6:40pm - 7:10pm	\$43	\$65
Preschool Swim	3 - 5 years	Fall 1 & 2	Wed	6:05pm - 6:35pm	\$43	\$65
Preschool Swim	3 - 5 years	Fall 1 & 2	Thurs OR Sat	11:00am - 11:30am	\$43	\$65
Special Needs Lesson	4 - 13 years	Fall 1 & 2	Sat	11:45am - 12:15pm	\$49	\$73
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Anytime	By appt	Seven 30 minute sessions	\$56 each	\$84 each
Private Swim Lessons	3 and up	Anytime	By appt	Seven 30 minute sessions	\$108	\$162
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 10:50am - 11:35am	\$47	\$71
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 10:00am - 10:45am	\$47	\$71

COMPETITIVE SWIM TEAM – Locations Varies (visit mqtysswim.com for more details)

Pre Season Training - returning members		Sept 8 - 18	Mon - Fri	3pm - 5pm	\$25	
High School Preseason Training	9 - 12 grade	Sept 8 - Nov 6	Mon - Fri	Varies	\$285	
Meet the Coaches	8 - 18 years	Sept 11 & 18	Fri	5pm - 6pm	FREE	
Try Us Out Week	8 and under	Sept 29 - Oct 1	Tues & Thurs	4:30pm - 5:15pm OR 5:30pm - 6:15pm	\$15	\$15
Try Us Out Week	9 and older	Sept 28 - Oct 2	Varies	6pm - 7:30pm OR 5:30pm - 6:45pm	\$15	\$15
Future Stars	8 and under	Sept 28 - Dec 18	Tues, & Thurs	4:30pm - 5:15pm OR 5:30pm - 6:15pm	\$225	
Killer Whales Gold & Silver		Sept 21 - March 11	Mon - Fri	3pm - 5pm	\$390	
Killer Whales Bronze		Sept 21 - March 11	Varies	Varies	\$390	

GYMNASTICS – YMCA of Marquette County Location

Gym Ventures 1 - Fundamentals in gymnastics	1.5 - 3 years	Fall 1 & 2	Tues	5:15pm - 6pm	\$32	\$48
Gym Ventures 2 - Building of gymnastic skills	3 - 5 years	Fall 1 & 2	Tues	6:15pm - 7pm	\$32	\$48

KARATE – YMCA of Marquette County

Karate Tots	3 - 5 years	Fall 1 & 2	Wed	9am - 9:45am	\$32	\$48
Youth Karate - Beginner (white belts)	6 - 14 years	Fall 1 & 2	Wed	5:15pm - 6pm	\$40	\$60
Youth Karate - Intermediate (yellow belts & Higher)	6 - 14 years	Fall 1 & 2	Wed	6:15pm - 7pm	\$40	\$60
Youth Karate - Intermediate (yellow belts & Higher)	6 and up	Fall 1 & 2	Sat	10am - 11am	\$40	\$60
Family Karate (Rate includes parent & 1 child– each add. child \$8)	5 and up	Fall 1 & 2	Sat	11am - 12pm	\$35	\$53
Youth Karate - Beginner (white belts)	6 - 14 years	Fall 1 & 2	Sat	12pm - 1pm	\$40	\$60

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SPORTS – YMCA of Marquette County						
Mix It Up Sports	3 - 5 years	Fall 1	Mon	5:30pm - 6pm	\$30	\$45
Little Hoopsters - No class Nov 2	3 - 5 years	Fall 2	Mon	5:30pm - 6pm	\$30	\$45
Youth Basketball - No class Nov 2	6 - 10 years	Fall 2	Mon	6pm - 6:45pm	\$30	\$45
Volley Tots - No class Nov 3	1st & 2nd Grade	Oct 5 - Nov 10	Tues	6pm - 7pm	\$60	\$60
Articatz Academy Level 2	5th & 6th Grade	Oct 6 - Dec 11	Tues	7pm - 8:30pm	\$100	\$120
Articatz Academy Level 1	3rd & 4th Grade	Sept 25 - Dec 4	Fri	6pm - 7:30pm	\$80	\$80
Football - Rookies Sept 29, 26, Oct 3, 10, 17 & 24	4 - 6 years	Fall 1	Sat	10am - 10:35am	\$35	\$35
Football - Winners Sept 29, 26, Oct 3, 10, 17 & 24	7 - 12 years	Fall 1	Sat	11am - 11:45am	\$35	\$35

TENNIS – YMCA of Marquette County Gymnasium

Tot Tennis	3 - 5 years	Fall 1	Tues	10am - 10:45am OR 1pm - 1:45pm	\$30	\$45
Future Stars	5 - 7 years	Fall 1	Thurs	7pm - 8pm	\$34	\$51
Prospective Pros	8 - 11 years	Fall 1	Thurs	6pm - 7pm	\$34	\$51

YOUTH FITNESS – YMCA of Marquette County Location

Youth Fit Club	8 - 14	Fall 1 & 2	Tues & Thurs	4:15pm - 5pm	\$30	\$45
Youth Fitness Certification	12 - 16 years	Sept 5, 19 Oct 3, 17, 31 Nov 7, 21 Dec 5 OR 19	Sat	10am - 11:30am	\$16	\$24

ADULT PROGRAMS – YMCA of Marquette County Location

Adult Karate	18 and up	Fall 1 & 2	Wed	6am - 7am	\$30	\$45
Amazing Race - Mexico City	18 & up	Sept 28	Varies	Varies	\$15	
Small Group Personal Training	16 and up	Fall 1 & 2	Mon	7am - 8am 12pm - 1pm OR 3pm - 4pm	\$80	\$100
Small Group Personal Training	16 and up	Fall 1 & 2	Wed	12pm - 1pm	\$80	\$100
High Intensity Interval Training Circuit	16 and up	Fall 1 & 2	Tues OR Thurs	7am - 8am 3pm - 4pm	\$45	\$55
Get Your Plate In Shape	18 and up	Fall 1 & 2	Wed	6pm - 7pm	\$45	\$60
Walk off the Weight - Speed Interval Walking	18 and up	Fall 1	Tues	4pm - 5pm	\$35	\$55
TRX - Suspension Training	12 and up	Fall 2	Varies	Varies	1/wk \$45 2/wk \$65	1/wk \$55 2/wk \$75
Enhance Fitness	50 and up	Fall 2	Tues, Thurs & Sat	1pm - 2pm	\$10	\$30
X-FIT	12 and up	Fall 1 & 2	Mon	2pm - 3pm	\$35	\$50
Stretch/Balance	12 and up	Fall 1 & 2	Wed	2pm - 3pm	\$35	\$50
Power Core	12 and up	Fall 1 & 2	Fri	1pm - 1:30pm	\$25	\$30

Pedaling for Parkinson’s

Pedaling a bicycle may change the life of someone with Parkinson’s disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. Fast pedaling is not a cure of Parkinson’s disease and should not be touted as such, but there is compelling evidence to show that it does make a real difference for many who try it. The Pedaling for Parkinson’s program is available for FREE at the YMCA of Marquette County. This is an 8 week program three times a week, one hour a week. Call Ruth Almén for more information 906.227.9622.