



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Health, Well-being & Fitness

GREATER MARINETTE-MENOMINEE YMCA



Health, Well-being & Fitness

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit. Well-being and fitness at the Y is so much more than just working out. Beyond a fitness facility, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

At the Greater Marinette-Menominee YMCA, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Members and program participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater well-being.



Please visit our Facebook, Instagram, and/or You Tube channel to view photos and videos of daily activity here at our Y!



Marinette-Menominee
YMCA



mmymca906



The Marinette-Menominee
YMCA

OPERATIONS TEAM

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BOARD OF DIRECTORS

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Deb Clausen
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Delight Murphy

Aaron Buck
Karen Smerchek

HOURS OF OPERATION

FACILITY HOURS 2018

Labor Day- Memorial Day

Mo-Th	4:30 a.m. - 10:00 p.m.
Fr	4:30 a.m. - 8:00 p.m.
Sa	6:00 a.m. - 8:00 p.m.
Su	8:00 a.m. - 3:00 p.m.

Memorial Day- Labor Day

Mo-Th	4:30 a.m. - 9:00 p.m.
Fr	4:30 a.m. - 7:00 p.m.
Sa	6:00 a.m. - 7:00 p.m.
Su	8:00 a.m. - 3:00 p.m.

POOL HOURS 2018

The pool schedule is regularly updated and can be found printed in the main lobby, posted on our website or you may call to find out exact times for lap swim, water walk, open swim, etc.

HOLIDAY HOURS 2018

New Years Day	8:00 am - 2:00 pm
Easter	CLOSED
Memorial Day	CLOSED
4th of July	CLOSED
Memorial Day	CLOSED
Thanksgiving Day	CLOSED
Christmas Eve	6:00 am - 1:00 pm
Christmas Day	CLOSED
New Years Eve	TBD

INCLEMENT WEATHER PROCEDURE

Classes and programs are not automatically cancelled if either Marinette or Menominee school districts close for inclement weather. If the Y facility closes (or Y program or class) is cancelled for inclement weather, please listen to Bay Cities Radio for the YMCA's cancellation broadcast.

TOTWATCH HOURS 2018

Ages: Birth-8

Mo-Th	8:00 a.m. - 1:00 p.m. 3:45 p.m. - 7:30 p.m.
Fr	8:00 a.m. - 1:00 p.m.
Sa	7:00 a.m. - 11:00 a.m.
Su	CLOSED

2017 FITNESS SESSION DATES

Session 1	1/1/18 - 3/24/18
Session 2	3/25/18-6/30/18
Session 3	7/1/18 - 9/22/18
Session 4	9/23/18-12/15/18
FREE WEEKS	12/16/18-12/31/18

LOCKERS

Free day use so remember to bring a lock so your valuables will be safe while you enjoy our facility.

FAMILY CHANGING AREA

A family changing area is available. This changing area is available for families with children ages 5 and older. Children ages 5 and older are not permitted in opposite gender locker rooms.



YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



REGISTRATION

IN PERSON

Cash, check, MasterCard, Discover, or Visa credit or debit card accepted and payment is due at time of registration at the Y Welcome Desk.

BY PHONE

Register by phone using your MasterCard, Discover, or Visa credit or debit card at 906-863-9983.

CREDITS AND REFUNDS

If a class is cancelled or if the participant has a medical excuse, a credit or refund will be made. Credit vouchers are good for up to six months from the date of issue. Class transfers and cancellations from the participant can happen within 48 hours of the first day the class starts based on available openings at that time.

REGISTRATION

Member registration starts two weeks prior and general public starts one week prior to the program session start date. Registration after session begins will be prorated based on space availability of desired class(es).

DROP-IN'S

Drop-in cards are available at the Y Welcome Desk up to one hour prior to that class start time in person. Drop-in's are available based on equipment availability. Payment will be made at time drop-in card is picked up. Drop-in cards are to be picked up by the individual participating in the class only. Drop-in cards are given out on a first come basis so should you not be able to get into class, your drop-in card will be refunded. Turn in your drop-in card to the class instructor at the beginning of class.

FINANCIAL ASSISTANCE PROGRAM

The Y provides membership and program financial assistance to individuals, children, and families in need, giving them the opportunity to participate in the Y's high-quality, character-building programs. Please contact our Executive Director if you or someone you know would like to participate in the Y's programs but cannot afford the cost. Financial assistance applications can also be picked up at the Y Welcome Desk.

ABUSE PREVENTION

Your child's safety is our priority. Background checks and references are completed on all employees, members, guests and volunteers. To learn more about how the Y takes steps to protect children, please contact our Executive Director.

VOLUNTEER POLICY

All volunteers are required to complete a Y volunteer application, possible interview, and pass a background check. Volunteer applications can be picked up at the Y Welcome Desk. These are great opportunities for high school aged kids looking to build up their volunteer hours for local scholarships and college applications.

MULTI-MEDIA POLICY

Y Programs and events are often photographed/videotaped for promotional purposes. If you do not wish to be included in Y promotional material, please indicate this to the Y event and/or program staff.

CELL PHONE POLICY

The use of cell phones and other electronic devices are prohibited in all locker rooms and restrooms.

WORKOUT FACILITIES

ADULT LOCKER ROOMS

Adult locker rooms include sauna, hot tub, steam room and some fitness equipment. This locker room is available for men and woman 18 and older. Free day use lockers, however bring your own lock. Shower and dressing areas along with wall mounted hair blow-dryers. Bring your own towel otherwise we have a towel service.

LIFESTYLE CENTER

The YMCA is proud to have a clean and fully equipped Lifestyle Center. The Lifestyle Center is air-conditioned and open during all our open facility hours. A free equipment orientation is available and highly recommended for all new members. Outdoor shoes are not permitted on the cardio machines. Ages 11-13 are able to use the Lifestyle Center AFTER completing a free Lifestyle Center orientation and at the discretion of the Wellness Coach. Anyone 14 years of age or older is eligible to use the Lifestyle Center, but are highly encouraged to complete a free orientation. Misuse of equipment could mean loss of privileges.

FREE WEIGHT ROOM

Our Free Weight Room is air-conditioned and open during all our open facility hours. This room features strength equipment such as Smith squat machine, cable cross over machine, kettlebells, stability balls, free weights ranging from 5-120 lbs., benches, squat rack and more. 14 years of age or older is eligible to use the Free Weight Room, but are highly encouraged to complete a free orientation. Misuse of equipment could mean loss of privileges.

Y- OUTBACK

Each week more than 40 group exercise classes are held in our Y-Outback building alone. This air-conditioned building has a raised wooden floor for impact, mirrors on two walls and a quality sound system. All necessary equipment is provided from steal gauge chairs to free weights, bands to mats, benches and balls. Outdoor shoes are not permitted on the floor. Please bring an indoor pair of shoes.

LAND AND WATER AEROBIC CLASSES

- * General Public may attend a group exercise class at current general public prices.
- * Minimum number of participants is needed to hold a class.
- * Youth 12 & older can attend classes by themselves.
- * Children under 12 may attend classes with an adult or at the instructor/Director's discretion.
- * Please arrive on time for classes so you are ensured a proper warm-up and stay through cool-down
- * If you need to leave class early, please let your instructor know.



CORPORATE WELLNESS

At the Y, we work with community leaders to make the healthy choice the easy choice in all of the places where people live, work, learn and play.

CORPORATE CHALLENGE

Teamwork building for employee's within your businesses. Early May, the Y provides opportunities to compete with coworkers against other area businesses in a variety of events that cater to a variety of skills. Challenges in the past included cake decorating, 3pt basketball shooting contest, trivia, scavenger hunt and much more. Events span over 4 evenings between a variety of area businesses within the Marinette/ Menominee area. \$500.00 per team entered.



WORKPLACE WELLNESS MATCH PROGRAM

Joining the YMCA Workplace Wellness Program provides an opportunity for the YMCA to financially match a portion of your company's financial investment toward their employee's health and wellness. Lower membership rates, access to personalized wellness programs, YMCA facility access, wellness coaching, employee statistical reports, and community wellness events are just a few benefits partnering with the Y. Understanding the companies goals and culture will help the YMCA staff develop a more comprehensive wellness program to meet your company and employee needs, most of all making as convenient as possible. Let's create healthier, more productive, lower stressed, better attendance, and higher workplace retention together! Contact Michell Hampton at the Y.

SUMMER SWEAT

Summer teambuilding at the softball field! Co-ed teams participate in a 1 or 2 day double illumination softball tournament held at the Marinette softball fields. Event will be held in July.



BLINDMAN VOLLEYBALL & SHOES

Fall teambuilding in September at the horseshoes and volleyball court. Six person blind volleyball team, and two person horseshoe team one night tournament held at the Dome Lanes.



AQUATICS

We believe if you can do it on land, you can do some version of it in the water!

POOL USAGE

- * Shallow end is 3'-4'6"
- * Deep end is 4'6"-9'
- * Pool capacity is 97 people.

Complete Swim Test, Pool Rules and Red Wristbands are listed on our website at www.mmyca.org under hours.

WATER WALKING

Like all water exercises, water walking is easy on the joints. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. Water provides 12 times the resistance of air, so as you walk, you're really strengthening and building muscle."

LAP SWIM

Swimming positively affects many aspects of life, including physical, mental, and emotional well-being.

PRIVATE SWIM INSTRUCTION

Anybody who wants one-on-one time with a swim instructor *in the water* to start from the bottom up or to enhance technique will benefit from this choice. This is also the best choice if somebody wants a quick lesson without paying for an entire package.

STROKE DEVELOPMENT

For swimmers who consider themselves to be proficient, awesome, or even have a basic swim background can benefit from "Stroke Development" whether you want to train efficiency, endurance, or speed. Fine-tune and guidance to make you the best swimmer you can be!

See Pool or Group Exercise schedule for days/times.

FAST & FURIOUS

Moderate intensity water exercise class using a water board for added resistance during muscle strengthening movements. Class combines cardio & strengthening movements for a total body workout!

WATER WARRIORS

High intensity training in the water at it's best. Class combines both the shallow & deep end of the pool. High energy & great music makes time speed by. Class finishes with muscle lengthening poses & balance. Great cross-training class for those that primarily do land training.

WATER WORKS

Shallow water cardio class with a moderate intensity may include shallow kickboxing moves along with use of gloves, barbells, noodles and balls. Includes warm up, cardio workout, muscles conditioning & cool down.

AQUANATAL WATER EXERCISE

Light water exercise and zero judgement! Our prenatal class includes light aerobic fitness, strength training and flexibility plus includes informal education and relaxation skills for labor and beyond. Water greatly reduces the usual stress on your musculoskeletal system. Even as it soothes you, the pool environment allows for a total -body workout. Peaceful happy mamas carry peaceful happy babies.



ACTIVE OLDER ADULT

Living healthy is about spirit, mind and body at every age and stage.

See Group Exercise schedule for days/times.



YWALK

A 30 minute, total body conditioning indoor walking class on a wooden floor, no complicated steps with occasional intervals.

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.



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BODYPUMP™

Chase the Change!

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast!

What will BODYPUMP™ do for me?

Shapes & tones the muscles, improves general fitness & well-being, increases body density, Burns up to 540 calories per class, gives a sense of achievement.

How often should I do BODYPUMP™?

We recommend two or three classes a week. Your body needs recovery time between workouts so rest at least one day between classes.

When will I notice results?

Once you've started **BODYPUMP™** your muscles will quickly adapt to this type of workout and you'll notice strength gains as your body gets used to lifting weight. As your strength improves, you'll start to see fat loss and improved muscle tone. Don't overdo it—if you start to increase the weights too quickly, you could suffer injury. Physical activity isn't a quick fix—it should become part of your lifestyle!

THE REP EFFECT™

800 REPS. TOTAL BODY TRANSFORMATION.

THE REP EFFECT™ throws traditional thinking about lifting heavy weights on its head. Exhaust your muscles with light to moderate weights and perform high repetitions in a single workout. It's that simple, and that's the beauty of **THE REP EFFECT™**.

BODYPUMP™ uses **THE REP EFFECT™** to give you sculpted shoulders, defined biceps and triceps, strong lean legs, firm glutes and a tight core. Choreography in each of these areas is specifically targeted so you'll burn fat, burn more calories and achieve more meaningful fat loss and muscle fatigue to build strength without building bulk.

*Drop-Ins welcome anytime throughout session, please get a drop in card from Welcome desk up to an hour prior to class start time. Remember anyone may try BodyPump™ at no cost their 1st time.



See Pool or Group Exercise for schedule for days/times.

CXWORX™

Dynamic Core Training at it's best...

What is CXWorx™?

A 30-minute personal-training-inspired core class that's been formulated with a carefully structured, scientific approach & unforgiving intensity. It has been designed to tighten & tone the abs, glutes, back, obliques and 'slings' connecting the upper & lower body, improve functional strength and assist in injury prevention like nothing else, So CXWorx™ will get you results where it counts the most.

Describe a typical class

1. **WARM UP** Connects you with your core muscles and teaches you how to engage these muscles.
2. **CORE STRENGTH 1** Increases the challenge on your lower and upper abs, and begins activating your muscular slings.
3. **STANDING STRENGTH 1** Trains your glutes, abs & sling muscles in standing, and improves your awareness of how these muscles function in daily activities.
4. **STANDING STRENGTH 2** Increase the demands on your glutes, using squat and hip pulse moves.
5. **CORE STRENGTH 2** Trains your obliques in three patterns of movement: laying twists, side hovers and mountain climbers in a plank position. This is "superset" core training.
6. **CORE STRENGTH 3** Brings your focus to the back muscles to improve trunk extension.

HOW FIT DO I NEED TO BE?

Les Mills CXWorx™ is low impact and low cardio. Just bring your strength and determination! This class caters to all levels. Modifications are given.

HOW OFTEN SHOULD I TAKE A CLASS?

2-3 classes per week is optimal. It's best to take a rest day between classes to give your body time to recover, but you can also take CXWorx™ after a BodyPump™ class or before a cardio class.



See Group Exercise for schedule for days/times.

H.I.I.T.

ALL CLASSES LISTED BELOW ARE 30-MINUTE OF HIGH-INTENSITY INTERVAL TRAINING

LES MILLS GRIT™

The GRIT™ Series features three unique team training programs that will push you to your max, and beyond. With your coach right down on the floor with you, motivating you and the team, you won't believe how hard you can workout!

GRIT™ STRENGTH

- Works all major muscle groups
- Sends your metabolism into overdrive to burn fat for hours after the workout
- Stimulates the production of growth hormones which reduces fat and helps develop lean muscle

GRIT™ PLYO

- Incorporates the principles of plyometrics to build power and increase speed and leg strength
- Uses power agility training to transform type two muscle fiber and produce a lean athletic shape
- Intensifies energy and increases muscular endurance and stamina

GRIT™ CARDIO

- An explosive high-impact body weight based workout
- Provides the double whammy of maximizing calorie burn within the workout and burning fat for hours afterwards
- Rapidly improves athletic capability



I.T. (Incline Training)

Incline Training is defined as 15% grade or higher

Held in the lifestyle center on a Free Motion incline trainer that can reach a 30% incline. Intervals of high intensity at either low, high or mixed impact.



LES MILLS SPRINT™

Using an indoor bike to achieve fast results, it is a quick and hard style of training that returns rapid results with minimum joint impact. This class will push your physical and mental limits.



INDOOR GROUP CYCLING

Classes have grown in popularity in recent years both among general fitness enthusiasts and with *cyclists* as a way to keep in shape ...

Group Cycling and Cyclelates are value added classes for Y members at no cost however registration is still required to ensure a bike. Drop-in cards are still required if participant is not registered for class session.



GROUP CYCLING

Twenty two stationary bikes in our Group Cycling Studio (Court #5). Classes are done with various light and music settings to create an energized atmosphere. The instructors guide participants through workout phases. Warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. All you'll need is workout clothes, a towel (to wipe your face) and a water bottle. Stationary bikes have toe cages so you can wear tennis shoes. Bikes with shoe clips are available.

See Group Exercise schedule for days/times.

CYCLELATES

You'll start with 20-25 minutes of cycling to music followed by 20-25 minutes of Pilates mat work held in Studio 4 on a mat floor to soothing and relaxing music. Pilates focuses on centering, control, flow, breath, precision and concentration of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Occasional exercise tools such as resistance bands, fitness rings, air-filled balls are included in the Pilates portion of class.

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



PERSONAL COACHING

Personal training and coaching to help you set and meet your specific goals in order to live healthier.

WELLNESS COACHES

If you are not sure where to start or how to use the machines, we can help!

Ask our Wellness Coach! Set up your free orientation with one of our Wellness Coaches and become familiar with all that we have here; from cardio machines to chronic disease programs to strengthening classes and more. Please ask at the Welcome Desk to schedule your orientation today.

DO MORE BE MORE

Personal Training

Whatever your personal goals are we are here to help. Add variety to the same old workout, specific training, adaptive training or just don't know where to start! Personalize your workout with a 1/2 hour or one hour one on one session or a package. Workouts based on your fitness level and goals! These may include but not limited to circuit training, water exercise, free weight, cardiovascular, and one on one yoga and Pilates! Plus you may use tools such as box jumps, ropes, sled, sandbag, BOSU and more. This is all about you. All trainers are nationally certified.

Contact Jenni Campbell to get started. Package sessions must be used within six months of purchase and paid in full. Cancellations must be made 24 hours in advance in order to not use a session. Sessions are only available to Y members. Lifestyle Center orientation required prior to personal training.



Steve Campbell



Diane Ries



Kristen Weglarz

CHRONIC DISEASE PROGRAM

Classes and programs for those dealing with chronic disease.

LIVESTRONG

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those effected. The Y and the **LIVESTRONG** Foundation have joined together to create **LIVESTRONG** at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA is helping people move beyond cancer in spirit, mind and body.



NATIONAL DIABETES PREVENTION PROGRAM

This is an evidence-based lifestyle change program for adults diagnosed with prediabetes or at high risk for developing type 2 diabetes; proven to help people lose weight and prevent or delay onset of type 2 diabetes.

Mon., Sept. 25th – January 22nd
6:45 – 7:45 pm CST (weekly visits).

*Bi- weekly meetings to follow
(February 5th – May 7th)

Contact Kristen 906-863-9983

ARTHRITIS EXERCISE

Participants will receive the maximum benefit of warm water therapy. Anyone with arthritis, fibromyalgia or other joint problems is welcome. Series of exercises designed to help relieve pain & stiffness and to improve joint flexibility.

See Group Exercise schedule for days/times.



MIND/BODY/SPIRIT

Learn how a good attitude and healthy *spirit* may have positive physical effects.

YOGA

Open your body using movement with breath. Increase coordination, concentration, and body awareness while calming your mind and reducing stress. Improve range of movement in your shoulders, spine, hips, and legs while strengthening your muscles. Challenge yourself at your level (modifications provided) and leave feeling more balanced, on the mat and off.



FIT YOGA

Blends balance, strength, flexibility, and power in a fitness format.

CHAIR YOGA

Blends flexibility, strength and balance while utilizing the stability of a chair to sit/lean on for support.

PILATES

Pilates works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing. Pilates will strengthen the "powerhouse" or core of the body.

BARRE

A beautiful blend of pilates, yoga and ballet inspired moves set to upbeat music. Muscle strengthening isometric moves reshape the entire body.

FOAM ROLLING

This class helps release muscle tightness or trigger points by applying pressure to specific points on your body you are able to aid in the recovery of muscles and assist in returning them to normal function. Normal function means your muscles are elastic, healthy and ready to perform!



See Group Exercise schedule for days/times.

SPORTS & RECREATION

Whether you miss "suiiting up" or are new to team sports, the Y's sports leagues provide a perfect opportunity to be active, social and reconnect or start fresh with a sport you love.

"EARLY" ADULT PICK-UP BASKETBALL

Ages: 18 & up

Get a great work-out, relieve some stress, get your heart working, and meet new people. Play full-court pick-up basketball games. Women and men are welcome!

Basketball Gymnasium
TUES/FRI 5:00a.m.-7:00 a.m.

Member FREE
General Public Day pass
(does not include usage of the Y facility outside of the pick-up basketball games)

PICKLEBALL

Pickleball is a relatively new racquet sport which combines elements of badminton, tennis, and table tennis. The game is played with a hard paddle and a polymer waffle ball. Equipment and sign up at Y Welcome Desk.

Basketball Gymnasium
*Net is set up outside during summer

MO/WE/FR 8:45 a.m. - 11:00 a.m.
TUE/THU 9:30 a.m. - 11:00 a.m.

Member FREE
General Public Day pass

WALLY BALL

Wally ball can be set up in racquetball court number 1 attached to the wall. There is a net available for use at the Y Welcome Desk.

Member FREE
General Public Day pass

RACQUETBALL

Racquetball courts available. Equipment is available for check-out at the Y Welcome Desk. Courts are available for drop in or reservation's. The Y reserves the right to give first priority to adults during our busy racquetball times/season. Ages 8-17 yrs have to leave something of value at the Y Welcome Desk at time of room/ equipment rental. Personal valuables will be returned if equipment, and room is left in good condition.

Member FREE
General Public Day pass

LEAGUES

Volleyball, racquetball and flag football leagues offered at various times throughout the year.



GROUP EXERCISE CLASSES

Add variety of exercises and intensity to your usual routine - and see results!

CARDIO FUSION

Keep your feet moving and your heart pumping. Class combines high & low impact aerobics along with resistance training.

TONE IT UP

This class is designed to increase strength and tone by using weights, tubing, your body weight and the step bench for a full body workout.

BODYCOMBAT™

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories while having fun!

20/20/20 & 15/15/15

Each class will follow the same format but duration will vary. 20 or 15 minutes of high intensity cardio & just when you've had enough we'll switch gears to 20 or 15 minutes of total body strengthening & ends with some awesome core (abs & lower back) training. Class will use a variety of equipment to vary the workout often: weights, resistance tubing, medicine balls, body weight & steps.



See Pool or Group Exercise schedule for days/times.

ZUMBA®

An energetic, fun-filled workout that doesn't make you feel like you are exercising. Fun mix of music with unique moves that are fun and easy to do. Ditch the workout, and join the party!

STRONG BY ZUMBA™

This 50-55 minute class combines high HIIT training with the science of synched music motivation. In every class music and moves synch in a way that pushes you past your perceived limits, to reach your fitness goals faster.



OFF-SITE CLASSES

There is no cost for Y members for these classes as these off site-classes are just another way the Y can reach out to our community. See group exercise for full list of offsite classes!

Marinette, WI

Garfield School
1615 Carney Blvd, Marinette

Stephenson, MI

(Jan - Mid June, Sept - Mid Dec)
Stephenson Town Hall
325 S. Railroad St., Stephenson

SOCIAL RESPONSIBILITY

Giving back and providing support for our neighbors and community.

TOTWATCH ASSISTANT

Like working with young children ages birth-8 years? Interested in pursuing a career in early childhood? Volunteer to work in our drop-off Totwatch area assisting our fully-trained staff. Variety of days and times available. Contact Michell.

SWIM INSTRUCTOR

Share your skill, knowledge, and passion for swimming! Being an aide is a great volunteer opportunity for those with swim team experience or have a strong background in swimming. Work with children of all ages. Contact Sabra.

Y EVENT VOLUNTEER

Be a positive role-model in somebody's life by helping with a YMCA run event such as The Glow Run, Freaky Friday, Turkey Trot, or the Resolution Run. Contact Allyson.

YOUR PURCHASE

STRENGTHENS OUR IMPACT

- Gift Cards
- Apparel
- Swim Diapers, Goggles, Pool floats
- Snack & Beverage Vending Machines

Help support and promote your YMCA. At the welcome desk, a variety of merchandise is available including shirts, pants, shorts, hats, scarfs, back packs, jackets, etc for purchase, and Y gift cards make a great gift as they can be purchased in any amount and don't expire.



The Y. So Much More!™ ANNUAL CAMPAIGN

Give today! Your dollars help fund our financial assistance program. Our kick off raffle is held annually in February. Ask a staff member for ticket information.

SHOP AND DONATE

If you shop on Amazon, consider checking out [smile.amazon.com](https://www.amazon.com/smile)! Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Please shop here and choose our YMCA! You shop and Amazon will do the rest!





GREATER MARINETTE-MENOMINEE YMCA

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