



FALL SESSION YOUTH / TEEN

PEE WEE FOOTBALL A great introduction to the game, teaching the fundamentals of football. All teachings will be done with an age appropriate approach. Instructional program-not league play.

AGES: Boys & Girls Ages 4 – 5 DATES: Sept 13 – Oct 11 WHEN: Thurs. 6:00–7:00 p.m.

WHERE: YMCA Field COST: \$31 Members \$62 General Public

NEW-FLAG FOOTBALL: BEGINNER (1st–2nd), JUNIOR (3rd–4th) & SENIOR LEVELS (5th–6th)

Players will learn the fundamentals of football such as passing, catching, running and following plays, while showcasing what they have learned in weekly games.

AGES: Boys & Girls 1st – 6th Grade DATES: Sept 15 – Oct 27

WHEN: Sept 15 All player practice/assessment

Grades 1st–2nd 10:00–11:30 a.m. , *Grades 3–4th* 12:00–1:30, *Grades 5th–6th* 2:00–3:30

Week of Sept 17 Practices begin (date/time TBA by coaches) Games start Sept 29, times TBA

WHERE: YMCA Field

COST: \$32 Members \$64 General Public

FLAG FOOTBALL CHEER Beginner cheer and dance program that teaches proper warm-ups, jumps, cheers and game performance. **Hannahville Ice & Turf Room is located at: 1647 17.4 Rd, Escanaba, inside the Wells Sports Complex*

AGES: 7–12

DATES: Sept 17 – Oct 27

WHEN: Practices Mon & Wed 5:30–6:30 p.m.

WHERE: Practices at *HIT Room

COST: \$31 Members \$57 General Public

Games each Saturday starting Sep 29, times TBA at YMCA Field

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

AGES: 5–12

DATES: Sept 20 – Oct 18

WHEN: Tuesdays & Thursdays

TIME: 10:30 – 11:30 a.m.

WHERE: YMCA Gym/Field

COST: \$30 Members \$55 General Public

NEW-TEEN NIGHT Looking to get out of the house and do something fun? Come to the Y for a fun get away! We will meet once a month with a different fun filled theme! Please register by 10:00 a.m. Monday of each event.

Sept. 10th–Backyard Game Night – Bring a team of friends to compete in backyard games!

Oct. 22nd–Haunted Halloween – Costume contest, pumpkin carving, spooky stories and more!

Nov. 12th–Jovial Jeopardy – Test your knowledge with a friendly game of trivia, Jeopardy style. Chance to win prizes!

Dec. 10th–Ugly Sweater Party – Night of goofy games, cookie decorating and mitten gift grab!

AGES: 13–18

TIME: 6:00 – 8:00 p.m.

WHERE: YMCA Gym

COST: \$8 Members \$10 General Public

NEW-OUTDOOR ADVENTURE SERIES This series will introduce you to a variety of activities that will keep you active while experiencing all the great things the U.P. offers. Register by 5:00 p.m. the Friday before each event.

Sept. 22nd–Krazy for Kayaking – Meet at Ludington Park for an intro to learn basic kayaking skills and a trip.

Oct 13th–Hands on Hiking – Meet at the Days River Trail for a hike and we'll identify wildlife and learn orienteering.

Oct 27th–Biking Blitz – Learn about the different gears of biking. Includes a trail ride, intro to gears, chains and basics.

Nov 10th–Surviving Nature – Meet at the Y to learn survival skills and safety in the woods. We'll put your skills to the test in the woods and finish the day by putting together a survival pack to take home.

AGES: 13–18

TIME: 10:00 a.m. – 1:00 p.m.

*COST: \$12 Members \$18 General Public **Receive a 15% discount when registering for all 4*

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 eye protection will be available.

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

AGES: Boys & Girls 3rd –6th Grade

DATES: Saturday, November 10 or Friday, December 7

TIMES: November 10: Grades 3 & 4; 5:00–6:30 p.m.

Grades 5 & 6; 6:30–8:00 p.m.

December 7: Grades 3 & 4; 6:00–7:30 p.m.

Grades 5 & 6; 7:30–9:00 p.m.

WHERE: *HIT Room

COST: \$5 Members \$8 General Public

NEW-WINTER SOCCER CLINIC Whether your child is a soccer first timer or a wily vet they will be sure to take something away from our youth soccer clinic. Our passionate coaches will lead participants through dribbling, passing and shooting drills, games and soccer activities designed for kids to have so much fun they don't realize they are learning. *Hannahville Ice & Turf Room is located at: 1647 17.4 Rd, Escanaba, inside the Wells Sports Complex*

AGES: 6–12

DATE: December 8

TIME: 12:00 p.m. – 3:00 p.m.

WHERE: HIT Turf Room

COST: \$31 Members \$57 General Public

NEW-FAMILY FLICK-N-FUN Come to the YMCA for an afternoon of family fun of swimming and a movie! We will be offering a matinee and an evening show. Space is limited, please pre-register.

AGES: 6–12

DATES: Sept 22 and Nov 17

TIMES: 3:00–5:30 p.m. or 6:30–9:00 p.m.

WHERE: YMCA

COST: \$FREE Members \$5 General Public



YOUTH CONT. / CHILDCARE

NEW-PARENTS NIGHT OUT Are you looking for a date night but need a place to keep your kids safe and engaged? Sign them up for a night of games, swimming and fun! Pizza dinner will be provided.

AGES: 5-12

DATES: Sept 28, Oct 19, Nov 9 or Dec 14

WHEN: Fridays

TIME: 5:30 - 8:00 p.m.

WHERE: YMCA Gym/Pool

COST: \$8 Members \$10 General Public

SOCK HOPS Bop, Jump and Jam, Dancing, Contests, Food & Fun! Space is limited.

AGES: K - 3 Grades

DATES: Friday, November 16 or Friday, December 7

TIME: 5:30-8:00 p.m.

WHERE: YMCA Gym COST: \$5 Members \$8 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: Thursday, November 15 & Wednesday, November 21

WHEN: 9:00 a.m.-4:30 p.m.

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

WHERE: YMCA Gym/Pool

COST: \$25 Members \$33 General Public

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, Lemmer, Soo Hill, and Webster Schools. We offer homework time, nutritious snack and outdoor play.

WHEN: Mon thru Fri

TIME: 7:00 - 9:00 a.m. & 3:00 - 6:00 p.m.

COST: \$32 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: 2:40 - 6:30 p.m.

COST: \$37 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 a 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

\$32 / 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 Preschool 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 - Thursday 5:00 p.m. - 8:00 p.m. Maximum stay is 2½ hours.

COST: FREE to Members & Bay Students. No show charge \$3.75/hr/child



FALL SESSIONS AQUATICS

Sept 10 - Oct 14
Oct 15-Nov 18
Nov 19-Dec 23

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

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
Class E: Sunday 12:30-1:15 p.m. \$18 Members \$43 General Public

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
Class F: Sunday (Polliwog only) 12:30-1:15 p.m. \$18 Members \$43 General Public

3rd GRADE SWIM LESSONS

FREE beginner swim lessons for all 3rd graders in Delta County!
WHEN/TIME: Saturdays 9:00-9:45 a.m. \$FREE Members \$FREE General Public

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 8:00-8:55 a.m. \$24 Members \$58 General Public

WATER JOGGING

Blended for All Fitness Levels This is a self-guided program for any impact free aerobic exercises.
Monday, Wednesday & Friday 9:00-9:55 a.m. \$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 9:00-9:55 a.m. \$36 Members \$87 General Public

ADULT/TEEN SWIM LESSONS

Ages 14 & Up - It's never too late to learn and benefit from swimming lessons.
Monday & Wednesday 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 Aid & AED training. Learn how to help in emergency situations. Ages 14 & up. All classes are mandatory.

Class A: Sept 11 & 13 6:00-9:00 p.m. \$125 Members \$200 General Public
Class B: Oct 9 & 11 6:00-9:00 p.m. \$125 Members \$200 General Public
Class C: Nov 13 & 15 6:00-9:00 p.m. \$125 Members \$200 General Public
Class D: Dec 11 & 13 6:00-9:00 p.m. \$125 Members \$200 General Public

CPR Re-Certification Must have current certification. DATES: Sept 12, Oct 10, Nov 14 or Dec 12
TIME: 6:00-9:00 p.m. COST: \$65 Members \$105 General Public

LIFEGUARDING CLASS - Red Cross course consisting of 30 hours of training in Adult & Pediatric CPR/First Aid/AED for the Professional Rescuer, and Lifeguarding Skills. Ages 16 & Up. All classes are mandatory, participants must pass written tests and show proficiency in skills. Ask about our tuition waiver for future employees!

DATES: September 18 - 29 WHEN/TIME: Tues & Thurs 6:00-10:00 pm, Saturdays 9:00-4:00pm
COST: \$165 Members \$210 General Public

NLY SWIM TEAM Learn the fundamental skills of competitive swimming including proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self-improvement and sportsmanship. Participants between the ages of 6-18 and swimming ability equivalent to the YMCA Minnow level. A parent meeting will be held on Sept. 12 at 6:30 p.m. at Bay College Room 525.

WHEN: Sept 18-March 16 Practices vary according to age; See front desk for details.
COST: Must Be an Annual Member; 10% Discount for 2nd Swimmer
Age 10 & Under \$221 Per Swimmer Ages 11 & 12 \$255 Per Swimmer Ages 13+ \$357 Per Swimmer



FALL SESSIONS FITNESS

Sept 10 - Oct 14
Oct 15-Nov 18
Nov 19-Dec 23

NEW-FIRST STEP TO FITNESS Fitness Level: Starter. This program is geared mostly for beginners to start building strength and confidence. The slower pace of the class will allow more time to get to know each new exercise.

DAY: Tuesdays TIME: 5:30-6:15 p.m. WHERE: M-TEC Ctr Rm 2017
COST: \$9 Members \$17 General Public

FUNCTIONAL FITNESS A 4 session class designed specifically for the health seeker who wants to improve balance, coordination, strength and endurance - not just at the gym. Limit 6

WHEN: Fridays DATES: Oct 5th, 12th, 19th & 26th TIME: 12:00 - 1:00 p.m.
COST: \$20 Members & General Public WHERE: YMCA Fitness Center

GET FIT Fitness Level: Starter, Intermediate to Advanced. Enjoy the mix of total body, circuit classes that incorporate cardio and free weights. A variety of equipment and drills will be introduced each class.

DAY / TIME: COST: 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.

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

SIT & GET FIT Fitness Level: Starter to Intermediate. A variety of equipment will be used in our low impact exercise class to strengthen muscles for moderately active adults or those managing chronic conditions or needing rehab.

DAYS: Tuesday & Thursday TIME: 9:30-10:15 a.m. WHERE: M-TEC Ctr Rm 2017
COST: \$FREE Members \$FREE General Public (No Class Nov 22)*

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: \$FREE Members \$17 General Public (No Class Nov 22)*

Y-FIT 101 Fitness Level: Starter to Intermediate. This class is geared for any beginner to Olympic weightlifter. If you want to learn how the program runs, how to perform exercises, or need more clarification, this class is for you.

DATE: Thursday, September 13 TIME: 6:30-7:15 p.m. COST: FREE WHERE: M-TEC Ctr Rm 2017

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.

DAY / TIME / COST: 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 to Advanced. Cycling is for all ages and abilities. YRIDE classes are high intensity, low impact cardio workouts performed on stationary bikes. Heart rate monitors strongly recommended. Limit 11.

DAY / TIME / COST: WHERE: YMCA

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

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

Class C: 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

YOGA Fitness Level: Starter to Intermediate. Hatha yoga class is geared for the beginner exerciser. It includes basic postures and poses with relaxation techniques to develop balance, strength, and flexibility.

DAY / TIME / COST:

Class A: Mondays 4:00-5:00 p.m. (Church)

Class B: Thursdays 10:30-11:30 a.m. (M-TEC)

Class C: Thursdays 4:00-5:00 p.m. (Church)

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

WHERE: Memorial United Methodist Church, 1920 Lake Shore Drive, Gladstone and M-TEC Ctr Rm 2017



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: Sept 6-Oct 11

WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to the Community

PATH (Personal Action Towards Health)-NEW

Path teaches practical skills for living a healthy life with a chronic condition like diabetes, arthritis, asthma, obesity, chronic pain, heart disease, addiction or other chronic conditions. Space is limited; to register, call the Y at 789-0005.

WHEN: Tuesdays 12:30 - 3:00 p.m. DATES: Oct 16-Nov 20

WHERE: Bay College M-TEC Center Rm 2018 COST: There is no cost to attend this program.

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

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: Mondays 5:30 p.m. - 7:00 p.m. DATES: Nov 12-Dec 17

WHERE: Bay College M-TEC Center Rm 2018 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 & Tue 1:00 p.m. - 3:00 p.m. DATES: Nov 19-Dec 11

WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to Community

BLOOD SUGAR SCREEN Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, September 19th 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, October 18th TIME: 4:00-6:00 p.m.

WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to the Community

CHOLESTEROL SCREEN Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, November 21st TIME: 4:00-6:00 p.m.

WHERE: YMCA Fitness Center Office COST: FREE to the Community

ADULT FITNESS ASSESSMENT

Our assessment will consist of a series of base line 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



INVEST IN YOURSELF MEMBERSHIP

MEMBERSHIP TYPE

Family	\$68.50
Adult (22 yrs & older)	\$51.00
Senior/Veteran (65 yrs & older)	\$43.00
Young Adult (12-21 yrs)	\$28.00
Youth (11 yrs & younger)	\$22.50

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

DAY PASSES

Family \$16
Adult \$12
Youth \$6

SPECIAL CLOSINGS

September 3-Closed
November 22-Closed
December 24-Closed at 12

MONTHLY PAYMENT

\$68.50
\$51.00
\$43.00
\$28.00
\$22.50

FALL FACILITY HOURS

Mon-Fri 5 am-10 pm
Sat 7 am-10 pm
Sun 11 am-7 pm

December 25-Closed
December 31-Closed at 5
January 1-Closed

NEW MEMBER CHECK LIST

Now that you are a member of the YMCA, here are a few things to help you get the most out of your Y experience.

- ✓ Schedule a Tour (If you haven't had one yet)
- ✓ Schedule a FREE Fitness Assessment
- ✓ Invite a Friend or Family Member
- ✓ Attend a Class
- ✓ Review Policies and Procedures
- ✓ Get Connected and Stay Informed. Follow us on Facebook and join our email list.

MEMBERSHIP HAS ITS BENEFITS

One Free Personal Training Session	Free Health Screenings
Free Annual Fitness Assessment	Free Sit & Fit Class
Free Y Dance Class	Free Tot Watch
Early Registration & Member Rates	Pool with Lap & Open Swim
Wellness Center with Treadmills, Ellipticals, Adaptive Motion Trainers, Machine & Free Weights	Sauna
CPR Certified Staff on-site at all times	Whirlpool
Daily Use of Lockers	Gymnasium
Nationwide Membership-Use Ys while you travel	Locker Rooms
	Climbing Wall



MEMBER REFERRAL Members, bring a friend in as your guest. If they join, we will waive their new member fee and the referring member will receive one month free!

SAULT TRIBE MEMBERS Members of the Sault Tribe of Chippewa Indians can show their I.D. cards at the YMCA front desk to get access to our facility. Sault Tribe members receive basic membership to the facility with the opportunity to participate in YMCA programs at the member rate.

WORKSITE WELLNESS The YMCA along with the Hannahville Indian Community is proud to offer worksite wellness coordination to local businesses through a menu of services including hands on assistance to help facilitate the employee wellness process. We start with Implementation to Evaluation, all of which are **FREE!** For more information or to get started, call Nicole Fitch, at 789-0005 or email nfitch@nlymca.com.

CELL PHONES AND CAMERAS Use of cell phones, cameras & other electronic devices is prohibited in all locker room and restroom areas.

SECURITY CAMERAS For safety and security reasons, the YMCA monitors participants in program spaces and hallways.

SEX OFFENDER POLICY The YMCA monitors the sexual offender registry. Persons found on the list will not be eligible for employment, volunteerism, membership, or participation in any capacity.

YOUTH USE GUIDELINES Anyone 14 years or over may utilize, dry sauna and whirlpool at any time during normal business hours. Anyone 16 years or over may utilize the fitness center during normal business hours. Youth ages 12-15 must attend an orientation to use the fitness center. Family times for the whirlpool are Saturday from 12 noon until close and all day Sunday, at which time children age 6 and over may enter with direct adult supervision.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HARVEST MOON RUN

5K Run / Walk

Friday, October 26th, 2018

- Registration Available at Northern Lights YMCA—Delta Center 2001 North Lincoln Road, Escanaba - Phone: 906.789.0005
- Early Registration: \$25 / On or Before October 12th (guaranteed shirt)
- Late Registration: \$35 / Until 5PM on October 22nd (no guaranteed shirt)
- Packet Pick Up: October 26 starting at 7 PM
- Race Start Time: 8 PM - Starts & Ends at YMCA



PARTICIPANT INFORMATION

Name: _____ Age on Raceday: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Male / Female

(Circle One)

T-Shirt Size: S M L XL XXL

(Circle One)

Payment in Full Date: _____

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

8th ANNUAL

FALL

FAMILY

FESTIVAL



Friday, October 26th

4pm - 7pm

**Fun-filled day at the YMCA!
Kids Games, Bounce Houses,
Swimming, Hay Rides,
Pumpkins, Raffles, and
Concessions!**

**Harvest Moon Run to Follow
at 8:00 p.m.**