

# ENDLESS SUMMER

## 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.

**CAMP NOW  
LOCATED AT  
BIRCHVIEW  
ELEMENTARY**



**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

### Why choose the Y for your child's summer?

#### WEEKLY THEMES

- Pre-Camp June 3-7 Summer is Here! (WESTEND ONLY)
- Week 1 June 10-14 Mad Science Week
- Week 2 June 17-21 Wild Wild West
- Week 3 June 24-28 Survival Week
- Week 4 July 1-5\*\* Pirate Week
- Week 5 July 8-12 Christmas in July
- Week 6 July 15-19 Splish Splash
- Week 7 July 22-26 Carnival Week
- Week 8 July 29 - Aug 2 Game Week
- Week 9 Aug 5-9 Mystery Who Done it Week
- Week 10 Aug 12-16 Spirit Week
- Week 11 Aug 19-23 Super Hero Week
- Week 12 Aug 26-30 Leadership Week
- \*\* No Camp Thursday July 4

#### SAFE

- Fantastic counselors who receive training in behavioral guidance, strategies to help campers feel comfortable in a new environment, how to make friends and much more!
- Staff are all certified in CPR, AED and First Aid
- Y Day Camps meet state Licensing.

#### FUN

- Educational Activities
- Large Group Games
- Teambuilding Activities
- Environmental Education
- Reading and Rest Time
- Values Discussions
- Sports
- Small Group Activities
- Arts & Crafts
- Swimming
- Field Trips
- Kayaking

#### AFFORDABLE

- Free field trips
- Free Kayak lessons
- Eligible for DHS subsidy
- Scholarships available



### CAMP LIFE

Join YMCA Day Camp for one week or for an entire summer of fun! We focus on honesty, caring, respect, and responsibility in all of our activities, from educational camper-chosen skill sessions to swimming to arts and crafts and games. We provide fun-filled activities that encourage physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity. Day campers will be divided into groups by age with activities appropriate to the interests and needs of each group.

## FLOURISH IN FUN



## RESIDENTIAL CUSTOMER

PROGRAMS FOR WEST END AND KI SAWYER LOCATIONS

### 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  
WEST END  
SUMMER FACILITY HOURS  
"Wellness Center & Gym"**

Monday - Thursday	5:00am to 8:00pm
Friday	5:00am to 7:00pm
Saturday	8:00am to 3:00pm
Sunday	11:00am to 3:00pm

Summer hours in effect starting June 10, 2013.

#### SESSION DATES:

Summer 1 June 9 - July 20  
Summer 2 July 21 - August 24

Members Registration  
May 20

Non Member Registration  
May 27

# YMCA of Marquette County West End 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>DANCE - West End Location</b>						
Tiny Dancer 1	2.5 - 5 years	Summer 1	Sat	10:30am - 11:00am	\$22	\$33
Jazz Dance	6 - 8 years	Summer 1	Sat	11:15am - 12:00pm	\$24	\$36
Beginning Ballet	6 - 8 years	Summer 2	Sat	11:15am - 12:00pm	\$24	\$36

## PARENT AND TOT CLASSES - West End Location

Parent and Infant Massage Clinic	Under 1 year old	June 29 or July 13	Sat	9:30am - 10:30am	\$8	\$12
Parent and Tot Tumbling	1.5 - 3 years w/parent	Summer 1	Sat	9:30am - 10:10am	\$22	\$33
Parent and Tot Mix It Up Sport	Up to 4 years	Summer 2	Sat	9:30am - 10:10am	\$22	\$33
Mom and Me Dance	1.5 - 3 years w/parent	Summer 2	Sat	10:30am - 11:00am	\$22	\$33

## KARATE - West End Location

Kids Karate	6 - 14 years	Summer 1	Mon	5:00pm - 6:00pm	\$24	\$36
Family Karate	4 and up w/parent	Summer 1	Thurs	6:00pm - 7:00pm	\$26	\$39

## TINY TOT CAMPS - West End Location

Princess Camp	3 - 5 years	June 17 - 21	Mon - Fri	11:00am - 11:40am	\$19	\$28
Super Heroes Camp	3 - 5 years	July 8 - 12	Mon - Fri	11:00am - 11:40am	\$19	\$28
Pirate Camp	3 - 5 years	July 29 - Aug 2	Mon - Fri	11:00am - 11:40am	\$19	\$28
Tiny Dancer Camp	2.5 - 5 years	Aug 12 - 16	Mon - Fri	11:00am - 11:40am	\$22	\$33

## YOUTH FITNESS - West End Location

Kids Fit Club	8 - 14 years	Summer 1 & 2	Mon & Wed	5:00pm - 5:45pm	\$24	\$36
Youth Fitness Certification	12 - 16 years	June 15, 29, July 13, Aug 3 or 17	Sat	10:00am - 11:30am	\$16	\$24

## ADULT CLASSES- West End Location

Enhance Fitness	50 and up	Summer 1 & 2	Mon & Wed	10:00am - 11:00am	Free	\$30
Prenatal Exercise	16 and up	Summer 1 & 2	Mon	5:30pm - 6:30pm	\$35	\$42
Mind and Body Connection	16 and up	Summer 1 & 2	Mon	6:45pm - 7:45pm	\$35	\$42
Outdoor Boot Camp	18 and up	Summer 1	Wed	6:00pm - 7:00pm	\$33	\$49
Nutrition Services with Monica Nelson RD	18 and up	Varies	Varies	By Appt	\$35/hr	\$45/hr
					\$25 per 30 mins	\$30 per 30 mins

Registered Dietitian, Monica Nelson will teach you how-to-strategies, practical solutions and straightforward explanations that will help you reach and maintain the healthy life that you want. Schedule your appointment with Monica by calling her at 906.227.9622.

# WEST END FACILITY HOURS

Facility Guidelines: 7 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Wellness Center: Youth 12-15 years of age are required to complete a Fitness Certification

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN</b>	5:00am	5:00am	5:00am	5:00am	5:00am	8:00am	11:00am
<b>CLOSE</b>	8:00pm	8:00pm	8:00pm	8:00pm	7:00pm	3:00pm	3:00pm

# WEST END KIDZ ZONE HOURS

Ages 6 weeks to 7 years (Reservations required for non-walkers. Will close early if no kids are present 30 minutes prior to close)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN</b>	9:30am	9:30am	9:30am	9:30am	9:30am	Closed	Closed
<b>CLOSE</b>	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm		

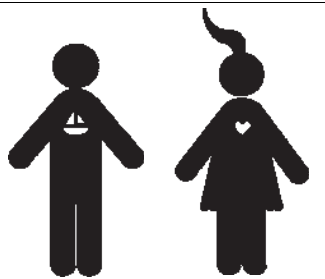
# WEST END GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 - 7am <b>Spin Circuit</b> Julianne		6-7am <b>Strong Bodies</b> Julianne			
8 - 9am <b>Yogalates</b> Helen	8 - 9am <b>Strong Bodies</b> Helen	7:30-8:30am Zumba Angela	8 - 9am <b>Strong Bodies</b> Helen		8:15 - 9:15am <b>Strong Bodies</b> Donna	
10 - 11am <b>Enhance Fitness</b> *Must Register	10 - 11am <b>Strength Length and Tone</b> Kristen	10 - 11am <b>Enhance Fitness</b> *Must Register		10am-11am <b>Strength Circuit</b> Helen	11 - 12:15pm <b>Youth Dance</b> *Must Register	
5:30 - 7:45pm <b>Mind &amp; Body Prenatal</b>	6 - 7pm <b>Strong Bodies</b> Donna		6 - 7pm <b>Strong Bodies</b> Donna	<b>YMCA OF MARQUETTE COUNTY</b> 205 Iron St, Negaunee MI 49866 P 906.475.9666 W ymcamqt.org		

# YMCA CHILD DEVELOPMENT CENTER - KI Sawyer

## 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.



## 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.

## HOURS OF OPERATION

Full Day Program 6:00am - 6:00pm; Part Day Program 6:00am - 12:00pm **or** 12:00pm-6:00pm

## Further Questions or to Register

Please contact: Traci Shipman, Child Development Leader at 906.372.4044 or tshipman@ymcamqt.org.