BEGINNER PROGRESSIVE GYMNASTICS

Introductory gymnastics class where gymnasts learn the beginning foundations of gymnastics skills. Class will focus on beginning tumbling of bridges, handstands, cartwheels, forward rolls, and backward rolls, beginning low bar skills, vaulting basics, and dance skills on the balance beam.

AGES: 5–12 years

COST PER SESSION: $35 Members; $58 General Public (1 Class Option)
$63 Members; $105 General Public (2 Class Option)

DAY: CLASS A: Tues. & Thurs.
CLASS B: Saturdays
TIME: 5:15–6 pm
9–10:30 am

WHERE: YMCA Gymnastics Center

INTERMEDIATE PROGRESSIVE GYMNASTICS

Intermediate gymnasts must have previous gymnastics experience and skills of forward roll, backward roll, handstand, and cartwheel independently. Gymnasts in this class will learn to progress tumbling skills, beginner beam tumbling skills, and increase bar and vault skills difficulty.

AGES: 5–12 years

COST PER SESSION: $35 Members; $58 General Public (1 Class Option)
$63 Members; $105 General Public (2 Class Option)

DAY: CLASS A: Tues. & Thurs.
CLASS B: Saturdays
TIME: 6:15–7 pm
10:45 am –12 pm

WHERE: YMCA Gymnastics Center

ADVANCED PROGRESSIVE GYMNASTICS

Advanced gymnastics is designed for higher level skills. Gymnasts in this class will progress tumbling to back handsprings, dive rolls, standing back tucks, front handsprings, etc. Gymnasts must be able to perform a pullover and back hip circle independently and will work on gaining more low bar skills. Gymnasts will work on dance and tumbling skills on the beam.

AGES: 5–12 years

COST PER SESSION: $35 Members; $58 General Public (1 Day Option)
$63 Members; $105 General Public (2 Day Option)

DAY: Tues. OR Thurs.
TIME: 7:15–8:15 pm

WHERE: YMCA Gymnastics Center

PEE WEE GYM TUMBLING TOTS

Pee Wee gymnasts will advance their fun and prepare for our progressive beginner gymnastics class. Tumbling tots will introduce pee wee gymnasts to basic gymnastics stretches, forward rolls, backward rolls, running and jumping, walking on the balance beam and beginner skills on the low bar.

AGES: 3–5 years

COST PER SESSION: $22 Members; $25 General Public

DAY: Fridays
TIME: 6–6:30 pm

WHERE: YMCA Gymnastics Center

OPEN GYMNASTICS

Open gymnastics is an independent extra practice time for any current participant in our Progressive Gymnastics Classes supervised by gymnastics staff. Gymnasts will be able to work on a specific skill or all four events.

AGES: Open to all participants of any class (except Pee Wee)COST PER SESSION: $0 Members; $6 General Public

DAY: Fridays
TIME: 6:45–7:45 pm

WHERE: YMCA Gymnastics Center

LITTLE DUNKERS BASKETBALL

Learn the basic fundamentals of basketball! Shooting, dribbling, passing, rebounding, and teamwork are all parts of the game! A lower basket is used. Volunteer helpers appreciated!

AGES: 3–5 years

COST PER SESSION: $35 Members; $58 General Public

DAY: Sundays
TIME: 3 –3:30 pm

WHERE: YMCA Gymnasium

YMCA YOUTH BASKETBALL

A great class teaching the fundamentals of basketball. Participants will have fun playing games while they gain knowledge and learn skills in dribbling, passing & shooting. Lowered rims & youth basketballs will be used.

AGES: 6–8 years

COST: $35 Members; $58 General Public

DAY: Sundays
TIME: 3:45–4:30 pm

WHERE: YMCA Gymnasium
SAFE SITTER BABYSITTING COURSE  
January 27, 2018

We provide you with Safe Sitter curriculum that is appropriate for the intellectual and emotional abilities of adolescents (must be 11). Our curriculum is based on up-to-date information and injury prevention for specific age groups. We emphasize to adolescents the profound responsibility of nurturing and protecting children. Pre-registration is required.

AGES: 11 years & up  
COST: $66 Members; $100 General Public  
DAY: Saturday January 27  
TIME: 8 am-1 pm  
WHERE: Northern Lights YMCA  
(Pizza & Juice is provided. Can bring additional snacks, if needed)

LITTLE SPIKERS VOLLEYBALL  
Session 1, 2

Learn the basic fundamentals of volleyball! We’ll learn passing, serving, hitting, and teamwork. Volunteer helpers appreciated! Age groups will be on different days.

TIME: Ages 5&6 Saturdays 9-10 am  
Ages 7&8 Mon. 4:30–5:30 pm & Sat. 10-11 am  
Ages 9&10 Mon. & Wed. 5:45–6:30 pm  
COST PER SESSION: $35 Members; $58 General Public  
WHERE: YMCA Gymnasium

SCHOOLS OUT FUN DAY  
Session 4

Youth participants will enjoy a day at the Y. Youth will enjoy group games, crafts, outdoor activities, and swimming in our area’s largest pool. Please bring outdoor clothing, bathing suit, towel, lunch & afternoon snack. Pre-registration is required.

AGES: 5-12 years  
COST: $24 Members; $30 General Public  
DAY: Friday, May 4, 2018  
TIME: 9 am – 4 pm  
(Before Care 7:30-9 am & After Care 4-5:15pm available for additional charge)

KIDS NIGHTS  
Session 2, 3

Youth participants will enjoy a Gym & Swim at the YMCA, while parents enjoy a night out! Please bring your bathing suit & towel. Pre-registration is required.

AGES: 3-12 years  
COST: $10 Members; $12 General Public  
DAY: Friday, February 23  
TIME: 6-8:30 pm  
WHERE: YMCA Gymnasium & Pool

SPRING BREAK DAY CAMP  
April 2, 3, 4, 5, 6

Looking for something for your kids to do when school is out for spring break? Y not sign them up for Day Camp? Each fun-filled day will include group activities, crafts, games, and swimming. Please bring a lunch, snack, swimsuit, towel, and outdoor winter weather gear. 
Pre-registration is required.

AGES: 5-12 years  
COST: $22 per day Members; $28 General Public  
DAY: April 2-6  
TIME: 9 am– 4 pm  
(Before & After Care are available for an additional cost of $3.50 for each/$7 per day)

FINANCIAL ASSISTANCE is available for both programs and membership  
FOR FULL DESCRIPTIONS visit www.nlymca.com/dickinson or the Welcome Desk  
FOLLOW US ON FACEBOOK: Northern Lights YMCA Dickinson Center  
PHONE: (906) 774.4076
ONE BIG DAY FOR HEALTHY KIDS

Join us for this FREE family-friendly event, sponsored by the Northern Lights YMCA and Dickinson County Healthcare System. This event brings area organizations, clubs, businesses and vendors together for this special community event. Free bike helmets, bounce houses and carnival games will be available!

AGES: ALL AGES  DATE: Sat., April 14
TIME: 9 am–12 pm
WHERE: Kingsford Middle School Gym

FATHER-DAUGHTER SWEETHEART DANCE

Create lasting memories with your special girl at our 6th Annual Father / Daughter Sweetheart Dance! Daughters! Ask your dad, grandpa, uncle, brother, or family friend and enjoy a special night of dinner, dancing, and fun. Enjoy a live DJ and photo booth! Make the night more memorable, and reserve a limo to take you to and from the dance in style (available for an additional cost).

Pre-registration required. Limited amount of tickets available.

AGES: 3 years and up
COST PER PAIR: $42 Members; $52 General Public; $25 each extra daughter
DAY: Saturday, January 27, 2018  TIME: 6-8:30 pm
(Doors open at 5:45 pm. Dinner served at 6:30 pm. Dancing starts at 7 pm.
Grand March starts at 8:15 pm. Photo Booth open 6-8:15 pm.

YMCA – PINE MOUNTAIN SKI SCHOOL

A community partnership program with Pine Mountain, the Y will once again offer ski school in 2018. The program is a series of five progressive lessons. Classes are taught by Pine Mountain ski instructors.

AGES: 7 years and up
DATES: Jan. 28, Feb. 4, 18, 25, March 4  TIME: 1-3 pm
WHERE: Pine Mountain Ski Resort
COST: Package #1: Lessons, Rentals, 1/2 day lift ticket $160
Package #2: Lessons, 1/2 day lift ticket $130
Package #3: Lessons only $95

FREE COMMUNITY EVENT!
FIT FRENZY!! NEW!!! MIX UP YOUR WORKOUTS!!
Mix up your routine!! Every Thursday will be a different workout! Enjoy KICKBOXING, STEP, DRUMMING, HI LOW AND HIP HOP! Make every workout an adventure!
DAY: THURSDAYS  TIME: 6:15-7:15 pm  COST PER SESSION: $18 Members; $36 General Public
Call for more information – PRE REGISTRATION AND DOCTOR REFERRAL REQUIRED!

PARKINSON’S CYCLING: NEW!! PEDAL TO LIVE BETTER!! FREE FOR EVERYONE!
We know that fast-paced cycling is changing the lives of increasing numbers of participants who, before this, had no hope beyond medication and eventually surgery to slow the progression of this disease. So PEDAL TO LIVE BETTER! This is not a cure and not meant to be one but can reduce the symptom’s tremendously.
DAY: TUES. & THUR.  TIME: 11 am– Noon  COST PER SESSION: FREE

PEDAL PUSHERS: LOW IMPACT! GREAT CARDIO! GREAT FOR BEGINNERS!
Half-hour low impact cardio class to get your heart rate revved up while increasing endurance.
DAY: WEDNESDAY  TIME: 11-11:30 am  COST PER SESSION: $15 Members; $30 General Public

FLYWHEEL FUSION: CYCLE CORE ON STEROIDS! NEW & IMPROVED!
Indoor Cycling with a kick! Not only a great cardio workout, but strength training with TRX, Kettlebells, Weights, Ropes and more!!
DAY: TUES. & THUR.  TIME: 8-9 am  COST PER SESSION: $40 Members; $80 General Public

CRANK IT UP CYCLING: AVAILABLE 4 DAYS A WEEK!!
Jump start your day with an early morning ride. It is a proven fact that cardio done early in the morning helps jump start your metabolism and has you feeling great the whole day.
DAY: MON. & WED.  TIME: 5:15-6 am/Jeanette  COST PER SESSION: $30 Members; $60 General Public
TUES. & THUR.  5:15-6 am/Karen

GEARED UP: LETS RIDE! INDOOR CYCLING!!
Low impact option for a high intensity workout. All ages and skill levels. Set to rocking music!
DAY: MON. & WED.  TIME: 5:15-6 pm  COST PER SESSION: $30 Mem.; $60 General Public
TUES. & THUR.  5:15-6 pm

STRENGTH TRAINING FOR RUNNERS: NEW!!! GAIN STRENGTH, GET FAST!!
Winter weight training to build strength and speed! Great cross training to avoid injuries!
DAY: TUESDAYS  TIME: 6:15-7:15pm  COST PER SESSION: $20 Members; $25 General Public

TRIPLE THREAT: TAKE YOUR WORKOUT TO THE NEXT LEVEL!
30 minutes of non-stop action! Build your Strength, Cardio and Flexibility!
DAY: MON., WED., FRI.  TIME: 4:45-5:15 pm  COST PER SESSION: $18 Members; $36 General Public

POUND: JOIN THE PARTY!!
Release your inner ROCK STAR!! Join this drumming inspired boredom buster of a workout!! This workout will have your heart beating to a different drum!
DAY: TUES. & THUR.  TIME: 5:30-6:15 pm  COST PER SESSION: $25 Members; $50 General Public

FINANCIAL ASSISTANCE is available for both programs and membership
FOR FULL DESCRIPTIONS visit www.nlymca.com/dickinson or the Welcome Desk
FOLLOW US ON FACEBOOK: Northern Lights YMCA Dickinson Center
PHONE: (906) 774.4076

SESSIONS:
(1) JAN 8-FEB 11
(2) FEB 12-MAR 18
(3) MAR 19-APR 22
(4) APR 23-MAY 27

WINTER / SPRING
FITNESS
TABATA: HIGH INTENSITY INTERVAL TRAINING!
Tabata is a high-intensity strength and cardiovascular training class that will push your body to the edge. This class will utilize a variety of exercises in Tabata intervals (20 sec on 10 rest) to increase your aerobic capacity, anaerobic capacity and resting metabolic rate. In simple terms, you will burn a ton of calories, get stronger, leaner and overall healthier!
**DAY:** MON. & WED.  **TIME:** 7:15-7:45 pm  **COST PER SESSION:** $18 Members; $36 General Public

POP PILATES: A FUN MIX OF PILATES & YOGA!
A non traditional blend of Pilates and Yoga to increase core strength, flexibility and balance! Best of both worlds!
**DAY:** MON. & WED.  **TIME:** 6:15-7 pm  **COST PER SESSION:** $20 Members; $40 General Public

ZUMBA: A NON-STOP DANCE PARTY!
Anyone can join this Latin dance party! Have fun and get a great workout at the same time!
**DAY:** TUES. & THUR.  **TIME:** 4:30-5:15pm  **COST PER SESSION:** $25 Members; $50 General Public

STRETCHING & FOAM ROLLING FOR RECOVERY!!
Foam Rolling is a form of Self-Myofascial Release, aka “poor man’s massage.” It increases blood flow throughout the body producing better movement and range of motion. Will help decrease the chance of injury and decrease recovery time after a workout. All done with a foam roller, infused with Yoga and basic stretching.
**DAY:** TUES. & THUR.  **TIME:** 6:30-7:15 am  **COST PER SESSION:** $20 Members; $40 General Public

50+ AND FIT: LIVE LONGER!! STRENGTHEN BONES!  **FREE FOR MEMBERS!**
Low-impact exercise class to strengthen muscles & balance.
**DAY:** MON., WED., FRI.  **TIME:** 10-10:45 am  **COST PER SESSION:** $0 Members; $56 General Public

MIX IT UP AT LUNCH: LOW-CALORIE LUNCH!
Mix it up! Calisthenics, kettlebells & resistance bands - this lunch-time class will leave you hungry for more!
**DAY:** MON., WED., FRI.  **TIME:** 12:05-12:50 pm  **COST PER SESSION:** $25 Members; $50 General Public

AM WARRIOR: WAKE UP STRONG!!
Early morning version of Triple Threat! Same class structure. Strength, Cardio and flexibility.
**DAY:** MON., WED., FRI.  **TIME:** 5:30-6 am  **COST PER SESSION:** $18 Members; $36 General Public

SATURDAY MORNING YOGA: STAY FLEXIBLE!
Recovery of mind, body and soul! Spend an hour of your weekend re-energizing your body and spirit!
**DAY:** SATURDAYS  **TIME:** 9-10 am  **COST PER SESSION:** $18 Members; $36 General Public

LITTLE LIGHTS TOT WATCH
**A Community Partnership with Great Beginnings Early Child Care Center**
A FREE tot watch service offered to members. Let us watch your child while you enjoy one of our fitness classes or use our fitness center, gym or pool. There is a 1.5 hour maximum time limit for each child per night.

**24-hour advanced pre-registration is required. No-show charge of $3.50.**
**AGES:** 1-7 years  **COST:** $0 Members; $3.50 General Public
**DAY:** Mon. – Thur.  **TIME:** 5:30-8:30 pm  **WHERE:** YMCA Youth Room
FITNESS CLASSES

WATER AEROBICS: A blended, gentle resistance workout for all fitness levels
TIME: 9–9:55 am  TIME: 8:30–9:25 am
COST: $39 Members; $92 General Public  COST: $25 Members; $62 General Public

AQUA ZUMBA: Cardio conditioning, gentle resistance workout incorporating Zumba Philosophy
DAY: Wed. & Fri.
TIME: 6–6:45 am
COST: $25 Members; $62 General Public

SWIM INSTRUCTION

PARENT / CHILD SWIMMING:
AGES: 6–36 months
WATER DISCOVERY
DAY: Monday
TIME: 6:30–7 pm
COST: $9 Members; $19 General Public
TIME: 9:30–10 am
COST: $9 Members; $19 General Public

DAY: Saturday
PRESCHOOL SWIMMING:
AGES: 3–5 years
WATER ACCLIMATION
DAY: Mon. & Wed.
TIME: 5–5:40 pm
COST: $36 Members; $87 General Public
TIME: 8–8:40 am
COST: $19 Members; $45 General Public
DAY: Saturday
WATER MOVEMENT
TIME: 5–5:40 pm
COST: $36 Members; $87 General Public
TIME: 8:45–9:25 am
COST: $19 Members; $45 General Public

YOUTH SWIMMING:
AGES: 6–12 years
WATER STAMINA
DAY: Mon. & Wed.
TIME: 5:45–6:25 pm
COST: $36 Members; $87 General Public
TIME: 8–8:40 am
COST: $19 Members; $45 General Public
DAY: Saturday
STROKE INTRODUCTION
TIME: 5:45–6:25 pm
COST: $36 Members; $87 General Public
TIME: 8:45–9:25 am
COST: $19 Members; $45 General Public
DAY: Saturday
STROKE DEVELOPMENT
TIME: 6:30–7:10 pm
COST: $36 Members; $87 General Public
TIME: 9:30–10:10 am
COST: $19 Members; $45 General Public

PLEASE NOTE: Youth swim classes have been renamed to follow the YMCA Safety Around Water guidelines. Safety Around Water is a progressive set of lessons designed to teach swimmers how to meet goals, take challenges and grow in confidence and abilities.

ADULT / TEEN SWIMMING:
AGES: 13 & Up
DAY: Wednesday
TIME: 6:30–7:10 pm
COST: $19 Members; $45 General Public

ADULT LAP TRAINING: Program provides training for competitors, as well as triathletes and fitness swimmers. Class is led by experienced coaches and aims to meet individual swimmers’ needs. Designed for, but not limited to, the intermediate or advanced swimmer who would like to improve on endurance and stroke technique. Competitive swimmers and beginners are welcome! Coaches will be on deck, and workouts will be pre-formatted.
AGES: 13 & Up
DAY: Sunday & Thursday
TIME: 6–6:45 pm
COST: $36 Members; $87 General Public
FINANCIAL ASSISTANCE is available for both programs and membership.

FOR FULL DESCRIPTIONS visit www.nlymca.com/dickinson or the Welcome Desk.

FOLLOW US ON FACEBOOK: Northern Lights YMCA Dickinson Center

PHONE: (906) 774.4076

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LIFEGUARD CERTIFICATION CLASS

In Lifeguard Training, participants learn:

- Incident prevention and victim recognition
- Decision-making skills
- Lifeguard supervision systems
- How to handle special lifeguarding environments and situations
- How to make safe and effective rescues

DAY/TIME:
- Tuesday, May 8 & 15 4-8 pm
- Thursday, May 10 & 17 4-8 pm
- Saturday, May 12 & 19 8 am-4 pm

Participants must attend all sessions, unless pre-arranged with instructor. Contact John Leech at (906) 774-4076.

WHERE: Northern Lights YMCA Dickinson Center
WHO: Anyone 15 years of age by May 19, 2018
COST: $175 Members; $220 General Public

Must be able to complete pre-course skills test:

- 550 yards swim (Freestyle/Breaststroke mix)
- Treading water for 2 minutes without use of hands
- 40-yard swim to retrieve 10-lb brick from 10-ft pool depth within allowed time.
- Swim under water for 15 yards while retrieving 3 submerged rings

PLEASE NOTE:
Registration closes May 7, 2018

PRIVATE SWIM LESSONS: One-on-one private swim lessons are available by purchasing a punch card from the YMCA Welcome Desk for one, three or five lessons. Lessons are 30 minutes in length, scheduled as desired based on instructor availability. Participants need to keep track of card and present it at each lesson. Please call 774-4076 for more information.

AGES: Any age
DAY/TIME: As scheduled with instructor
COST: 1 Lesson: $20 Members; $40 General Public
- 3 Lessons: $55 Members; $110 General Public
- 5 Lessons: $85 Members; $170 General Public

*There will be a 40-percent upcharge for having two participants in a lesson.

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CELEBRATE YOUR BIRTHDAY AT THE YMCA!
Choose from 6 different themes or create your own!

Parties MUST be reserved 14 days in advance - NO exceptions. Parties include: invitations, table settings, birthday child drawstring bag with shirt and cup, and day passes for all attendees. Gymnastics Center available for additional fee. Please contact the YMCA Welcome Desk for details. (906) 774-4076.

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ADULT FITNESS CENTER ORIENTATION
Learn how to use the equipment in the fitness center, as well as basic strength training principles and weight machine adjustments. Each session lasts 1–2 hours.
AGES: 16 and Up. Please call the Welcome Desk to register.
COST: FREE Member Only Benefit
WHEN: Tuesdays at 5:30 PM or 6:30 PM; or by appointment

YOUTH FITNESS CENTER ORIENTATION
To use the fitness center, all MEMBER youth ages 12–15 are required to attend this class.
AGES: 12–15. Please call the Welcome Desk to register. Parents must be present.
COST: FREE Member Only Benefit
WHEN: Tuesdays at 5:30 PM or 6:30 PM; or by appointment

PRIVATE & SMALL GROUP PERSONAL TRAINING SESSIONS
Meet your fitness goals with customized workouts. Private & Group sessions available.
Please call Karen at 774-4076 to arrange your personal training session.

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CORPORATE WELLNESS
The YMCA offers wellness coordination to local businesses through a menu of services including hands-on assistance to help facilitate the employee wellness process. Some of the benefits the YMCA offers are health screenings, nutritional counseling, fitness assessments, personal training, on-site group fitness and membership savings, as well as volunteer opportunities. Call Ron Deuter at (906) 774-4076 for more information.

HEALTH RISK APPRAISALS
As a FREE benefit of membership, the YMCA, with our partners at Dickinson County Healthcare System, are able to provide our members a personalized wellness service by offering Health Risk Appraisals. It includes blood pressure, cholesterol, and glucose checks along with a personal report of your health profile. These events are conducted quarterly, and each member is eligible for one FREE HRA per year.
2018 tentative HRA dates: Jan. 31, May 2, July 25, Oct. 31

AUTISM SUPPORT GROUP
The Northern Lights YMCA–Dickinson Center, along with Dickinson/Iron Intermediate School District and Dickinson County Healthcare System are pleased to partner to offer a Parent/Child Autism Support Group. The purpose of this group is to bring parents and children together for support, ideas, and encouragement. This group meets four times during the school year. There will also be an activity for children while parents connect.
AGES: All Ages
COST: $0 Members & General Public
DAY/TIME: Four Meetings throughout the school year – To be determined.
Visit the YMCA Welcome Desk or call 774-4076 to receive notification.
MEMBERSHIP TYPE

MEMBERSHIP

MONTHLY PAYMENT

Family
$64.00

Adult (22 years & older)
$47.00

Senior/Veteran (65 years & older)
$38.00

Young Adult (12-21 years)
$28.00

Youth (11 years & younger)
$22.50

NEW MEMBER FEE: $95/FAMILY, $60 ADULT & SENIOR/VET, $25 YOUNG ADULT & YOUTH

DAY PASSES

Family
$16

Adult
$12

Youth
$6

FACILITY HOURS WINTER/SPRING

Monday – Friday: 5 AM - 10 PM

Saturday: 7 AM - 10 PM

Sunday: 11 AM - 7 PM

MEMBERSHIP BENEFITS

- Sauna & Gymnasium
- CPR Certified Staff on-site at all times
- Locker rooms
- Daily use of lockers
- AWAY Memberships at YMCAs nationwide
- Large pool with Lap & Open Swim
- Opportunities to Volunteer
- Youth Room with Foosball, Air Hockey, Ping Pong and more

SPECIAL DATES:

DECEMBER 24 & 25: CLOSED CHRISTMAS
DECEMBER 31: CLOSED AT 5 PM
JANUARY 1: CLOSED NEW YEARS DAY
JANUARY 8: WINTER SESSION BEGINS
JANUARY 25: CAPITAL CAMPAIGN KICKOFF
APRIL 1: CLOSED EASTER SUNDAY
MAY 28: CLOSED MEMORIAL DAY

CANCELLATION/CLASS MAKE-UP POLICIES

Memberships at the Y are non-refundable. Changes to or cancellation of a monthly bank draft membership needs to be completed and signed by the 10th of the month in which the charge or cancellation is desired. No changes or cancellation to bank draft membership can be made without proper signatures.

Fitness Class/Programs: If the NLYMCA cancels a fitness class, a make-up class will be held or a credit will be issued. Members or program participants who miss a class may ‘make up’ that class (space permitting) in another class held during the same session. Every effort will be made to notify class participants prior to the start of class in the event of a cancellation.

Aquatics Classes/Lessons: The Aquatics Department reserves the right to cancel or change class or lesson times without notification. The price is based on the chance that one class may be cancelled due to unforeseen circumstances (i.e., weather events or bodily contaminations). If a second class is cancelled then a credit will be issued for the cost of one class of the session. No make-up classes will be held. NOTE: In the event of thunder or lightning strikes, the pool will close for 30 minute increments after the last thunder/strike.

Youth Programs/Classes: If the NLYMCA cancels a class, a make-up class will be offered within the current session. Credits may be offered for another youth program (within the same session). No credits will be offered if a class/program is missed due to the participants schedule. Day Camps and After School Fun Club: If the Y cancels or closes, credits will be offered toward another week within the current year. Birthday Party deposits and the Father/Daughter Dance ticket sales are non-refundable and no credit will be offered.

All refunds are made on an exception-only basis and will require Program Director approval.

Class Cancellations: Aquatics has an advance 24 hour class sign up policy. If an aquatics class is cancelled the Aquatics Director will contact participants the day before. Fitness and Youth classes will wait until after the first week of the session to make a determination, then communicate to participants at that class. If the class is cancelled (one time) due to instructor/YMCA facility issues, participants will be notified (by phone) as soon as possible prior to the start of class.
What’s Your Y? The answer to that question is different for everybody. It can be where you learn to swim. It can be a safe and productive place to go after school. It can be where you connect with friends. It can be opportunity for those less fortunate. It can be about maintaining good health. It can really be anything. Deeply rooted in the community, the Northern Lights YMCA-Dickinson Center, formerly known as the Crystal Lake Community Center has served the greater Iron Mountain-Kingsford area since 1972. The Y is a community of people dedicated to serving others, nurturing children, and staying healthy in spirit, mind and body. Our facilities, programs and people are all tools we use to build community. But our current facility is in urgent need of repair and updates so that we might continue our important work for the next fifty years. In recognition of future needs, we are conducting a Capital Campaign to renew and refresh our existing facilities and our commitment to the community. The result will ensure the YMCA’s future and enhance our ability to serve as the community’s center for Youth Development, Healthy Living, and Social Responsibility. But we cannot do it without you. So, What’s Your Y?

A STORY OF SUCCESS

Since opening its doors as a YMCA in 2010 with just 100 active members, the Northern Lights YMCA-Dickinson Center has experienced tremendous growth in programming and now boasts a membership of more than 2,600.

THE NEXT STEP FORWARD

Our rapid establishment and growth in the community is only possible by the hard work of our volunteers, staff and through the generosity of our donors. But it wouldn’t have been possible without a lease agreement with the County. By partnering with the County, we transformed an underused facility into a vibrant YMCA. This partnership includes an offer to accept the Community Center building for $1 in the fall of 2018.

WHAT WE MUST DO

Our phased development plan depends solely on contributions from our community. The support of community will enable us to expand our program offerings, allow more usage and, for the first time, guarantee access to the facility for people of all abilities. A tremendous success to date, the public phase of our Capital Campaign will continue through June 2018. Construction is expected to start following the purchase of the building from the County, and the project should be completed by the end of 2019. The result will provide immediate community benefit by ensuring our YMCA’s future and enhancing our ability to serve as the community’s center for Youth Development, Healthy Living, and Social Responsibility.
HELP US REACH OUR GOAL
SCOPE OF CAPITAL CAMPAIGN PROJECT:

- **ALL NEW POOL TANK AND DECK**
- **NEW POOL DECK SHOWER AND SAUNA**
- **NEW FAMILY LOCKER ROOMS WITH SHOWERS, TOILETS, CHANGING SPACE AND DIRECT ACCESS TO POOL**
- **NEWLY RECONSTRUCTED LOCKER ROOMS WITH NEW SHOWERS AND RESTROOMS WITH ADDED PRIVACY**
- **NEW LOCKERS, LIGHTING AND CEILINGS**
- **NEW HOT WATER SYSTEM**
- **NEW MECHANICAL ROOM AND EQUIPMENT**
- **MOVE YOUTH ROOM TO FITNESS BAY CLOSEST TO MAIN ENTRANCE AND CONVERT CURRENT YOUTH ROOM INTO NEW FITNESS SPACE**
- **ALL NEW CARDIO EQUIPMENT THROUGHOUT FITNESS AREA**
- **NEW HALLWAY FLOORING**
- **REPAINT ALL SURFACES**
- **UPGRADE TO HIGH EFFICIENCY LIGHTS AND CONTROLS IN ENTIRE FACILITY**
- **NEW EXTERIOR YMCA SIGNAGE**
- **REPAIR/REPLACE DEFECTIVE CEDAR SIDING AND BRICKS ON BUILDING EXTERIOR**
- **NEW WINDOWS AND DOORS AND ENHANCED BUILDING SECURITY**
- **REPAVE PARKING LOT WITH SIDEWALK FIXES**
- **CONSTRUCT LARGER COMMONS AREA FOR MEMBERS TO RELAX**

---

**LETTER OF COMMITMENT**

**DONOR INFORMATION**

**DONAR/COMPANY NAME(S):**

**CORPORATE CONTACT FOR CORRESPONDENCE:**

**ADDRESS:** __________________________ CITY/STATE/ZIP: __________________________

**PHONE:** __________________________ **EMAIL:** __________________________

**PLEDGE INFORMATION**

I pledge a total of $_________ toward the Northern Lights YMCA - Dickinson Center Capital Campaign. I wish to spread my donation over __________ year(s), beginning in __________/___________ (MO/YR.)

<table>
<thead>
<tr>
<th>Year</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
<th>2021</th>
<th>2022</th>
<th>TOTAL</th>
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My Gift will be matched by __________________________

☐ I would also be willing to consider a planned gift to the YMCA Endowment Program to leave a legacy and ensure important YMCA programs continue in the future.

**ACKNOWLEDGMENT**

Name or information you would like it to appear in formal recognitions and/or publications:

_____________________________ OR, Please keep my gift anonymous ☐

**DONOR SIGNATURE:** __________________________ **DATE:** __________________________

Donations are tax-deductible to the extent allowed by law. Questions regarding contributions should be referred to your tax advisor.
NORTHERN LIGHTS YMCA

WINTER SESSION 1
JANUARY 8 - FEBRUARY 11

WINTER SESSION 2
FEBRUARY 12 - MARCH 18

WINTER SESSION 3
MARCH 19 - APRIL 22

WINTER SESSION 4
APRIL 23 - MAY 27

Non-Profit Organization

US Postage PAID
Escanaba, MI Permit No. 2

NORTHERN LIGHTS YMCA - DICKINSON CENTER
800 Crystal Lake Blvd
Iron Mountain, MI 49801

STRENGTH TRAINING FOR RUNNERS: BUILD POWER AND SPEED!
Use of free weights, body weight training and plyometrics to gain strength, prevent injury and increase speed. A perfect lead in to the Triathlon Training program. Offered for sessions 1, 2 and 3.

DAY: TUESDAYS
TIME: 6:15 - 7:15 pm
COST PER SESSION: $20 Members; $25 General Public

TRIATHLON TRAINING: ‘Y’ NOT TRI?
Get ready for the 2018 Triathlon with this training program led by expert trainers. Price includes four days a week training for three months, starting Tuesday, April 3, registration fee for the Triathlon and a T-shirt.

DAY: Tuesday (Running)
TIME: 6 pm
COST: $200 Members; $275 General Public

Thurs. & Sun. (Swim)
TIME: 6-6:45 pm

Saturday (Cycling)
TIME: 9-9:45 am