FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST. SUMMER. EVER.

Our Mission

The COOK COUNTY YMCA is dedicated to putting the principles of caring, honesty, respect, and responsibility into practice through programs that build healthy spirit, mind, and body for all.

COOK COUNTY YMCA HOURS OF OPERATION

Monday – Friday 6:00am – 8:00pm
Saturday – 9:00am – 7:00pm
Sunday – 11:00am – 5:00pm
Holiday Hours: Closed May 27, July 4, September 2

2019 MEMBERSHIP RATES

What's your health worth to you?

Membership Type	Monthly Rate	Joiner Fee
Youth	$18.00	$20
Adult	$49.00	$50
One-Parent Family	$57.00	$60
Two-Parent Family	$71.00	$75

DAY PASSES

Cost per day: Youth $5.00 plus tax | Adult $10.00 plus tax | Family $20.00 plus tax.

Cook County Community YMCA
105 West 5th Street, Grand Marais, MN 55604
218.387.3386 www.cookcountyymca.org

SUMMER COMMUNITY

SUMMER SPECIAL
THREE MONTH MEMBERSHIPS

Join anytime May 15 through July 15. Pay for 3 months upfront, no Join Fee, no cancellation fee, no hassle!

Youth – $54
Adult – $147
1 Adult Family – $171
2 Adult Family – $213

SIZZLER PUNCH CARD

Save on day pass rates with a Summer Sizzler Punch Card! Cards expire on 10/31/19. Limit one card per person. Purchase cards at the Membership Desk.

5 punch card = $45 plus tax
10 punch card = $80 plus tax

1 2 3 4 5

YOU BELONG HERE

GROUP FITNESS CLASSES

Schedules available on the Mobile App and on the website. Come on in for Balance and Flex Together™, Strength Train Together™, Active Together™, Cardio Step Together™, Group Cycling, Silver Sneakers Circuit™, Yoga, Water Fitness, Qigong, and more.

SESSION INFORMATION

SUMMER SESSION I: June 3—July 14

SUMMER SESSION II: July 15– August 25

PROGRAM SESSION FEES (unless otherwise listed):
Y Member: $35 | Community: $67

REGISTRATION
YMCA Members: May 20
Community Members: May 22

1. **Go to www.cookcountyymca.org.**
2. **Contact the Member Service Desk at 218.387.3386 x 501.**
3. **Walk in and stop by the Membership Service Desk.**

YMCA GOLF SCRAMBLE
JULY 28

Play a round at this summer fundraiser. Dinner and child care included.

LEARN. GROW. THRIVE.

SUMMER DAY CAMP

June 3-August 31
Summer camp kids unplug, make new friends, and explore all summer long. Campers are fed breakfast and lunch and participate in a variety of activities such as swimming, arts and crafts, group games, sports, archery, team building, STEM and nature activities. Thursdays are field trip days where kids explore Grand Marais, Cook County, and the North Shore.

Program Fees: $35/day (pre-registration is required)
Scholarships available.
Mon-Fri 7:45am-5:15pm Ages: Kindergarten and up

CHILD CARE CENTER

Enrollment is Open
We know how important high-quality child care is to the overall development of your child. Together with Community Education, we offer a well rounded, safe, nurturing environment just right for kids ages 6 weeks to 5 years in a licensed child care center setting. For registration and waitlist information, contact Child Care Director Ashley Green at 218-387-3386 x 614.

Program Fees: Full day $41, Half Day $24, Hourly $7.50

TUMBLE AND CHEER

ADVANCED GYMNASTICS CLINICS

These one-day clinics focus on advanced skills for kids already in advanced gymnastics courses at the Y. Instructor approval required to register through the YMCA Membership Desk.

May 16th, July 11th
Clinic Fees: Y Member: $10 | Community $17
Thursday 3:45-5:15 pm Ages 6+

CHEER CAMP

July 18-September 9
Cheer camp will introduce cheerleading moves, tumbling, and dance routines. Participants will have the opportunity to perform skills at Cook County Vikings football and volleyball games!

Program Fees: Y Member: $75 | Community: $115
Tuesdays 3:00-4:30 pm Ages 6 +

CONFIDENT SWIMMERS

SCHOOL-AGE SWIM LESSONS

Starting with water safety and basic swimming competency, kids progress to learn about the four competitive swimming strokes. No class July 4th.

Summer I Fees: Y Member: $30 Community $58
Summer II Fees: Y Member: $35 Community $67
Thursday 6:00-6:45pm Ages 6+

PRESCHOOL SWIM LESSONS

Kids learn safe water habits, underwater explorations, how to swim to safety and exit the water. Lessons are a mix of activities, games, and drills. No class July 4th.

Summer I Fees: Y Member: $30 Community $58
Summer II Fees: Y Member: $35 Community $67
Thursdays 5:30-6:00pm Ages 3-5

PARENT/CHILD SWIM LESSONS

A great introduction to the aquatics environment. Children develop body awareness, independence, water safety skills and stroke development through guided practice, songs, and games. No class July 4th.

Summer I Fees: Y Member: $30 Community $58
Summer II Fees: Y Member: $35 Community $67
Thursday 5:00pm-5:30pm Ages 6 mon-36 months

PRIVATE SWIM LESSONS

Private lessons are for those looking for extra help to take their swimming to the next level. Semi-Private swim lessons allows siblings or friends of a similar level practice together. Lessons can be booked to fit into your schedule. To schedule private lessons, please contact Martha Finley, Aquatics Coordinator at 218-387-3386 ext. 510.

Package A | Four 30 min Lessons
Y Member: $55 | Community $70
Package B | Four 30 min Lessons (Semi-Private)
Y Member: $40 | Community $55
Package C | Four hour lessons / Five 45 min lessons / Eight half hour lessons
Y Member: $95 | Community $125
Package D | Four hour lessons / Five 45 min lessons / Eight half hour lessons (Semi-Private)
Y Member: $65 | Community $95

ADULT SWIM CLUB– LONG COURSE

May 7th-August 30th
Coaches work with adults that want to improve their strokes and be able to swim farther, faster, and with more efficiency! The Long Course season focuses on distance races, triathlon preparation and swimming for fitness. Join us for fun and camaraderie in the pool. At a minimum, swimmers must be able to swim 200 yards front crawl and 100 yards back crawl.

Program Fees: Y Member: $90 | Community: $140
Tue & Fri 6:05-7:05 am Ages 16 +

DAY CAMP SWIM LESSONS

Day camp participants will be given the opportunity to take swim lessons during their pool time. Starting with water safety and basic swimming competency, kids progress to learn about the four competitive swimming strokes.

Daily Fees: Y Member: $5.00 | Community $10
Monday 1:00pm-1:45pm or 2:00pm-2:45pm Ages 5+
Wednesday 1:00pm-1:45pm or 2:00pm-2:45pm Ages 5+

JUST FOR KICKS

SOCCER FOR KIDS

The youth soccer program is designed to meet each player at their current level of play and provide opportunities to increase their individual skills. The goal is that these opportunities lead to an overall enjoyment of the game for years to come. For the Fall Session, youth will be split up into two age groups to give players the opportunity to play with others their own age.

SUMMER SESSION

Summer I
Program fees: Y Member: $35.00 | Community $67.00
Thursday 5:15-6:00pm Ages 7+

FALL SESSION

August 20-October 3
Program fees: Y Member: $50 | Community $95
Tuesday & Thursday 5:00-5:45pm Ages 5-8
Tuesday & Thursday 5:45-7:00pm Ages 9+