



WINTER SESSION

January 6– May 24, 2020

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 19th - February 16th

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-5th 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 5 - Feb 16

WHEN: January 5th 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 6th Practices begin (date/time TBA by coaches)

GAMES: Sundays beginning Jan 19th at 1:30 p.m.

WHERE: YMCA & **Wells Center 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 19.

AGES: 5-12 Yrs.

DATES: January 6th - February 16th

WHEN: Practice Mon & Wed 5:30-6:30 p.m. - Games Sundays at 3:00 p.m.

WHERE: HIT Room

COST: \$32 Members \$64 General Public

INDOOR SOCCER SESSION 1 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 28th - April 25th

TIMES: 4-5 years Either 9:00 a.m.-9:45 a.m. or 10:00-10:45 a.m.

6-8 years Either 11:00 a.m.-11:45 a.m. or 12:00-12:45 p.m.

WHERE: HIT Room

COST: \$31 Members \$62 General Public

INDOOR SOCCER SESSION 2 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 2nd - May 23rd

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-YMCA BASKETBALL LEAGUE SESSION 2 Join us for a second session of our YMCA youth basketball league. Designed to help participants learn the fundamentals of dribbling, shooting, rebounding, passing, defense and teamwork!

AGES: BOYS and GIRLS: 1st-6th Grade

DATES: Mar 1 - Apr 5

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

GAMES: Sundays beginning March 15th at 12:00 p.m.

WHERE: YMCA & **Wells Center Gym

COST: \$25 Members \$50 General Public

NEW-YOUTH GYMNASTICS New this year will be progressive levels of learning. Beginner, intermediate and advanced (Must pass each level to move up). Main focus will be on beginning tumbling, bridges, hand-stands, cartwheels, forward & backward rolls, beginning low bar skills, vaulting and dance.

AGES: 6-12 years

DAYS: Mon-Thurs

WHERE: **Wells Center Gym

TIMES: Beginner 5:15-6:00 p.m., Intermediate 6:00-6:45 p.m., Advanced 6:45-7:30 p.m.

SESSION DATES: March 2 - April 2, March 30 - April 30, and April 27 - May 28

COST: \$35 Members \$58 General Public for 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*

***Wells Center is located at: 5775 Main Street, Wells, MI 49894, the former Wells School*



WINTER SESSION

January 6– May 24, 2020

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

WHEN: 2nd Monday of Each Month

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

WHERE: **Wells Center

COST: FREE

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, Buy 5 get the 6th free!

AGES: 10 & Up

DATES: Mar 1 - May 1

WHERE: **Wells Center Gym

DAYS / TIME: 1 hour sessions by appt.

COST: \$40 Members \$60 General Public

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 8

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

WHERE: Terrace Bay Inn

COST/PAIR: \$55 Members \$65 General Public \$30 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: 6-12

DATES: Jan 11, Feb 15, Mar 21 & Apr 18

TIME: 5:00-6:30 p.m.

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 10, Feb 14, Mar 6, Apr 17 or May 8

WHEN: Fridays

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

WHERE: YMCA Gym/Pool

COST/DAY: \$15 Members \$20 General Public

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

AGES: 5-12 years

DATES: Jan 17, Feb 21 or March 13

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

WHERE: **Wells Center

COST/DAY: \$10 Members \$15 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: Dec 31, Mar 14 or Apr 10

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

WHERE: **Wells Center

COST/DAY: \$70 Members \$105 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 23-March 27

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

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

WHERE: YMCA Gym/Pool

COST/WEEK: \$118 Members \$148 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 4

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

WHERE: **Wells Center

COST: FREE to the Community

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

***Wells Center is located at: 5775 Main Street, Wells, MI 49894, the former Wells School*



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: Wells Child Care & Youth Center
*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: \$35 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, nutritious snack and homework time/guidance. Bussing is available to the Wells Center 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: \$40 per child per week WHERE: Wells Child Care & Youth Center

SCHOOL'S OUT FUN DAYS No School means FUN at the Y! Each fun filled day will include group activities, arts & crafts and games. Please bring outer wear and afternoon snack.

AGES: K - 5th Grade DATES: Feb 17, Apr 10 and Apr 21
WHEN: 9:00 a.m.-4:00 p.m. Before Care begins at 7:45 After Care ends at 5:15 p.m.
WHERE: Wells Center COST/DAY: \$30 Members \$40 General Public

YOUNG CHILD



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

NEW-KINDER LIGHTS- Come to the YMCA Wells Center 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: 12:30-1:30 p.m.
WHEN: 1st & 3rd Wednesday every month, January 8 - May 13
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 789-0005.

AGES: 1-7 years WHERE: YMCA
WHEN: Monday - Thursday, 5:00 p.m. - 8:00 p.m. Maximum stay is 2 1/2 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





WINTER SESSIONS AQUATICS

Jan 6 - Feb 9
Feb 10-Mar 15
Mar 16-Apr 19
Apr 20-May 24

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 9)

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. \$36 Members \$91 General Public
CLASS B: Monday & Wednesday 5:30-6:00 p.m. \$36 Members \$91 General Public
CLASS C: Tuesday & Thursday 6:45-7:15 p.m. \$36 Members \$91 General Public
CLASS D: Saturday 11:00-11:30 a.m. \$19 Members \$46 General Public (*No Class Feb 2 & May 9)
CLASS E: Sunday 12:30-1:00 p.m. \$19 Members \$46 General Public (*No Class April 12)

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. \$36 Members \$91 General Public
CLASS B: Tue & Thur (All Levels) 6:45-7:30 p.m. \$36 Members \$91 General Public
CLASS C: Sat (All Levels) 10:00-10:45 a.m. \$19 Members \$46 General Public (*No Class Feb 2 & May 9)
CLASS D: Saturday (Polliwog only) 11:00-11:45 a.m. \$19 Members \$46 General Public (*No Class Feb 2 & May 9)
CLASS E: Sunday (Polliwog only) 12:30-1:15 p.m. \$19 Members \$46 General Public (*No Class April 12)

NEW-MASTERS SWIMMING

 Looking for a new fitness challenge? Masters swim is designed for, but not limited to, the intermediate to advanced swimmer who wants to improve on endurance and stroke technique. Lead by YMCA coach.

WHEN: Jan 6 - March 11 Mon & Wed 5:30-6:45 a.m. \$65 Members \$110 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: \$26 Members \$66 General Public

Package B - 3x/Week: \$39 Members \$98 General Public

WATER in MOTION

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

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

CLASS B: Wednesday 7:00-7:55 a.m.

Package A - 1x/Week: \$13 Members \$33 General Public

Package B - 2x/Week: \$26 Members \$66 General Public

Package C - 3x/Week: \$39 Members \$98 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 - Designed to improve range of motion, flexibility & muscular strength.

WHEN: Mon, Wed, & Fri TIME: 9:00-9:55 a.m. COST: \$39 Members \$98 General Public

ADULT/TEEN SWIM LESSONS

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

CLASS A: Mon & Wed TIME: 5:15-6:00 p.m. COST: \$36 Members \$91 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.

DATES: Feb 4 & 6, March 3 & 5, April 7 & 9, or May 5 & 7

TIME: 6:00-9:00 p.m. COST: \$125 Members \$200 General Public

**CPR Re-Certification Feb 12, Mar 11, Apr 15 or May 13 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 9-Mar12, 6:00-9:00 p.m. COST: \$180 Members \$250 General Public

LIFEGUARD TRAINING COURSE

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

WHEN / TIME: Mondays, Mar 9-May 11, 6:30-9:30 p.m. COST: \$180 Members \$250 General Public



WINTER SESSIONS FITNESS

Jan 6-Feb 9
Feb 10-Mar 15
Mar 16-Apr 19
Apr 20-May 24

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. Only offered January 6-February 9

DAYS: Tues & Thur TIME: 5:30 - 6:30 a.m. WHERE: MTEC Center Room 2017
COST: \$28 Members \$49 General Public

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

DAY: Saturdays DATES: Feb 1st, 8th, 15th, 22nd & 29th TIME: 10:00 - 10:45 a.m.
COST: \$17 Members \$31 General Public WHERE: M-TEC Ctr Rm 2017

NEW-FULL BODY BLAST Get your heart pumping and muscles moving with this class. Working both your cardiovascular and muscular systems with short bursts of work followed with rest.

DAYS: Tuesday & Thursday TIME: 4:30 - 5:15 p.m. WHERE: M-TEC Ctr Rm 2017
COST: \$23 Members \$39 General Public

SENIOR STRONG 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: Tues & Thur TIME: 9:30 - 10:15 a.m. WHERE: M-TEC Ctr Rm 2017
COST: \$FREE Members \$39 General Public

NEW-SPINPOWER by Mad Dogg Athletics Power meter technology on a bicycle is now being used by a wide variety of people. Regardless of one's age, gender, fitness level or athletic status, measuring work effort is key to reaching fitness and performance goals. All levels accommodated. Limit 11 per class.

Class A: Mon & Wed 5:30 - 6:30 p.m. \$46 Members \$85 General Public WHERE: YMCA Studio

Class B: Tues & Thur 5:45 - 6:30 a.m. \$37 Members \$67 General Public

Class C: Tues & Thur 6:00 - 6:45 p.m. \$37 Members \$67 General Public

Class D: Saturdays 8:30 - 9:30 a.m. \$23 Members \$43 General Public

NEW-STEPPIN' & MORE Don't have time for a lengthy workout? This cardio workout is thorough and your muscles will show you their appreciation the following day!

DAYS: Mon & Fri TIME: 12:15 - 12:45 p.m. WHERE: M-TEC Ctr Rm 2017
COST: \$18 Members \$29 General Public

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: Jan 6 - Apr 20 TIME: 2:45 - 3:30 p.m.

COST: FREE Members & General Public WHERE: M-TEC Ctr Rm 2017

Y-CARDIO & TONE 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: WHERE: M-TEC Ctr Rm 2017

Class A: Mon, Wed & Fri 5:45-6:15 a.m. \$27 Members \$44 General Public

Class B: Mon & Wed 4:15-5:15 p.m. \$28 Members \$49 General Public

Class C: Mon & Wed 5:30-6:15 p.m. \$23 Members \$39 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: \$12 Members \$20 General Public

Y-FIT An effective way to get fit and anyone can do it. Always varied, always changing and always producing results. A wide variety of functional movements that combine aerobic exercise and strength training. Limit 15/class

DAYS: Mon, Wed, & Fri TIME: 9:30 - 10:15 a.m. WHERE: M-TEC Ctr Rm 2017

COST: \$42 Members \$72 General Public

YOGA 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: WHERE:
CLASS A: Gentle Yoga Mondays 4:00 - 5:00 p.m. YMCA Studio
CLASS B: Power Yoga Thursdays 5:30 - 6:30 p.m. M-TEC Ctr Rm 2017

Package A - 1x/Week: \$17 Members \$31 General Public

Package B - 2x/Week: \$34 Members \$61 General Public





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 16-Feb 20

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 17-Mar 23

WHERE: Bay College M-TEC Center 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 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 4-Mar 26

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 15-May 20

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

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

WHEN: Wednesday, January 22nd

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

WHERE: YMCA Fitness Center Office

FOOT CLINIC Free Community Benefit Sponsored by UP Health Systems Rehab

WHEN: Thursday, March 12th

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

WHERE: M-TEC Center Rm 2031

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

WHEN: Wednesday, April 8th

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 23rd

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: 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 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

NEW-TRX SMALL GROUP TRAINING Small group training sessions are led by a certified personal trainer and each session focuses on a specialized format such as strength training, endurance or core. Participants will use TRX gravity straps, kettlebells, weight bars, and more to encourage individual progression and development.

DAYS: Mon & Weds

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

WHERE: M-TEC Ctr Rm 2017

COST: \$38 Members \$69 General Public

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: \$120 5 Sessions: \$187.50 10 Sessions: \$350 20 Sessions: \$650

General Public and Group Rates are also available.



LAZY MAN TRIATHLON REGISTRATION FORM



There's nothing lazy about the LAZY MAN TRIATHLON! This Triathlon is an Iron distance consisting of a 2.4 mile swim, 112 bike and 26.2 mile run/walk. As a participant, you'll have the month of April to complete the mileage. The Lazy Man is open to everyone in the community of all fitness levels.

REGISTRATION: You must register by 3/31/20. You will start logging miles at 5am on 4/1/20 and must be complete and turned in by 10pm on 4/30/20 to qualify for Lazy Man t-shirt.

ENTRY FEE: \$20 for members; \$40 for non-members This includes shirt upon completion.

EVENT PARTICULARS:

- The 3 events may be completed in any order. Mix it up, it's your race!
- Join a SpinPower Indoor program to help meet those bike miles!

MILES LOGS: Each Triathlete will receive an official Lazy Man Mileage Log to record the completed miles. The log must be turned in once all distances are complete. The mileage log will tell you what classes are worth also.

NAME: _____ **PHONE:** _____

EMAIL: _____ **SHIRT SIZE:** _____

I understand that by participating in the event, I accept full and all responsibility for any injury or accident that may result from my participation and I release the Northern Lights YMCA from all liability.

SIGNATURE: _____

AMOUNT PAID: _____ **LOG GIVEN:** _____ **STAFF INITIALS** _____



YMCA BACKYARD BASH

Friday, February 28th * 6-9 PM
Island Resort & Casino



A Fun Filled Evening to Benefit the Y!
Dinner, Beer & Wine Provided
Games, Prizes, Raffles
& Silent Auction

Tickets \$45 Each & Special Pricing for Full Table of 8
See YMCA Front Desk for Details