



THE Y CONNECTION

NORTHERN LIGHTS YMCA - DELTA PROGRAM CENTER VOL.65, MAY 2019

2019 SUMMER DAY CAMP

Join us for the **BEST SUMMER EVER!** Our day camps are designed to offer a healthy and active alternative for your summer child care needs. Campers will experience weekly themes with corresponding arts & crafts, activities and out door exploration. Each Friday will offer a big event for each theme. Campers will be offered **FREE** lunch through Escanaba's free summer lunch program, MEET UP & EAT UP.

AGES: 5-12 years **DATES:** June 17 - August 16
DAYS: Monday - Friday **TIME:** 9:00 AM - 4:00 PM
COST: \$110 Members; \$139 General Public

*Rate is weekly. A 20% discount for additional children.
 Before (7:30-9 AM) and After (4:00- 5:30 PM) care available.*

Dodgeball Tour.	May 4
Bay Graduation	May 11
YMCA Closed until noon	
Mother's Day Run	May 11
Indoor Soccer Session II	May 11
Mother's Day Happy Mother's Day!	May 12
Memorial Day YMCA Closed	May 27



What's New for 2019

- ◆ One large camp is now 2! Little Explores Camp is for ages 5-7 and Y Discovery Camp is for ages 8-12.
- ◆ Same themes, similar activities, programs are adapted to better suit each age group.

SUMMER DAY CAMP

Each Week Will be a New Experience!

WEEK 1 June 17-21 - Superhero Week	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	

Y IMPACT

MOTHER'S DAY RUN / WALK

We will be hosting the Mother's Day Color Run 5K Run / Walk in Escanaba on Saturday May 11th, 2019. The race will begin at 10AM with the course starting and ending at the M-TEC. The cost of the race is \$25 per individual or \$50 for a family of 2 or more on or before Monday May 6th, 2019 by 10pm (guarantee of race shirt) Participants will receive a white t-shirt (if registered by May 6th) and goodie bags. To register, volunteer or obtain more information, call the YMCA front desk at 906-789-0005

FITNESS

CHRONIC PAIN SELF MANAGEMENT PROGRAM- Do you have chronic back pain, persistent headaches, chronos disease, diabetic neuropathy, muscular sclerosis or arthritis pain that has lasted 6 months or longer? The workshop is for anyone living with or caring for someone with any health problem that causes chronic, long-term pain. Program administered by UPCAP, with support from BCBS and the YMCA. Space is limited-To register call the Y at 789-0005. There is no cost to attend this program.

DAYS: Thursdays

TIME: 10:00-12:30 p.m.

DATES: May 16 – June 20

WHERE: MTEC Ctr, Rm 2018

YOUTH

Session II for Indoor Soccer begins May 11th. Review the fundamentals of soccer and add more game play and team strategy.

AGES: 4-8 years

DATES: May 11-June 1

COST: \$26 Members

\$54 General Public

To register call 789-0005 or stop by the front desk.

AQUATICS

Summer Swim Team will begin June 17. It's never too late to try something new! Swim team is open to swimmers ages 6-18 and completed the Minnow Level. Limit of 35 swimmers.

To register call 789-0005 or stop in.

YMCA DASHBOARD DATA

April
Check-ins
6,072

April
Financial Asst.
\$5,420
Total YTD \$12,264

Total
Members
3,336

Thank
YOU

Last month marked National Volunteer Month, and the Northern Lights YMCA would like to thank all our volunteers who provide their time throughout the year. From our instructors to those who help with our programs, facilities, and our many events such as the Annual Campaign, Annual Dinner, Golf Outing, and Fall Family Festival. Thank you for all you do to make our YMCA a success!