

YMCA of Marquette Fall Programs

FALL 1 & 2

Fall 1 September 9 - October 27
 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 1 & 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 1 & 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 1 & 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 1 & 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	Sept 15, Oct 6, Nov 3 or Dec 1	Sat	9:30am - 10:30am	\$8	\$12
Tiny Dancer 1	2.5 - 5 years	Fall 1 & 2	Sat	10:30am - 11:00am	\$26	\$38
Tiny Dancer 2	2.5 - 5 years	Fall 1 & 2	Sat	11:15am - 11:45am	\$26	\$38
Beginning Jazz	6 - 8 years	Fall 1	Sat	12:00pm - 12:45pm	\$28	\$42
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 1 & 2	Sat	11:00am - 11:45am	\$24	\$36
Kids Karate	6 - 14 years	Fall 1 & 2	Mon OR Wed	5:00pm - 6:00pm	\$28	\$44
Kids Karate	6 - 14 years	Fall 1 & 2	Mon & Wed	5:00pm - 6:00pm	\$42	\$62
Family Karate	4 and up w/parent	Fall 1 & 2	Thurs	6:00pm - 7:00pm	\$30	\$45
At Play	4 and under w/parent	Fall 1 & 2	Wed	10:00am - 11:00am	\$26	\$39
Youth Fitness Certification	12 - 16 years	Fall 1 & 2	Sat	10:00am - 11:30am	\$16	\$24

WEST END ADULT PROGRAMS - Negaunee Location

Enhance Fitness	50 and up	Fall 1 & 2	Mon & Wed	10:00am - 11:00am	\$20	\$30
Couples Massage	18 and up	Nov 6, or 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
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 WWW.YMCAMQT.ORG



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



FALL 2012 PROGRAM GUIDE

YMCA SPECIAL EVENTS

LIVESTRONG at the YMCA -
 September 11 - November 29

YMCA's Diabetes Prevention Program -
 Coming in September

LIVEWISE at the YMCA -
 October 9 - December 20

Amazing Race (YMCA Members Only) -
 October 15 - December 16th

Halloween at the Y -
 October 27

Baby Boomers & Beyond Expo -
 November 12

SilverSneakers-
 Now offered at the YMCA



Program Session Dates

Fall 1 September 9 - October 27

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

Registration

Fall 1 - YMCA Members August 18
 YMCA Non Members August 25

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

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ART - Marquette Location						
Tiny Tots Art	3 - 5 years	Fall 1	Wed	10:00am - 12:00pm	\$40	\$60
Explorations in Art	6 and up	Fall 1	Wed	1:00pm - 2:30pm	\$67	\$101
Beginning Painting Landscapes	6 and up	Fall 1	Wed	4:30pm - 6:00pm	\$67	\$101
Arts and Crafts	5 - 12 years	Fall 1 & 2	Tues	6:00pm - 7:00pm	\$26	\$39
Special Needs Art	8 - 18 years	Fall 1 & 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

FAMILY TIME - Marquette Location						
Family Yoga	6 - 12 years w/an adult	Fall 1 & 2	Tues	5:30pm - 6:30pm	\$40	\$60
Popcorn and Movie Night <small>(second child discount available)</small>	3 - 12 years	Sept 14, Oct 12, Nov 9 & Dec 7	Fri	6:00pm - 8:45pm	\$10	\$15
Sports Fun Night <small>(second child discount available)</small>	3 - 12 years	Sept 22, Oct 20, Nov 17 & Dec 15	Sat	5:30pm - 8:30pm	\$15	\$22
Fall Family Fitness Challenge	6 and up	Sept 12 - Oct 30	Tues	7:00pm - 8:00pm	\$50/ family	\$70/ family

FLAG FOOTBALL						
West End Rookies Location TBA	4 - 7 years	Fall 1	Sat	10:00am - 10:45am	\$35	\$35
Marquette Rookies Location TBA	4 - 7 years	Fall 1	Sat	1:00pm - 1:45pm	\$35	\$35
West End Winners Location TBA	8 - 12 years	Fall 1	Sat	11:00am - 12:00pm	\$35	\$35
Marquette Winners Location TBA	8 - 12 years	Fall 1	Sat	2:00pm - 3:00pm	\$35	\$35

GYMNASTICS - Marquette Location						
Parent and Tot Gymnastics	1.5 - 3 years	Fall 1 & 2	Tues	4:00pm - 4:45pm	\$25	\$38
Beginning Gymnastics	3 - 4 years	Fall 1 & 2	Tues	5:00pm - 5:45pm	\$30	\$45
Girls Level 1	4 - 6 years	Fall 1 & 2	Tues	6:00pm - 7:00pm	\$34	\$51
Girls Level 2	5 - 8 years	Fall 2	Tues	7:15pm - 8:15pm	\$34	\$51

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

PRESCHOOL ENRICHMENT - Marquette Location						
Parent and Tot Play Group	2 - 5 years	Fall 1 & 2	Wed	10:00am - 11:00am	\$26	\$39
Tiny Tot Explorers	2 - 5 years	Fall 1	Thurs	10:00am - 11:00am	\$30	\$45

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SPORTS - Marquette Location						
Mix It Up Sports	3 - 6 years	Fall 1	Mon	6:15pm - 7:00pm	\$30	\$45
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

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

SWIM TEAM - Location varies between YMCA, NMU & MSHS						
Competitive Swim Team <small>(discount available for siblings)</small>	6 and older	Sept 2012 - March 2013	Varies	Varies	\$350	
Try us out week	9 and older	Week of Sept 24	Varies	Varies	\$10	\$10
Try us out week	8 and under	Week of Oct 1	Varies	Varies	\$10	\$10
High School Preseason Training	9 - 12 grade	Sept 10 - Nov 2	Varies	Varies	\$200	

YOUTH FITNESS-Marquette Location						
Youth Sports Conditioning	9 - 14 years	Fall 1 & 2	Mon & Wed	4:30pm - 5:30pm	\$35	\$53
Youth Yoga - Creating Balance For Life	6 - 12 years	Fall 1 & 2	Tues	4:30pm - 5:15pm	\$29	\$39
After School Fit Club	8 - 14 years	Fall 1 & 2	Tues & Thurs	4:15pm - 5:00pm	\$35	\$53
Youth Fitness Certification	12 - 16 years	Sept, 8, 22, Oct 6, 20, Nov 3, 17, Dec 1, 15	Sat	10:00am - 11:30am	\$16	\$24