



# 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 – Kindergarten DATES: Sept 12 – Oct 10 WHEN: Thurs. 6:00–7:00 p.m.  
WHERE: \*HIT Room COST: \$31 Members \$62 General Public

## **FLAG FOOTBALL: BEGINNER (1<sup>st</sup>–2<sup>nd</sup>) JUNIOR (3<sup>rd</sup>–4<sup>th</sup>) SENIOR (5<sup>th</sup>–6<sup>th</sup>)**

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

AGES: Boys & Girls 1<sup>st</sup> – 6<sup>th</sup> Grade DATES: Sept 14 – Oct 26

WHEN: Sept 14 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 16 Practices begin (date/time TBA by coaches) Games start Sept 28, 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. Practices will be held twice a week plus cheering at the games beginning September 28.

AGES: 7–12 DATES: Sept 16 – Oct 26

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

WHERE: Practices at \*HIT Room COST: \$31 Members \$62 General Public

Games each Saturday starting Sep 28, times TBA at YMCA Field

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

AGES: 5–9 DATES: Friday, November 22 or Friday, December 20

TIME: 5:30–8:00 p.m. WHERE: \*\*Wells Youth Center COST: \$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: Sept 20, Oct 18, Nov 8 or Dec 13

WHEN: Fridays TIME: 5:30 – 8:30 p.m.

WHERE: YMCA Gym & Pool COST: \$10 Members \$15 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!

AGES: 10–18 DATES: October 11 & December 13

TIME: 6:00 – 8:00 p.m. WHERE: \*\*Wells Youth Center COST: \$8 Members \$12 General Public

**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). All foam nerf bullets approved. Some extra eye protection will be available. Space is limited. Everyone that signs up gets entered into a NERF Raffle!

AGES: Boys & Girls Ages 6–12 DATES: Saturday, November 9 or December 14

TIMES: 5:00–6:30 p.m. If the 5:00 time slot gets full, another time will be added; 6:30–8:00 p.m.

WHERE: \*HIT Room COST: \$8 Members \$12 General Public

**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.

AGES: 6–12 DATE: December 21

TIME: 12:00 p.m. – 3:00 p.m. WHERE: \*HIT Turf Room COST: \$26 Members \$52 General Public

**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.

AGES: 12–18 years WHEN: Meetings begin September 16, then 2nd Monday of each month

TIME: 6:00–7:00 p.m. WHERE: \*\*Wells Youth Center COST: FREE

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

\*\*Wells Childcare & Youth Center is located at: 5775 Main Street, Wells, MI 49894



# CHILD CARE



**YMCA CHILD CARE 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: Wells Childcare & Youth Center

\*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, Soo Hill and Wells Childcare & Youth Center.

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: Wells Childcare & Youth Center

**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 - 5<sup>th</sup> Grade                                      DATE: Friday, November 15 & Wednesday, November 27  
WHEN: 9:00 a.m.-4:00 p.m.                                      Before Care: 7:45 -9:00 a.m.                                      After Care: 4:00-5:15 p.m.  
WHERE: Wells Childcare & Youth Center                                      COST: \$30 Members \$40 General Public

## 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: Wells Youth Center                                      TIME: 10:30-11:30 a.m.

WHEN: 1st & 3rd Tuesday every month, beginning October 22

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 2<sup>1/2</sup> 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](http://www.NLYMCA.com)





# FALL SESSIONS AQUATICS

Sept 9 - Oct 13  
Oct 14-Nov 17  
Nov 18-Dec 22

## 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.	\$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
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.	\$35 Members	\$88 General Public
Class B: Tue & Thur (All Levels) 6:45-7:30 p.m.	\$35 Members	\$88 General Public
Class C: 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
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## WATER AEROBICS

 Blended for All Fitness Levels - No swimming experience necessary.

Class A: Monday, Wednesday & Friday 8:00-8:55 a.m.	\$38 Members	\$95 General Public
Class B: Monday & Wednesday 6:00-6:45 p.m.	\$25 Members	\$63 General Public

## WATER IN MOTION

 Blended for All Fitness Levels - WATERinMOTION offers the benefit of high energy calorie burning workout without the impact on your joints, specifically the knees and back.

Class A: Tuesday & Thursday 8:30-9:25 a.m.	\$25 Members	\$63 General Public
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## WATER JOGGING

 Blended for All Fitness Levels This is a self-guided program for any impact free aerobic exercises.

Class A: Monday, Wednesday & Friday 9:00-9:55 a.m.	\$19 Members	\$45 General Public
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## TWINGES IN THE HINGES

For Low Impact or Starter Fitness Designed to improve range of motion, flexibility & muscular strength.

Class A: Monday, Wednesday & Friday 9:00-9:55 a.m.	\$36 Members	\$87 General Public
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## ADULT/TEEN SWIM LESSONS

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

Class A: Monday & Wednesday 5:15-6:00 p.m.	\$35 Members	\$88 General Public
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## 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 17 & 19 6:00-9:00 p.m.	\$125 Members	\$200 General Public
Class B: Oct 15 & 17 6:00-9:00 p.m.	\$125 Members	\$200 General Public
Class C: Nov 12 & 14 6:00-9:00 p.m.	\$125 Members	\$200 General Public
Class D: Dec 10 & 12 6:00-9:00 p.m.	\$125 Members	\$200 General Public

## CPR Re-Certification

 Must have current certification.

DATES: Sept 25, Oct 23, Nov 20 or Dec 18

TIME: 6:00-9:00 p.m.	COST: \$65 Members	\$105 General Public
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**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 Wednesday, Sept. 25 at 6:30 p.m. at Bay College Room TBA.

WHEN: Oct 1-March 14 Practices vary according to age; See front desk for details.

COST: Must Be an Annual Member; 10% Discount for 2nd Swimmer

Age 10 & Under \$215 Per Swimmer	Ages 11 & 12 \$268 Per Swimmer	Ages 13+ \$375 Per Swimmer
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# FALL SESSIONS FITNESS

Sept 9 - Oct 13  
Oct 14-Nov 17  
Nov 18-Dec 22

**CYCLE & SCULPT** This class incorporates an energizing cardio workout on an indoor stationary bike, along with an energizing body sculpting with elastic tubing. Limit 11.

DAY: Fridays TIME: 4:30-5:30 p.m. WHERE: Outside Fitness Center  
COST: \$22 Members \$41 General Public

**NEW-DRY LAND TRAINING** Do you want to incorporate land and water into your fitness routine? Tap into a new source of power and speed on land to translate to greater performance in the water. Maximize your core, flexibility, and overall strength.

DAYS: Tuesday & Thursday TIME: 5:30-6:30 a.m. WHERE: MTEC Center Room 2017  
COST: \$23 Members \$42 General Public *\*No Class Nov 28*

**FOAM ROLLING & CORE** Foam rolling releases tension, enhances mobility and increases range of motion with special focus on hips, ankles and shoulders. Participants will see the benefits of reduced pain and muscle tightness.

DAY: Saturdays DATES: Oct 5 - Oct 26 TIME: 10:00-10:45 a.m.  
COST: \$12 Members \$23 General Public WHERE: M-TEC Ctr Rm 2017

**GLADSTONE CARDIO** Fitness Boot-camp, circuit training and strength.

DAYS: Monday & Wednesday TIME: 5:30-6:15 p.m. WHERE: Memorial United Methodist Church  
COST: \$20 Member \$36 General Public 1920 Lake Shore Drive, Gladstone

**SIT & GET FIT** 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 & \$36 General Public *\*No Class Nov 28*

**NEW-TAI CHI FOR ARTHRITIS** Is a 10 week series of gentle but effective movements that can improve both physical and mental balance. Tai Chi has been proven to help strengthen muscles, reduce pain, improve flexibility and mobility.

DAY: Mondays DATES: Sept 9 - Nov 11 TIME: 2:45 - 3:30 p.m.  
COST: FREE Members & General Public WHERE: M-TEC Ctr Rm 2017

**Y-CARDIO** Enjoy the mix of this total body and easy to follow interval class that incorporates low impact, high intensity cardio and free weights. A variety of equipment will be used.

DAY / TIME: COST: 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** Express yourself by dancing to a variety of movements and steps that will burn calories and boost metabolism. No rhythm required.

DAY: Tuesdays TIME: 5:30-6:15 p.m. WHERE: M-TEC Ctr Rm 2017  
COST: FREE Members \$18 General Public

**Y-FIT** 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. \$38 Members \$68 General Public  
Class B: Tues & Thur 4:30-5:00 p.m. \$15 Members \$35 General Public *\*No Class Nov 28*

**Y-RIDE** 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. \$34 Members \$64 General Public  
Class B: Tues & Thur 5:45-6:30 a.m. \$34 Members \$64 General Public *\*No Class Nov 28*  
Class C: Tues & Thur 6:00-6:45 p.m. \$34 Members \$64 General Public *\*No Class Nov 28*

**YOGA** Our yoga classes include basic postures and poses with relaxation techniques to develop balance, strength, and flexibility.

DAY / TIME: COST:  
Class A: Gentle Yoga Mondays 4:00-5:00 p.m. \$16 Members \$30 General Public  
Class B: Power Yoga Thursdays 6:00-7:00 p.m. \$16 Members \$30 General Public *\*No Class Nov 28*

WHERE:

Class A: Memorial United Methodist Church, 1920 Lake Shore Drive, Gladstone  
Class B: M-TEC Ctr Rm 2017

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



# HEALTH & WELLNESS

## **CHRONIC PAIN SELF MANAGEMENT Administered by YMCA with UPCAP 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 5-Oct 10  
WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to the Community

## **DIABETES PATH (Personal Action Towards Health) Administered by YMCA with UPCAP 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: Wednesdays 5:00 p.m. - 7:30 p.m. DATES: Oct 16-Nov 20  
WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to the Community

**MATTER OF BALANCE Administered by YMCA with UPCAP 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: Oct 21-Nov 12  
WHERE: Bay College M-TEC Center Rm 2018 COST: FREE to Community

## **PATH (Personal Action Towards Health)**

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: Fridays 1:00 - 3:30 p.m. DATES: Nov 15-Dec 20  
WHERE: Bay College M-TEC Center Rm 2018 COST: There is no cost to attend this program.

## **BLOOD SUGAR SCREEN Sponsored by OSF St. Francis Hospital**

WHEN: Wednesday, September 11th TIME: 12:00-2:00 p.m.  
WHERE: YMCA Fitness Center Office COST: FREE to the Community

## **EMOTIONAL EATING & WELL BEING Sponsored by Mary Malnor, Health Coach & Essential Oil Educator**

WHEN: Tuesday, November 12th TIME: 6:30-7:30 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 20th TIME: 4:00-6:00 p.m.  
WHERE: YMCA Fitness Center Office COST: FREE to the Community

## **ADULT FITNESS ASSESMENT**

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 at 906-789-0005 to register.

AGES: 16 and Up COST: FREE Member Benefit WHEN: By Appointment

**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 orientation and agreement,:

\*14 & 15 year olds may use the F.C. without parental supervision anytime.

\*12 & 13 year olds may use the F.C. with parent supervision anytime or at the following times without supervision:

Tuesday, Thursday and Friday from 3:30 to 5:00 p.m.

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: \$50 3 Sessions: \$120 5 Sessions: \$200 10 Sessions: \$400 20 Sessions: \$800

General Public and Group Rates are also available.