



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

HEALTHY FUTURES BEGIN HERE

**YMCA OF MARQUETTE COUNTY
FALL 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** 906.401.0037
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

FALL HOURS BEGIN OCTOBER 1

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

FALL HOURS BEGIN OCTOBER 1

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

FALL 2 REGISTRATION DATES

Members Only: Monday, October 5

Open Registration: Monday, October 12

FALL 2 SESSION DATES

October 26 - December 19

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 - Competitive Swim Team

Page 9 - Youth Fitness

Page 10 - Karate

Page 11 - Gymnastics

Page 12 - Sports & Volleyball

Page 13 - Flag Football & Family Activities

Page 14 - Parent & Tot Program

Page 15 - Dance

Page 16 - Before & After School Programs

Page 17 - Reach & Rise™ Mentoring Program

Page 18 - Adult Program

Page 19 - TRX

Page 22 - Registered Dietician

Page 23 - Pedaling for Parkinson's & LIVEWISE

Page 24 - Member Services

Page 25 - 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 available upon request.

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: 7am – 7:30pm

Tuesday: 8pm – 7:30pm

Wednesday: 7am – 7:30pm

Thursday: 8pm – 7:30pm

Friday: 7am – 6:30pm

Saturday: 8:30am – 2:30pm

Sunday: 11am – 2:30pm

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.

CHILD WATCH (6 Weeks – 7 years)

Marquette and Negaunee Location

Child Watch 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.

CHILD WATCH

Marquette Location

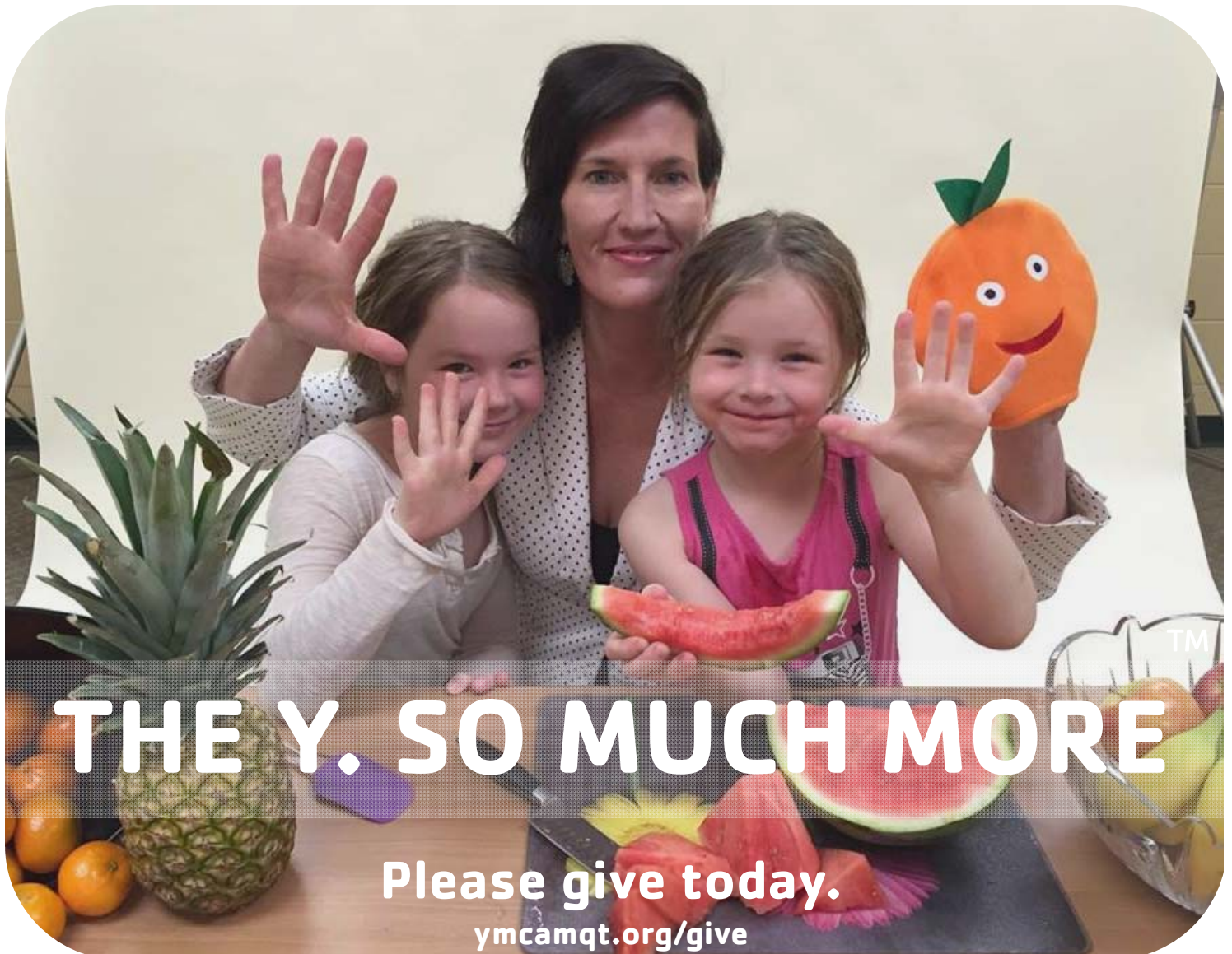
For ages 10 and under. 5 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Socks must be worn at all times.

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.



LOSING THE WATER WINGS



YOUTH PROGRAMS

AQUATICS

Contact Erin Jewett, Aquatics Leader 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

Fall 2 November 9 – December 18

Monday 6:05pm – 6:35pm

Wednesday 5:30pm – 6:00pm

Thursday 10:00am – 10:30am

Saturday 10:00am – 10:30am

Member: \$27

Non Member: \$39

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

Fall 2 November 9 – December 18

Thursday 10:35am – 10:55am

Saturday 10:35am – 10:55am

Member: \$31

Non Member: \$45

Preschool Swim (3 – 5 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

Fall 2 November 9 – December 18

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

Member: \$35

Non Member: \$54

Special Needs (4 – 13 years)

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

Fall 2 November 9 – December 18

Saturday 11:45am – 12:15pm

Member: \$41

Non Member: \$61

YOUTH PROGRAMS

AQUATICS

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



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 years)

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
Fall 2 November 9 – December 18
Monday 5:30pm – 6:15pm
Wednesday 6:20pm – 7:05pm
Saturday 10:50am – 11:35am
Member: \$39
Non Member: \$59

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

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
Fall 2 November 9 – December 18
Monday 6:20pm – 7:05pm
Wednesday 5:30pm – 6:15pm
Saturday 10:00am – 10:45am
Member: \$39
Non Member: \$59



YOUTH PROGRAMS

COMPETITIVE SWIM TEAM

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



High School Preseason Strength & Training

This program is for high school athletes who wish to train prior to their varsity season without making the full swim team commitment. Athletes can expect aerobic conditioning as well as stroke mechanics and introduction to race strategies. Athletes may attend any of the training sessions listed below through Nov 6.

Note: Athletes in this program are not eligible to compete in YMCA swim meets pre or post high school.

MSHS & NMU Pool

September 28 - November 6

Monday - Friday

3pm - 5pm

NMU Pool

Tuesday & Thursday

6pm - 7:30pm

Member: \$285

Future Stars (6 - 10 years)

For children new to the sport of swimming. We place an emphasis on developing proper swim skills while building confidence in an environment that is rich with opportunities for making new friends and having FUN. Minimum skill required is to swim 1 length of the pool front crawl with side breathing and one length backstroke.

Minimum 4 people to run class.

YMCA Pool

September 29 - December 18

Tuesday & Thursday

4:30pm - 5:15pm **OR** 5:30pm - 6:15pm

Member: \$225

The cost is \$225. YMCA membership is required. The Future Stars program runs from Sept 29 through Dec 18. Future Stars may re-enroll in January or upgrade to Bronze practice group.

Future Stars are full members of the team and eligible to participate in optional competition. Families must meet team volunteer requirements.

Bronze, Silver & Gold Swim Team (9 - 25 years)

This is the YMCA Competitive Swim Team. Youth will develop into strong and competent swimmers, build self confidence, realize personal goals and make new friends. All families must provide an adult volunteer for home swim meets Nov 14 & March 5. Practice times change after Oct. 27.

BRONZE, SILVER & GOLD GROUP
September 21 - March 11

BRONZE GROUP

(Gold & Silver Lanes provided)

Monday, Wednesday & Friday

5:30pm - 6:45pm - MSHS Pool

Tuesday & Thursday

6pm - 7:15pm - NMU Pool

SILVER GROUP

Monday - Friday

3:30pm - 5pm - MSHS Pool

GOLD GROUP

Monday - Friday

3pm - 5pm - MSHS Pool

5:30pm - 7pm

STRENGTH TRAINING

Monday & Wednesday

5:15pm - 5:45pm - MSHS Pool

REGISTRATION FEES 2015 - 2016 SEASON September through March

First child: \$390

Additional child: \$350

Pay in 3 installments, T-shirt included with any registration prior to Oct. 1, 2014.

Other requirements:

- \$19/month YMCA membership required for all teammates.
- Each family is required to volunteer at two home swim meets and contribute to our concessions stand.

mqtysswim.com for more info

BECOME A TEAM PLAYER



YOUTH PROGRAMS

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

Youth Fitness Certification (12 - 16 years)

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 -

October 3, 17, 31

November 7, 21 December 5 OR 19

West End -

Oct 3, 17, Nov 7, Dec 5 OR 19

Saturday 10:00am - 11:30am

Member: \$16

Non Member: \$24

Vertimax Small Group Sport Training (12 + years)

Weightlifting is for everyone. Learn the basics of lifting and discover your inner strength. Teens are encouraged to reach the physical boundaries and make friends.

Minimum 2 people to run class.

YMCA of Marquette County

Fall 2 Session

West End -

Monday & Friday 4:30pm - 5:30pm

Member: \$66

Non Member: \$99

After School Club (8 - 14 years)

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

Fall 2 Session

Marquette -

Tuesday & Thursday 4:15pm - 5pm

Member: \$30

Non Member: \$45

Fall 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 years)

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
Multi Purpose Room
Fall 2
Wednesday 9am - 9:45am
Member: \$32
Non Member: \$48

Youth Karate - Beginner White Belt (6 - 14 years)

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
Multi Purpose Room
Fall 2
Wednesday 5:15pm - 6pm
Saturday 12pm - 1pm - Located in Gym
Member: \$40
Non Member: \$60

West End Location
Multi Purpose Room
Fall 2
Thursday 6pm - 6:45pm
Member: \$31
Non Member: \$46

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

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
Multi Purpose Room
Fall 2
Wednesday 6:15pm - 7pm
Saturday 10am - 11am - Located in Gym
Member: \$40
Non Member: \$60

West End Location
Multi Purpose Room
Fall 2
Thursday 6:45pm - 7:30pm
Member: \$31
Non Member: \$46

Family Karate (5+ years)

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
YMCA Gymnasium
Fall 2
All Ranks
Saturday 11am - 12pm
Member: \$35
Non Member: \$53

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.



GymVentures 1 (18mo - 3 years)

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. Parent/Guardian involvement is required.

Minimum 4 people to run class.

YMCA of Marquette County
Kidz Gym

Fall 2

Tuesday 5:15pm - 6:00pm

Member: \$32

Non Member: \$48

Beginning Gymnastics (3 - 5 years)

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 4 people to run class.

West End Location
Multi Purpose Room

Fall 2

Wednesday 5:50pm - 6:30pm

Member: \$28

Non Member: \$42

GymVentures 2 (3 - 5 years)

Previous GymVentures 1 experience recommended. Students will work on activities with specific themes incorporating the gymnastics apparatus through obstacle courses. Basic tumbling is introduced. Confidence, fun and listening skills are emphasized.

Minimum 4 people to run class.

YMCA of Marquette County
Kidz Gym

Fall 2

Tuesday 6:15pm - 7:00pm

Member: \$32

Non Member: \$48



YOUTH PROGRAMS

SPORTS & VOLLEYBALL

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.



Little Hoopsters (3 - 5 years)

Kids will learn the basics of the game through fun skill building drills and games.

Minimum 2 people to run class.

YMCA of Marquette County
Basketball Gym

Fall 2 - No class Nov 2

Monday 5:30pm - 6pm

Member: \$30

Non Member: \$45

Youth Basketball (6 - 9 years)

Kids will build and develop their skills through fun drills and games. Teams will scrimmage.

Minimum 2 people to run class.

YMCA of Marquette County
Basketball Gym

Fall 2 - No class Nov 2

Monday 6pm - 6:45pm

Member: \$30

Non Member: \$45



Volley Tots (1st & 2nd Grade)

We will be learning the skills of volleyball thru functional movement ~ skipping, shuffling, throwing, dribbling, jumping.

We will be using tennis balls, hula hoops, jump ropes and other fun equipment to get us ready to be future volleyball players

Minimum 2 people to run class.

YMCA of Marquette County

October 6 - November 10

No Class November 3

Tuesday 6pm - 7pm

Member: \$60

Non Member: \$60

Articatz Academy Level 1 (3rd & 4th Grade)

The skills of setting, passing, serving, blocking and spiking will be our main focus We use a lighter ball to allow maximum growth and learning.

Minimum 2 people to run class.

YMCA of Marquette County

September 25 - December 4

Friday 6pm - 7:30pm

Member: \$80

Non Member: \$80

Articatz Academy Level 2 (5th & 6th Grade)

We will be continuing our learning of the volleyball skills in single skill drills but we will also work the skills in game situations to prepare us for the Winter Season. Even if your child has not done Level 1 they will be able to handle this level due to our skill training.

Minimum 2 people to run class.

YMCA of Marquette County

October 27 - December 8

Tuesday 7pm - 8:30pm

Member: \$100

Non Member: \$120

YOUTH PROGRAMS

FLAG FOOTBALL

Contact Laura Murawski, Senior Program Development Leader for more information at 906.227.9622 or lmurawski@ymcamqt.org.



- **Weather Policy:** Football will cancel due to heavy rain, lighting and or thunder. Coaches will call the front desk at the YMCA of Marquette County to cancel practice. Parents will not be called, so please call the YMCA at 906.227.9622 to double check practice is still running.
- **Refunds:** If we have more than one rain day, we will either have a make up practice (depending on availability of the field) or participants will be issued a credit for that class.

Flag Football – Rookies (4 – 6)

MAPS Practice Football Field
Oct 3, 10, 17 & 24
Saturday 10:00am – 10:35am
Member: \$35
Non Member: \$35

Flag Football – Winners (7 – 12)

MAPS Practice Football Field
Oct 3, 10, 17 & 24
Saturday 11:00am – 11:45am
Member: \$35
Non Member: \$35

FAMILY ACTIVITIES

FAMILY TIME

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.



Halloween at the Y ALL AGES

Through a “spooktacular” morning of face painting, arts and crafts, games, and more, Halloween at the Y provides families with a safe alternative to many of the more scary Halloween events. Join the YMCA of Marquette County on Saturday, October 24 from 10am – 12pm. The first 100 youth to the event will receive a free t-shirt! This event sponsored by Econo Foods and Dental Associates of Marquette. For more information, please contact Laura Murawski at 906.227.9622.



Parent’s Night Out (4 – 10 years)

Parents’ night out, youth night in at the Y! Kids will get to climb the walls in our bouldering room, create artwork, enjoy a healthy snack and play games.

West End Location
October 23 – Carnival
December 11 – Beach Party
Friday 5:30pm – 7:30pm
Member: \$12
Non Member: \$18

YOUTH PROGRAMS

PARENT & TOT

Contact Rachel Berglund, West End Leader for more information at 906.475.9666 or rberglund@ymcamqt.org.



Parent and Tot Tumbling (1.5 – 3 years)

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

Fall 2

Wednesday 5:15pm – 5:45pm

Member: \$26

Non Member: \$38

Parent and Infant Massage Clinic (6 weeks – 1 year)

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 1 family to run class.

West End YMCA

October 3 OR November 14

Saturday 9:30am – 10:30am

Member: \$9

Non Member: \$13



Parent and Tot Jazz/Ballet (1 – 3 years)

Stomp, step, shake and dance to rockin' rhythms. You and your child will work on coordination and gross motor movement while boogieing to the beat and building social skills. Ballet and jazz movements will be covered by an experienced instructor.

Minimum 3 people to run class.

West End YMCA

Fall 2

Saturday 9:45am – 10:15am

Member: \$26

Non Member: \$38



YOUTH PROGRAMS

DANCE

Contact Rachel Berglund, West End Leader for more information at 906.475.9666 or rberglund@ymcamqt.org.



Tiny Dancer (3 – 5 years)

Stomp, step, shake and dance to rockin' rhythms. Your child will work on coordination and gross motor movement while boogieing to the beat and building social skills. Ballet and jazz movements will be covered by an experienced instructor.

Minimum 3 people to run class.

West End YMCA

Fall 2

Tuesday 3:30pm – 4:00pm

Saturday 10:30am – 11:00am

Member: \$26

Non Member: \$38

Tiny Dancer 2 (3 – 5 years)

Child must have participated in at least one session of Tiny Dancer to take Tiny Dancer 2. 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 YMCA

Fall 2

Saturday 12:30pm – 1pm

Member: \$26

Non Member: \$38

Jazz Ballet – Beginning (5 – 8 years)

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

Minimum 3 people to run class.

West End YMCA

Fall 2

Tuesday 4:45pm – 5:15pm

Saturday 11:05am – 11:35am

Member: \$28

Non Member: \$42

Lyrical (8 – 10 years)

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

Minimum 3 people to run class.

West End YMCA

Fall 2

Tuesday 4pm – 4:30pm

Member: \$28

Non Member: \$42

Hip Hop (8 – 10 years)

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

Minimum 3 people to run class.

West End YMCA

Fall 2

Saturday 11:45am – 12:15pm

Member: \$28

Non Member: \$42



ADVANCING A SUCCESSFUL LIFELONG JOURNEY



Healthy Out of School Time at the YMCA Before & After School Program

For information on our Healthy Out of School Time at KI Sawyer or Gilbert contact Amber Ostlund at 906.372.4044 or aostlund@ymcamqt.org. For information on our Birchview, Lakeview and Graveret sites contact Ben Platt at 906.227.9622 or bplatt@ymcamqt.org.

ABOUT US

The YMCA Before and After School program follows the Food & Fun After School curriculum. The Food and Fun curriculum is designed to help kids develop healthy habits during out of school time. Eleven teaching units help the program infuse healthy snacks and recipes, physically active games, and creative learning activities into regular program schedules. The Food & Fun curriculum supports the skills and development set forth by the Common Core State Standards, which have been adopted by 45 states to date. Kids enrolled in the YMCA Before and Afterschool Program will receive a healthy afterschool snack, homework help, and fun, active games that encourage kids to live and be healthy!

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.



Graveraet Elementary

Monday - Friday
Before - 6:45am - 8:45am
After - 3:45pm - 6:00pm
Grades: 1 - 5

Member & Non Member

Morning Program \$5 Afternoon Program \$5
Full Day Rate \$10 Full Week \$45

Bus Pick Up & Drop Off at the YMCA

Birchview Elementary

Monday - Friday
Before - 6:45am - 8:05am
After - 3:25pm - 6:00pm
Grades: K - 5

Member & Non Member

Day Rate \$3 Full Week \$15

YMCA Scholarship Available

Gilbert Elementary

Monday - Friday
Before - 7:00am - 8:15am
After - 3:15pm - 6:00pm
Grades: K - 5

Member & Non Member

Day Rate \$3 Full Week \$15

DHS Accepted

KI Sawyer

Monday - Friday
Before - 7:00am - 8:30am
After - 3:30pm - 6:00pm
Grades: K - 5

Member & Non Member

Day Rate \$3 Full Week \$15

DHS Accepted

Lakeview Elementary

Monday - Friday
Before - 6:45am - 8:45am
After - 3:45pm - 6:00pm
Grades: 1 - 4

Member & Non Member

Day Rate \$3 Full Week \$15

DHS Accepted

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 Be A Mentor?

- Gain personal satisfaction from making a difference in a young person's life.
- Connect with youth from different cultures and backgrounds.
- Share diverse experiences while creating lasting memories and fun times!



POSITIVE MALE ROLE MODELS NEEDED

Reach & Rise® is a national YMCA mentoring program designed to build a better future for youth by helping them reach their full potential through the support of caring adults. Reach & Rise® supports youth ages 6 to 17 who are in communities challenged by poverty, crime, and other socio-economic challenges.

We are looking for volunteers who want to make a difference through intentional therapeutic mentoring, spending 1-3 hours a week with a mentee over the course of a year with the ongoing support of the Reach & Rise® Director.

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 program has a strong emphasis on values and learning the importance of discipline.

Minimum 3 people to run class.

YMCA of Marquette

Basketball Gym

Fall 2

Wednesday 6:00am – 7:00am

Member: \$30

Non Member: \$45

West End Location

Fall 2

Tuesday 7:00pm – 8:00pm

Member: \$30

Non Member: \$45

Small Group Personal Training

These sessions offer 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

Fall 2

Monday 7:00am – 8:00am

Monday 12:00pm – 1:00pm

Monday 3:00pm – 4:00pm

Wednesday 12:00pm – 1:00pm

Member: \$80

Non Member: \$100

45 and Older Small Group Personal Training

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

Minimum 3 people to run class.

West End Location

Fall 2

Tuesday 2:30pm – 3:30pm

Member: \$33

Non Member: \$49

High Intensity Interval Training Circuit HIIT

Whole body High Intensity Interval Circuit which consists of strength, agility and cardio vascular aspects.

Minimum 3 people to run class.

YMCA of Marquette

Fall 2

Tuesday 7:00am – 8:00am

Thursday 3:00pm – 4:00pm

Member: \$45

Non Member: \$55

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.



Stretch & Balance

The focus is flexibility and muscle control/balance to promote longevity and avoid accidents.

Minimum 5 people to run class.

YMCA of Marquette County

Fall 2

Wednesday 2:00pm - 3:00pm

Member: \$35

Non Member: \$50

X-FIT

X-FIT is an advanced circuit training class designed to challenge the athlete in you.

Minimum 3 people to run class.

YMCA of Marquette County

Fall 2

Monday 2:00pm - 3:00pm

Member: \$35

Non Member: \$50

Power Core

A class developed to target the core. It will consist of a warm up, a small amount of cardio, an abdominal circuit, and a cool down stretch.

Minimum 3 people to run class.

YMCA of Marquette County

Fall 2

Friday 1:00pm - 1:30pm

Member: \$25

Non Member: \$30



TRX

This modality leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each

exercise - because you can simply adjust your body position to add or decrease resistance.

Minimum 3 people to run class.

YMCA of Marquette County

Fall 2

Demo Week October 12

*Tuesday, Thursday 6 - 6:45am - Rebecca

*Monday, Wednesday 7 - 7:45am - Cari

*Tuesday, Thursday 10:30-11:15am - Adam

*Tuesday, Thursday 12-12:45pm - Jenna/Joanne

*Tuesday 6:30pm - Doug

*Wednesday 4:20-5:05pm - Lynne

*Thursday 5:30pm - Aubrey

Member: Please contact the Front Desk

Non Member: Please contact the Front Desk



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.



Introduction to Yoga

Interested in learning yoga but intimidated to enter an experienced group? Start from square one with a small group and plenty of instruction! Minimum 5 people to run class.

West End Location

Fall 2

Monday 6:15pm – 7:15pm

Member: \$31

Non Member: \$46

Prenatal Yoga

This 1 hour class is designed for women in any stage of pregnancy. You will learn breathing techniques, yoga postures, and body awareness to help prepare your body and mind for birth. No prior experience necessary.

Minimum 3 people to run class.

West End Location

Fall 2

Sunday 1:15pm – 2:15pm

Member: \$31

Non Member: \$46

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 of Marquette Location

Fall 2

Tuesday, Thursday & Saturday

1:00pm – 2:00pm

Member: \$10

Non Member: \$30

West End Location

Fall 2

Monday, Wednesday & Friday

10:00am – 11:00am

2:00pm – 3:00pm

Member: FREE

Non Member: \$30



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.



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

Fall 2

Wednesday 5:00pm – 6:00pm

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

NUTRITION

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. Contact Monica Nelson, Registered Dietician for more information at 906.227.9622 or mnelson@ymcamqt.org.



Get Your Plate In Shape

A 6 week long nutrition class designed to enhance your exercise routine, improve your overall health, increase your energy levels and work toward achieving your body weight goals.

Topics to be covered:

- Back to the Basics; Nutrition 101,
- Everyday eating for a healthier you; Small changes big results
- Shopping Savvy; How to watch your waistline at the grocery store and on the go.
- Deciphering nutrition labels; What is your focus
- Nutrition and the workout; Q & A with a personal trainer
- Putting it all together; roadmap for YOUR wellness

Minimum 4 people to run class.

YMCA of Marquette County

Fall 2

Wednesday 6:00pm - 7:00pm

Member: \$45

Non Member: \$60

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

Let's Cook!

Healthy Family Cooking Class

Monica Nelson, RD and Ann from Outlanders Restaurant

Minimum 5 people to run class.

Outlanders Restaurant

Fall 2

Sunday

Member: \$

Non Member: \$

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

HELPING YOU LIVE BETTER



Pedaling for Parkinson's™ (PFP) LIVEWISE

For information on these program contact Ruth Almén, Active Older Adult Leader at 906.227.9622 or ralmen@ymcamqt.org.

PFP AT THE YMCA

The Pedaling for Parkinson's program is available for free at the YMCA of Marquette County. You will need to register prior to starting with us. Classes are held in our Group Exercise room, on individual stationary bikes with trained support staff.

When are classes?

This is an 8 week program three times a week (Mon, Wed & Fri), one hour a week.

What is the cost?

This is a free program for the first 8 weeks and then a facility membership at the YMCA is required. Financial Assistance is available.

PROGRAM HIGHLIGHTS

- Three 60-minute group sessions per week for 8 weeks
- Includes an 8 week YMCA membership
- You can bring a support person
- Building meaningful relationships

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 for Parkinson's disease, but there is compelling evidence to show that it does make a real difference for many who try it. We do know that fast paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression to their disease.

WHAT IS LIVEWISE?

LIVEWISE at the YMCA is a program that builds confidence and hope for individuals who are experiencing early stage Alzheimer's Disease, dementia or other memory impairments and their care partners.

Over a twelve week period LIVEWISE at the YMCA will focus on:

- Healthy Eating
- Managing Stress
- Understanding Alzheimer's & Dementia
- Care Partner Support
- Quality of Life
- Community Resources
- Understanding Grief
- Exercising

What is the cost?

LIVEWISE is a free twelve week program, at the YMCA of Marquette County.

When are the classes?

Sessions are twice a week and 90 minutes long.

PROGRAM HIGHLIGHTS

- Individuals and care partners will meet two times for one and a half hours for twelve weeks; to begin building a healthy lifestyle and to support one another.
- Individuals and care partners will learn strategies and techniques to take charge of their health.
- LIVEWISE members will connect with others who are experiencing life memory impairments.

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

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



**OUR GOAL IS
TO HELP YOU
REACH YOURS**

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

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

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.

****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