

# WARM UP AT THE Y



**THE GREATER MARINETTE-MENOMINEE YMCA**



**SPRING I  
& SPRING II  
PROGRAM GUIDE**

**SPRING I SESSION**  
Feb 19 - April 7  
Registration Begins  
M: FEB 5 | GP: FEB 12

**SPRING II SESSION**  
April 9 - May 26  
Registration Begins  
M: March 26 | GP: April 2

906-863-9983 | F: 906-863-5152 | [www.mmymca.org](http://www.mmymca.org)

# DID YOU NOTICE? NO RATE INCREASE

## Your Y dues did not increase for 2018!

Although this is good news to you, the Y team struggled tremendously to get a balanced budget for 2018. We will be watching our funds very closely for this next year.

Our expenses will go up; utilities, another Michigan minimum wage increase (which also brings all the other related expenses to rise), and rewarding our staff who are already making above the minimum wage.

## So, how did we do this?



Each department looked at increasing their revenue and reducing their expenses. Sounds like it should have been simple, but it wasn't. When everyone gives a little and takes less it worked out.

Here are a few things you will notice, some have already gone into effect:

- Program costs went up slightly for members and a little bit more for the general public.
- We will not serve coffee for as many hours each day.
- Many projects were done during 2017 and we will see less of that during 2018.
- We are hoping we do not "loose" as many towels as we do each year.
- We are praying for more donors during 2018 so we can continue all of our mission work and help those in need.
- We are praying for more grant dollars so we can continue to offer everything we do now with our After School Programs.

We're in this together. We need your help. Be a Y advocate. When you are out in the community talk to people about all the great things going on behind our doors. Talk to them about becoming a member or program participant. We are confident that once new people come through our doors we will keep them because of everything GREAT going on here.

The Y truly does mean, "a better us!"

*Terri Falkenberg, Exec. Director*

# HOURS OF OPERATION

## FACILITY HOURS

Labor Day 2017 (Sept) thru

Memorial Day 2018 (May)

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.

## 2018 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

## 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](http://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!

## 2018 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	1/2/18 - 2/17/18
Spring I	2/19/18 - 4/7/18
Spring II	4/9/18 - 5/26/18
Summer I	6/11/18 - 7/14/18
Summer II	7/23/18 - 8/25/18
Fall I	9/4/18 - 10/27/18
Fall II	10/29/18 - 12/22/18

## 2018 FITNESS SESSION START & END DATES

Session 1	1/1/18 - 3/24/18
Session 2	3/25/18-6/30/18
Session 3	7/1/18 - 9/22/18
Session 4	9/23/18-12/15/18
FREE WEEKS	12/16/18-12/31/18

## YMCA MISSION

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



# OPERATIONS TEAM DIRECTORY

YMCA staff make final decisions regarding print errors or changes.

## DIRECTORS

**Terri Falkenberg**  
Executive Director  
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**Deb Ward**  
Financial Dev. Director  
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Community Engagement  
AllysonB@mmymca.org

**Kristen Weglarz**  
Healthy Living and Chronic Disease  
Prevention Director  
Kristen@mmymca.org

## BOARD OF DIRECTORS

Glenn Sartorelli  
John Alfredson  
Nikki Leow  
Mac McCullough  
Steve Schahczenski  
Mary Oswald  
Grant Selsor

Pat Pottraz  
Bonnie Nerat-Heckel  
Deb Clausen  
Pam Goes  
Delight Murphy  
Aaron Buck  
Karen Smerchek

## COORDINATORS

**Krista Bardowski**  
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“Alone we are strong,  
Together we are stronger!”



# REGISTRATION



Mermaids, Ninjas, and Sprinters oh my. We offer so many exciting programs with more to come. Stop at the Welcome Desk for information regarding our new and everyone's favorite classes. New to the area, we can help you learn what the Greater Marinette-Menominee YMCA has to offer. We would love to help you sign up for a new membership and get your journey to a better you started.  
*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 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

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. 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.

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## LIFESTYLE CENTER

Ages: 11-13

Teens ages 11-13 need to complete an orientation before using the Lifestyle Center. Schedule a free appointment at the Y Welcome Desk.

Member            FREE

## FREE WEIGHT ROOM

14+

Members 14+ may use the Free Weight Room, however, we strongly recommend a Lifestyle Center Orientation Prior.

## ONE-ON-ONE PERSONAL 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 personal training will also allow usage of the Lifestyle Center. Purchase single sessions or as a package. Contact Kristen. Members only

## FREE 3RD GRADE MEMBERSHIP

Beginning September 1, any child entering into 3rd grade gets a FREE Y membership until August 31, 2018. 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+   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)

## 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, private groups, and special events.

\*Pool/Building rentals contact Deb Ward.

## BADGE DAY

Boy Scout and Girl Scout troops can use the Y to work on their aquatic badges. An instructor will lead troops through requirements needed for their badges. There will also be free time to enjoy the water when finished. Contact Sabra Sipple.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## TOTWATCH

Fun, engaging, and interactive environment available for children. Please bring any supplies and/or snacks your child might need with you during their stay.

## TOTWATCH HOURS

**Labor Day - Memorial Day 2018**  
(Ages: Birth - 7)

Mo-Th	8:00 a.m. - 1:00 p.m. 3:30 p.m. - 7:30 p.m.
Fr	8:00 a.m. - 1:00 p.m.
Sa	7:00 a.m. - 11:00 a.m.
Su	CLOSED

**M: FREE | GP: \$2/hour per child**

## TEEDLE TODDLE TUMBLE

Ages: Infant - 6 years  
Fri, Sept 8th 2017 - Fri, June 1, 2018

Fun family play group time in the gymnastics center. Romp around, play and interact in a supervised play area. We will have balls, a beam, mats, hoola-hoops, and more.  
\*Parent supervision is required

Fr 10:00 a.m. - 11:00 a.m.

**M: FREE | GP: \$5 per family/visit**

# YKIDS BREAKOUT

Nurturing the potential of every child and teen.



## Y-KIDS BREAK OUT

**(Snow Days & Scheduled Days Off School)**

Grades K & Up

### When do we HAVE Y-Kids Breakout

1. When there are scheduled or poor weather full days off of school for Marinette and/or Menominee Public Schools.
2. On poor weather, early release days for Marinette and/or Menominee Public Schools. Half day rates apply.

### When do we NOT have Y-Kids Breakout?

1. When Marinette and/or Menominee Public Schools are not off of school.
2. On Scheduled early release days.  
(We DO have After School Program at the sites beginning at time of early release. ASP enrollment rules apply.)

### Full Days Off School

Mo- Fr 6:30 a.m. - 5:30 p.m.

**M:** \$21 Daily  
\$47 Daily Family  
\$13 Half-Day  
\$75 per child Weekly  
\$125 Family Weekly

**GP:** \$32 Daily  
\$68 Daily Family  
\$17 Half-Day  
\$94 per child Weekly  
\$150 Family Weekly

# AFTERSCHOOL PROGRAM OFF-SITE (ASP)

The YMCA After School Program does not operate on full days off of school or days called due to inclement weather (half or full days). Y-Kids Breakout is available for these days at the Y.

## STRUCTURED, NURTURING

Through educational enrichment activities, physical play, using their imagination, and just having fun, your child will be safe, engaged, and active with our after school program. In everything we do, our focus is to build kids up to be strong, both physically, mentally, and in good character. A healthy snack is provided.

## RATES Grades K & Up

Enrollment fee \$40\*

\*One time fee per child upon sign-up for Member and General Public. An enrollment form will need to be completed before children can attend.

<b>MEMBER</b>	Free
<b>GENERAL PUBLIC*</b>	Grades K & Up

1 Child Daily	\$3
1 Child Weekly	\$10
2 Children Weekly	\$20
3+ Children Weekly	\$25

(Same family household)

\*Please make all payments at the YMCA, not the ASP site.

\*In case of an emergency, call the YMCA. Contact Joe Plautz.

\*Still need child care? Check out our Y-Kids Breakout at the Y (snow days & days off school options)

## AFTERSCHOOL PROGRAM (ASP) HOURS - 5 SITES!

Off-site at Central School, Trinity Lutheran, First United Methodist Church, Marinette Middle and Peshtigo Elementary!

Mo-Fr School Dismissal - 5:30 p.m.  
Sa & Su Closed

**Marinette Middle School**  
Mo-Th 3:00 p.m. - 5:00 p.m.

**1. Central School, Menominee**  
With busing from Blesch & St. John Paul II

**2. Trinity Lutheran, Marinette**  
Daily Pick-up at Garfield Elementary

**3. First United Methodist Church, Marinette**  
Daily Pick-Up at Park Elementary

**4. Marinette Middle School**  
This program is run through Marinette Schools. YMCA fees do not apply to this site. For more information, or to register, contact Marinette Middle School. You do NOT register for this program at the Y.

**5. Peshtigo Elementary**

The ASP Program is supported by the Annual Campaign. We never turn anyone away due to ability to pay, Financial Assistance is available.



# SUMMER YKIDS PROGRAMS

Structured daily programming that is designed to be fun, physically active and help to prevent summer learning loss!

## SUMMER Y-KIDS PROGRAM

Monday - Friday, June 11 through Friday, August 31  
 Mon-Fri 6:30 a.m.—5:30 p.m. | YMCA *CLOSED JULY 4*

**June 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1						2
3						4
5						6
7						8
9						10
11						12
13						14
15						16
17						18
19						20
21						22
23						24
25						26
27						28
29						30
31						

**July 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1						2
3						4
5						6
7						8
9						10
11						12
13						14
15						16
17						18
19						20
21						22
23						24
25						26
27						28
29						30
31						

**August 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1						2
3						4
5						6
7						8
9						10
11						12
13						14
15						16
17						18
19						20
21						22
23						24
25						26
27						28
29						30
31						

Y-Kids Jr:  
 Ages 4-5 years old

Y-Kids:  
 Ages 6-8 years old

Adventure Camp:  
 Ages 9 years old and up

**2018 RATES COMING IN OUR SUMMER PROGRAM GUIDE:**  
 Weekly & Short Week Rates Available

## SUMMER Y-KIDS LEARNING PROGRAM | MARINETTE M.S.

Monday - Friday, June 18 through Wed, July 18  
 Mon-Fri 12:30 p.m.—5:30 p.m. *CLOSED JULY 4, 5, 6*

**June 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1						2
3						4
5						6
7						8
9						10
11						12
13						14
15						16
17						18
19						20
21						22
23						24
25						26
27						28
29						30
31						

**July 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1						2
3						4
5						6
7						8
9						10
11						12
13						14
15						16
17						18
19						20
21						22
23						24
25						26
27						28
29						30
31						

Open to Children  
In Grades K-8  
 Daily & Weekly Rates Available

# PRESCHOOL/YOUTH SPORTS

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

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## **LIL TOT INDOOR SOCCER - SPRING I**

**Boys and Girls ages 3-4\* | \*20 child maximum enrollment**

**February 19 - April 2 | Location: YMCA GYM**

**Mondays: 5:00 - 5:30 p.m.**

## **LIL TOT TEE BALL - SPRING II**

**Boys and Girls ages 3-4\* | \*20 child maximum enrollment**

**April 9 - May 21 | Location: YMCA GYM**

**Mondays: 5:00 - 5:30 p.m.**

These 2 programs are excellent introductory program to nurture your little one's skills. Each session will teach vital skills to help the children progress with the fundamentals. These will include sports skills, but we will also help the children adapt into a structure sports environment by working on listening skills. Skills and drills held each session. T-shirt included!

Volunteer helpers are greatly appreciated. Please sign-up at the Y Welcome Desk if you are interested.

**M: \$29/per one session | GP: \$41 /per one session**

## **K-3 BASKETBALL SKILLS - SPRING I**

**Boys and Girls K-3 grade |**

**February 19 - April 2 | Location: YMCA GYM**

**Mondays: 5:45 - 6:30 p.m.**

This is an excellent way to learn, practice and refine basketball skills. In each weekly 45 minute clinic, the kids will work on skills like dribbling, passing, shooting and defense. This is an excellent way to get some extra practice!

**M: \$29 | GP: \$41**

# SPORTS/YOUTH PROGRAMS

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

## YOUTH FUN!

### NERF GUN & SWIM NIGHT

Grades 2nd - 3rd

Friday, February 23 | 6 pm - 8 pm

Grades 4th - 6th

Friday, March 2 | 6 pm - 8 pm

#### ARRIVE PRIOR TO 6 PM

Check in and day-of registration opens at 5:40 p.m.

We will set up our gym with various obstacles and cover for our kids to have "pick-up style" nerf gun battles and contests! Children will be given protective eyewear and we will provide the nerf bullets. Participants must bring their own nerf weapons. FAST AND EASY LOADING, SINGLE SHOT NERF GUNS WORK BEST! These weapons must shoot standard nerf "N strike" bullets. Please mark your own weapons to identify them. Just one nerf weapon per child. In addition, we will have swim time! So please bring a suit and towel.

**Swim and Nerf times will vary based on the amount of kids.**

Registration on or before Wed, Feb 21 & Feb 28

M: \$4 | GP: \$8

Registration after Wed, Feb 21 & Feb 28

M: \$6 | GP: \$10

# SUMMER SPORTS

## 3 on 3 SUMMER BASKETBALL LEAGUE

Boys and Girls 4-6 grade | June 11—July 14 | DAYS & TIMES TBD

A fun and competitive league that will be held during the daytime hours! There will be a separate boys and girls divisions for kids entering 4—6 grade for the 2018—2019 school year. After initial clinic and practice, teams will be drafted and coached by YMCA volunteers and staff. Volunteers are appreciated. For more information contact Joe Plautz. Joe@mmymca.org

## BASKETBALL BASEBALL AND SOCCER CAMPS

Boys and Girls entering K-3

Monday—Thursday 9:30am—11am | Dates TBD

# M&M GLIDERS GYMNASTIC TEAM

The M&M Gliders are supported by our Annual Campaign!

## Requirements for the Gliders Gymnastics Team:

- Girls (age 5 & Up) or who have passed out of the USAG level 1 Girls Gymnastics Class.
- Girls (ages 12-18) with basic gymnastic skills may enter in the Excel level.
- Receiving an invitation from a team coach.
- Gymnast must also be an active Y member.



## COMPETITION SEASON

September 4, 2017 - March 15, 2018

GLIDERS TEAM	DAY	TIME	COST
LEVELS 4-10	Mon	5:00pm - 7:30pm	\$410/SEASON
EXCEL - Gold & Silver	Mon	5:00pm - 7:30pm	\$350/SEASON
LEVEL 1 & 2	Tue	3:45pm - 5:30pm	\$330/SEASON
LEVEL 3	Tue	5:00pm - 7:00pm	\$340/SEASON
LEVEL 4-10	Tue	5:00pm - 7:30pm	
EXCEL - Gold & Silver	Wed	5:00pm - 7:30pm	
LEVEL 1 & 2	Thur	3:45pm - 5:30pm	
LEVEL 3	Thur	5:00pm - 7:00pm	
LEVEL 4-10	Thur	5:00pm - 7:30pm	
OPEN GYM	Fri	6:00pm - 7:30pm	\$20/PUNCHCARD

## SIBLING DISCOUNT\*



# M&M GLIDERS GYMNASTIC TEAM



The M&M Gliders are supported by our Annual Campaign!

## SPRING AHEAD!

### Gliders Spring Team Begins Spring II

APRIL 9 - MAY 26

Join the Spring Team fever! Open to current Glider members or by Team Invitation. Gymnasts will get a jump on all the skills needed for the upcoming season and perfect the skills already learned.

Current Members \$90 (\$10 off each additional sibling after the 1st child).

GLIDERS TEAM	DAY	TIME	COST
LEVEL 1 & 2	Tue/Thur	3:45pm - 5:15pm	\$90
current and new invites			
LEVEL 3+	Tue/Thur	5:00pm - 6:30pm	\$90
EXCEL - Gold & Silver	Tue/Thur	5:00pm - 6:30pm	\$90

### MINI CAMP

May 28 - June 6

Tue—Thur

2 weeks | 4pm - 6 pm

3 days/week

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!

M: \$45 | GP: \$90

Registration will be with Program Session Spring II

### GYMNASTICS CAMP

July 16-19, 2018

For anyone 6 and up wanting to learn gymnastics skills, games, swimming and LOTS of fun! Bring a hair tie, water bottle, along with a swimsuit, towel and leotard (or shorts & t-shirt) every day. All our Gliders team staff will be coaching your gymnast with our years of experience to provide a challenging, fun, and safe experience!

**TIMES & Prices TBD**

Registration will be with Program Session Summer I & II

# GYMNASTICS CLASSES

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

## SPRING I CLASSES

February 19 - April 7, 2018

CLASS	AGES	DAY	TIME	PRICE
COED FLIP AND TUMBLE	Ages 6-18	Mon	4:00pm - 4:45pm	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Mon	4:00pm - 4:50pm	\$35M/\$60GP
GIRLS GYMNASTICS	Ages 6-18	Mon	4:00pm - 5:00pm	\$40/\$70GP
WIGGLES AND WAVES	Walking - 3	Tue	9:30am - 10:30am	\$22M/\$50GP
WIGGLES ONLY	Walking - 3	Tue	9:30am-10:00am	\$22M/\$40GP
TINY TUMBLERS	Ages 3 - 5	Tue	10:15am - 11:00am	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Tue	11:10am-12:00pm	\$35M/\$60GP
NINJA TRAINING	Ages 6 - 12	Wed	4:00pm - 4:45pm	\$30M/\$55GP
GIRLS GYMNASTICS	Ages 6-18	Wed	5:00pm - 6:00pm	\$40M/\$70GP
PRE-TEAM	Ages 6 - 18	Wed	5:00pm - 7:00pm	\$60M/\$120GP
LIL NINJAS	Ages 4 - 6	Thur	10:00am - 10:40am	\$25M/\$50GP
ALL ABOUT UNEVEN BARS	Ages 6 - 18	Fri	4:00pm - 4:45pm	\$30M/\$55GP
LIL NINJAS	Ages 4 - 6	Fri	4:10pm - 4:50pm	\$25M/\$50GP
GIRLS GYMNASTICS	Ages 6-18	Fri	5:00pm - 6:00pm	\$40M/\$70GP
GYMNE KRICKET	Ages 4-6	Fri	5:00pm - 5:50pm	\$35M/\$60GP
GIRLS OPEN GYMNASTICS*	Ages 6 - 18	Fri	6:00pm - 7:00pm	\$PUNCH CARD
TEAM OPEN GYMNASTICS*	Team Gymnasts	Fri	6:00pm - 7:30pm	\$PUNCH CARD
WIGGLES AND WAVES	Walking - 3	Sat	9:15am - 10:15am	\$22M/\$50GP
WIGGLES ONLY	Walking - 3	Sat	9:15am - 9:45am	\$22M/\$40GP
TINY TUMBLERS	Ages 3 - 5	Sat	10:00am - 10:45am	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Sat	11:00am - 11:50am	\$35M/\$60GP
GIRLS GYMNASTICS	Ages 6-18	Sat	11:00am - 12:00pm	\$40M/\$70GP
GIRLS OPEN GYMNASTICS*	Ages 6 - 18	Sat	12:00pm - 1:00pm	\$PUNCH CARD
TEAM OPEN GYMNASTICS*	Team Gymnasts	Sat	12:00pm - 1:00pm	\$PUNCH CARD



# GYMNASTICS CLASSES

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

## SPRING II CLASSES

April 9—May 26, 2018

CLASS	AGES	DAY	TIME	PRICE
GYMNE KRICKET	Ages 4-6	Mon	4:00pm - 4:50pm	\$35M/\$60GP
GIRLS GYMNASTICS	Ages 6-18	Mon	4:00pm - 5:00pm	\$40M/\$70GP
PRE-TEAM	Ages 6 - 18	Mon	4:00pm - 6:00pm	\$60M/\$120GP
COED FLIP AND TUMBLE	Ages 6-18	Mon	5:00pm - 5:45pm	\$30M/\$55GP
ALL ABOUT UNEVEN BARS	Ages 6 - 18	Mon	5:00pm - 5:45pm	\$30M/\$55GP
TINY TUMBLERS	Ages 3 - 5	Mon	6:00am - 6:45pm	\$30M/\$55GP
WIGGLES AND WAVES	Walking - 3	Tue	9:30am - 10:30am	\$22M/\$50GP
WIGGLES ONLY	Walking - 3	Tue	9:30am-10:00am	\$22M/\$40GP
TINY TUMBLERS	Ages 3 - 5	Tue	10:15am - 11:00am	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Tue	11:10am-12:00pm	\$35M/\$60GP
NINJA TRAINING	Ages 6 - 12	Wed	4:00pm - 4:45pm	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Wed	5:00pm - 5:50pm	\$35M/\$60GP
GIRLS GYMNASTICS	Ages 6-18	Wed	5:00pm - 6:00pm	\$40M/\$70GP
PRE-TEAM	Ages 6 - 18	Wed	5:00pm - 7:00pm	\$60M/\$120GP
LIL NINJAS	Ages 4 - 6	Wed	6:15pm - 6:55pm	\$25M/\$50GP
NINJA TRAINING	Ages 6 - 12	Wed	6:15pm - 7:00pm	\$30M/\$55GP
LIL NINJAS	Ages 4 - 6	Thur	10:00am - 10:40am	\$25M/\$50GP
ALL ABOUT UNEVEN BARS	Ages 6 - 18	Fri	4:00pm - 4:45pm	\$30M/\$55GP
LIL NINJAS	Ages 4 - 6	Fri	4:10pm - 4:50pm	\$25M/\$50GP
GIRLS GYMNASTICS	Ages 6-18	Fri	5:00pm - 6:00pm	\$40M/\$70GP
GYMNE KRICKET	Ages 4-6	Fri	5:00pm - 5:50pm	\$35M/\$60GP
GIRLS OPEN GYMNASTICS*	Ages 6 - 18	Fri	6:00pm - 7:00pm	\$PUNCH CARD
TEAM OPEN GYMNASTICS*	Team Gymnasts	Fri	6:00pm - 7:30pm	\$PUNCH CARD
WIGGLES AND WAVES	Walking - 3	Sat	9:15am - 10:15am	\$22M/\$50GP
WIGGLES ONLY	Walking - 3	Sat	9:15am - 9:45am	\$22M/\$40GP
TINY TUMBLERS	Ages 3 - 5	Sat	10:00am - 10:45am	\$30M/\$55GP
GYMNE KRICKET	Ages 4-6	Sat	11:00am - 11:50am	\$35M/\$60GP
GIRLS GYMNASTICS	Ages 6-18	Sat	11:00am - 12:00pm	\$40M/\$70GP
GIRLS OPEN GYMNASTICS*	Ages 6 - 18	Sat	12:00pm - 1:00pm	\$PUNCH CARD
TEAM OPEN GYMNASTICS*	Team Gymnasts	Sat	12:00pm - 1:00pm	\$PUNCH CARD

# GYMNASTICS CLASSES

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

## 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 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!**

## 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. \*Parent should be readily available during class.

## 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.

## LIL NINJA TRAINING

**Ages: 4-6**

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

## PRE-TEAM GIRLS GYMNASTICS

**Ages: 6-18**

2 hours learning USA-Gymnastic skills required for invitation to Gliders competitive team, level 1 to intermediate. Class includes: dance, strength and

flexibility, skills on uneven bars, beam, vault, and floor. A longer time in the gym for better chance of advancing!

## GIRLS GYMNASTICS

**Ages: 6-18**

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

## 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 available at the welcome desk. 5 punches per card. Immediate family may share punches.

**M: \$20/Punch Card | GP: \$40/Punch Card**

## COED FLIP & TUMBLE CLASS

**Ages: 6-18**

This is a class for children wishing to get stronger on a spring floor. We focus on skills: handstand, back walkover, cartwheel, round off and back tumbling.

## 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 class combines uneven bars training and strength conditioning!

## NINJA TRAINING

**Ages: 6-12**

This class offers high energy obstacle courses, swinging on bars, trampoline jumping and gymnastics skills



# OPEN & PRIVATE GYMNASTICS

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

## PARKOUR, DANCE, CHEERLEADING OPEN GYM RENTAL

**Ages: 12-18**

Our gymnastics center is available for Parkour, Dance and Cheerleading practices, including most of our equipment! To schedule a 1-2 hour rental with a minimum of five paying participants, contact Gymnastics Coordinator Brigitte Schmidt, [bschmidt@mmymca.org](mailto:bschmidt@mmymca.org). You may bring your own adult coach at no cost difference.

\*The gymnastics center will be supervised by a Y coach for safety and/or guidance.

**M: \$5/hour | GP: \$10/hour**

## 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.

Contact Brigitte Schmidt  
[bschmidt@mmymca.org](mailto:bschmidt@mmymca.org)

**M: \$15 | GP: \$30**



## 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](mailto:bschmidt@mmymca.org) or 906-863-9983 for lessons. Punch card package reduced price available.

**Individual half hour lesson**  
**M: \$15 | GP: \$30**

**Group lesson (1 hour/five student min)**  
**M: \$5 | GP: \$10**

# SAVE THE DATES

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

## CPR & AED TRAINING

A Great Life Skill To Have!  
Feb 7 | March 7 | April 4  
May 2 | June 6  
6pm - 9 pm

**M: \$25 GP: \$50**

Email [rfinch@mmymca.org](mailto:rfinch@mmymca.org) for more information. Register at the Welcome Desk.

## Child & Babysitting Safety Course

**3/24/18 | 5/19/18**

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

Ages 10 - 21

American Safety and Health Institute Child and Babysitting Safety Course. Includes one course and lunch provided! Registration is open! Register at the Welcome Desk.

## **2018 Kick Off For Kids Raffle Event**

**February 24, 2018**

**Pullman House, Menominee, MI**

6 pm - 10 pm | \$20 admits 2

Join the Y for a fun night filled with food, refreshments, raffles and prizes! A \$20 ticket will admit 2 people to this event. Tickets can be purchased by Y staff and Y board members!

## **BREAKFAST WITH THE BUNNY**

**March 24, 2018**

**Applebee's Marinette**

8 am - 10 am

**\$4 person - under 2 yrs free**

Tickets sold at the YMCA starting on February 15th. *The Easter Bunny will be present from 8:15am—9:45am*

## **HEALTHY KIDS DAY**

**April 21, 2018**

**Menominee High School**  
2101 18th Street



**10 am - 2 pm**  
**FREE TO COMMUNITY**



Last year we had over 800 participants! Hands on activities, take home item, bouncy houses and more! Your child will take home memories and hopefully learn a thing or two from our amazing local vendors!

## **GLOW RUN/WALK 2 MILES**

**May 11, 2018**

Register for \$20 by April 24 to be guaranteed an event shirt!

**Henes Park - Pavillion 3**  
**Menominee, MI**

9:00pm start time - DUSK  
Day of Registration 8:15pm—8:45 pm

Registration is open on March 1st and you can register online or in person at the YMCA!

Come decked out in bright colors, glow stick attire, headlamps, bring a flashlight and a buddy! Let's have a 2 mile stroll around Henes Park! Parking will be outside of the park.

# SAVE THE DATES

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

## FAMILY FUN NIGHTS

**Every 2nd Saturday of each month!**

6:00 pm - 8:00 pm

**M:** \$15/family | **GP:** \$30/family

Feb 17 | March 10 | April 14 | May 12

Physical activity, taste test, craft, open gym, open swim, open pickleball, the Y has you covered! Each month will be a new theme for your families enjoyment. We need a minimum of 5 families registered day before family night, to hold family night.

## CORPORATE CHALLENGE

EARLY MAY

Teambuilding at it's finest! The Y provides opportunities to compete with coworkers against other area business in a variety of events that cater to a variety of skills. Challenges in the past included cake decorating, 3pt shoot out, trivia, scavenger hunt and more!

Contact Michell Hampton for more information. [Michell@mmymca.org](mailto:Michell@mmymca.org)

## WE ARE 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 Daxko Marinette-Menominee YMCA.



Marinette-Menominee  
YMCA

## #LEOWSTRONG BODY OF IRON

31 Day Full Triathlon  
2.4 mile swim | 112 mile bike |  
26.2 mile run/walk

**March 1 - 31st, 2018**

Honoring Dr. Leow, complete this triathlon at your own pace in 31 days to kickstart your 'training' season for spring/summer 2018!

The registration cost includes a 1/4 zip long sleeve shirt (material & color TBD), the first 75 paid participants will receive a swim cap, and the opportunity to use the Y facility to complete this 31 day challenge. Registration will be open on February 1st.

Register by March 3, 2018

**M: \$50 | GP: \$100**



# SWIMMING LESSONS

Learning Together, Playing Together.

## SPRING I & II CLASSES

February 19 - April 7, 2018 and April 9—May 26, 2018

CLASS	AGES	DAY	TIME	PRICE
PARENT/CHILD	Ages 6mo - 36mo	Mon	6:30pm - 7:00pm	\$0M/\$20GP
PRESCHOOL	Ages 3 - 5	Mon	5:00pm - 5:45pm	\$26M/\$46GP
YOUTH	Ages 6+	Mon	5:45pm - 6:30pm	\$30M/\$54GP
PLAYTIME WITH AMY	Ages 6mo - 36mo	Tue	10:00am - 10:30am	\$0M/\$0GP
PRESCHOOL	Ages 3 - 5	Tue	10:30am - 11:15am	\$26M/\$46GP
PRESCHOOL	Ages 3 - 5	Tue	5:30pm - 6:15pm	\$26M/\$46GP
PRESCHOOL	Ages 3 - 5	Tue	6:15pm - 7:00pm	\$26M/\$46GP
YOUTH	Ages 6+	Tue	5:30pm - 6:15pm	\$30M/\$54GP
YOUTH	Ages 6+	Tue	6:15pm - 7:00pm	\$30M/\$54GP
PARENT/CHILD	Ages 6mo - 36mo	Wed	5:15pm - 5:45pm	\$0M/\$20GP
INTRO TO SWIM TEAM	Ages 6+	Wed	5:45pm - 6:30pm	\$30M/\$54GP
PRESCHOOL	Ages 3 - 5	Thur	11:30am - 12:15am	\$26M/\$46GP
PRESCHOOL	Ages 3 - 5	Thur	5:00pm - 5:45pm	\$26M/\$46GP
YOUTH	Ages 6+	Thur	5:00pm - 5:45pm	\$30M/\$54GP
PARENT/CHILD	Ages 6mo - 36mo	Sat	9:45am - 10:15am	\$0M/\$20GP

### PARENT/CHILD

**Ages: 6 mo—36 mo**

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

### PLAYTIME WITH AMY

**Ages: 6 mo—36 mo**

Join us for Wiggles and Giggles in the Gymnastics Center right before Playtime with Amy! Sign up at the Welcome Desk.

### PRESCHOOL LESSONS

**Ages: 3 - 5**

Participants learn water safety and achieve basic swimming competency by learning many important benchmark skills.

### YOUTH LESSONS

**Ages: 6 years and up**

Participants learn personal water safety and strokes to grow the strongest swimmer.

### INTRO TO SWIM TEAM

**Ages: 6 years and up**

Learn the four competitive strokes; freestyle; backstroke, breaststroke and butterfly. This is a great program to find out what competitive swimming with the Stingrays is all about! Child must be able to swim the length of the pool on their back and front. Enrollment is limited.

# SPECIALTY LESSONS

Swim, Play & Grow.

To schedule private or homeschool lessons contact, Sabra, Swim Lesson Coordinator at 863-9983.

## PRIVATE LESSONS

All Ages

One 30 minute lesson

M: \$15 | GP: \$30

Five 30 minute lessons

M: \$60 | GP: \$120

## SEMI-PRIVATE LESSONS

All Ages

One 45 minute lesson

M: \$20 | GP: \$40

Five 45 minute lessons

M: \$80 | GP: \$140

## SAFETY AROUND WATER

**Ages 4 and up**

A basics class for non-swimmers to teach fundamentals of swimming and what to do if they find themselves in water unexpectedly.

Thur 5:00-5:45 pm

M: \$30 | GP: \$60

## 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

# SPECIALTY AQUATICS

Swim, Play & Grow.

## AQUANATAL

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.

Tu 5:00-5:30 pm

M: \$0 | GP: FREE

## MERMAID ADVENTURE

**Ages: 6 and up**

Mermaid Adventure is a fun day at the Y for fantasy and activity in the pool. Included in the price of registration is a pair of swimmable leggings of your very own, a mermaid-themed movie hour and time in the pool to try out the swim tails. Instructors will show you how to swim, flip, and dive like a mermaid! Must be able to swim without a flotation device and submerge under water to register.

Sunday, March 18 | 12:30-2:45 pm

Monday, April 2 | 10:00 -12:30 pm

M: \$30 | GP: \$60

# M&M STINGRAYS YMCA/USA SWIM TEAM

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

## FALL/WINTER SWIM TEAM

**9/11/17 – 3/24/18 · AGES 4-19**

Come join a winning team. Where everyone swims and everyone wins!

### WINTER SWIM TEAM FREE WEEK PRACTICE TIMES

It's never too late to join or try for free!

*\*You can "try" swim team free for one week  
Anytime during the season*

### PRACTICE SCHEDULE

New & Bronze 4:00 p.m.-5:00 p.m. at M&M YMCA  
Silver & Gold 6:30 p.m.-8:00 p.m. at Marinette H.S.

### FALL/WINTER RATES

Bronze	\$275
Silver	\$300
Gold	\$325

Payment options: Pay in full  
or choose monthly bank drafts

## SUMMER SWIM TEAM

**4/16/18 – 7/31/18 · AGES 4-19**

Practice times will be announced

YMCA programs make a difference. Programs such as swim lessons, youth sports, gymnastics and competitive swimming do more than teach skills, they teach confidence and responsibility. Y programs also teach young people to be strong in spirit, mind and body.

The Y team is for swimmers who would like to be a part of a positive social team atmosphere. Swimmers are grouped by age / skill level and may come as often or as little as they choose. Swim team members must be active members of the Y and be able to swim 25 yards either on their back or on their stomach.

### SUMMER RATES

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

Must pay in full

## M&M STINGRAYS GOLD & SILVER GROUP PRACTICE AT MARINETTE H.S. POOL BRONZE GROUP AT THE YMCA POOL

The practices times change during the season, so please contact Coach Lenny Sipple at 906.863.8821

**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.

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

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## 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!

### 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.

### FREE 3RD GRADE MEMBERSHIP

Beginning September 1, any child entering into 3rd grade gets a FREE Y membership until August 31, 2019. 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.

### CHRONIC DISEASE PREVENTION LIVESTRONG AT THE YMCA

This free 12 week research-based program focuses on physical activity and well-being for participating cancer survivors. Contact Kristen.

### DIABETES PREVENTION

An evidence based lifestyle change program for adults diagnosed with prediabetes or at high risk for developing type 2 diabetes. Contact Kristen.

## 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 Sabra.

### YOUTH/TEEN VOLUNTEER STAFF

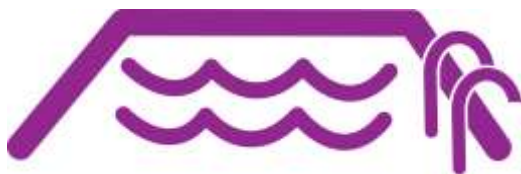
Make a difference in somebody's life and grow the next generation of leaders. Help out in youth and teen programming and make an impact. Ages 14 and older. Contact Joe.

### VOLUNTEER COACH

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

### VOLUNTEER BOOMERS AND SENIORS

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



## INCLUSION RESOLUTION

# FREE\* SAFETY AROUND WATER SESSION

\*with this coupon

**April is Minority Health Month!** Racial and ethnic minorities can use this coupon March 26– April 14 to register for a free session of Safety Around Water 4/9/18-5/26/18.

The Greater Marinette-Menominee YMCA - Aquatics Department  
1600 West Drive Menominee, MI 906.863.9983

(Good through April 14, 2018. Not redeemable for cash or use at another Y.)



**GREATER MARINETTE-MENOMINEE YMCA**

1600 WEST DR.

MENOMINEE, MI 49858

Ph. 906-863-9983

Fx. 906-863-5152

[www.mmymca.org](http://www.mmymca.org)