



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



EXPLORE ENGAGE EXPERIENCE

YMCA OF MARQUETTE COUNTY WINTER 1 & 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 have unlimited visits to the YMCA of Marquette County.



FEES

Membership Types	Marquette/ Joining Fee	West End/ Joining Fee
Youth (0-18)	\$21 /None	\$17 /None
Young Adult (19-24)	\$28 /\$45	\$24 /\$30
Individual (25-64)	\$43 /\$75	\$33 /\$54
Family*	\$68 /\$75	\$51 /\$54
Senior Individual (65+)	\$39 /\$75	\$31 /\$54
Senior Couple**	\$58 /\$75	\$43 /\$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.

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.

Marquette Hours

- **Monday - Thursday:** 8:30am - 1pm & 4pm - 8:30pm
- **Friday:** 8:30am - 1pm & 4pm - 7:30pm
- **Saturday:** 9am - 2pm
- **Sunday:** 10am - 3pm

West End Hours

- **Monday - Thursday:** 9am - 12:30pm & 5:30pm - 7:30pm
- **Friday:** 9am - 12:30pm
- **Saturday:** 9am - 11am
- **Sunday:** Closed

KID'S 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.

Marquette Hours begins January 11, 2016

Monday: 4pm - 8:30pm (closed from 5:15 - 6:55pm)

Tuesday: 4pm - 8:30pm (closed from 5:15 - 6:55pm)

Wednesday: 4pm - 8:30pm

Thursday: 4pm - 8:30pm

Friday: 4pm - 7:30pm

Saturday: 9am - 4:00pm

Sunday: 10am - 3pm

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

WINTER HOURS

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

WINTER HOURS

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 1 SESSION DATES

January 11 - February 28

WINTER 1 REGISTRATION DATES

Members Only: Monday, December 14

Open Registration: Monday, December 21

WINTER 2 SESSION DATES

February 29 - April 24

No classes the week of Spring Break

March 28

WINTER 2 REGISTRATION DATES

Members Only: Monday, February 15

Open Registration: Monday, February 22

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 - Birthday Parties at the Y

Page 7 - Aquatics

Page 9 - Competitive Swim Team

Page 10 - Early Childhood Development Center

Page 11 - Youth Fitness

Page 12 - Karate

Page 13 - Gymnastics

Page 14 - Sports & Volleyball

Page 15 - Tennis

Page 16 - Family Time

Page 17 - Dance

Page 18 - Before & After School Programs

Page 19 - Reach & Rise™ Mentoring Program

Page 20 - Pedaling for Parkinson's & LIVEWISE

Page 21 - Adult Program

Page 25 - TRX

Page 26 - Registered Dietician

Page 27 - Member Services

Page 29 - Group Exercise Programs

A BETTER YOU MAKES A BETTER US

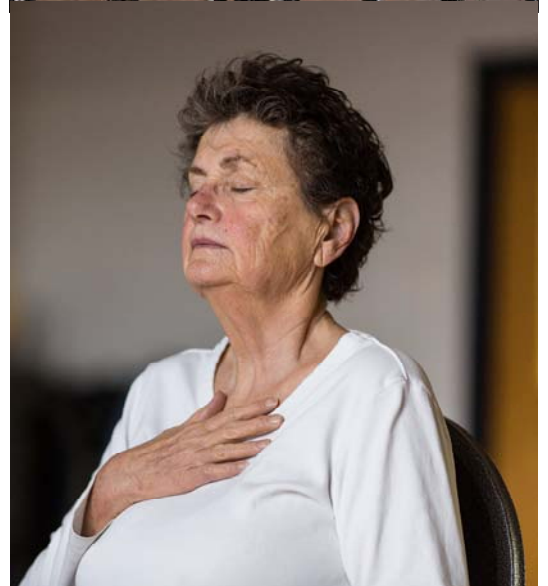
The YMCA of Marquette County is a charity like no other. Everyday we work to positively impact the lives of our community and help everyone reach their full potential.

Today more than ever we face challenges that directly affect all of us. Children face insurmountable learning gaps, chronic diseases are becoming more prevalent, and instead of seeing the income gap shrink, it seems all we do is watch it grow. But where society falls short, the Y steps in.

In order to continue to provide a safe environment for kids after school, programs that address chronic diseases and a place for families to grow together, we need your support. Together we can have a lasting impact on Marquette County.

Please consider supporting the Y through our Annual Campaign.

Donate to the Y. For a better us.™



CELEBRATE WITH US



HOST YOUR BIRTHDAY PARTY AT THE YMCA

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

HOW TO BOOK A PARTY:

- Call Laura Murawski at the YMCA, 906.227.9622.
- A registration form will be filled out over the phone.
- A non refundable deposit of \$125.00 must be taken at the time of reservation to reserve your date.

PARTY TIMES THROUGH SUMMER 2016:

- **Saturday** from 1:00pm - 3:30pm OR 4:00pm - 6:30pm
- **Sunday** from 12:00pm - 2:30pm

PARTY AGENDA:

1. Party will have use of the Multi Purpose Room, Kid's Gym and Basketball Gym and Pool.
2. The Last hour is dedicated to swimming.

YOU MUST PROVIDE 1 ADULT "Actively Engaged In The Water" TO EVERY 4 SWIMMERS. WRISTBANDS ARE REQUIRED

PARTY PACKAGE INCLUDES:

- A Party Host, who will take care of the set up and clean up
- Theme of your choice
- Cupcake cake-cake
- Juice boxes
- Decorations
- Table settings
- Goodie bags
- Medium 1 topping pizza's are available for \$8.00 each (from Vango's)



PRICES:

- **Up to 10 children** *\$150.00 for Y Members and \$165.00 for Non-Members
- **11 to 15 children** *175.00 for Y Members and \$190.00 for Non Members
- **16 to 20 children** *200.00 for Y Members and \$215.00 for Non Members
- **21 to 25 children** *225.00 for Y Members and \$240.00 for Non Members

GOGGLE UP



YOUTH PROGRAMS

AQUATICS

Contact Erin Jewett, Aquatics and Competitive Swim 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

Winter 1 – January 11 – February 27

Winter 2 – February 29 – April 16

Monday 6:05pm – 6:35pm

Wednesday 5:30pm – 6:00pm

Thursday 10:00am – 10:30am

Saturday 10:00am – 10:30am

Member: \$38

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 1 – January 11 – February 27

Winter 2 – February 29 – April 16

Thursday 10:35am – 10:55am

Saturday 10:35am – 10:55am

Member: \$44

Non Member: \$63

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

Winter 1 – January 11 – February 27

Winter 2 – February 29 – April 16

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: \$49

Non Member: \$76

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

Winter 1 – January 11 – February 27

Winter 2 – February 29 – April 16

Saturday 11:45am – 12:15pm

Member: \$57

Non Member: \$85

YOUTH PROGRAMS

AQUATICS

Contact Erin Jewett, Aquatics and Competitive Swim 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: \$110
Non Member: \$165

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: \$58/person
Non Member: \$87/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
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Monday 5:30pm - 6:15pm
Wednesday 6:20pm - 7:05pm
Saturday 10:00am - 10:45am
Member: \$55
Non Member: \$83

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
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Monday 6:20pm - 7:05pm
Wednesday 5:30pm - 6:15pm
Saturday 10:50am - 11:35am
Member: \$55
Non Member: \$83



YOUTH PROGRAMS

COMPETITIVE SWIM TEAM

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



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

January 11 - April 22

Tuesday & Thursday

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

Member: \$200

can be made in two installments

Mid Season Swim Team Bronze, Silver & Gold (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 February 20.

BRONZE, SILVER & GOLD GROUP

January 4 - March 18

Member: \$150 Additional Child \$125

can be made in two installments

BRONZE GROUP

Monday - Wednesday - Friday

5:45pm - 7:00pm - MSHS Pool

Tuesday - Thursday

6:00pm - 7:15pm - PIEF Pool

GOLD GROUP & SILVER GROUP

Monday - Wednesday - Friday

5:45pm - 7:15pm - MSHS Pool

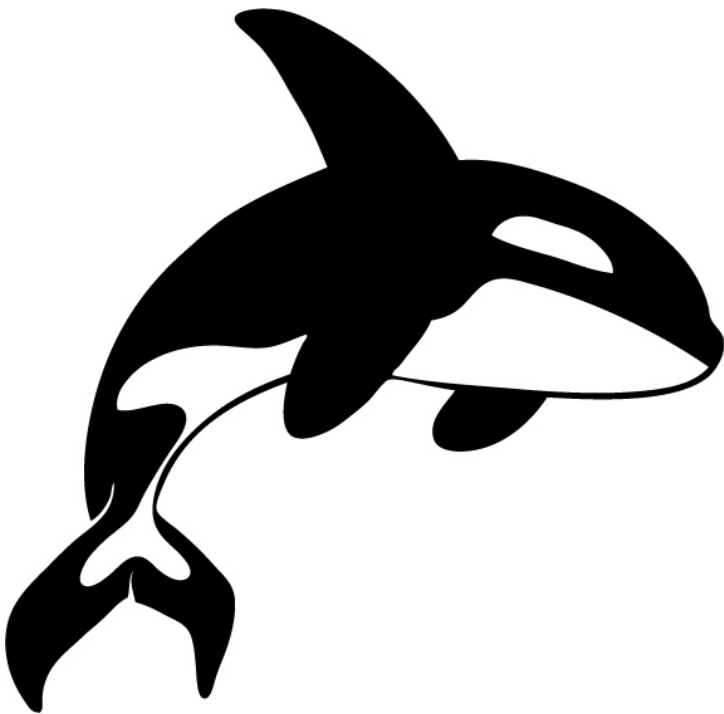
Tuesday - Thursday

6:00pm - 7:30pm - PIEF Pool

STRENGTH TRAINING

Tuesday & Thursday

4:30pm - 5:15pm - YMCA



CONFIDENCE GROWS HERE

YMCA of Marquette County Early Childhood Development Program

For information on our Early Childhood Development Centers, contact Cindy Basse, Early Childhood Education Leader at 906.273.1121 or cbasse@ymcamqt.org.



INFANTS, TODDLERS & TWOS

Our team members build positive one-on-one child and parent relationships, creating a strong partnership and incorporating parental care requests in the development of healthy, thriving children.

CURRICULUM

At the YMCA Early Childhood Development center, we use the Creative Curriculum for all ages. This curriculum guides the teaching staff in providing high quality developmentally appropriate activities that are perfect for young children. Much of a young child's day is divided between daily care routines and play. Our teaching staff know how to build learning opportunities into these natural parts of your child's day. We know that play-based learning is the most effective way to enhance early literacy skills and build the social competence that all children need to be successful.

OUR STAFF

Lower adult to child ratios are vital to quality care in early childhood programs. In each of our classrooms, we use lower child to teacher ratios that adhere to the rigorous criteria set for by the National Association for the Education of Young Children (NAEYC). In addition, our lead teachers all have a college degree in early childhood or a related field. Most of our teaching assistants have a degree or are pursuing a degree in early childhood or a related field.

All of the staff at the YMCA Early Childhood Development center receive extensive professional development, including CPR and first aid training, blood borne pathogens training, and child abuse prevention training. Staff receive an additional 24 hours of training annually on child development topics including child guidance, curriculum and assessment.

PRESCHOOL

The YMCA understands that each child is unique and has his or her own rate of development. Our programs provide opportunities and experiences that stimulate each child's physical, social, intellectual and emotional development in an asset rich environment. Programs are carefully designed to meet the developmental and individual needs of children ages 3 to 5 participating in the program. Programs focus on social and character development for every child.

CURRICULUM

We encourage your child to explore, to ask questions, to be creative, and to make choices and decisions. We offer an environment in which your child feels secure to practice social skills and to learn to solve conflicts constructively.

Curriculum includes the following areas:

- Language Development
- Sensory Play
- Science and Discovery
- Fine Motor Skills
- Creative Experience
- Music/Movement
- Dramatic Play
- Literacy
- Gross Motor Skills

YMCA CHARACTER DEVELOPMENT

The YMCA of Marquette County participates in the Character Development Program, which focuses on four core values: caring, honesty, respect and responsibility. Learning each of these values is vital to the growth and development of children. These values will be incorporated into various planned activities, as well as using teachable moments that the children so often provide.



EVERYONE PLAYS & WINS



YOUTH PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader for more information on Marquette Location at 906.227.9622 or jjzdunek@ymcamqt. For information on West End 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 -
Jan 1, 23 Feb 6, 20,
March 5, 19 April 2, 16 OR 30

West End -
Jan 16, 30 Feb 13, March 5, 19 OR April 9
Saturday 10:00am - 11:30am
Member: \$16
Non Member: \$24

After School Fit 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
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16

West End -
Tuesday & Thursday 4:15pm - 5:00pm
Member: \$30
Non Member: \$45

Boys Fit Club (8 - 14 years)

Young men will get started on a lifelong journey to maintaining health with fun and recreational sessions. Each class will include exercise along with education on the importance and impact of lifestyle choices.

Minimum 2 people to run class.

YMCA of Marquette County - West End
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16

West End -
Monday & Wednesday 4:00pm - 4:45pm
Member: \$22
Non Member: \$33

Girls Fit Club (8 - 14 years)

Young ladies will get started on a lifelong journey to maintaining health with fun and recreational sessions. Each class will include exercise along with education on the importance and impact of lifestyle choices.

Minimum 2 people to run class.

West End Location
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday & Thursday 4:00pm - 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.



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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

• Wednesday 5:15pm - 6pm

• Saturday 12pm - 1pm -

Located in Gym except on April 16 & 23

Member: \$40

Non Member: \$60

West End Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

• Thursday 6pm - 6:45pm

• Tuesday 7pm - 7:45pm

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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

• Wednesday 6:15pm - 7pm

• Saturday 10am - 11am -

Located in Gym except on April 16 & 23

Member: \$40

Non Member: \$60

West End Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Thursday 6:45pm - 7:30pm

Member: \$31

Non Member: \$46

Family Karate (4+ 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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

All Ranks

Saturday 11am - 12pm

Member: \$35

Non Member: \$53

West End Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Tuesday 6:00pm - 7:00pm

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
Kid's Gym

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Tuesday 5:20pm - 5:50pm

Winter 1 - Member: \$32 Non Member: \$48

Winter 2 - Member: \$22 Non Member: \$33

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
Kid's Gym

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Tuesday 6:00pm - 6:45pm

Winter 1 - Member: \$36 Non Member: \$54

Winter 2 - Member: \$26 Non Member: \$39

GymVentures 3 (6 - 8 years)

Minimum 4 people to run class.

YMCA of Marquette County
Kid's Gym

Winter 1 - January 11 - February 27

No classes on Feb 15 or 22 but will hold makeup class on Wed Feb 17 & 24

Winter 2 - February 29 - April 16

Monday 5:15pm - 6:00pm

Winter 1 - Member: \$36 Non Member: \$54

Winter 2 - Member: \$26 Non Member: \$39

GymVentures 4 (8 - 12 years)

Minimum 4 people to run class.

YMCA of Marquette County
Kid's Gym

Winter 1 - January 11 - February 27

No classes on Feb 15 or 22 but will hold makeup class on Wed Feb 17 & 24

Winter 2 - February 29 - April 16

Monday 6:10pm - 6:55pm

Winter 1 - Member: \$36 Non Member: \$54

Winter 2 - Member: \$26 Non Member: \$39

Beginning Gymnastics (3 - 6 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

Winter 2 - February 29 - April 16

Wednesday 5:50pm - 6:30pm

Member: \$28

Non Member: \$42



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.



Indoor Soccer (3 - 5 years)

Youth soccer at the Y develops basic fundamental soccer skills, teaches teamwork and promotes physical activity in a team environment.

Minimum 2 people to run class.

YMCA of Marquette County
YMCA Gymnasium

Winter 1 - January 11 - February 27

Monday 5:15pm - 5:45pm

Member: \$30

Non Member: \$45

Mix It Up Sports (3 - 5 years)

This class gives your kids ages 3 to 5 the opportunity to try a variety of sports, such as basketball, t-ball, football kickball and kids choice. Fun skill building games will teach your kids the basic fundamentals.

Minimum 2 people to run class.

YMCA of Marquette County
YMCA Gymnasium

Winter 2 - February 29 - April 16

Monday 5:15pm - 5:45pm

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
YMCA Gymnasium

March 29 - May 31

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
YMCA Gymnasium

March 29 - May 31

Tuesday 7pm - 8:30pm

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
YMCA Gymnasium

January 12 - March 25

Tuesday & Friday 6pm - 8:30pm

Member: \$120

Non Member: \$150



YOUTH PROGRAMS

TENNIS

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



Tot Tennis (3 - 5)

Parents join your child on the tennis court to create connection and introduce your tot to tennis. Have fun with exiting games and tasks that develop movement skills, hand eye coordination and racquet skills all in a relaxing atmosphere. Minimum 4 people to run class.

YMCA of Marquette County
YMCA Gymnasium
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday 1:00pm - 1:45pm
Member: \$34
Non Member: \$51

Prospective Pros (8 - 11)

Prospective pros-students will build and progress upon racquet skills, movement and hand and eye coordination. Tennis fundamentals will be taught and participants will progress into scoring and match play in a fun encouraging environment. Minimum 4 people to run class.

YMCA of Marquette County
YMCA Gymnasium
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Thursday 7:00pm - 8:15pm
Member: \$41
Non Member: \$60

Future Stars (5 - 7)

This segments will introduce your child to the lifetime sport of tennis. Tennis fundamentals will be taught while building and athletic skills base. Fun individual and group games will be part of the fun.

Minimum 4 people to run class.

YMCA of Marquette County
YMCA Gymnasium
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Thursday 6:00pm - 7:00pm
Member: \$34
Non Member: \$51

Middle School Tennis (5th - 8th Grade)

This 3 week clinic is designed to introduce tennis and build and improve upon tennis fundamental. Tennis strokes will be covered along with leaning to score and play tennis. Minimum 4 people to run class.

YMCA of Marquette County
YMCA Gymnasium
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Thursday 4:30pm - 5:45pm
Member: \$41
Non Member: \$60



FAMILY ACTIVITIES

FAMILY TIME

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



Parent & 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.

West End Location

Saturday January 18 OR March 8

Saturday 9:30am - 10:30am

Member: \$8

Non Member: \$12

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

February 12 - Beach Party

Friday 5:30pm - 8:30pm

Member: \$14

Non Member: \$21

Parent and Tot Dance (2.5 - 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 Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Saturday 10:30am - 11:00am

Member: \$26

Non Member: \$38



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 Location

Multi Purpose Room

Winter 2 - February 29 - April 16

Wednesday 5:15pm - 5:45pm

Member: \$24

Non Member: \$36



YOUTH PROGRAMS

DANCE

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



Tiny Dancer (2.5 – 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 Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Saturday 11:15am - 11:45am

Member: \$26

Non Member: \$38

Youth Dance (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 Location

Multi Purpose Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Saturday 12:00pm - 12:35pm

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
Morning Rate \$4 Afternoon Rate \$5
Full Day \$8 Full Week \$30

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
Morning Rate \$4 Afternoon Rate \$5
Full Day \$8 Full Week \$30

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 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.



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 ralsmen@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), from 1:15pm - 2:15pm.

What is the cost?

This is a free program for first time participants and returning participants for \$25. 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 memory loss 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.
- Educational presenters include physicians and other community resources.

COMMIT TO YOUR HEALTH



ADULT HEALTHY LIFESTYLE PROGRAMS

Contact Jenna Zdunek, Senior Health Innovations Leader or Christina Bennett, Healthy Living 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 County
YMCA Gymnasium

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Wednesday 6:00am - 7:00am

Member: \$30

Non Member: \$45

Line Dancing

Learn the fundamentals of basic line dancing with dances each week of the new and old variety.

Minimum 3 people to run class.

YMCA of Marquette County
YMCA Gymnasium

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Thursday 7:00pm - 7:45pm

Member: \$40

Non Member: \$60

Indoor Iron Man

Over 12 weeks members will complete an indoor triathlon with the distances of an iron man triathlon.

Minimum 3 people to run class.

YMCA of Marquette County
West End Location

January 11 - April 3

Thursday 7:00pm - 7:45pm

Member: \$20

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.

YMCA of Marquette County
YMCA Gymnasium

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Saturday 11:45am - 12:45pm

Member: \$35

Non Member: \$45

West End Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Sunday 1:15pm - 2:15pm

Member: \$31

Non Member: \$46

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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Thursday 6:50am - 7:50am

Member: \$31

Non Member: \$46

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.



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
YMCA Gymnasium

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Wednesday 9:00am - 10:00am

Wednesday 6:00pm - 7:00pm

Thursday 9:00am - 10:00am

Thursday 4:00pm - 5:00pm

Member: \$80

Non Member: \$120

West End Location
Multi Purpose Room

Winter 1 - January 11 - February 27

Wednesday 6:15pm - 7:15pm

Member: \$33

Non Member: \$50

Fresh Start Personal Training

This class will be to develop a solid foundation to get members either back into their workout regimen or start a new one. Whether it is cardio, resistance training, flexibility, or balance dust off the cob webs and look for a fresh start.

Minimum 3 people to run class.

YMCA of Marquette County
YMCA Gymnasium

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Thursday 5:30pm - 6:30pm

Member: \$85

Non Member: \$105



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.



Moving For Better Balance

This evidence-based group exercise program based on the principles of Tai Chi, is led by a qualified Instructor and teaches eight movements modified especially for falls prevention. The program works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, in a safe and supportive group setting. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

Minimum 5 people to run class.

YMCA of Marquette Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Monday & Wednesday

12:00pm - 1:00pm

Member: \$28

Non Member: \$42

West End Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Tuesday & Thursday

11:00am - 12:00pm

Member: \$28

Non Member: \$42

Pedaling for Parkinsons

Pedaling for Parkinson's is a three day a week, 60-minute group biking session, lasting 8 weeks. During this time, participants are helped to bike 40 minutes in their individual therapeutic heart rate range.

Research shows that bicycling can have tremendous benefits to people with Parkinson's, well beyond those enjoyed by all cyclists. Vigorous cycling can sometimes reduce symptoms for hours or days afterwards.

Minimum 5 people to run class.

YMCA of Marquette Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Monday, Wednesday & Friday

1:15pm - 2:15pm

Member: 1st time Free, Repeat \$25

Non Member: 1st time Free, Repeat \$25

Enhance Fitness

A group class for seniors with certified Enhance Fitness instructors 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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Tuesday, Thursday & Saturday

1:00pm - 2:00pm

Member: FREE

Non Member: \$30

West End Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Monday, Wednesday 9:00am - 10:00am &

Friday 10:00am - 11:00am

Member: FREE

Non Member: \$30

West End Location

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Monday, Wednesday & Friday

10:00am - 11:00am

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
Conference Room

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Wednesday 5:30pm - 6:30pm

Member: \$50

Non Member: \$75

LIVESTRONG at the YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. In 2008, the Y and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Participants work with Y staff trained in supportive cancer care to achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families by providing a supportive "community" where people impacted by cancer can connect during treatment and beyond. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body.

For more information on this FREE program or to register contact Christina Bennett at 227.9622.

BIG REWARDS SMALL STEPS

YMCA's Diabetes Prevention Program

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. 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
YMCA of Marquette County - Conference Room

Winter 1 - January 11 - February 27

Monday 5:30pm - 6:30pm

Member: \$214 Financial Assistance Available

Non Member: \$214 Financial Assistance Available

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.



TRX Mobility Class

Focus will be to increase balance, stability and flexibility. Slow/ fluid movements incorporated with deep breathing. Ideal for beginners, or people who need to increase range of motion/ foundations of strength moves.

YMCA of Marquette County
Multi Purpose Room
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday & Thursday 5:30pm - 6:15pm
Member: \$45
Non Member: \$65

TRX Circuit Training

Class will combine TRX exercises and dynamic exercises to further increase heart rate.

YMCA of Marquette County
Multi Purpose Room
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday 11:30am - 12:30pm
Tuesday 4:30pm - 5:30pm
Saturday 10am - 11am
Member: \$45
Non Member: \$65

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
Multi Purpose Room
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday, Thursday 6 - 6:45am - Rebecca (Winter 1)
Monday, Wednesday 7 - 7:45am - Cari
Monday, Wednesday 12 - 12:45pm - Jenna/Adam
Tuesday, Thursday 10:30 - 11:15pm - Adam
Member: \$65
Non Member: \$75

YMCA of Marquette County
Multi Purpose Room
Winter 1 - January 11 - February 27
Winter 2 - February 29 - April 16
Tuesday 5:30 - 6:30pm - Adam
Tuesday 6:40 - 7:40pm - Brian
Sunday 10:00 - 11:00am - TBD
Member: \$45
Non Member: \$55



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

Winter 1 - January 11 - February 27

Winter 2 - February 29 - April 16

Wednesday 6:00pm - 7:00pm

Member: \$36

Non Member: \$45

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



LET'S GET FIT TOGETHER



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



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