



January 8– May 27, 2018

YOUTH

LITTLE DUNKERS BASKETBALL Learn the basic fundamentals of basketball, shooting, dribbling, passing, rebounding and teamwork. A lower basket is used. VOLUNTEER helpers appreciated!

AGES: 4-5 years

DATES: January 21st - February 25th

WHEN: Sundays

TIME: 12:15-1:15 p.m.

WHERE: YMCA Gym

COST: \$32 Members \$59 General Public

BEGINNING BASKETBALL YMCA Basketball program for girls and boys. Your child will learn skill development and gameplay. A lower basket is used. VOLUNTEER helpers appreciated!

AGES: 6-7 years

DATES: January 21st - February 25th

WHEN: Sundays

TIME: 1:30-2:30 p.m.

WHERE: YMCA Gym

COST: \$32 Members \$59 General Public

YMCA YOUTH BASKETBALL LEAGUE Our co-ed youth basketball program is designed to help participants learn the fundamentals of dribbling, shooting, rebounding, passing, defense and teamwork!

WHO: Boys: 3rd & 4th Grade and Girls: 3rd, 4th, & 5th Grade

DATES: January 7th - February 25th

WHEN: January 7th - All player practice/assessment 3:00-4:00 p.m.

Week of January 8th - Practices begin (date/time TBA by coaches)

GAMES: Sundays beginning Jan. 21 at 3pm.

WHERE: YMCA Gym

COST: \$32 Members \$59 General Public

BASKETBALL CHEERLEADING Dancing with cheering! Proper warm-ups, basic motions, jumps, cheers and chants. Cheerleaders will cheer on the Sunday basketball games beginning January 21.

AGES: 5-10 Yrs.

DATES: January 8th - February 25th

WHEN: Practice Mon & Wed

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

Games Sundays at 3:00

WHERE: TBA

COST: \$32 Members \$59 General Public

NEW-BASKETBALL PERSONAL TRAINING One-on-One We're introducing personal training for school aged athletes. Training is made up of drills that challenge mental & physical skills to help prepare the athlete for the sport they love. Sessions are led by an experienced basketball trainer.

AGES: 6-17

DATES: Feb 26 - March 30

DAYS / TIME: 1 hour sessions by appt.

WHERE: YMCA Gym

COST: \$40 Members Only

NEW-SOFTBALL / SOCCER PERSONAL TRAINING One-on-One Sport specific training for school aged athletes. The training is made up of drills that challenge the fundamental skills to help athletes prepare.

AGES: 6-17

DATES: April 30 - May 28

DAYS / TIME: 1 hour sessions by appt.

WHERE: YMCA Gym/Field/HIT

COST: \$40 Members Only

NEW-WINTER FITNESS SCHOOL A great way for students from homeschool environments to learn about fitness and health through many different sports and games.

AGES: 6-12

DATES: Jan 8 - Feb 25

WHEN: Thursdays & Fridays

TIME: 10:45 - 11:45 a.m.

WHERE: YMCA Gym

COST: \$25 Members \$50 General Public

NEW-3rd GRADE LEARN to SWIM LESSONS - Sponsored by UP Health Systems

Five week sessions of beginner level swim lessons for any 3rd grade student. Space is limited.

WHO: Boys & Girls in 3rd Grade

DATES: Sessions follow aquatic session dates; see page 4

WHEN: Saturdays

TIME: 9:00 - 9:45 a.m.

WHERE: YMCA Pool

COST: FREE

**Hannahville Ice & Turf Room is located at: 1647 17.4 Rd, Escanaba, inside the Wells Sports Complex*



January 8– May 27, 2018

YOUTH

FATHER DAUGHTER DANCE Time to make memories that your daughter and yourself will remember forever. This dance is a perfect event for all dads, uncles, grandparents or friends to share.

Limited tickets will be sold. Tickets will be on sale January 2–January 30

AGES: 3 & Up DATE: Saturday, February 10

TIME: 6:00–8:30 p.m. WHERE: Terrace Bay Inn

COST: \$49 Members \$57 General Public \$23 ea. Additional daughter

SOCK HOPS Come Bop, Jump and Jam, Dancing, Contests, & Fun during the winter! Space is limited.

AGES: K – 3rd Grade DATES: Jan 19, Feb 16 & March 16 TIME: 5:30–8:00 p.m.

WHERE: YMCA Gym COST: \$5 Members \$8 General Public

SAFE SITTER Learn the fundamentals of being a safe babysitter.

AGES: 11 and Up DATE: Friday, Feb 23 TIME: 9:00 a.m.–2:00 p.m.

WHERE: Bay College Rm TBA COST: \$66 Members \$100 General Public

NERF at the TURF Join us for a night of NERF! We will provide the space, obstacles, and supervision, you bring your own NERF gear (guns, bullets, vest & goggles. Some extra protection will be available). Space is limited.

AGES: Boys & Girls 3rd–6th Grade DATE: Saturday, April 7

WHEN: 5:00–6:00 p.m. Grades 3 & 4 6:00–7:00 p.m. Grades 5 & 6

WHERE: *HIT Room COST: \$5 Members \$8 General Public

DODGEBALL Kids can duck, dive, dodge and throw in an organized fun league. Kids will stay active, compete, develop good sportsmanship and friendships, all while having fun! Space is limited.

AGES: 8–11 DATES: May 2–May 30

WHEN: Wednesdays TIME: 5:15–6:00 p.m.

WHERE: YMCA Gym COST: \$31 Members \$57 General Public

INDOOR SOCCER SESSION I Designed for ages 4–8, Session I is for kids with little or no soccer experience. Kids will be taught the fundamentals of soccer in a non-competitive format. Space is limited.

AGES: 4–8 years WHEN: Saturdays DATES: March 31st – April 28th

TIME: 4–5 years 9:00 a.m.–10:00 a.m. 6–8 years 10:00 a.m.–11:00 a.m.

WHERE: HIT TURF COST: \$32 Members \$59 General Public

INDOOR SOCCER SESSION II For ages 4–8, Session II is for kids with some soccer experience or have completed session I. Review the fundamentals of soccer and add more game play and team strategy.

AGES: 4–8 years WHEN: Saturdays DATES: May 12th – June 2nd

TIME: 4–5 years 9:00 a.m.–10:00 a.m. 6–8 years 10:00 a.m.–11:00 a.m.

WHERE: HIT TURF COST: \$27 Members \$54 General Public

SPRING BREAK DAY CAMP It's FIVE days of fun at the YMCA! Each day is filled with fun arts & crafts, swimming, games, contests and new friends. Bring sack lunch, swimsuit and towel.

AGES: K – 5th Grade DATES: March 26–March 30

TIME: 9:00 a.m.–4:30 p.m. Before Care: 7:50 a.m.–9:00 a.m. After Care: 4:30–5:30 p.m.

WHERE: YMCA Gym/Pool COST: \$98 Members \$129 General Public

SCHOOL'S OUT FUN DAYS No School means FUN at the Y! Each fun filled day will include group activities, swimming art & crafts and games. Bring a lunch, swim suit, towel and snack.

AGES: Boys & Girls K – 5th Grade DATE: February 23, April 2 and May 28

WHEN: 9:00 a.m.–4:30 p.m. Before Care: 7:50 a.m.–9:00 a.m. After Care: 4:30–5:30 p.m.

WHERE: YMCA Gym/Pool COST: \$26 Members \$35 General Public

**Hannahville Ice & Turf Room is located at: 1647 17.4 Rd, Escanaba, inside the Wells Sports Complex*



YOUNG CHILD / CHILDCARE



BIRTHDAY PARTIES If you are looking for a fun place to hold a birthday party, look no further. Parties include: admission to the pool & gym, invitations, table settings, pizza, fruit punch, & a birthday shirt. Parents are welcome to bring cake & ice cream. Everyone also receives a pass to come back. Parties are conducted during open pool & gym time. Reservations must be completed at least one week in advance. \$15 deposit is due at time of reservation.
COST: \$10 per child (member & general public), 10 child min. 20 max. Parents & guardians are free.

BEFORE & AFTER SCHOOL CARE - As a community partner with schools, we are able to provide a quality program to children at the following Locations: Cameron Elementary, Holy Name, and Soo Hill. We offer homework time, nutritious snack and outdoor play.
WHEN: Mon thru Fri TIME: 7:00 - 9:00 a.m. & 2:00 - 6:00 p.m.
COST: \$30 per week for the 2017/2018 school year - Bussing is available

AFTER SCHOOL ACTIVITIES CLUB - A safe and fun place for your child after school. It includes fun projects, gym or outdoor games, swim lessons or instruction, nutritious snack and homework time/guidance. Bussing is available to the YMCA by local schools. Enrollment is limited, call to pre-register to hold your child's spot.
AGES: 5-10 years
WHEN: Mon thru Fri (During School Year) TIME: 3:30 - 6:30 p.m.
COST: \$35 per child per week WHERE: YMCA

FULL DAY CHILDCARE/PRESCHOOL We provide toddlers and preschoolers with a safe and nurturing environment. Our engaging curriculum helps children reach developmental milestones and prepares them for academic learning. Benefits for full time enrollment include swim lessons and youth membership.
AGES: 2½ - 5 WHEN: Monday thru Friday TIME: 6:30 a.m. to 6:00 p.m.
COST: \$30 / Day Full-Time Enrollment WHERE: YMCA
\$31 / Day Part-Time Enrollment Based on Availability *2nd Child Discounts Available

TWO DAY PRESCHOOL - LOCATED AT CAMERON ELEMENTARY

A fun and creative way to develop academic skills through play, arts & crafts and state approved curriculum.
AGES: 2 ½ - 4 yrs COST: \$425* - Fall semester \$425* - Winter semester
WHEN: Tues and Thurs 9:00 a.m. - 12:00 p.m. Two Semesters/school year and closings follow school calendar. *Payment plans available.

GYM AND SWIM Our preschool program offers exclusive swim lessons and gym classes as part of our improved curriculum. On Tuesday and Thursday afternoon your child may participate in YMCA Pre-school Swim lessons. On Monday and Wednesday morning your child will participate in Wee Be Fit. In the gym, development of fine and large motor skills, as well as activities that will stimulate hand-eye / foot-eye coordination, balance, concentration, and teamwork will be taught. In the pool, children develop safe pool practices, adjust to the water and learn basic swimming movements.
COST: Full Time Enrollment FREE Part Time Enrollment \$16.50 Members \$40.50 General Public

TOT WATCH - Let us watch your little one while you use the Y or go to school at Bay. You must pre-register by calling Angie LaBay at 789-0202.
AGES: 1-7 years WHERE: YMCA
WHEN: Monday - Friday, 9:00 a.m. - 12:00 p.m. and
Monday - Thursday 4:00 p.m. - 8:00 p.m. Maximum stay is 2½ hours.
COST: FREE to Members & Bay Students. No show charge \$3.75/hr/child

- **FINANCIAL ASSISTANCE** is available for both program and membership
- **FOR FULL DESCRIPTIONS** see the website or the front desk
- **CONTACT US** 906-789-0005 www.NLYMCA.com





WINTER SESSIONS AQUATICS

Jan 8 - Feb 11
Feb 12-Mar 18
Mar 19-Apr 22
Apr 23-May 27

SUNFISH PARENT - CHILD SWIMMING

Ages 6 - 36 Months For children & parents

Class A: Monday & Wednesday 10:30-11:00 a.m.	\$16 Members	\$38 General Public
Class B: Monday & Wednesday 5:30-6:00 p.m.	\$16 Members	\$38 General Public
Class C: Saturday 11:30-NOON	\$8 Members	\$19 General Public <i>(*No Class Feb 3 & May 12)</i>

PRESCHOOL SWIMMING

Ages 3 - 5 Child's 1st experience in the pool w/o parental assistance.

Class A: Monday & Wednesday 10:00-10:30 a.m.	\$34 Members	\$85 General Public
Class B: Monday & Wednesday 5:30-6:00 p.m.	\$34 Members	\$85 General Public
Class C: Tuesday & Thursday 5:45-6:15 p.m.	\$34 Members	\$85 General Public
Class D: Saturday 11:00-11:30 a.m.	\$18 Members	\$43 General Public <i>(*No Class Feb 3 & May 12)</i>
Class E: Sunday 12:30-1:00 p.m.	\$18 Members	\$43 General Public <i>(*No Class April 1)</i>

YOUTH SWIMMING

Ages 5 - 12 Levels Polliwog, Guppy, Minnow & Gold Medal.

See website or front desk for details.

Class A: Mon & Wed (All Levels) 4:30-5:15 p.m.	\$34 Members	\$85 General Public
Class B: Tue & Thur (Levels P & G) 6:15-7:00 p.m.	\$34 Members	\$85 General Public
Class C: Tue & Thur (Levels P & M) 7:00-7:45 p.m.	\$34 Members	\$85 General Public
Class D: Sat (All Levels) 10:00-10:45 a.m.	\$18 Members	\$43 General Public
Class E: Saturday (Polliwog only) 11:00-11:45 a.m.	\$18 Members	\$43 General Public <i>(*No Class Feb 3 & May 12)</i>
Class F: Sunday (Polliwog only) 12:30-1:15 p.m.	\$18 Members	\$43 General Public <i>(*No Class April 1)</i>

WATER AEROBICS

Blended for All Fitness Levels - No swimming experience necessary.

Class A: Monday, Wednesday & Friday 7:00-7:55 a.m.	\$36 Members	\$87 General Public
Class B: Monday, Wednesday & Friday 8:00-8:55 a.m.	\$36 Members	\$87 General Public
Class C: Monday & Wednesday 6:00-6:45 p.m.	\$24 Members	\$58 General Public
Class D: Tuesday & Thursday 8:30-9:25 a.m.	\$24 Members	\$58 General Public

WATER JOGGING

Blended for All Fitness Levels This self-guided program for any type of aerobic exercise - impact free.

Monday, Wednesday & Friday TIME: 9:00-9:55 a.m. COST:\$19 Members \$45 General Public

TWINGES IN THE HINGES

For Low Impact or Starter Fitness Designed to improve range of motion, flexibility & muscular strength

Monday, Wednesday & Friday TIME: 9:00-9:55 a.m. COST:\$36 Members \$87 General Public

ADULT/TEEN SWIM LESSONS

Ages 14 & Up - It's never too late to learn and benefit from

swimming lessons. Space is limited

Class A: Tue & Thur 9:00-9:45 a.m.	\$34 Members	\$85 General Public
Class B: Mon & Wed 5:15-6:00 p.m.	\$34 Members	\$85 General Public

PRIVATE SWIM LESSONS AVAILABLE

One-on-one swim lessons for youth or adult.

WHEN: By appointment - Your personalized schedule.

COST: 1 Session: \$25 Member	\$50 General Public
3 Sessions: \$60 Member	\$120 General Public
5 Sessions: \$90 Member	\$180 General Public

CPR / FIRST AID TRAINING

Red Cross course consist of 6 hours of basic CPR training for adult and pediatric,

First Aide & AED training. Learn how to help in emergency situations. Ages 14 & up. All classes are mandatory.

Class A: Jan 15-19 6:00-8:00 p.m.	\$125 Members	\$200 General Public
Class B: Mar 12-16 6:00-8:00 p.m.	\$125 Members	\$200 General Public

CPR Re-Certification Jan 24 or Mar 21 5:00-8:00 p.m. \$65 Members \$105 General Public *(Must have current cert.)*

WATER SAFETY INSTRUCTOR COURSE

Ages 16 & Up—W.S.I. is an American Red Cross course designed to certify instructors to teach swimming lessons. Class is 30 hours.

WHEN / TIME: Thursdays, January 11 6:30-9:30 p.m. COST: \$165 Members \$210 General Public

LIFEGUARD TRAINING COURSE

Ages 15 & Up—Become an American Red Cross Certified Lifeguard.

WHEN / TIME: Mondays, March 19 6:30-9:30 p.m. COST: \$165 Members \$210 General Public

**Cost of class will be adjusted for closures. See front desk for details.*



WINTER SESSIONS FITNESS

Jan 8-Feb 11
Feb 12-Mar 18
Mar 19-Apr 22
Apr 23-May 27

BOOT CAMP Fitness Level: Starter, Intermediate to Advanced. Amp up your game with interval workouts that will get you lean and burn fat.

DAY / TIME: COST: Session I, II, III or IV WHERE: M-TEC Ctr Rm 2017
Class A: Mon, Wed & Fri 5:45-6:15 a.m. \$19 Members \$36 General Public
Class B: Mon & Wed 4:15-5:15 p.m. \$21 Members \$40 General Public
Class C: Mon & Wed 5:30-6:15 p.m. \$18 Members \$34 General Public

GLADSTONE CARDIO Fitness Level: Starter to Intermediate. Boot-camp, circuit training and strength.

WHEN: Monday & Wednesday 5:30-6:15 p.m. WHERE: Memorial United Methodist Church
COST: \$18 Member \$34 General Public 1920 Lake Shore Drive, Gladstone

YOGA Fitness Level: Starter to Intermediate. Our Hatha yoga class focuses on body movement with use of props and incorporates asana to develop strength, flexibility and relaxation.

DAY / TIME: COST: Session I, II, III or IV

Class A: Mondays 4:00-5:00 p.m.
Class B: Thursdays 4:00-5:00 p.m.

WHERE: Memorial United Methodist Church 1920 Lake Shore Dr., Gladstone

Class C: Thursdays 10:30-11:30 a.m.

WHERE: M-TEC Ctr Rm 2017

Package A - 1x/Week: \$15 Members \$28 General Public
Package B - 2x/Week: \$29 Members \$56 General Public
Package C - 3x/Week: \$44 Members \$84 General Public

SIT & GET FIT Fitness Level: Starter to Intermediate. Get fit and have fun in our low impact exercise class. A variety of equipment will be used including a chair.

DAYS: Tuesday & Thursday TIME: 9:30-10:15 a.m. WHERE: M-TEC Ctr Rm 2017
COST: Sessions I, II, III or IV \$FREE Members \$34 General Public

WOMEN ON WEIGHTS A 4 session class designed specifically for women who want to shape & tone their bodies through the use of strength training and cardiovascular equipment. Limit 6

WHEN: Fridays DATES: Jan 5th, 12th, 19th & 26th TIME: 12:00 - 1:00 p.m.
COST: \$25 Members \$50 General Public WHERE: YMCA Fitness Center

NEW-Y-DANCE Fitness Level: Starter to Intermediate. Express yourself by dancing to a variety of movements and steps that will burn calories and boost metabolism. No rhythm required.

DAY: Thursdays TIME: 5:30-6:15 p.m. WHERE: M-TEC Ctr Rm 2017
COST: Sessions I, II, III or IV \$FREE Members \$17 General Public

Y-FIT Fitness Level: Starter, Intermediate to Advanced. Strength & conditioning program with varied movements that are scaled to your fitness level. Combine aerobic exercise, body weight exercises and Olympic weight lifting. Limit 15 per class.

DAY / TIME: COST: Sessions I, II, III or IV WHERE: M-TEC Ctr Rm 2017

Class A: Mon, Wed, & Fri 9:30-10:15 a.m.

Class B: Mon & Wed 6:30-7:15 p.m.

Class C: Tues & Thur 4:30-5:15 p.m.

Package A - 1x/Week: \$12 Members \$22 General Public

Package B - 2x/Week: \$23 Members \$43 General Public

Package C - 3x/Week: \$35 Members \$65 General Public

Y-RIDE Fitness Level: Starter, Intermediate to Advanced. Cycling is for all ages and abilities. Our indoor cycle classes are high intensity, low impact cardiovascular workouts performed on stationary bikes. Heart rate monitors strongly recommended. Limit 11 per class.

DAY / TIME: COST: Sessions I, II, III or IV WHERE: YMCA

Class A: Mon or Wed 5:30-6:15 p.m.

Class B: Tues or Thur 5:45-6:30 a.m.

Class C: Tues or Thur 12:15-12:45p.m.

Class D: Tuesdays 6:00-6:45 p.m.

Package A - 1x/Week: \$16 Members \$31 General Public

Package B - 2x/Week: \$32 Members \$62 General Public

Package C - 3x/Week: \$48 Members \$93 General Public



HEALTH & WELLNESS

CHRONIC PAIN SELF MANAGEMENT Administered by UPCAP with YMCA Support

Do you have chronic back pain, persistent headaches, Crohn's disease, diabetic neuropathy, MS or arthritis pain that has lasted 6 months or longer? The workshop is for anyone living with or caring for someone with any health problems that cause chronic, long-term pain. Space is limited-to register, call the YMCA at 906-789-0005.

WHEN: Thursdays 10:00 a.m. - 12:30 p.m. DATES: Jan 11-Feb 15

WHERE: Bay College M-TEC Center Rm TBD COST: FREE to Community; Suggested \$20 donation for class materials.

DIABETES PATH (Personal Action Towards Health) Administered by UPCAP with YMCA Support

Sponsored by the Escanaba Lions Club

A six-week workshop designed to provide the skills and tools needed for people living with Type 2 Diabetes to improve their health and manage their symptoms. Space is limited-to register, call the YMCA at 906-789-0005.

WHEN: Tuesdays 12:30 p.m. - 3:00 p.m. DATES: Mar 6-Apr 10

WHERE: Bay College M-TEC Center Rm TBD COST: FREE to the Community

MATTER OF BALANCE Administered by UPCAP with YMCA Support

A four-week workshop designed to provide the skills and tools needed to help people with the fear of falling. Participants will be better equipped to face the daily challenges of living with falls or the fear of falling. Space is limited; to register, call the YMCA at 906-789-0005.

WHEN: Mon & Wed 1:00 p.m. - 3:00 p.m. DATES: Apr 30-May 23

WHERE: Bay College M-TEC Center Rm TBD COST: FREE to Community

BLOOD SUGAR SCREEN Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, January 10th

TIME: 12:00-2:00 p.m.

WHERE: YMCA Fitness Center Office

COST: FREE to the Community

FOOT CLINIC Sponsored by UP Health Systems Rehab

WHEN: Thursday, March 15th

TIME: 4:00-6:00 p.m.

WHERE: M-TEC Center Rm 2018

COST: FREE to the Community

CHOLESTEROL SCREEN Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, April 11th

TIME: 4:00-6:00 p.m.

WHERE: YMCA Fitness Center Office

COST: FREE to the Community

ADULT FITNESS ASSESMENT

Our assessment will consist of a series of baseline tests to determine your overall fitness. In addition, a short-how to use the fitness center will be available. Please call the front desk to register.

AGES: 18 and Up

WHERE: YMCA

WHEN: By Appointment

COST: FREE Member Benefit \$35 General Public

(A cancelation notice of 24 hours is required to avoid a \$15 cancelation fee).

ADULT FITNESS CENTER ORIENTATION

Learn how to use the equipment, basic strength training principles and weight machine adjustments. Each session lasts between 1-2 hours. Please call the front desk to register.

AGES: 16 and Up

COST: FREE Member Benefit

WHEN: Mondays at 10:30 a.m. or Wednesdays at 1:00 p.m. or By Appt.

YOUTH FITNESS CENTER ORIENTATION

To use the fitness center, all youth ages 12-15 are required to attend this class. Call the front desk to register.

AGES: 12-15

COST: FREE Member Benefit

WHEN: By Appointment

PERSONAL TRAINING

Meet your fitness goals with customized workouts, motivation and guidance. Each training session is 55 minutes long.

COST: 1 Session: \$45 3 Sessions: \$105 5 Sessions: \$145 10 Sessions: \$240 20 Sessions: \$385

General Public and Group Rates are also available.

NUTRITIONAL COACHING

Meet with our certified nutritionist for a confidential and personalized dietary program. Learn about your ideal caloric intake per day, max fat gram intake or how to manage your cholesterol.

COST: 1 Session: \$16 Member \$21 General Public

3 Sessions: \$44 Member \$59 General Public

5 Sessions: \$72 Member \$97 General Public





MOTHERS DAY "COLOR RUN"

5K Run / Walk

Saturday, May 12th, 2018

- Registration Available at Northern Lights YMCA—Delta Center 2001 North Lincoln Road, Escanaba - Phone 906.789.0005 or online at www.nlymca.com
- Registration: \$25 per individual or \$50 for a family of 2 or more on or before Monday, May 7th by 10:00 pm (guarantee of race shirt)
- Packet Pick Up: Saturday, May 12th from 8:30-9:30 a.m. at M-TEC
- Race Starts Promptly at 10:00 a.m. - Starts & Ends at the M-TEC

PARTICIPANT INFORMATION

Name: _____ Age on Raceday: _____

Male / Female T-Shirt Size: S M L XL XXL (Circle One)

Name: _____ Age on Raceday: _____

Male / Female T-Shirt Size: S M L XL XXL (Circle One)

Name: _____ Age on Raceday: _____

Male / Female T-Shirt Size: S M L XL XXL (Circle One)

Name: _____ Age on Raceday: _____

Male / Female T-Shirt Size: S M L XL XXL (Circle One)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

CATEGORY COMPETING IN: (CIRCLE ONE) 5K Run 5K Walk
Payment Due Amount \$25 or \$50. Payment Paid in Full Date: _____ Staff Initial: _____

WAIVER

I hereby release the Northern Lights YMCA, the National YMCA organization, sponsoring groups, the City of Escanaba, the county of Delta, race directors, other representatives, all officials, and volunteers involved with the race from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete.

Signature of Participant or Guardian

Date



ANNUAL CAMPAIGN FOR A BETTER US

2018 GOAL: \$124,000



EVERY GIFT MAKES A DIFFERENCE

Please return the completed form to:
Northern Lights YMCA - Delta Center
ATTN: Caron Salo
P.O. Box 602
Escanaba, MI 49829

For the Northern Lights YMCA's 2018 Annual Campaign, our goals are bigger than ever, because the need is bigger than ever. We'd love to have your help as a volunteer for the campaign. Please call Caron Salo at (906)789-0005 for more information.

If giving is more your style, we'd like to make it easy for you to donate to our cause-driven organization. Please indicate your donation amount:

- \$5000
Gold Banner
- \$1500
Silver Banner
- \$750
Bronze Banner
- \$500
- \$250
- \$100
- Other: _____

Name: _____ Email: _____

Address: _____ State: _____ Zip: _____

Telephone: _____ Name for Recognition: _____ Anonymous

Your donations are tax deductible. Your check may be made to "Northern Lights YMCA - Delta Center". Please include your name and address so that we may send a receipt for tax purposes.

Credit Card: VISA MASTERCARD ACCOUNT#: _____ EXP.: _____ CID: _____

Bill me starting: _____ Monthly Quarterly In Full