



WINTER SESSION

January 7– May 26, 2019

YOUTH SPORTS

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-Kindergarten

DATES: January 20th - February 17th

WHEN: Sundays

TIME: 12:15-1:00 p.m.

WHERE: YMCA Gym

COST: \$31 Members \$62 General Public

YMCA BASKETBALL LEAGUE: BEGINNER (1st-2nd Grade) & JUNIOR (3rd-4th Grade)

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

AGES: Boys: 1st-4th Grade and Girls: 1st-5th Grade

DATES: Jan 6 - Feb 17

WHEN: January 6th all player practice / assessment - *Grades 1st-2nd* 1:00-2:00 p.m. , *Grades 3rd-5th* 3:00-4:00 p.m.
Week of Jan 7th Practices begin (date/time TBA by coaches)

GAMES: Sundays beginning Jan 20th at 1:30 p.m.

WHERE: YMCA Gym

COST: \$32 Members \$64 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 20.

AGES: 5-10 Yrs.

DATES: January 7th - February 17th

WHEN: Practice Mon & Wed

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

Games Sundays at 3:00

WHERE: *HIT Room

COST: \$32 Members \$64 General Public

BASKETBALL ONE-ON-ONE TRAINING Training is made up of drills that challenge fundamental skills to help prepare the athlete for the sport they love. Buy 2 sessions, get 3rd 1/2 off!

AGES: 10 & Up

DATES: Mar 1 - April 1

WHERE: YMCA Gym

DAYS / TIME: 1 hour sessions by appt.

COST: \$40 Members \$60 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 30th - April 27th

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 Room

COST: \$31 Members \$62 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 11th - June 1st

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 Room

COST: \$26 Members \$54 General Public

NEW-Y-WARRIOR First or last place, it doesn't matter. It's all about finding your inner warrior as you attempt to complete an indoor obstacle course designed to test your physical and mental fitness. Compete in all 4 challenges and receive a warrior T-Shirt. Ages 6-11 compete on a smaller, kid friendly course.

AGES: 6-11 & 12 & Up

DATES: Jan 19, Jan 26, Feb 2 or Feb 9

WHERE: *HIT Room

TIME: 6:00 - 8:00 p.m.

COST/DAY: \$8 Members \$12 General Public

NEW-YOUTH GYMNASTICS Introductory gymnastics class. Main focus will be on beginning tumbling, bridges, handstands, cartwheels, forward & backward rolls, beginning low bar skills, vaulting and dance.

AGES: 6-12 years

DATES: April 1 - May 3

WHERE: *HIT Room

DAYS: Mon, Wed & Fri

TIME: TBD

COST: \$35 Members \$58 General Public for one time/wk or \$63 Members \$105 General Public two times/wk

NEW-DODGEBALL TOURNAMENT Dodge, Duck, Dip Dive, Dodge.

AGES: Grades 3-6

DATE: Saturday, May 11

WHERE: *HIT Room

TIME: 2:00 p.m.

COST: \$8 Members \$12 General Public or \$50 for a team (5-7 kids)

NEW-KICKBALL TOURNAMENT Kids will enjoy this playground game in a safe and fun environment!

AGES: Grades 3-6

DATE: Saturday, May 4

WHERE: *HIT Room

TIME: 2:00 p.m.

COST: \$8 Members \$12 General Public or \$100 for a team (10-12 kids)

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



WINTER SESSION

January 7– May 26, 2019

YOUTH / TEEN

NEW-LEADERS CLUB Here is an opportunity for teens to learn about leadership, get involved with the community and have fun with peers. Under the supervision of YMCA staff & volunteers, teens can make Leaders Club exactly what they want it to be. Teens will plan and execute volunteer and social events to gain real life leadership experience, as well as assist within the Y. A volunteer membership will be included.

AGES: 12-18 years

DATES: Jan 7, Feb 4, Mar 4, Apr 8 & May 6

WHEN: Mondays

TIME: 6:00-7:00 p.m.

WHERE: YMCA

COST: FREE

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: 4 & Up

DATE: Saturday, February 9

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

WHERE: Terrace Bay Inn

COST/PAIR: \$50 Members \$60 General Public \$25 ea. Additional daughter

NERF on 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 -8th Grade

DATES: Jan 12, Feb 16, Mar 23 & Apr 20

TIMES: Grades 3 & 4 - 4:00-5:30 p.m.

Grades 5 & 6 - 5:30-7:00 p.m. Grades 7 & 8 - 7:00-8:30

WHERE: *HIT Room

COST/DAY: \$8 Members \$12 General Public

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: Jan 11, Feb 22, Mar 8, Apr 12 or May 3

WHEN: Fridays

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

WHERE: YMCA Gym/Pool

COST/DAY: \$10 Members \$15 General Public

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

AGES: 5-9 years

DATES: Jan 18, Feb 8 or March 15

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

WHERE: YMCA Gym

COST/DAY: \$8 Members \$12 General Public

THEME NIGHT Looking to get out of the house and away from school? Come to the YMCA for a fun get-away. We'll be offering friendly competitions, prizes, snacks and fun! We meet once a month with different fun filled themes. Themes TBA.

AGES: 10-18

DATES: Jan 18, Feb 15, Mar 22, Apr 12 or May 17

WHEN: Fridays

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

WHERE: YMCA

COST/DAY: \$8 Members \$12 General Public

SAFE SITTER Safe sitter prepares kids to be safe when they are home alone, watching younger siblings or babysitting. Students learn life saving skills, including CPR. Lunch is included.

GRADES: 6-8

DATES: Jan 5, Mar 27 or Apr 19

TIME: 9:00 a.m.-2:30 p.m.

WHERE: Bay College Rm TBA

COST/DAY: \$66 Members \$100 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 - 6th Grade

DATES: March 25-March 29

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

Before Care begins at 7:45 a.m.; After Care ends at 5:15 p.m.

WHERE: YMCA Gym/Pool

COST/WEEK: \$110 Members \$139 General Public

EASTER CARNIVAL Join us for our annual Easter Carnival! We'll have bounce houses, games, activities, raffles, an egg hunt and a visit from the Easter Bunny!

WHEN: Saturday, April 13

TIME: 11:00 a.m.- 2:00 p.m.

WHERE: YMCA Gym

COST: FREE to the Community

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



CHILD CARE



YMCA CHILDCARE and 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 of our program at the YMCA include swim lessons & gym classes 2x/wk and a youth membership.**

AGES: 2½ - 5 WHEN: Monday thru Friday TIME: 6:30 a.m. to 6:00 p.m.
COST: \$160 / Week - 2nd Child Discounts Available WHERE: YMCA

*Special two day only preschool at Cameron Elementary School for ages 2 ½ - 4 yrs
Tues and Thurs 9:00 a.m. - 12:00 p.m. Call 789-0202 for more information.

BEFORE & AFTER SCHOOL CARE - As a community partner with area schools, we are able to provide a quality program that provides fun and movement, homework time, a nutritious snack and outdoor play. Locations: Cameron Elementary, Webster, Lemmer and Soo Hill.

AGES: K-5th Grades WHEN: Mon thru Fri TIME: 7:00 - 9:00 a.m. & 3:00 - 6:00 p.m.
COST: \$34 per week for the 2018/2019 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: \$39 per child per week

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 DATES: Feb 22, Apr 19 and Apr 22
WHEN: 9:00 a.m.-4:00 p.m. Before Care begins at 7:45 After Care ends at 5:15 p.m.
WHERE: YMCA Gym/Pool COST/DAY: \$28 Members \$36 General Public

YOUNG CHILD



**BECAUSE KIDS
WILL HAVE FUN
AND BE SAFE**

NEW-KINDER LIGHTS- Come to the Y for a play date with your little light. This is open for families with young children to come play and socialize with others.

AGES: 0-5 years WHERE: YMCA Gym TIME: 10:30-11:30 a.m.
WHEN: 1st & 3rd Thursday every month, January 10 - May 16

COST: FREE to Members \$10 General Public Family

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 child care 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

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.

- **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 7 - Feb 10
Feb 11-Mar 17
Mar 18-Apr 21
Apr 22-May 26

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 (*No Class Feb 2 & May 11)

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. \$35 Members \$88 General Public
CLASS B: Monday & Wednesday 5:30-6:00 p.m. \$35 Members \$88 General Public
CLASS C: Tuesday & Thursday 6:45-7:15 p.m. \$35 Members \$88 General Public
CLASS D: Saturday 11:00-11:30 a.m. \$18 Members \$43 General Public (*No Class Feb 2 & May 11)
CLASS E: Sunday 12:30-1:00 p.m. \$18 Members \$43 General Public (*No Class April 21)

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.

When: Saturdays TIME: 9:00 - 9:45 a.m. COST: FREE

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. \$35 Members \$88 General Public
CLASS B: Tue & Thur (Levels P, G, & M) 7:15-8:00 p.m. \$35 Members \$88 General Public
CLASS C: Sat (All Levels) 10:00-10:45 a.m. \$18 Members \$43 General Public (*No Class Feb 2 & May 11)
CLASS D: Saturday (Polliwog only) 11:00-11:45 a.m. \$18 Members \$43 General Public (*No Class Feb 2 & May 11)
CLASS E: Sunday (Polliwog only) 12:30-1:15 p.m. \$18 Members \$43 General Public (*No Class April 21)

NEW-WATERinMOTION

 This is a fun and energizing aqua program that gets you moving! No swimming experience necessary.

CLASS A: Tuesday & Thursday 8:00-8:55 a.m.

CLASS B: Saturday 8:00-8:55 a.m.

Package A - 2x/Week: \$25 Members \$63 General Public

Package B - 3x/Week: \$38 Members \$95 General Public

WATER AEROBICS

 Blended for All Fitness Levels - No swimming experience necessary.

CLASS A: Monday, Wednesday & Friday 8:00-8:55 a.m.

CLASS B: Monday & Wednesday 6:00-6:45 p.m.

Package A - 2x/Week: \$25 Members \$63 General Public

Package B - 3x/Week: \$38 Members \$95 General Public

WATER JOGGING

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

WHEN: Mon, Wed, & Fri 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.

WHEN: Mon, Wed, & Fri TIME: 9:00-9:55 a.m. COST: \$38 Members \$95 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: Mon & Wed TIME: 5:15-6:00 p.m. COST: \$35 Members \$88 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 Feb 5, Mar 5, Apr 9 or May 7 6:00-9:00 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, Jan 10-Mar 14, 6:00-9:00 p.m. COST: \$170 Members \$220 General Public

LIFEGUARD TRAINING COURSE

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

WHEN / TIME: Mondays, Mar 18-May 20, 6:00-9:00 p.m. COST: \$170 Members \$220 General Public



WINTER SESSIONS FITNESS

Jan 7-Feb 10
Feb 11-Mar 17
Mar 18-Apr 21
Apr 22-May 26

NEW-ASK THE TRAINER While there is no one size fits all answer for everyone, an experienced trainer will help you find holes in your exercise plan to point out where you might be falling short so you can start seeing results.

WHEN: Tuesdays

DATES: Jan 8th, 15th, 22nd & 29th

TIME: 6:30 p.m.

COST: FREE to Members

WHERE: Fitness Center

NEW-FIRST STEP TO FITNESS Geared 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 and ask questions.

DAYS: Tuesday & Thursday

TIME: 6:30-7:15 p.m.

WHERE: M-TEC Ctr Rm 2017

COST: Sessions I, II, III or IV

\$FREE Members \$36 General Public

NEW-FOAM ROLLING & CORE Fitness Level: Foam rolling releases tension, enhances mobility and increases range of motion with special focus on hips, ankles and shoulders.

WHEN: Saturdays

DATES: Jan 5th, 12th, 19th & 26th

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

COST: \$12 Members \$23 General Public

WHERE: M-TEC Ctr Rm 2017

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: Sessions I, II, III or IV

\$20 Member \$36 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 seniors or those managing chronic conditions or needing rehab. A chair will be used for support when needed. Sponsored by Blue Cross Blue Shield of Michigan.

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 \$FREE General Public

Y-CARDIO Fitness Level: Starter, Intermediate to Advanced. Enjoy the mix of this total body and easy to follow interval class that incorporates low impact-high intensity cardio and free weights with no fancy footwork.

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.

\$22 Members \$39 General Public

Class B: Mon & Wed 4:15-5:15 p.m.

\$23 Members \$42 General Public

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

\$20 Members \$36 General Public

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: Tues & Thurs

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

WHERE: M-TEC Ctr Rm 2017

COST: Sessions I, II, III or IV

\$FREE Members \$36 General Public

Y-FIT Fitness Level: Starter, Intermediate to Advanced. Every workout is different in this challenging class. This work at your own pace program, incorporates aerobic exercise and functional strength training. Limit 15/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.

\$38 Members \$68 General Public

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

\$25 Members \$45 General Public

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

\$25 Members \$45 General Public

Y-RIDE Fitness Level: Starter, Intermediate to Advanced. Instructors will lead you through hills, drill, intervals and sprints. Since the tension on the bike is controlled by each person, all levels are accommodated. Limit 11 per class.

DAY / TIME:

COST: Sessions I, II, III or IV

WHERE: YMCA

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

\$34 Members \$64 General Public

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

\$34 Members \$64 General Public

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

\$25 Members \$46 General Public

Class D: Tues & Thur 6:00-6:45 p.m.

\$34 Members \$64 General Public

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

DAY / TIME / COST:

Class A: Mon & Thur 4:00-5:00 p.m.

\$31 Members \$58 General Public

WHERE: Memorial United Methodist Church, 1920 Lake Shore Drive, Gladstone

PERSONAL TRAINING Need help meeting your health, wellness and fitness goals? Working out with a personal trainer has many benefits such as motivation, development of a program that fits your specific needs (including sport specific), nutritional guidance, cardiovascular training, and much more! Each training session is 55 minutes long.

COST: 1 Session: \$50 3 Sessions: \$110 5 Sessions: \$150 10 Sessions: \$245 20 Sessions: \$390

General Public and Group Rates are also available.



HEALTH & WELLNESS

CHRONIC PAIN SELF MANAGEMENT Administered by UPCAP with support from BCBS & YMCA

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 17-Feb 21

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

DIABETES PATH (Personal Action Towards Health) Administered by UPCAP with support from BCBS & YMCA

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 4:30 p.m. - 7:00 p.m. DATES: Feb 18-Mar 25

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

MATTER OF BALANCE Administered by UPCAP with support from BCBS & YMCA

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: Wed & Thur 1:00 p.m. - 3:00 p.m. DATES: Mar 6-Mar 28

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

NEW-PATH (Personal Action Towards Health) Administered by UPCAP with support from BCBS & YMCA

PATH teaches practical skills for living a healthy life with a chronic condition like diabetes, arthritis, asthma, obesity, heart disease, addiction or other chronic conditions. Space is limited-to register, call the YMCA at 906-789-0005.

WHEN: Wednesdays 1:00 p.m. - 3:30 p.m. DATES: Apr 17-May 22

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

BLOOD SUGAR SCREEN Free Community Benefit Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, January 16th

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

WHERE: YMCA Fitness Center Office

LIVING with MENOPAUSE Free Community Benefit Sponsored by Mary Malnor, Health Coach, Nutrition & Essential Oils Educator

WHEN: Tuesday, February 19th

TIME: 6:30-7:30 p.m.

WHERE: M-TEC Center Rm 2018

FOOT CLINIC Free Community Benefit Sponsored by UP Health Systems Rehab

WHEN: Thursday, March 14th

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

WHERE: M-TEC Center Rm 2018

CHOLESTEROL SCREEN Free Community Benefit Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, April 10th

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

WHERE: YMCA Fitness Center Office

UNDERSTANDING ARTHRITIS Free Community Benefit Sponsored by OSF St. Francis Hospital

WHEN: Thursday, April 25th

TIME: 6:00-7:00 p.m.

WHERE: M-TEC Center Rm 2018

ADULT FITNESS ASSESMENT Our assessment will consist of a series of baseline tests to determine your overall fitness. Muscular strength & endurance, flexibility, cardio endurance, body composition and blood pressure. In addition, a short-how to use the fitness center will be available. Please call the front desk to register.

AGES: 18 and Up

WHEN: By Appointment

WHERE: YMCA

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.

Once successfully completing the youth orientation and parent/child agreement:

- 14 & 15 year olds may use the fitness center without parental supervision anytime
- 12 & 13 year olds may use the fitness center with parent supervision anytime or at the following times without parental supervision: Tuesday, Thursday & Friday from 3:30-5:00 pm

AGES: 12-15

COST: FREE Member Benefit

WHEN: By Appointment

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