



SUMMER DAY CAMPS Fun, Games, Swim, Nature...ALL summer long! Day Camp is designed to offer a healthy and active alternative for your summer child care needs. All camps will follow the same themes, have the same drop off and pick up point (Bay Café or Field across from Bay Café) and lunch time. Starting week 2, campers receive FREE lunch through Escanaba School's "Meet Up & Eat Up" summer lunch program. Campers bring swim suit, towel and afternoon snack.

AGES: *5 - 12 (*Child must have completed Kindergarten*) DATES: June 17 - August 16
 WHEN: 9:00 a.m. - 4:00 p.m. Before Care: 7:30 - 9:00 a.m. After Care: 4:00 - 5:30 p.m.
 WHERE: YMCA Gym / Field / Bay College COST: \$110 Members \$139 General Public
 *2nd Child Discount Available

LITTLE EXPLORERS DAY CAMP Is designed for our younger campers (Ages *5-7). The curriculum is adapted to be developmentally appropriate for our little explorers. Campers will participate in arts & crafts, group games, nature exploration, swimming, team building and local field trips.

Y DISCOVERY CAMP Is designed for older campers (Ages 8-12). The curriculum is adapted to be developmentally appropriate for our veteran explorers. Campers will participate in arts & crafts, group games, nature exploration, swimming, team building and Kids in the Woods field trips.

SUMMER DAY CAMP

WEEK 1 June 17-21 - Superhero	WEEK 5 July 15-19 - Shipwrecked
WEEK 2 June 24-28 - Spirit Week	WEEK 6 July 22-26 - Kids Under Construction
WEEK 3 July 1-3 - America the Beautiful	WEEK 7 July 29-Aug 2 - Magic Kingdom
WEEK 4 July 8-12 - Decades of Fun	WEEK 8 Aug 5-9 - Super Soaked
WEEK 9 Aug 12-16 - Day Camp Carnival	

CAMP HARSTAD *Sponsored by Escanaba Rotary Club*

The YMCA and the Rotary Club of Escanaba have partnered to provide a day camp experience for children with mild to moderate special needs who are able to follow group instruction and are self-sufficient in all personal care (bathroom use, dressing, eating, etc.). If individualized or one on one care is needed, an aide (provided by the family) dedicated to the camper's personal care needs is permissible after consultation with the Camp Director. Camp is a great place for fun activities and meeting new friends. A new theme each week along with FREE lunch with "Meet Up & Eat Up". Limit of 15 campers each week.

AGES: 6 - 20 DATES: June 17 - August 16 WHERE: Camp Harstad
 WHEN: 9:00 a.m. - 4:00 p.m. COST: \$40 Members & General Public

CAMP HARSTAD

WEEK 1 June 17-21 - Hometown Super Heroes	WEEK 4 July 15-19 - Treasure Island
WEEK 2 June 24-28 - Hungry Hungry Hippo	WEEK 5 July 22-26 - Splish Splash
NO CAMP July 1-5	WEEK 6 July 29-Aug 2 - Swabbing the Deck
WEEK 3 July 8-12 - Yummy In Our Tummy	WEEK 7 Aug 5-9 - Clowning Around
WEEK 8 Aug 12-16 - Rocking Camp Harstad Shores	

the SUMMER YOUTH



OUTDOOR ADVENTURE Are you curious about activities to do in the great outdoors? This program will introduce you to a variety of activities that will keep you active all while experiencing what the U.P. has to offer. Each activity will have a training and a trip. Please register by 5:00 p.m. the evening before each event.

Surviving Nature - Saturday, May 11 - Meet at the YMCA to learn survival skills and safety in the woods. We will talk about some important safety precautions before heading into the woods to put our skills to the test.

Hands On Hiking - Saturday, June 8 - Meet at Days River Trail to head out on a hike. We'll be identifying different plants, trees and wildlife as well as learning the skills on orienteering.

Krazy for Kayaking - Wednesday, July 10 - Meet at Ludington Park for an introduction to learn basic kayaking skills. This will include paddle strokes, wet exits and a trip in the protected waters.

Biking Blitz - Wednesday, August 21 - Join us to learn about the different gears of biking. We'll head out on a trail to experience some trail biking after a brief intro to switching gears, replacing chains and other biking basics.

AGES: 13-18 TIME: 10:00 a.m.-2:00 p.m. COST: \$15 Members \$20 General Public

T-BALL Learning the general concepts of baseball is the perfect summer sport!

AGES: 4-6 DATES: June 4 - July 18 (No practice or games week of July 4th)

WHEN: Practices each Tuesday at 6:00 p.m. Games each Thursday beginning at 5:00 p.m.

WHERE: Wells Town Hall Field COST: \$31 Members \$62 General Public

DISC GOLF This program will help develop the love of the game of disc golf by providing participants with coaching and instruction on how to play.

AGES: 10-18 years DATES: June 4 - June 29

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

WHERE: *HIT Room & Ludington Park COST: \$31 Members \$62 General Public

LEARN TO GOLF Learn the basic golf swing, grip, etiquette and safety guidelines. Space is limited. Lead instructor, Paxton Johnson.

AGES: 6-12 DATES: July 8 - July 12 TIME: 5:00 p.m.-6:00 p.m.

WHERE: Irish Oaks Golf Course COST: \$26 Members \$52 General Public

SAFE SITTER Prepares students to be safe when they're home alone, watching younger siblings or babysitting. Students learn life-saving skills and helpful information.

AGES: *Grades 6-8 (**Must have completed 5th Grade*) DATE: June 14 TIME: 9:00 a.m.-2:00 p.m.

WHERE: YMCA COST: \$66 Members \$100 General Public

NEW-TENNIS CAMP This camp is open to boys and girls who want to advance their tennis skills through drills and mini games.

AGES: 6-12 DATES: July 15 - July 18 TIME: 5:00 p.m.-6:00 p.m.

WHERE: Jones School Tennis Courts COST: \$26 Members \$52 General Public

BASKETBALL CAMP This camp is open to advanced players who want to improve their game in a highly competitive environment. Camp is led by Clayton Castor and Olivia Nash.

GRADES: 7-12 DATES: July 22 - July 25 TIME: 8:00 p.m.-9:30 a.m.

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

FLAG FOOTBALL CAMP This camp is open to boys and girls who want to learn the fundamentals of all the positions and prepare them for the upcoming flag football or tackle football season.

AGES: 8-12 DATES: August 6 - August 9 TIME: 5:00 p.m.-6:30 p.m.

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

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. Ages 6-11 compete on a smaller, kid friendly course. Families welcome!

AGES: 6-11 & 12 & Up DATE: July 23 TIME: 6:00 p.m.-8:00 p.m.

WHERE: YMCA Field COST/DAY: \$8 Members \$12 General Public

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: August 5 - September 4 TIME: TBD

DAYS: Mondays and/or Wednesdays WHERE: *HIT Room

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

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



CHILDCARE



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 3 - 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: 3:00 p.m.- 6:30 p.m. COST: \$39 per child per week WHERE: YMCA

YOUNG CHILD



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 \$7 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 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 and fruit punch. 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



the **SUMMER AQUATICS**

WATER AEROBICS: Session I: June 17 - July 19

Blended for All Fitness Levels - No swimming experience necessary.

WHEN: Class A: Mon, Wed & Fri 8:00 - 8:55 a.m.

Class B: Mon & Wed 6:00 - 6:45 p.m.

COST: Package A - 2x/week:

\$25 Members \$63 General Public

Package B - 3x/week:

\$38 Members \$95 General Public

Session II: July 22 - Aug 23

WATERinMOTION: Session I: *June 17 - July 19 (*No Class July 4)

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

WHEN: Tues & Thurs

TIME: 8:00-8:55 a.m.

COST: \$25 Members \$63 General Public

Session II: July 22 - Aug 23

WATER JOGGING: Session I: June 17 - July 19

Blended for All Fitness Levels - This 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

Session II: July 22 - Aug 23

TWINGES IN THE HINGES: Session I: June 17 - July 19

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

Session II: July 22 - Aug 23

PARENT/CHILD SWIMMING: Session I: *June 17 - July 19 (*No Class July 4)

Ages 6 - 36 Months For children & parents

CLASS A: Tues & Thurs

TIME: 11:30 - Noon

COST: \$16 Members \$38 General Public

CLASS B: Tues & Thurs

TIME: 6:30 - 7:00 p.m.

COST: \$16 Members \$38 General Public

Session II: July 22 - Aug 23

PRESCHOOL SWIMMING: Session I: *June 17 - July 19 (*No Class July 4)

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

Class A: Tues & Thurs

TIME: 11:00 - 11:30 a.m.

COST: \$35 Members \$88 General Public

Class B: Tues & Thurs

TIME: 6:30 - 7:00 p.m.

COST: \$35 Members \$88 General Public

Session II: July 22 - Aug 23

DAILY YOUTH SWIMMING:

Session I: June 17-June 28 Session II: July 1-July 12 (*No Class July 4) Session III: July 15-July 26

Session IV: July 29-Aug 9 Session V: Aug 12-Aug 23

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

WHEN: Mon - Fri (All Levels)

TIME: 10:00 - 10:45 a.m.

COST: \$35 Members \$88 General Public

TUES / THURS YOUTH SWIMMING: Session I: June 17 - July 19 (*No Class July 4) Session II: July 22-Aug 23

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

Class A: Tue & Thurs (All Levels) 11:00 - 11:45 a.m.

COST: \$35 Members \$88 General Public

Class B: Tue & Thurs (All Levels) 5:30 - 6:15 p.m.

COST: \$35 Members \$88 General Public

ADULT SWIM LESSONS: Session I: June 17 - July 19 (*No Class July 4) Session II: July 22-Aug 23

Ages 14 and Up It's never too late to learn and benefit from swimming lessons.

WHEN: Tues & Thur

TIME: 7:00 - 7:45 p.m.

COST: \$35 Members \$88 General Public

PRIVATE SWIM LESSONS AVAILABLE The YMCA offers one-on-one swim lessons for youth or adults by appoint.

COST: 1 Session: \$25 Mbr/\$50 Gen Pub. 3 Sessions: \$60 Mbr/\$120 Gen Pub. 5 Sessions: \$90 Mbr/\$180 Gen Pub.

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 15 & up. All classes are mandatory.

Class A: June 18 & 20 TIME: 6:00-8:00 p.m.

COST: \$125 Members \$200 General Public

Class B: July 16 & 18

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

COST: \$125 Members \$200 General Public

CPR RE-CERTIFICATION Participants must have current certification.

Class A: June 26

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

COST: \$65 Members \$105 General Public

Class B: July 24

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

COST: \$65 Members \$105 General Public

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

YMCA SUMMER SWIM TEAM - June 17th - August 23rd

Swimmer ages 6-18 and completed Minnow level. Limit 35 swimmers.

WHEN: Monday & Wednesday

TIME: 4:30 p.m. - 5:45 p.m.

COST: \$100 *Must be a YMCA member.



ADVANCED SUMMER SWIM TEAM - June 17th - August 23rd

For advanced swimmers who have been part of the swim team a minimum of 2 years. Must be coach approved. Limit 18 swimmers.

WHEN: Tuesday & Thursday

TIME: 6:30 - 8:00 a.m.

COST: \$125 *Must be a YMCA member.

the SUMMER FITNESS

SESSION DATES:
June 10-July 5
July 8-August 2
August 5-August 30

FOAM ROLLING & CORE Fitness Level: Starter to Intermediate. Foam rolling releases tension, enhances mobility and increases range of motion with special focus on hips, ankles and shoulders. Reduce pain and muscle tightness.

DAY: Saturdays TIME: 10:00-10:45 a.m. WHERE: M-TEC Ctr Rm 2017
 COST: Session I ONLY \$12 Members \$23 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 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 or III \$FREE Members \$FREE General Public

GLADSTONE CARDIO Fitness Level: Starter to Intermediate. This class is designed to provide workouts that include kick-boxing, boot-camp, step aerobics and circuit training.

DAYS: Monday & Wednesday TIME: 8:00-8:45 a.m.
 COST: Sessions I, II or III \$16 Members \$29 General Public
 WHERE: Memorial United Methodist Church, 1920 Lake Shore Drive, Gladstone

YOGA Fitness Level: Starter to Intermediate. It includes basic postures and poses with relaxation techniques to develop balance, strength and flexibility. *Some classes are subject to cancellation due to schedule conflicts with the church.*

DAY / TIME: COST: Session I, II or III
 Class A: Gentle Yoga - Mondays 4:00-5:00 p.m. \$12 Members \$23 General Public
 Class B: Power Yoga - Thursdays 6:30-7:30 p.m. \$12 Members \$23 General Public (*No Class July 4)
 WHERE: Class A - Memorial United Methodist Church, 1920 Lake Shore Drive, Gladstone
 Class B - M-TEC Ctr Rm 2017

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.

DAY / TIME: COST: Session I, II or III WHERE: M-TEC Ctr Rm 2017
 Class A: Mon, Wed & Fri 5:45-6:15 a.m. \$18 Members \$31 General Public
 Class B: Mon & Wed 4:15-5:15 p.m. \$18 Members \$34 General Public
 Class C: Mon & Wed 5:30-6:15 p.m. \$16 Members \$29 General Public

Y-FIT Fitness Level: Starter, Intermediate to Advanced. Y-Fit is an effective way to get fit and anyone can do it. Always varied, changing and producing results. Class offers a wide variety of functional movements that combines aerobic exercise and strength training. Limit 15 per class.

DAY / TIME: COST: Sessions I, II or III WHERE: M-TEC Ctr Rm 2017
 Class A: Mon, Wed, & Fri 9:30-10:15 a.m. \$30 Members \$54 General Public
 Class B: Mon & Wed 6:30-7:15 p.m. \$20 Members \$36 General Public
 Class C: Tue & Thur 5:30-6:15 a.m. \$20 Members \$36 General Public (*No Class July 4)
 Class D: Tue & Thur 4:30-5:00 p.m. \$12 Members \$28 General Public (*No Class July 4)

Y-RIDE Fitness Level: Starter, Intermediate to Advanced. Instructors will lead you through hills, drills, intervals and sprints. Because the tension on the bike is controlled by each participant, all fitness levels are accommodated. Limit 11

DAYS: Tuesday & Thursday TIME: 6:00-6:45 p.m. WHERE: YMCA
 COST: Sessions I, II or III \$27 Members \$51 General Public (*No Class July 4)

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

PERSONAL TRAINING

Meet your fitness goals with customized workouts, motivation and guidance. Each training session is 55 minutes long.
 COST: 1 Session: \$50 3 Sessions: \$120 5 Sessions: \$175 10 Sessions: \$300 20 Sessions: \$500
 General Public and Group Rates are also available.

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





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 789-0005.

WHEN: Thursdays DATES: May 16-June 20 TIME: 10:00 a.m. - 12:30 p.m.
 WHERE: Bay College M-Tech Ctr Rm 2018 COST: FREE to Community

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

The Diabetes PATH workshop is a 6 week program designed to provide the skills and tools needed by people living with Type 2 diabetes to improve their health and manage their symptoms. Subjects include: symptoms, stress, managing fatigue and emotional problems, exercise, healthy eating, medications and working with health care providers. Space is limited-To register; call the YMCA 789-0005.

WHEN: Wednesdays DATES: June 19-July 24 TIME: 4:30 p.m. - 7:00 p.m.
 WHERE: Bay College M-Tech Ctr Rm 2018 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 for people living with the fear of falling. Participants will learn about exercise and fall prevention, managing fatigue and emotional problems, and working with health care providers. Space is limited-To register; call the YMCA 789-0005.

WHEN: Mondays & Tuesdays DATES: July 1-July 23 TIME: 1:00 p.m. - 3:00 p.m.
 WHERE: Bay College M-Tech Ctr Rm 2018 COST: FREE to the Community

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

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

WHEN: Thursdays DATES: August 8-Sept 12 TIME: 1:00 p.m. - 3:30 p.m.
 WHERE: Bay College M-Tech Ctr Rm 2018 COST: FREE to the Community

HAND to SHOULDER CLINIC Sponsored by U.P. Health Systems Rehab

WHEN: Thursday, June 13 TIME: 4:00-6:00 p.m.
 WHERE: M-TEC Ctr Rm 2018 COST: FREE Community Benefit

BLOOD SUGAR SCREEN Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, July 10 TIME: 12:00-2:00 p.m.
 WHERE: YMCA Fitness Center Office COST: FREE Community Benefit

LIVING WITH MENOPAUSE Sponsored by Mary Malnor, Health Coach, Nutrition & Essential Oil Educator

WHEN: Tuesday, August 6 TIME: 6:30-7:30 p.m.
 WHERE: M-TEC Ctr Rm 2018 COST: FREE Community Benefit

CHOLESTEROL SCREENING Sponsored by OSF St. Francis Hospital

WHEN: Wednesday, August 21 TIME: 4:00-6:00 p.m.
 WHERE: YMCA Fitness Center Office COST: FREE Community Benefit

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 Ages 16 and Up

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.

COST: FREE Member Benefit WHEN: By Appointment

YOUTH FITNESS CENTER ORIENTATION Ages 12-15

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

COST: FREE Member Benefit WHEN: By Appointment

- **FINANCIAL ASSISTANCE** is available for both program and membership
- **FOR FULL DESCRIPTIONS** see the website or the front desk
- **CONTACT US** www.NLYMCA.com 906.789.0005

Scan QR Code to view website

