

# YMCA of Marquette Fall Programs

## FALL 2

Fall 2 October 28 - December 22 (No programs the week of Thanksgiving)

	Ages	Date (s)	Day	Time	Member	Non Member
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### ADULT - Marquette Location

Fall Fitness Challenge	18 and up	Fall 2	Tues	5:45pm - 6:45pm	\$35	\$55
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Set a goal and see the results. This total-body workout challenge incorporates traditional aerobic exercise, Zumba, and strengthen body weight exercise to get you on track with your fitness goals.

Womens Strength Training Program	18 and up	Fall 2	Wed	10:30am - 11:30am	\$39	\$56
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Get stronger, leaner and healthier with a Certified Personal Trainer. With a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories more efficiently. Our Personal Trainer will train you and help you train on your own by teaching everything you need to know.

Total Body Fitness - Strength, Agility and Cardio	18 and up	Fall 2	Mon, Wed & Fri	7:15am - 8:00am	\$89	\$109
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**Day 1 - Strength** - Begins with muscle conditioning featuring Kettle bells and ends in cardio drills that will totally sculpt your body.  
**Day 2 - Agility** - Agility training exercises allow an athlete to fine tune body awareness, reaction time and coordination with selected drills comprised of the components of movement or certain motor skills specific in his/her sport. **Day 3 - Cardio** - With self paced cardio and incorporates High Intensity Interval Training (H.I.T) to really burn the fat long after the workout is over.

Adult Karate	18 and up	Fall 2	Wed	6:00am - 7:00am	\$26	\$39
			Sat	10:00am - 11:00am	\$26	\$39

### WEST END YOUTH PROGRAMS – Negaunee Location

Parent and Infant Massage Clinic	Under 1 year old	Nov 3 or Dec 1	Sat	9:30am - 10:30am	\$8	\$12
Tiny Dancer 1	2.5 - 5 years	Fall 2	Sat	10:30am - 11:00am	\$26	\$38
Tiny Dancer 2	2.5 - 5 years	Fall 2	Sat	11:15am - 11:45am	\$26	\$38
Beginning Ballet	6 - 8 years	Fall 2	Sat	12:00pm - 12:45pm	\$28	\$42
Parent and Tot Tumbling	1.5 - 3 years w/parent	Fall 2	Sat	11:00am - 11:45am	\$24	\$36
Kids Karate	6 - 14 years	Fall 2	Mon OR Wed	5:00pm - 6:00pm	\$28	\$44
Kids Karate	6 - 14 years	Fall 2	Mon & Wed	5:00pm - 6:00pm	\$42	\$62
Family Karate	4 and up w/parent	Fall 2	Thurs	6:00pm - 7:00pm	\$30	\$45
At Play	4 and under w/parent	Fall 2	Wed	10:00am - 11:00am	\$26	\$39
Youth Fitness Certification	12 - 16 years	Fall 2	Sat	10:00am - 11:30am	\$16	\$24

### WEST END ADULT PROGRAMS – Negaunee Location

Enhance Fitness	50 and up	Fall 2	Mon & Wed	10:00am - 11:00am	\$20	\$30
Couples Massage	18 and up	Dec 1	Sat	1:00pm - 2:30pm	\$18	\$27



**GET HEALTHY, BE HEALTHY, WITH THE YMCA**

**YMCA OF MARQUETTE COUNTY**  
 1420 Pine Street Marquette MI 49855  
 P 906 227 9622 F 906 227 9248  
[WWW.YMCAMQT.ORG](http://WWW.YMCAMQT.ORG)



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



## FALL 2 PROGRAM GUIDE

### YMCA FEATURED PROGRAMS

#### Popcorn & Movie Night -

**November 9 or December 7, 6 - 8:45pm**

Your child will enjoy popcorn and a movie while parents enjoy some quality time away. Parents can leave the YMCA knowing that their child are in a safe, fun environment.

#### Ladies Night Out -

**November 17 - 18**

Gather your friends for a weekend to remember! Moms, daughters (21 and older), best friends, neighbors, golf groups, bridge groups, riding groups, play groups, book clubs: make plans to join us for a great overnight getaway at the Landmark in, filled with food, fun, pampering and relaxation as we raise money for the YMCA. Please contact Lorraine Thoune for more information 227.9622



### Program Session Dates

**Fall 2 October 28 - December 22**  
 (No programs the week of Thanksgiving)

### Registration

**Fall 2 - YMCA Members October 13**  
**YMCA Non Members October 21**

Reminder:  
 If low enrollment exists in a class, class will be cancelled two days prior to the class starting.



ymarquette



ymca-of-marquette-county

<b>YMCA of Marquette Fall Programs</b>						
<b>FALL 2</b>						
Fall 2 October 28 - December 22 (No programs the week of Thanksgiving)						
	Ages	Date (s)	Day	Time	Member	Non Member
<b>ART - Marquette Location</b>						
Arts and Crafts	5 - 12 years	Fall 2	Tues	6:00pm - 7:00pm	\$26	\$39
Special Needs Art	8 - 18 years	Fall 2	Thurs	4:00pm - 5:30pm	\$30	\$45
Experiment in Painting	6 and up	Fall 2	Wed	1:00pm - 2:30pm	\$67	\$101
Clay	6 and up	Fall 2	Wed	4:30pm - 6:00pm	\$67	\$101

<b>FAMILY TIME - Marquette Location</b>						
Popcorn and Movie Night (second child discount available)	3 - 12 years	Nov 9 & Dec 7	Fri	6:00pm - 8:45pm	\$10	\$15
Sports Fun Night (second child discount available)	3 - 12 years	Oct 20, Nov 17 & Dec 15	Sat	5:30pm - 8:30pm	\$15	\$22

<b>GYMNASTICS - Marquette Location</b>						
Parent and Tot Gymnastics	1.5 - 3 years	Fall 2	Tues	4:00pm - 4:45pm	\$25	\$38

<b>KARATE - Marquette Location</b>						
Kids Karate (White Belt - Green Stripe & Lower)	6 - 14 years	Fall 2	Wed	5:15pm - 6:00pm	\$40	\$60
Kids Karate (White Belt Red Stripe & Higher)	6 - 14 years	Fall 2	Wed	6:00pm - 6:45pm	\$40	\$60
Kids Karate (All Ranks)	6 - 14 years	Fall 2	Sat	12:00pm - 1:00pm	\$40	\$60
Kids Karate (All Ranks)	6 - 14 years	Fall 2	Wed & Sat	Varies	\$68	\$102
Family Karate (Rate includes parent & 1 child--each additional child is \$8.00)	5 and up	Fall 2	Sat	11:00am - 12:00pm	\$35	\$53
Special Needs Karate	5 and up	Fall 2	Sat	1:00pm - 2:00pm	\$40	\$60
Women's Self Defense	16 and up	Dec 21	Fri	6:30pm - 8:00pm	\$15	\$20

<b>PRESCHOOL ENRICHMENT - Marquette Location</b>						
Parent and Tot Play Group	2 - 5 years	Fall 2	Wed	10:00am - 11:00am	\$26	\$39

<b>SPORTS - Marquette Location</b>						
Little Hoopsters	3 - 5 years	Fall 2	Mon	6:15pm - 7:00pm	\$26	\$39
Youth Basketball	6 - 10 years	Fall 2	Mon	7:00pm - 8:00pm	\$30	\$45

<b>TEEN - Marquette Location</b>						
Girls Night Out	6th - 8th Grade	Oct 29 - Dec 10	Mon	6:30pm - 8:00pm	\$45	\$68

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<b>SWIMMING - Marquette Location</b>						
Parent and Child Swim	6 months - 3 1/2 years	Fall 2	Wed	5:30pm - 6:00pm	\$32	\$48
Parent and Child Swim	6 months - 3 1/2 years	Fall 2	Thurs	10:30am - 11:30am	\$32	\$48
Parent and Child Swim	6 months - 3 1/2 years	Fall 2	Sat	10:00am - 10:30am	\$32	\$48
Preschool Lesson	3 - 5 years	Fall 2	Mon	5:30pm - 6:00pm	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Mon	6:00pm - 6:30pm	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Mon	6:30pm - 7:00pm	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Wed	6:00pm - 6:30pm	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Wed	6:30pm - 7:00pm	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Thurs	10:00am - 10:30am	\$44	\$66
Preschool Lesson	3 - 5 years	Fall 2	Sat	10:30am - 11:00am	\$44	\$66
Semi Private Swim Lessons (Groups of 2 only)	3 and up	Fall 2	By appt	Seven 30 minute sessions	\$52 each	\$78 each
Private Swim Lessons	3 and up	Fall 2	By appt	Seven 30 minute sessions	\$104	\$156
Special Needs Lesson	3 and up	Fall 2	Sat	11:15am - 12:00pm	\$39	\$59
School Age Lesson	6 - 13 years	Fall 2	Mon	5:30pm - 6:15pm	\$57	\$86
School Age Lesson	6 - 13 years	Fall 2	Mon	6:15pm - 7:00pm	\$57	\$86
School Age Lesson	6 - 13 years	Fall 2	Wed	5:30pm - 6:15pm	\$57	\$86
School Age Lesson	6 - 13 years	Fall 2	Wed	6:15pm - 7:00pm	\$57	\$86

<b>SWIM TEAM - Location varies between YMCA, NMU &amp; MSHS</b>						
Competitive Swim Team (discount available for siblings)	6 and older	Nov 2012 - March 2013	Varies	Varies	\$250	

<b>YOUTH FITNESS-Marquette Location</b>						
Youth Sports Conditioning	9 - 14 years	Fall 2	Mon & Wed	4:30pm - 5:30pm	\$35	\$53
After School Fit Club	8 - 14 years	Fall 2	Tues & Thurs	4:15pm - 5:00pm	\$35	\$53
Youth Fitness Certification	12 - 16 years	Nov 3, 17, Dec 1, 15	Sat	10:00am - 11:30am	\$16	\$24

## YMCA SPECIAL EVENTS

**Middle School Dances - Oct 19, Nov 16, Dec 14, Jan 18**  
**Halloween at the Y - October 27, 10am - 11:30am**  
**Baby Boomers & Beyond Expo - November 12**  
**LIVESTRONG at the YMCA - TBD**  
**LIVEWISE at the YMCA - TBD**

**Amazing Race (YMCA Members Only) - October 22 - December 16th**  
**Freedom from Smoking - November 9**  
**Ladies Night Out at Landmark - November 17 & 18**  
**YMCA's Diabetes Prevention Program - TBD**

