



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM UP WITH THE Y

Session: Winter
PROGRAM GUIDE 2018
THE GREATER MARINETTE-MENOMINEE YMCA



WINTER REGISTRATION:
Member 12/18 | Gen. public 12/26

WINTER:
JANUARY 2 - FEBRUARY 17

906-863-9983 | F: 906-863-5152 | www.mmymca.org

OUR AREAS OF FOCUS

HEALTHY LIVING

The Y is a leading community-based network committed to improving America's health. We harness our vast network to help the nation battle chronic disease and improve individual and community health through programs that promote wellness, reduce risk of disease and help people reclaim their health.



SOCIAL RESPONSIBILITY

At the Y, we understand that the desire to belong and help others is human nature, and everyone has something of value to contribute. Often, people just need to be motivated to act, and the Y has the credibility and expertise to be a catalyst.

Recently a past member of the Y told me that our membership rates had to be more competitive with other workout facilities in the area. How can we? We are not just a workout facility with a room for equipment. We have a pool, full size gym, racquetball, studios, plus those "rooms with equipment in them!" AND we do mission work to benefit everyone in our communities! Everything we do under our old roof relates to one of these areas of focus. You are welcome to be a part of one area, or every area. You choose where you want to spend your time and your dollars. Continue to choose the Y and have a part in improving many people's lives.

Terri Falkenberg—Executive Director

HOURS OF OPERATION

FACILITY HOURS

Labor Day–Memorial Day 2018

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! 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.

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BOARD OF DIRECTORS

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Steve Schahczenski
Mary Oswald
Grant Selsor

Pat Pottraz
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Deb Clausen
Pam Goes
Delight Murphy
Aaron Buck
Karen Smerchek



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 program's 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.

LIFESTYLE CENTER/ FREE WEIGHT ROOM

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.

Member	FREE
General Public	Day Pass

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.

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

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!

Y-KIDS BREAK OUT (Snow Days & Scheduled Days Off School)

Grades K & Up

When 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 day 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.

Member	\$21 Daily
	\$47 Daily Family
	\$13 Half-Day
	\$75 per child Weekly
	\$125 Family Weekly

General Public	\$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.

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.

MEMBER Free
GENERAL PUBLIC* 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.

ASP held immediately following dismissal on scheduled early release days. If there is an early release day due to poor weather, there will not be ASP.

*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.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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 are also available for birthday parties, 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.



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.

Member	FREE
General Public	\$2/ hour per child

TOTWATCH HOURS

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

Mo-Th	8:00 a.m. - 1:00 p.m. 3:45 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

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.
Member	FREE
General Public	\$5 per family/ visit

YOUTH DEVELOPMENT

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

YOUTH FUN! NERF GUN & SWIM NIGHT

Grades 4th - 6th

Friday, January 12 from 6 pm - 8 pm



This means 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.

6:00 p.m. - 7:00 p.m. - 1/2 Kids Nerf Gun/1/2 Kids Swimming

7:00 p.m. - 8:00 p.m. - 1/2 Kids Nerf Gun/1/2 Kids Swimming

Registration on or before Wednesday, January 10

Member \$4

General Public \$8

Registration after Wednesday, January 10

Member \$6

General Public \$12

Check in and day-of
registration opens
at 5:40 p.m.
Please arrive prior
to 6 p.m.!

LIL TOT BASKETBALL

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

January 8 — February 12 | Location: YMCA GYM

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

This is an excellent introductory program to nurture your little one's basketball skills. Each session will teach vital skills to help the children progress into our K-3 Youth Basketball League. These will include basketball 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.

Member: \$25

General Public \$41

NEW YOUTH DEVELOPMENT

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

MERMAID ADVENTURE

Have you ever dreamed of becoming a mermaid for a day? 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!

Participants must be able to swim without a flotation device and submerge under water to register.

Ages 6-9

Saturday, December 30

4:30-6:45 pm

Saturday, January 20

4:30-6:45 pm

AGES 10 and up (Adults too!)

Sunday, December 31

12:30-2:45 pm

Sunday, January 21

12:30-2:45 pm

Member \$30

General Public \$60



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!

We 5:00 p.m.– 7:00 p.m.

Member \$60 | General Public \$120

M&M GLIDERS GYMNASTIC TEAM

September 4, 2017–March 15, 2018

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.



*NO GYMNASTICS CLASSES SAT, JAN. 20!

M&M

GLIDERS PINKVITATIONAL

Dates: January 20, 2018

Location: The Greater Marinette–Menominee YMCA
1600 West Dr., Menominee

Let's 'pink-out' our YMCA together while we flip, tumble and twist! Please support our Gliders team by joining us on these 2 fun filled days where some of the best athletes around join up to compete against each other!

Admission per day:
\$2.00/adult | \$1.00/student

Levels: Girls Levels 1 – 9 and EXCEL

Any child currently enrolled in a gymnastics class is offered free admission to the meet!

GYMNASTICS CLASSES

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

YMCA GYMNASTICS CENTER

<u>Day</u>	<u>Class</u>	<u>Time</u>	
Mo*	Coed Flip & Tumble Class	4:00-4:45 p.m.	*ALL MONDAY CLASSES ARE PRORATED FOR NEW YEAR'S DAY
	Gymne Cricket	4:00-4:50 p.m.	
	Girls Gymnastics	4:00-5:00 p.m.	
	Gliders Levels 4-10 & Excel	5:00-7:30 p.m.	
Tu	Wiggles & Waves	9:30-10:30 a.m.	
	Tiny Tumblers	10:15-11:00 a.m.	
	Gymne Cricket	11:10-12:00 p.m.	
	Gliders Level 1 & 2	3:45-5:30 p.m.	
	Gliders Level 3	5:00-7:00 p.m.	
	Gliders Levels 4-10	5:00-7:30 p.m.	
We	Ninja Training	4:00-4:45 p.m.	
	Girls Gymnastics	5:00-6:00 p.m.	
	PRETEAM Girls Gymnastics	5:00-7:00 p.m.	
	Gliders Level Excel	5:00-7:30 p.m.	
Th	Little Ninjas	10:00-10:40 a.m.	
	Gliders Level 1 & 2	3:45-5:30 p.m.	
	Gliders Level 3	5:00-7:00 p.m.	
	Gliders Levels 4-10	5:00-7:30 p.m.	
Fr	Teedle Toddle Tumble	10:00-11:00 a.m. (See Youth Development)	
	All About Uneven Bars	4:00-4:45 p.m.	
	Little Ninjas	4:10-4:50 p.m.	
	Girls Gymnastics	5:00-6:00 p.m.	
	Gymne Cricket	5:00-5:50 p.m.	
	Open Gym Work-out	6:00-7:00 p.m. (Classes and Team)	
	Team Open Gym Work-out	7:00-7:30 p.m. (Team Only)	
Sa*	Wiggles & Waves	9:15-10:15 a.m.	*NO GYMNASTICS CLASSES SAT, JAN. 20!
	Gymne Cricket	10:00-10:50 a.m.	
	Girls Gymnastics	10:00-11:00 a.m.	
	Tiny Tumblers	11:15-12:00 p.m.	
	Ninja Training	12:15-1:00 p.m.	
	Parkour Open Gym	1:15- 2:15 p.m.	

PRESCHOOL GYMNASTICS

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

WIGGLES AND WAVES

Ages: Walking - 3 yr

*NO GYMNASTICS CLASSES SAT, JAN. 20!

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!**

Gymnastics Room and Indoor Pool Option

Tuesday 9:30 a.m.– 10:00 a.m.
Playtime with Amy 10–10:30 a.m.

Saturday 9:15 a.m.– 9:45 a.m.
Waves 9:45 a.m.–10:15 a.m.

*Tuesday Waves price reduced for free Playtime with Amy

WIGGLES & WAVES

Member \$22*
General Public \$50*

WIGGLES ONLY

Member \$22*
General Public \$40*

TINY TUMBLERS

Ages: 3-5 *NO CLASS SAT, JAN. 20

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.

Tu 10:15 a.m.– 11:00 a.m.
Sa* 11:15 a.m.– 12:00 p.m.

Member \$30*
General Public \$55*

LIL NINJA TRAINING

Ages: 4-6 *NO CLASS FRI, JAN. 19

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

LITTLE NINJA TRAINING

Th 10:00 a.m.– 10:40 a.m.
Fri* 4:10 p.m.– 4:50 p.m.

Member \$25
General Public \$50

GYMNE KRICKET

Ages: 4-6

*NO CLASS FRI/SAT, JAN. 19-20

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.

Mo* 4:00 p.m.– 4:50 p.m.
Tu 11:10 a.m.– 12:00 p.m.
Fr* 5:00 p.m.– 5:50 p.m.
Sa* 10:00 a.m.– 10:50 a.m.

Member \$35
General Public \$60



YOUTH GYMNASTICS

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

PRE-TEAM GIRLS GYMNASTICS *NEW *NEW *NEW *NEW

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!

We	5:00 p.m.– 7:00 p.m.	
Member	\$60	General Public \$120

GIRLS GYMNASTICS

Ages: 6-18

*NO CLASS FRI/SAT, JAN. 19-20

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.

Mo*	4:00 p.m.– 5:00 p.m.
We	5:00 p.m.– 6:00 p.m.
Fr*	5:00 p.m.– 6:00 p.m.
Sa*	10:00 a.m.– 11:00 a.m.

Member	\$40*
General Public	\$70*

GIRLS OPEN GYMNASTICS

Ages: 6 & up

*NO OPEN GYM FRIDAY, JAN. 19!

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.

Fr*	6:00 p.m.– 7:00 p.m.
Team Only	7:00 p.m.– 7:30 p.m.

Member	\$20
General Public	\$40

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.

Mo	4:00 p.m.– 4:45 p.m.
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Member	\$26
General Public	\$47

ALL ABOUT UNEVEN BARS

Ages: 6-18 *NO CLASS FRIDAY, JAN. 19

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!

Fri*	4:00 p.m.– 4:45 p.m.
Member	\$30
General Public	\$55

NINJA TRAINING

Ages: 6-12 *NO CLASS SAT, JAN. 20

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

We	4:00 p.m.– 4:45 p.m.
Sat*	12:15 - 1:00 pm

Member	\$30
General Public	\$55

OPEN & PRIVATE GYMNASTICS

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

PARKOUR AND CHEERLEADING OPEN GYM RENTAL

Ages: 12-18

Our gymnastics center is available for Parkour or 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. 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.

Member \$5/hour
General Public \$10/hour

BOYS & GIRLS PARKOUR OPEN GYM

Ages: 12-17

*NO PARKOUR OPEN SAT, JAN. 20

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.

Sa* 1:15 p.m.– 2:15 p.m.

Member \$15
General Public \$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 or 906-863-9983 for lessons.

Individual half hour lesson

Member \$15
General Public \$30

Group lesson (1 hour/five student min)

Member \$5/ General Public \$10
* Punch card package reduced price available



SAVE THE DATES

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

FREE GROUP AND SMALL GROUP FITNESS WEEKS

December 17 - 31st, 2017

Classes that have limited space/equipment require registration. Open to the community! Call us for more information.

Resolution Run* 1 Mile

January 1, 2018 | 10 am

Start your 2018 on the 'right' foot! Join us as we BRING BACK THE MILE! Happy 2018! \$20 registration with a shirt before/on December 13, 2017!

RACE SPONSORED BY:

FERNSTRUM
W.M. Fernstrum & Company

Jack's
FRESH MARKET

Child & Babysitting

Safety Course

12/29/17 | 1/13/18 | 2/3/18

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! Contact
ivys@mmymca.org for more information!

YMCA Lifeguard Certification Class

Open to Public, ages 16+
Course will include both classroom and pool activities in order to earn the YMCA certification.

Tues/Thur nights, Jan. 2-18
4:00-7:00 pm

\$50/members, \$100/participants
Free to YMCA employees
For more information contact Ivy Sutek or Renee Finch

2018 WINTER CO-ED 6 on 6 VOLLEYBALL LEAGUE

January 2018 | Sunday's | 3pm - 7 pm
UW-Marinette Fieldhouse | \$285 per team

Basic Info:

Dec 15th - Deadline for Confirmed Team Information to Michell Hampton at Michell@mmymca.org. Team Name, Sponsor, Captain, Members, Request times of play. Please email Michell for more detailed information.

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 at the Y by January 1!

SAVE THE DATES

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

FAMILY FUN NIGHTS COMING IN 2018

Every 2nd Saturday of each month! (with exception of February date: Feb 17th)

5:30 pm - 7:30 pm | \$15/family members | \$30/family general public

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.

FATHER/DAUGHTER DANCE

Saturday, February 10, 2018

5:30 pm Photos
(on site by Gregory's Photography)

6:00 pm - 8:00 p.m. Dancing, Snacks, Beverages and Prizes!

Music provided by Fivestar DJ
Photo Booth-Party Rock Entertainment

Member \$20/ per family
General Public \$30/ per family

Tickets will go on sale December 20!
What a great Christmas Present!

SAVE THE DATES

BREAKFAST WITH THE BUNNY

March 24, 2018

HEALTHY KIDS DAY

April 21, 2018

GLOW RUN/WALK

May 11, 2018

#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.

Register by March 1, 2018

\$50 members

\$100 general public



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

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

Mo* 6:30 p.m.– 7:00 p.m.
Wed 5:15 p.m.– 5:45 p.m.
Sat 9:45 a.m.–10:15 a.m.

Member FREE
General Public \$20

*Monday class reduced due to New Years Day.



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.

Tu 5:00–5:30 pm

Member FREE
General Public FREE

PLAYTIME WITH AMY*

Ages 6 months - 36 months old

Tu* 10:00 a.m.– 10:30 a.m.

Member & General Public FREE

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



PRESCHOOL LESSONS

Swim, Play & Grow. AGES 3-5 YEARS



PRESCHOOL LESSONS

Ages 3-5 years old

Seven 45 min Lessons (1/week)

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

Monday*

5:00 p.m.– 5:45 p.m.

Tuesday

10:30 a.m. - 11:15 a.m.

5:30 p.m. - 6:15 p.m.

6:15 p.m.– 7:00 p.m.

Thursday*

11:30 a.m.– 12:15 p.m.

5:00 p.m.– 5:45 p.m.

Member	\$26
General Public	\$46
(\$3.43 per lesson)	

* Monday class reduced due to New Years Day.



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

Sabra Sipple, Swim Lesson Coordinator
ssipple@mmyca.org

***NEW *NEW *NEW *NEW**

MERMAID ADVENTURE!
SEE YOUTH EVENTS
PAGE 10

***NEW *NEW *NEW *NEW**



YOUTH LESSONS

Swim, Play & Grow. AGES 6 AND OLDER

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

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.

YOUTH LESSONS

Ages 6 years and up

Seven 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 \$30
General Public \$54

*Monday class reduced due to
New Years Day.

HOMESCHOOL SWIM LESSONS

All Ages

Five 45 min Lessons - \$20

The YMCA is proud to work with our community's home school families to provide water safety and swim lessons. Weekdays between 1:00 p.m. - 3:00 p.m. Please contact Sabra, Swim Lesson Coordinator, at 863-9983.

INTRO TO SWIM TEAM

Ages 6 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.

We 5:45-6:30 pm

Member \$30
General Public \$54

The M&M Stingrays are supported
by the Annual Campaign!

M&M STINGRAYS YMCA/USA SWIM TEAM

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

FALL/WINTER SWIM TEAM

September 11, 2017 – March 24, 2018 · AGES 4-19

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

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, between the ages of 4 - 19, and be able to swim 25 yards either on their back or on their stomach.

RATES

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

Payment options: Pay in full or choose monthly bank drafts

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.

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 High School

M&M STINGRAYS PRACTICE AT MARINETTE HIGH SCHOOL POOL

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.

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

AROUND OUR YMCA

Enjoy these photos of Y-goers enjoying our facility!



SOCIAL RESPONSIBILITY

Giving back and providing support for our neighbors and community.

WITH YOUR HELP WE CAN DO SO MUCH MORE!

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.

DIABETES PREVENTION

An evidence based lifestyle change program for adults diagnosed with prediabetes or at high risk for developing type 2 diabetes. Contact Kristen at Kristen@mymca.org for Livestrong and Diabetes Prevention!

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

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 Daxko 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!



Marinette-Menominee
YMCA



@mmymca906



The Marinette-Menominee
YMCA



GREATER MARINETTE-MENOMINEE YMCA

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