



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE SUMMER TO DISCOVER

Summer
PROGRAM GUIDE 2017
GREATER MARINETTE-MENOMINEE YMCA



SESSION: Summer 2017

May 29 - August 26

REGISTRATION:

Member 5/15/17

General public 5/22/17

Check to see if your program runs 1 session or 2 during the summer months

Summer: May 29 - August 26 | The Summer To Discover!

OPENING DOORS... CLOSING GAPS

At the Y we work to empower our entire community. We believe everyone, regardless of age, income, or ability, deserves access to the support we provide. This year, to expand our reach, we need your help more than ever!

It is hard to continue to offer value added programs to our membership base, but that is what we consciously try to do each year. We have expanded our After School Program from one site to 5 serving 8 different schools. This is phenomenal growth and it is all for free to members and very affordable to others. Our After School Program is needed by our community families because it takes all the stress away from mom and dad when they have to work later than the end of the school day. They know their kids are safe, being nourished, getting homework help and physical activity, and they are being encouraged to learn and grow.



Your membership fees and program fees pay for the expenses of the building, equipment, operating expenses, and staff. Without our Annual Campaign some of the mission work we would not be able to offer is:

After School Program | CASA Program memberships | Third Grade memberships
Scholarship members and programs | Totwatch | Crossroads facility usage
Value added fitness classes | Community and Corporate Outreach
Programs to foster children | Menominee and Marinette Schools swim lessons

I can't imagine the Y without its mission work. It's who we are and why we have value in our community.

As we begin our 2017 Annual Campaign, I would like to thank you if you have given in the past and encourage you to give your first gift if you have never given before.

With your generosity The Y can:

- Provide a summer experience in our YKids program for more than 80 kids a week.
- Meet increased requests from families wanting to spend quality time together in a healthy environment.
- Give children a chance to learn about water safety and discover the fun of swimming.

Teach kids the value of contributing to a team because everyone plays and everyone wins at The Y!

If you have given in the past you will receive a letter telling you about the start of the 2017 campaign and prompting you to call The Y and make your pledge. If we still haven't heard from you after a short period, a friendly Y volunteer will give you a call.

HOURS OF OPERATION

FACILITY HOURS

Labor Day–Memorial Day 2017

Mo–Th	4:30 a.m. – 10:00 p.m.
Fr	4:30 a.m. – 8:00 p.m.
Sa	6:00 a.m. – 8:00 p.m.
Su	8:00 a.m. – 3:00 p.m.

POOL HOURS

The pool schedule is regularly updated and can be found printed in the main lobby, posted on our website or you may call to find out exact times for lap swim, water walk, open swim, etc.

2017 HOLIDAY HOURS

New Years Day	8:00 am – 2:00 pm
Easter	CLOSED
Memorial Day	CLOSED
4th of July	CLOSED
Labor Day	CLOSED
Thanksgiving Day	CLOSED
Christmas Eve	6:00 am – 1:00 pm
Christmas Day	CLOSED
New Years Eve	TBD

INCLEMENT WEATHER PROCEDURE

Classes and programs are not automatically cancelled if either Marinette or Menominee school districts close for inclement weather. If the Y facility closes (or Y program or class) is cancelled for inclement weather, please listen to Bay Cities Radio for the YMCA's cancellation broadcast.

YOUR PURCHASE

STRENGTHENS OUR IMPACT

Gift Cards - Apparel - Swim Diapers
Goggles - Floaties - Snack & Beverage
Vending Machines

Help support and promote your YMCA. A variety of merchandise is available including shirts, pants, shorts, hats, scarfs, back packs, jackets, etc. for purchase, and Y gift cards make a great gift as they can be purchased in any amount and don't expire. Contact Y Welcome Desk.

SHOP AND DONATE

Consider checking out smile.amazon.com! Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Please shop here and choose our YMCA! You shop and Amazon will do the rest!

2017 PROGRAM SESSION START & END DATES

Member sign-ups start two weeks prior to session start and general public sign-up starts one week prior to session start date.

Winter	1/2/17 – 2/18/17
Spring I	2/20/17 – 4/8/17
Spring II	4/10/17 – 5/27/17
Summer	5/29/17 – 8/26/17
Fall I	9/5/17 – 10/21/17
Fall II	10/23/17 – 12/9/17

2017 FITNESS SESSION START & END DATES

Session 1	1/2/17 – 3/25/17
Session 2	3/26/17–7/1/17
Session 3	7/2/17 – 9/23/17
Session 4	9/24/17–12/16/17
FREE WEEKS	12/17/17–12/31/17

Please see Healthy Living Brochure for more information.

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



OPERATIONS TEAM DIRECTORY

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Terri@mmymca.org

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Ivy Sutek
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The YMCA staff makes final decisions regarding print errors or changes.

BOARD OF DIRECTORS

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Grant Selsor

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AllysonB@mmymca.org



REGISTRATION



CAN IT BE SUMMER ALREADY?

Warm weather is getting to be within our reach. There are a lot of fun activities going on at the YMCA and the Welcome Desk can answer your questions, register you for upcoming events and programs or help you choose Fitness Classes to fulfill your own health and fitness goals.

Becky Kelley, Membership Director

IN PERSON

Cash, check, MasterCard, Discover, or Visa credit or debit card accepted and payment is due at time of registration at the Y Welcome Desk.

BY PHONE

Register by phone using your MasterCard, Discover, or Visa credit or debit card at 906-863-9983.

CREDITS AND REFUNDS

If a class is cancelled or if the participant has a medical excuse, a credit or refund will be made. Credit vouchers are good for up to six months from the date of issue. Class transfers and cancellations from the participant can happen within 48 hours of the first day the class starts.

LATE REGISTRATION

Late registration is allowed up to two weeks into the start of each program session. After two weeks into the program session, approval needs to be received from that programs coordinator prior to registration for every participant.

FAMILY CHANGING AREA

A family changing area is available. This changing area is available for families with children ages 5 and older. Children ages 5 and older are not permitted in opposite gender locker rooms.

SUPERVISION OF CHILDREN

The Y requires that all children under the age of 8 have adult supervision at all times while using the facility.

FINANCIAL ASSISTANCE PROGRAM

The Y provides membership and program financial assistance to individuals, children, and families in need, giving them the opportunity to participate in the Y's high-quality, character-building programs. Please contact our Executive Director if you or someone you know would like to participate in the Y's programs but cannot afford the cost. Financial assistance applications can also be picked up at the Y Welcome Desk.

ABUSE PREVENTION

Your child's safety is our priority. Background checks and references are completed on all employees, members, guests and volunteers. To learn more about how the Y takes steps to protect children, please contact our Executive Director.

MULTI-MEDIA POLICY

Y Programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in Y promotional material, please indicate this to the Y event and/or program staff. The use of cell phones and other electronic devices are prohibited in all locker rooms and restrooms.

YOUTH/CHILD SERVICES

Knowledge, character development, guidance, and encouragement to help youth develop and realize their full potential.

WE'RE GOING MOBILE



We have an APP for that!

From your Smart Phone you can view events, facility status, check in, class schedules, notifications and all other happenings at your Y in the palm of your hand! To download our mobile app go to Google Play or the APP store and search Greater Marinette-Menominee YMCA. Simply click download and select "yes" for notifications, you will begin to experience all the great NEW features our app has to offer!

You can also visit us on Facebook or our website mmymca.org.

PRIVATE GROUP RENTALS

If your family, church group, scout troop, business, or organization is planning a get-together, plan to have it at the Y! Enjoy swimming, basketball, racquetball, and more. Private pool rentals are also available for birthday parties, private groups, and special events.

*Pool/Building rentals contact Deb Ward.



FREE 3RD GRADE MEMBERSHIP

Beginning September 1, any child entering into 3rd grade gets a FREE Y membership until August 31, 2016. Immediate family members of the 3rd grader can also use the Y with their 3rd grader for FREE Fridays- Sundays upon signing in at Y Welcome desk each visit.

Spend time getting healthy as a family with your 3rd grader!

BIRTHDAY PARTY

Two hour birthday party for children of any age. Includes room rental, building usage, pool, admission for ten kids, personalized decorated cake, utensils, plates and napkins. All children will be issued a swim test. Any child unable to swim without assistance will be required to have one adult in the water with them (one adult to every non-swimmer).

Things to know:

- \$20 Deposit required 1 week prior to party
- \$5 Each additional attendee (over 10 attendees)
- \$75 & up Gymnastics (pending instructor availability)
Maximum number of participants determined by age. 3 weeks notice for gymnastics room usage

Member:

- \$70 for 1-10 children
- \$90 for 1-10 children (includes everything listed above)

General Public:

- \$100 for 1-10 children
- \$120 for 1-10 children (includes everything listed above)

Contact Deb Ward.

YOUTH/ CHILD SERVICES

CHILD & BABYSITTING SAFETY COURSE

June 3, 2017

9 am - 3 pm | \$50 - Includes Lunch

American Health & Safety Institute Babysitter Training

Ages 11 and up. If they are 10 their certificate will not be effective until their 11th birthday. Register at the YMCA.

Contact Ivy Sutek for more information. Ivys@mmymca.org

VOLUNTEER/MENTOR PROGRAM

Age 12 -16

This is a great opportunity for our youth to receive work experience for the real world. They will learn the interview process, job training, responsibility, and skills that will one day help them in the work force. We would like serious applicants that are willing to commit a set schedule of at least 2 shifts per week.

Free to all participants

For more information, contact Joe Plautz or Nicole Abbate

*Space will be limited to 10 participants and will be determined thru an interview process. Please apply by filling out a volunteer application at the Welcome Desk by June 5.



Summer: May 29 - August 26 | The Summer To Discover!

UNITING AND

2017 SUMMER Y-KIDS PROGRAM

SUMMER Y-KIDS - YMCA

Monday, June 12 through Friday, September 1
Mon-Fri 6:30 a.m.—5:30 p.m.

Our annual Summer Y-Kids Program is back! Once again, we will offer three different levels that offer age appropriate activities for each group.

Y-Kids Jr:

Ages 4-5 years old

Y-Kids:

Ages 6-8 years old

Adventure Camp:

Ages 9 years old and up

2017 RATES:

Individual Weekly

\$76 Members | \$96 General public

Family Weekly

\$130 Members | \$160 General Public

Individual Short Week (up to 2 days)

\$56 Members | \$70 General Public

Family Short Week (up to 2 days)

\$110 Members | \$138 General Public

**BEST
SUMMER
EVER**



INSPIRING

Y-Kids Registration begins on Monday, May 1 for members and on Monday, May 8 for general public.

SUMMER Y-KIDS MARINETTE MIDDLE SCHOOL SUMMER LEARNING PROGRAM



Monday– Friday from June 19– June 30 AND
July 6–19 from 12:30–5:30 p.m. each day.
Child(ren) can be picked up anytime between those hours.

The Greater Marinette–Menominee Y’s Summer Y-Kids program is now not only available at the YMCA, it’s available at the Marinette Middle School each day during the Summer learning program. Your child(ren) can stay right on site and engage in fun activities such as arts & crafts, S.T.E.M. projects, physical activity, team building exercises and so much more! In addition to that, we will provide a healthy snack each afternoon. This is both a healthy and fun place for your child to spend their summer afternoons.

Who Can register?

Children ages 5–12 that are enrolled in the Marinette Summer Learning Program.

Individual Daily

\$16 Members | \$20 General public

Individual Weekly

\$42 Members | \$54 General public

Family Daily

\$31 Members | \$39 General Public

Family Weekly

\$80 Members | \$100 General Public

This is separate program from the Summer Y-Kids program at the Y. Rates do not work in conjunction with each other.

YOUTH SPORTS

Healthy lifestyle activities that bring people together with shared athletic and recreational interests.

LIL' TOT FOOTBALL LEAGUE (AGES 3-4) MAX 20 PARTICIPANTS

Hut, Hut, Hike! Introduce your little one to the sport of football through this program. Each class will teach vital skills to help the children progress into our K-3 Youth Flag Football League. Skills and drills held each week. T-shirt included!

Volunteer helpers are greatly appreciated. If interested, sign-up at the Y Welcome Desk.

Location: Menominee YMCA Field	Member	\$23
	General Public	\$39

Held:
July 24– August 28
Mon evenings 5:00 p.m. –5:30 p.m.

YOUTH FLAG FOOTBALL LEAGUE (GRADES K-3)

EXCITING NEWS YMCA FOOTBALLERS! WE ARE NOW AN NFL FLAG LEAGUE!

He or she could go all the way! What an exciting way to introduce your child to the game of football! This is a structured league for boys and girls designed to teach the basics and fundamentals of the game of football without emphasizing competition. There will be no score kept in this league and it will be split into two divisions: K-1 and 2-3 graders.



Volunteer coaches are needed in order to operate this league! Please consider giving a modest amount of your time to help to ensure this quality program is offered to our community.

Games:
August 1– August 31
Tu/ Th evenings

Location: Menominee YMCA Field

Coaches Meeting:
Thursday, July 13th at 5:15 p.m. Team practices will begin after July 13th at the coaches discretion.

Member \$35 (\$45 after deadline)
General Public \$54 (\$64 after deadline)
Registration deadline Sunday, July 9.

Please honor the registration deadline. It dictates the amount of teams that we make, which ensures more playing time for your children.

YOUTH SPORTS

Healthy lifestyle activities that bring people together with shared athletic and recreational interests.

FLAG FOOTBALL ONE DAY CLINIC (GRADES K-3)

This is a perfect intro for anyone taking part in the Youth Flag Football League. Children will work age appropriate drills to get them ready for their upcoming season. Excellent kick start to the season! No T-shirt given

Monday, July 10 5-6:30 p.m.

Member \$6 | General Public \$10

NEW PROGRAMS COMING THIS FALL!

K-3 BASKETBALL LEAGUE

Open to all boys & girls K-3 grade

THIS PROGRAM IS MOVING FROM A WINTER TO A FALL SPORT!

Open to all boys & girls K-3 grade. Games are Tues/Thurs. evenings from Oct. 10– Nov. 9. Practice begins after Sept 14 at coach's discretion. **Volunteer coaches needed!**

Games: Tues/Thurs

Registration: Open August 21, 2017 (Reg by Sept 10)

NEW! 4th - 6th GRADE FOOTBALL LEAGUE

This program will play 5 on 5 NFL FLAG rules. Score is kept. 8 game season that runs on Saturday mornings from Sept. 30 – Oct. 21. Reg. by Sept. 10. Practice begins after September 14 with an effort to not conflict with M&M Youth Football games/practices. **Volunteer coaches needed!**



Games: 2 games each Saturday

Registration: Open August 21, 2017 (Reg by Sept 10)

YOUTH SPORTS CAMPS

Healthy lifestyle activities that bring people together with shared athletic and recreational interests.

ALL CAMP PASS

Includes admission to ALL camps listed. Basketball, Baseball/Tee Ball and Soccer Camp. Must register by June 12! Contact Joe Plautz.

Member \$50
General Public \$80

ALL CAMPS DAILY SCHEDULE

9:30-10:50 a.m.
Skill development
10:50-11:10 p.m.
Lunch
11:10-11:30 am.
Team activities, huddle and awards.

SUMMER BASKETBALL CAMP (GRADES K-6)

Open to all kids entering grades K-6. This instructional camp with emphasize and re-enforce the foundations and fundamentals of the game. Open to all boys and girls! *All campers receive a free t-shirt! Register by Sunday, June 18.

YMCA Basketball Gymnasium

Mo-Th June 26-29 9:30-11:30 a.m.

Member \$18 | General Public \$29

SUMMER BASEBALL/TEE BALL CAMP (GRADES K-6)

Open to all kids entering grades K-6. Kids will learn the basic skills and early foundations of the sport. Open to all boys and girls. *All campers receive a free t-shirt! Register by Sunday, June 12.

Field outside YMCA

Mo-Th June 19-22 9:30-11:30 a.m.

Member \$18 | General Public \$29

SOCCER CAMP (GRADES K-6)

Open to all kids entering grades K-6. Kids will learn the basic skills and early foundations of the sport. Open to all boys and girls. *All campers receive a free t-shirt! Register by Thursday, June 29.

Field outside YMCA

Mo-Th July 10-13 9:30-11:30 a.m

Member \$18 | General Public \$29

YOUTH ENRICHMENT

Knowledge, character development, guidance, and encouragement to help youth develop and realize their full potential.

YOUTH/TEEN ONE-ON-ONE TRAINING

Ages: 11-17

Have fun, get active, improve athletic performance for running, football, volleyball, basketball, and more. We'll help personalize your workouts! One-on-one training will also allow usage of the Lifestyle Center. Purchase single sessions or as a package.

Contact Jenni Campbell

Member only

Initial Consultation	\$25
(1) 45 Minute Session	\$25
(3) 45 Minute Sessions	\$60
(6) 45 Minute Sessions	\$115

LIFESTYLE CENTER

Ages: 11-13

Teens ages 11-13 need to complete an orientation before using the Lifestyle Center and Free Weight Room. Schedule an appointment at the Y Welcome Desk. Over 13 encouraged to have orientation to familiarize themselves with equipment.

Member	FREE
General Public	Day Pass



Summer: May 29 - August 26 | The Summer To Discover!

M&M GLIDERS GYMNASTIC CAMP

Youth Development - Nurturing the potential of every child and teen.

MINI CAMP

2 weeks | 3 days a week | 4pm - 6pm

MAY 30 - JUNE 1 & JUNE 6-8

Ages: 5 - 18
All skill levels—

2 hours of gymnastics with a break for games! A great chance to get the skills you've been working to be invited to the Gliders Team. Or just enjoy some extra time in the gym!

Member \$45 | General public \$90

GYMNASTICS SUMMER CAMP

JULY 10 - 13 | 9:30 am - 3 pm

Ages: 6 - 18 | Beginners age 6 - 18 and Levels 1 - 10 and Excel

Camp goers will enjoy working on gymnastics skills, strength training, games, swimming and LOTS of fun! Our Glider team staff brings years of experience coaching and will be there to provide a challenging, fun and safe experience. Please bring a hair tie, water bottle, swimsuit/towel and a leotard or shorts and t-shirt each day.

DAILY SCHEDULE

Each day will begin with warm up and strength. We will then jump right into gymnastics, rotating from each event. We will provide refreshments and a snack for short breaks. Your gymnast can bring a bag lunch or can get a free bag lunch from the lunch program provided at the YMCA.

Member \$90 | General Public \$135
Save \$10 off the cost for each additional sibling

\$10.00 OFF on June 10-13 Gymnastics Camp when signing up for both 5 week sessions by June 19.

GYMNASTIC CLASSES AND TEAM SCHEDULE

Youth Development – Nurturing the potential of every child and teen.

Day	Class	Time
Mo	Girls Open Gymnastics	1:30-3:00 p.m.
	Team CXworx	3:00-3:30 p.m.
	Ninja Training	4:00-4:45 p.m.
Tu	Girls Gymnastics	9:00-10:00 a.m.
	Gymne Cricket	9:00-9:50 a.m.
	Gliders Level 1 & 2	9:30-12:00 p.m.
	Gliders Level 3 & Up & Excel	9:30-12:30 p.m.
	Tiny Tumblers	3:45-4:30 p.m.
	Gliders Level 1 & 2	4:30-7:00 p.m.
Tu	Gliders Level 3 & Up & Excel	4:30-7:30 p.m.
We	Little Ninja Training	10:00-10:30 a.m.
	Tiny Tumblers	10:45-11:30 a.m.
	All About Uneven Bars	
	Level 2 & Under	3:15-4:00 p.m.
	Level 3 & Up	4:00-4:45 p.m.
	Flip & Tumble	5:00-5:45 p.m.
	Gymne Cricket	5:00-5:50 p.m.
	Girls Gymnastics	5:00-6:00 p.m.
Girls Open Gymnastics	6:00-7:00 p.m.	
Th	Girls Gymnastics	9:00-10:00 a.m.
	Gymne Cricket	9:00-9:50 a.m.
	Gliders Level 1 & 2	9:30-12:00 p.m.
	Gliders Level 3 & Up & Excel	9:30-12:30 p.m.
	Gymne Cricket	4:00-4:50 a.m.
	Girls Gymnastics	4:00-5:00 p.m.
	Gliders Level 1 & 2	4:30-7:00 p.m.
	Gliders Level 3 & Up & Excel	4:30-7:30 p.m.
Fr	Wiggles & Waves	10:00-11:00 a.m.
	Tiny Tumblers	10:45-11:30 a.m.
	Little Ninja Training	11:45-12:15 a.m.
	Boys Ninja Training	5:00-5:45 p.m.
	Parkour Open	6:00-7 p.m.

GYMNASTICS SPECIALIZED

Youth Development - Nurturing the potential of every child and teen.

Summer Has Two 5 Week Sessions:

June 12 - July 21 &
July 24 - August 26

**\$10.00 OFF on June 10-13
Gymnastics Camp when
signing up for both 5 week
sessions by June 19.**

**ALL CLASSES ARE HELD IN THE
GYMNASTICS CENTER UNLESS
STATED OTHERWISE**

WIGGLES AND WAVES

Ages: Walking - 3 yr

A class for parent and child to explore the fun of gymnastics and swimming together. The instructor will guide you both through obstacle courses for coordination and motor skills where they jump, run and laugh. Balance on the beam, tumble on the wedge, and even swing on the bars. Then you both will have fun in the water learning safety and water orientation! PLEASE come dressed with swim wear under your gym clothes for a quick change!

Gymnastics Room and Indoor Pool

Fr 10:00 a.m.–11:00 a.m.
Gymnastics 10:00 a.m. - 10:30 a.m.
Pool 10:30 a.m.—11:00 a.m.

Member \$15
General Public \$33

Wiggles Only (gymnastics room)

Member \$15
General Public \$27

* A schedule of suggested local restaurants will be provided for those looking to connect outside of class.

COED FLIP & TUMBLE CLASS

Ages: 6-18

This is a 45 minute class for children wishing to get stronger and learn to tumble on a spring floor. This class focuses on skills such as handstand, back walkover, cartwheel, round off and back handspring.

Wed 5:00 p.m.– 5:45 p.m.

Member \$24
General Public \$36

ALL ABOUT UNEVEN BARS

Ages: 6-18

Maybe bars is your favorite event or you just want more time in the gym to improve your skills. This is the class for you! 45 minutes including uneven bars training and conditioning to build strength!

Wednesday
(level 2 and under) 3:15 p.m.– 4:00 p.m.
(level 3 & up) 4:00 p.m.– 4:45 p.m.

Member \$24
General Public \$36

PRIVATE LESSONS

Gymnasts wanting to refine their gymnastic skills can work on specific skills or on specific events. Contact Brigitte, Gymnastics Coordinator at bschmidt@mmymca.org or 906-863-9983 for lessons. Punch cards are available to purchase multiple lessons

Individual half hour lesson

Member \$15 | General Public \$30

Group lesson (1 hour/five student min)

Member \$5 | General Public \$10

GYMNASTICS CLASSES

Youth Development - Nurturing the potential of every child and teen.

Summer Has Two 5 Week

Sessions:

June 12 - July 21 &

July 24 - August 26

**\$10.00 OFF on June 10-13
Gymnastics Camp when
signing up for both 5 week
sessions by June 19.**

TINY TUMBLERS

Ages: 3-5

Gymnastics for the growing toddler who is ready to participate in class without a parent, learning beginning gymnastics skills with fun and imagination. Boys and girls welcome!

*Parent should be readily available during class.

Tu	3:45 p.m. - 4:30 p.m.
Wed	10:45 a.m. - 11:30 a.m.
Fri	10:45 a.m. - 11:30 a.m.

Member	\$22
General Public	\$36

GIRLS GYMNASTICS

Ages: 6-17

Learning USA-Gymnastic skills beginning to intermediate instruction and no experience needed. Dance, strength and flexibility training, skills on uneven bars, beam, vault, and floor.

Tu	9:00 a.m. - 10:00 a.m.
We	5:00 p.m. - 6:00 p.m.
Th	9:00 a.m. - 10:00 a.m.
Th	4:00 p.m. - 5:00 p.m.

Member	\$28
General Public	\$45

GYMNE KRICKET

Ages: 4-6

This class introduces level I skills from the Junior Olympic Gymnastics Program. Using all the official gymnastic apparatuses, and more. Fun and creativity are our number one focuses!

*Parent should be readily available during class.

Tu	9:00 a.m. - 9:50 a.m.
We	5:00 p.m. - 5:50 p.m.
Th	9:00 p.m. - 9:50 p.m.
Th	4:00 p.m. - 4:50 p.m.

Member	\$25
General Public	\$40

GIRLS OPEN GYMNASTICS

Ages: 6 & up

The gymnastics center is open for fun and supervised practice time for anyone ages 6 and older who is currently enrolled in a Y gymnastics class. Punch cards only. 5 punches per card available at the welcome desk.

Mon	1:30-3:00 p.m.
We	6:00 p.m. - 7:00 p.m.

Member	\$15/punch card
General Public	\$30/punch card

NINJA AND PARKOUR

Youth Development – Nurturing the potential of every child and teen.

NINJA TRAINING

Inspired by American Ninja Warrior—this class offers high energy obstacle courses, swinging on bars, trampoline jumping, gymnastics skills and parkour skills

NINJA TRAINING

Ages: 6-12

Mo 4:00 p.m.–4:45 p.m.

Fr 5:00 p.m.–5:45 p.m.

Member \$24

General Public \$36

LITTLE NINJA TRAINING

Ages: 4-6

We 10:00 a.m.– 10:30 a.m.

Fri 11:45 a.m.– 12:15 a.m.

Member \$18

General Public \$32

BOYS & GIRLS PARKOUR OPEN GYM

Ages: 12-17



Go beyond your limits. Parkour is a training discipline that is a mash-up of running, gymnastics and tumbling, using only muscles and sweat to propel you. Participants must attend the warm up and safety instruction in the first 15 minutes of each class. Then finish the hour in supervised parkour with an instructor available for guidance. Punch cards only. 3 punches per card.

Fr 6:00 p.m.– 7:00 p.m.

Member \$15/punch card

General Public \$25/punch card

M&M GLIDERS GYMNASTIC TEAM

Youth Development - Nurturing the potential of every child and teen.

GLIDERS SUMMER GYMNASTICS TEAM

June 12– August 26

Y Members only

Ages: 5 - 18

Levels 1-10 & Excel
Returning team members
or by invitation



Experience team and get ready for the up and coming season! Making new friends, taking on new physical challenges, and lots of fun. Gliders team members are required to be YMCA members. There is 10 weeks of team practice, during week 5 there will be summer camp. There will be two price options and practice times for summer team, one with camp and one without and morning or evening practices.

Our excel program is offered to girls 12 and up who have some basic gymnastic skills and would love to compete. Save \$10 off the cost for each additional sibling

Tu/ Th 9:30 a.m. - 12:00 p.m.
9:30 a.m. - 12:30 p.m.
OR 4:30 p.m - 7:00 p.m.
4:30 p.m. - 7:30 p.m.

New level 1s and current level 1 & 2
Levels 3 and up
New level 1s and current level 1 & 2
Level 3 and up

Team: \$225 Levels 1 and 2
(Without Camp \$140)

\$235 Level 3 and up
(Without Camp \$150)

GYMNASTICS TEAM CXWORX

Ages: 10-Adult (Recommended 10 years)

A 30 minute personal-training inspired core class that's been formulated with a carefully structured, scientific approach and unforgiving intensity. Designated to tighten and tone abs, glutes, back, obliques and 'slings' connecting the upper and lower body. Team Gymnasts along with their immediate family and coaches are invited to sign up for this 10 week session!

Mo 3:00 p.m.- 3:30 p.m.
Members \$19

Summer: May 29 - August 26 | The Summer To Discover!

PARENT/CHILD LESSONS

Learning Together, Playing Together.

For first timers or children fearful of water, the parent/child level is the place to start to introduce your little one to the world of water! Classes incorporate games and songs as children learn water basics; floating, blow bubbles, kicking and paddling. Helping your child build confidence all while having fun. Swim diapers are required for those who are not potty trained.

PARENT/CHILD

6 months—36 months old

Mo 6:30 p.m.– 7:00 p.m.

Wed 5:00 p.m.—5:30 p.m.

Member	FREE
General Public	\$15



Two Sessions: 6/12/17—7/22/17
7/24/17-8/26/17

No lessons the week of July 3-7

PLAYTIME WITH AMY*

Ages 6 - 36 months old

Tu	10:00 a.m.– 10:30 a.m.
Members & General Public	FREE

AUTISM SPEAKS

Swimming and Water Safety Scholarships | All Ages

One-on-one and small group lessons for people with Autism and AS disorders.

Five 30 minute lessons

Mo 10:45 a.m.– 11:15 a.m.

Wed 10:45 a.m.– 11:15 a.m.

Th 10:45 a.m.– 11:15 a.m.

Fri 10:00 a.m.– 10:30 a.m.

Members &	
General Public	\$10



Contact Ivy Sutek, Aquatics Director,
for more information
ivys@mmymca.org.

WIGGLES AND WAVES

Ages: Walking - 3 yr

A class for parent and child to explore the fun of gymnastics and swimming together. The instructor will guide you both through obstacle courses for coordination and motor skills where they jump, run and laugh. Balance on the beam, tumble on the wedge, and even swing on the bars. Then you both will have fun in the water learning safety and water orientation! PLEASE come dressed with swim wear under your gym clothes for a quick change!

Gymnastics Room and Indoor Pool

Fr	10:00 a.m.–11:00 a.m.
Gymnastics	10:00 a.m. - 10:30 a.m.
Pool	10:30 a.m.—11:00 a.m.

Member	\$15
General Public	\$33

Wiggles Only (gymnastics room)

Member	\$15
General Public	\$27

* A schedule of suggested local restaurants will be provided for those looking to connect outside of class.

PRESCHOOL LESSONS

Swim, Play & Grow. AGES 3-5 YEARS

Two Sessions: 6/12/17—7/22/17
7/24/17-8/26/17

No lessons the week of July 3-7

SCHEDULE & RATES

Ages 3-5 years old

Five 45 min Lessons (1/week)

Mo	5:00 p.m.— 5:45 p.m.
Tu	5:30 p.m.—6:15 p.m.
Tu	6:15 p.m.— 7:00 p.m.
Th	5:30 p.m. - 6:15 p.m.

Member	\$20
General Public	\$35



YOUTH LESSONS

Swim, Play & Grow. AGES 6 AND OLDER



SCHEDULE & RATES

Ages 6 years and older

Two Sessions: 6/12/17—7/22/17
7/24/17-8/26/17

Five 45 min Lessons (1/week)

Mo	5:45 p.m.— 6:30 p.m.
Tu	5:30 p.m.— 6:15 p.m.
Tu	6:15 p.m.— 7:00 p.m.
Th	5:30 p.m.— 6:15 p.m.

Member	\$20
General Public	\$35



NOW MORE OPTIONS!

Summer: May 29 - August 26 | The Summer To Discover!

AQUATICS PROGRAMS

Building confidence, strength, and having fun with every stroke.

Summer 3 Day Swim Special!

Youth (Ages 6 +) & Preschool (Ages 3-5)

Three 30 minute lessons | Monday - Wednesday - Thursday
(3 Days a Week for 1 Week) 10:15 am - 10:45 am

Member \$12
General Public \$21

June 12-15
June 19-22
June 26-29
July 10-13
July 17-20
July 24-27
July 31-Aug 3
Aug 7-10
Aug 14-17
Aug 21-25

WORLDS LARGEST SWIM LESSON

Ages 3 and Up

Kids all over the world are meeting on June 22 to break the world record! Come join us for water safety, at the "Worlds Largest Swim Lesson"

June 22 11:30 - 12:15 pm

Member \$3
General Public \$6



AQUANATAL

Light water exercise and zero judgement! Our prenatal class includes light aerobic fitness, strength training and flexibility plus includes informal education and relaxation skills for labor and beyond. Water greatly reduces the usual stress on your musculoskeletal system. Even as it soothes you, the pool environment allows for a total -body workout. Peaceful happy mamas carry peaceful happy babies.

Wed 5:30-6:15 pm

Seven 45 min classes

Member FREE
General Public \$15

AQUATICS PROGRAMS

Positive, fun activities that build athletic, social, and interpersonal skills.

Two Sessions: 6/12/17—7/22/17 | 7/24/17-8/26/17

No lessons the week of July 3-7

PRIVATE AND SEMI PRIVATE LESSONS

All Ages

PRIVATE LESSONS

One 30 minute lesson

Member \$15

General Public \$30

Five 30 minute lessons

Member \$60

General Public \$120

SEMI-PRIVATE LESSONS

One 45 minute lesson

Member \$20

General Public \$40

Five 45 minute lessons

Member \$80

General Public \$140

Prices are based per person.

To schedule private lessons contact, Sabra, Swim Lesson Coordinator at 863-9983 or ssipple@mmymca.org

STROKE DEVELOPMENT

Ages 6 and up

A class designed for children who would like to learn more advanced techniques and build endurance. A minimum of four strokes will be introduced.

We 4:00-5:00 pm

Member \$28

General Public \$49

Drop In

Member \$5; General Public \$10



WE CARE ABOUT YOUR FEEDBACK

We want to know how aquatics is going. Please drop us an email or give us a call! 906-863-9983 | *Ivy Sutek, Aquatics Director* ivys@mmymca.org

Summer: May 29 - August 26 | The Summer To Discover!

M&M STINGRAYS YMCA/USA SWIM TEAM

Youth Development - Positive, fun activities that build athletic, social, and interpersonal skills.

Any swimmer can "try" swim team free for one week at any time during the season. The practices times change during the season, so please contact Coach Lenny Sipple at 906.863.8821 or Terri Falkenberg, M&M YMCA Executive Director at 906.863.9983 or email Terri@mmymca.org.

SUMMER SEASON SNEAK PEEK

April 17th - July 15th | Ages 4-19

MONDAY—THURSDAY

New & Bronze	4:00 p.m.-5:00 p.m. at M&M YMCA
Silver	5:30 p.m.-6:45 p.m. at Marinette High School
Gold	5:30 p.m.-7:00 p.m. at Marinette High School

WHEN SCHOOL IS OUT

All workouts will end July 23

MONDAY—THURSDAY

New & Bronze	8:30 a.m.-9:15 a.m. at Marinette High School
Silver	8:00 a.m.-9:15 a.m. at Marinette High School
Gold	7:30 a.m.-9:15 a.m. at Marinette High School

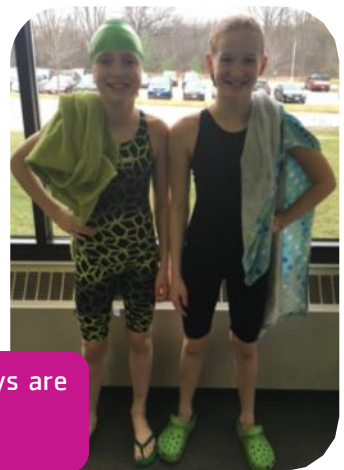
Save \$10 off the cost for each additional sibling

RATES

Bronze	\$130
Silver	\$140
Gold	\$150



The M&M Stingrays are supported by the Annual Campaign



FREE 3RD GRADE MEMBERSHIP available to any child entering third grade however swim team fees apply.

SOCIAL RESPONSIBILITY

Giving back and providing support for our neighbors and community.

VOLUNTEERISM

YMCA/USA SWIM TEAM LIFEGUARD

Gain some volunteer hours for upcoming scholarship applications by life guarding for our swim team. We will provide the training and lifeguard certifications. Practice days, times, and shift will vary.
Contact Terri.

TOTWATCH ASSISTANT

Like working with young children ages birth-8 years? Interested in pursuing a career in early childhood? Volunteer to work in our drop-off totwatch area assisting our fully-trained staff. Variety of days and times available.
Contact Michell.

SWIM INSTRUCTOR AIDE

Share your skill, knowledge, and passion for swimming! Being an aide is a great volunteer opportunity for those with swim team experience or have a strong background in swimming. Work with children of all ages.
Contact Ivy.

YOUTH/TEEN VOLUNTEER STAFF

Make a difference in somebody's life and grow the next generation of leaders. Help out in youth and teen programming and make an impact. Ages 14 and older.
Contact Joe.

VOLUNTEER COACH

Be a positive role-model in somebody's life by coaching or helping coach a YMCA sports team.
Contact Joe.

VOLUNTEER (ACTIVE OLDER ADULTS)

Add your personal touch to our programs or share your hobbies and passions.
Contact Kristen.

The Y. So Much More™

You may know the Y for our pool, family events, gym or summer Y-Kids, but the Greater Marinette-Menominee YMCA is so much more. We also offer transformative programs in chronic disease prevention and management, teen leadership, after school learning, workplace wellness, small group training programs, fitness challenges and much more!

When you volunteer or give, you're building a stronger community.

**WITH YOUR HELP
WE CAN DO SO MUCH MORE!**



ANNUAL CAMPAIGN

Donations received through the Annual Campaign fund the financial assistance program. Donate today!

IN OUR COMMUNITY

Ask how the Y can help you bring it's mission to life at your next event such as corporate health fair, guest speaker, etc.
Contact Jenni.

SAVE THE DATES

Healthy lifestyle activities that bring people together with shared athletic and recreational interests.

GLOW RUN | 2 MILE FUN RUN/WALK

Where: Henes Park - Pavillion 3

When: Friday, May 12th

Day of Registration: 8:15 p.m.—8:45 p.m.

Start time: 9:00 p.m.

How to Register: In person at the YMCA or online at www.mmymca.org under events!

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June 22 11:30 - 12:15 pm

Member \$3

General Public \$6

**REGISTER
TODAY!**

CORPORATE EVENTS

CORPORATE CHALLENGE - EVERY MAY

Teamwork building for employee's within your business
\$500 per team entering.

Unfortunately the Challenge has wrapped up. But consider joining next year! Dodgeball, softball, cake decorating, scavenger hunt, tug-of-war, bowling and more!

1st place - BAMC

2nd place - Marinette Schools

3rd place - Marinette County

SUMMER SWEAT - JULY

Summer teambuilding at the softball field! Co-ed teams participate in a 1 or 2 day double illumination softball tournament held at the Marinette softball fields.

Contact Michell Hampton on all corporate events.

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The YMCA staff makes final decisions regarding print errors or changes.



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