

# YMCA of Marquette Summer Programs

## SUMMER 1 & 2

Summer 1 June 9 - July 20

Summer 2 July 21 - August 24

	Ages	Date (s)	Day	Time	Member	Non Member
<b>YOUTH WELLNESS PROGRAMS</b>						
Busy Bodies	1.5 - 3 years	Summer 1	Tues	9:30am - 10:15am	\$26	\$39
Vandenboom Yoga After Hours	3 - 12 years	Summer 1	Thurs	4:45pm - 5:30pm	\$25	\$35
Youth Yoga	3 - 6 years	Summer 2	Thurs	5:15pm - 6:00pm	\$29	\$39
Kids Karate	6 - 14 years	Summer 1	Sat	12:00pm - 1:00pm	\$40	\$60
Youth Yoga Camp	7 - 12 years	June 24 - 28	Mon- Fri	12:00pm - 1:00pm	\$25	\$35
Youth Yoga	7 - 12 years	Summer 2	Thurs	4:15pm - 5:00pm	\$29	\$39
Kids Ore 2 Shore Training	8 - 12 years	Begins July 2	Tues	4:15pm - 5:00pm	\$30	\$36
Summer Fit Kids	8 - 14 years	Summer 1 & 2	Varies	Varies	\$32	\$42
Healthy Kids	8 - 18 years	Summer 1 & 2	Wed	3:30pm - 4:15pm	\$52	\$62
Youth Fitness Certification	12 - 15 years	June, 1, 15, 29, July 15, 29, Aug 10 or 24	Sat	10:00am - 11:30am	\$16	\$21
Teen Yoga Program	13 - 17 years	Summer 2	Mon	11:30am - 12:30pm	\$25	\$35

### ADULT - Marquette Location

Yoga for the Back	18 and up	Summer 1	Tues	12:00pm - 1:00pm	\$30	\$35
Adult Masters Swimming	18 and up	Summer 1	Tues and Thurs	5:30pm - 7:00pm	\$125	\$165
Road Bike Strength Training	18 and up	Summer 1	Thurs	5:30pm - 7:00pm	\$55	\$65
Beach Boot Camp	18 and up	Summer 1 & 2	Mon or Wed	Mon 6:00pm Wed 6:00am	\$40	\$45
Stand Up Paddle Board Fitness Paddling	18 and up	Summer 1 & 2	Mon & Wed	6:00pm - 7:00pm	\$72	\$92
Bariatric Wellness	18 and up	Summer 1 & 2	Wed	4:30pm - 5:30pm	\$35	\$40
Exploring Lake Superior	18 and up	Summer 1 & 2	Varies	6:00pm - 9:00pm	\$120	\$140
Freedom from Smoking	18 and up	June 17	Mon	4:30pm - 5:30pm	\$50	\$75
LIVESTRONG at the YMCA	18 and up	June 17	Mon & Wed	6:00pm - 7:30pm	Free	Free
Ore 2 Shore Training	15 and up	Begins June 20	Thurs	6:00pm - 7:30pm	\$55	\$65
YMCA's Diabetes Prevention Program	18 and up	June 24	Mon	12:00pm - 1:00pm	Varies	Varies
LIVEWISE	18 and up	July 16	Tues & Thurs	1:00pm - 2:30pm	Free	Free
Kayak Fitness Paddling	18 and up	July 9, 11, 16, 18	Tues & Thurs	6:00pm - 7:00pm	\$90	\$110
YMCA's Diabetes Prevention Program	18 and up	July 23	Tues	5:30pm - 6:30pm	Varies	Varies
Stand Up Paddle Board Yoga	18 and up	Aug 3 & 18	Sat or Sun	Varies	\$33	\$63
Private Road/Mountain Bike Instruction	18 and up	By Appt	By Appt	By Appt	\$65	\$75

**NOW LOCATED  
AT BIRCHVIEW,  
KI SAWYER &  
VANDENBOOM  
ELEMENTARY**

## Summer Day Camp 2013

What better way to start your summer than at the **YMCA Summer Camp**? Each day of camp comes packed with the perfect amount of activities and **fun**. Children will get to make **new friends**, go on exciting **adventures**, and participate in activities in a structured and **nurturing** environment. For more information contact Laura Murawski at 906.227.9622 or [lmurawski@ymcamqt.org](mailto:lmurawski@ymcamqt.org).



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

YMCA OF MARQUETTE COUNTY  
1420 Pine Street, Marquette, MI 49855

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MARQUETTE, MI  
PERMIT NO. 118

ECRWSS

# RESIDENTIAL CUSTOMER

### PROGRAMS FOR MARQUETTE LOCATION

## TEAL LAKE TRIATHLON July 20, 2013

**SWIM**



**BIKE**



**RUN**



### REGISTER ON ACTIVE.COM

For more information or to register for this event, log onto [ymcamqt.org](http://ymcamqt.org), or contact the Race Director, Jenna Zdunek, at 906.227.9622 or [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org).



**YMCA OF MARQUETTE COUNTY  
SUMMER FACILITY HOURS  
"Wellness Center & Gym"**

Monday - Thursday 5:00am to 8:00pm  
Friday 5:00am to 7:00pm  
Saturday 7:00am to 6:00pm  
Sunday 10:00am to 4:00pm

Please visit our website for our Pool and Youth Area hours.

Summer hours in effect starting June 1, 2013.

### SESSION DATES:

Summer 1 June 9 - July 20

Summer 2 July 21 - August 24

Members Registration  
May 20

Non Member Registration  
May 27

<b>YMCA of Marquette Summer Programs</b>						
<b>SUMMER 1 &amp; 2</b>		Summer 1 June 9 - July 20 Summer 2 July 21 - August 24				
	Ages	Date (s)	Day	Time	Member	Non Member
<b>ART -Marquette Location</b>						
Hand Prints	1.5 - 3 years	Summer 2	Tues	9:00am - 9:45am	\$30	\$45
Tiny Tots Art Exploration	3 - 5 years	Aug 5 - 9	Mon - Fri	10:00am - 12:00pm	\$64	\$98
Giant Zoo Animal Sculptures	7 - 16 years	June 17 - 21	Mon-Fri	10:00am - 12:00pm	\$64	\$98
Giant Paper Food Sculptures	7 - 16 years	July 15 - 19	Mon-Fri	10:00am - 12:00pm	\$64	\$98
China Silk Paintings	7 - 16 years	July 29 - Aug 2	Mon-Fri	10:00am - 12:00pm	\$64	\$98

<b>FAMILY PROGRAMS</b>						
Family Yoga	3 and up	Summer 2	Thurs	6:15pm - 7:15pm	\$40	\$60
Family Paddling Water Fun <small>(each additional child or adult \$35 member \$50 non member)</small>	5 and up	June 29 <b>OR</b> July 13	Sat	9:00am - 12:00pm	\$70	\$90
Family Karate <small>(Rate includes parent &amp; 1 child--each additional child would be \$8.00)</small>	5 and up	Summer 1	Sat	11:00am - 12:00pm	\$35.00	\$53.00
Family Disc Golf	6 and up	Summer 2	Thurs	5:00pm - 7:00pm	\$27	\$41

<b>GYMNASTICS</b>						
Parent and Child Gymnastics	6 months - 3 years	Summer 1 & 2	Tues	4:00pm - 4:45pm	\$25	\$38
Beginning Gymnastics (co-ed)	3 - 4 years	Summer 1 & 2	Thurs	4:00pm - 4:45pm	\$30	\$45
Beginning Gymnastics (co-ed)	3 - 4 years	Summer 1 & 2	Tues	5:00pm - 6:00pm	\$30	\$45
Boys Tumbling	5 and up	Summer 1 & 2	Tues	6:00pm - 6:45pm	\$30	\$45
Gymnastics Level 1	4 - 6 years	Summer 1 & 2	Tues	7:00pm - 8:00pm	\$34	\$51
Gymnastics Level 2 (progressive class)	5 - 8 years	Summer 1 & 2	Thurs	6:00pm - 7:00pm	\$34	\$51
Gymnastics Level 3 (progressive class)	6 - 10 years	Summer 1 & 2	Thurs	7:00pm - 8:00pm	\$34	\$51

<b>KAYAK PROGRAMS</b>						
Paddler Camp - Wonderful World of Nature	8 - 12 years	July 17 - 19	Mon - Wed	1:00pm - 4:00pm	\$80	\$100
Paddler Camp - Splish 'n Splash	8 - 12 years	July 8 - 10	Mon - Wed	1:00pm - 4:00pm	\$80	\$100
Paddler Camp - Travel & Paddle	8 - 12 years	Aug 12 - 14	Mon - Wed	1:00pm - 4:00pm	\$80	\$100
Paddler Camp - Explorers Week	8 - 14 years	July 22 - 25	Mon - Thurs	12:00pm - 4:00pm	\$125	\$145
Paddler Camp - Olympics Week	8 - 14 years	Aug 19 - 22	Mon - Thurs	12:00pm - 4:00pm	\$125	\$145
Paddler Camp - Youth Leadership Kayak Training	12 - 16 years	June 24 - 27	Mon - Thurs	12:00pm - 4:00pm	\$125	\$145

**SESSION/CLASS INFORMATION**  
 Most classes are scheduled for a 7 week session. If more than one class is cancelled, we will credit your account or a "make-up" class will be offered. Refunds/credits are not provided for classes missed for a personal reason, unless a doctor provides a medical excuse for the missed program.  
 All participants must register for programs within 48 hours otherwise there will be a \$5.00 late fee.

<b>YMCA of Marquette Summer Programs</b>						
<b>SUMMER 1 &amp; 2</b>		Summer 1 June 9 - July 20 Summer 2 July 21 - August 24				
	Ages	Date (s)	Day	Time	Member	Non Member
<b>PRESCHOOL CAMPS</b>						
Youth Yoga Camp	3 - 6 years	June 24 - 28	Mon - Fri	10:30am - 11:30am	\$25	\$35
Outdoor Adventure Camp	4 - 6 years	June 24 - 28	Mon - Fri	5:30pm - 6:30pm	\$40	\$55
Superhero Camp	4 - 6 years	July 8 - 12	Mon - Fri	5:30pm - 6:30pm	\$40	\$55
Princess Camp	4 - 6 years	July 22 - 26	Mon - Fri	5:30pm - 6:30pm	\$40	\$55
Pirate Camp	4 - 6 years	Aug 12 - 16	Mon - Fri	5:30pm - 6:30pm	\$40	\$55

<b>SPORT CAMPS</b>						
Mix It Up Sports	4 - 7 years	June 17 - 21	Mon-Fri	9:00am - 10:00am	\$30	\$45
Tennis Camp	4 - 7 years	June 24 - 28	Mon-Fri	9:00am - 10:00am	\$30	\$45
T-Ball Camp	4 - 7 years	July 8 - 12	Mon-Fri	9:00am - 10:00am	\$30	\$45
Flag Football Camp	4 - 7 years	July 22 - 26	Mon-Fri	9:00am - 10:00am	\$30	\$45
Soccer Camp	4 - 7 years	July 29 - Aug 2	Mon-Fri	9:00am - 10:00am	\$30	\$45
Youth Basketball Camp	4 - 7 years	Aug 12 - 16	Mon-Fri	9:00am - 10:00am	\$30	\$45
Dance Team/Cheer Camp	3rd - 5th Grade	Aug 19 - 23	Mon - Fri	9:00am - 10:00am	\$20	\$30
Lacrosse Camp	8 - 12 years	June 17 - 21	Mon-Fri	10:15am - 11:30am	\$38	\$57
Tennis Camp	8 - 12 years	June 24 - 28	Mon-Fri	10:15am - 11:30am	\$38	\$57
Baseball Camp	8 - 12 years	July 8 - 12	Mon-Fri	10:15am - 11:30am	\$38	\$57
Flag Football Camp	8 - 12 years	July 22 - 26	Mon-Fri	10:15am - 11:30am	\$38	\$57
Soccer Camp	8 - 12 years	July 29 - Aug 2	Mon-Fri	10:15am - 11:30am	\$38	\$57
Youth Basketball Camp	8 - 12 years	Aug 12 - 16	Mon-Fri	10:15am - 11:30am	\$38	\$57
Dance Team/Cheer Camp	6th - 8th Grade	Aug 19 - 23	Mon - Fri	10:15am - 11:15am	\$20	\$30
Arcticatz Volleyball Boot Camp	9th - 12th Grade	Aug 5 - 9	Mon - Fri	10:00am - 12:30pm	\$90	\$135

<b>SWIMMING</b> *Swim programs that are held on Thursdays during Summer 1 will have a prorated rate, due to no programs on 4th of July.						
Parent and Child Swim	6 months - 3 1/2 years	Summer 1 & 2	Wed	5:30pm - 6:00pm	\$27	\$41
Parent and Child Swim	6 months - 3 1/2 years	Summer 1 & 2	Thurs	10:00am - 10:30am	\$23*	\$34*
Preschool Swim Transition	2 - 3 years	Summer 1 & 2	Mon	5:30pm - 5:50pm	\$30	\$43
Preschool Swim Transition	2 - 3 years	Summer 1 & 2	Thurs	10:35am - 10:55am	\$25*	\$36*
Preschool Swim Transition Camp	2 - 3 years	June 10 - 14 <b>or</b> July 22 - 26	Mon - Fri	10:15am - 10:35am	\$25	\$36
Semi Private Swim Lessons (Groups of 2 only)	3 and up	By Appt	By Appt	Seven 30 minute sessions	\$52 each	\$78 each
Private Swim Lessons	3 and up	By Appt	By Appt	Seven 30 minute sessions	\$104	\$156
Preschool Lesson	3 - 5 years	Summer 1 & 2	Mon	6:05pm - 6:35pm	\$39	\$58
Preschool Lesson	3 - 5 years	Summer 1 & 2	Mon	6:40pm - 7:10pm	\$39	\$58
Preschool Lesson	3 - 5 years	Summer 1 & 2	Wed	6:05pm - 6:35pm	\$39	\$58
Preschool Lesson	3 - 5 years	Summer 1 & 2	Wed	6:40pm - 7:10pm	\$39	\$58
Preschool Lesson	3 - 5 years	Summer 1 & 2	Thurs	11:00am - 11:30am	\$39*	\$58*
Preschool Swim Camp	3 - 5 years	June 10 - 14 <b>or</b> July 22 - 26	Mon - Fri	10:40am - 11:10am	\$32	\$49
School Age Lesson	6 - 13 years	Summer 1 & 2	Mon	5:30pm - 6:15pm	\$47	\$71
School Age Lesson	6 - 13 years	Summer 1 & 2	Mon	6:20pm - 7:05pm	\$47	\$71
School Age Lesson	6 - 13 years	Summer 1 & 2	Wed	5:30pm - 6:15pm	\$47	\$71
School Age Lesson	6 - 13 years	Summer 1 & 2	Wed	6:20pm - 7:05pm	\$47	\$71
School Age Lesson	6 - 13 years	Summer 1 & 2	Thurs	10:00am - 10:45am	\$39*	\$59*
Special Needs	6 - 13 years	Summer 1 & 2	Thurs	10:50am - 11:20am	\$43*	\$65*
School Age Swim Camp	6 - 13 years	June 10 - 14	Mon - Fri	5:30pm - 6:15pm	\$39	\$59
Introduction to Competitive Swim Strokes	6 - 13 years	June 10 - 14	Tues & Thurs	5:30pm - 6:30pm	\$65	\$90
School Age Swim Camp	6 - 13 years	July 22 - 26	Mon - Fri	10:15am - 11:00am <b>OR</b> 5:30pm - 6:15pm	\$39	\$59