



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



What's NEW at the Y?

- » FREE Membership for 7th Graders!
- » Annual Ace Place Pass for Members!
- » Fun Friday Night Events!
- » Preschool Enrichment Classes!
- » Mindfulness Meditation Series!
- » Togetherhood Community Service Program!

FALL AND WINTER PROGRAM GUIDE

FALL 1: SEPT 8 – OCT 25, 2014

FALL 2: OCT 27 – DEC 13, 2014

WINTER 1: JAN 5 – FEB 21, 2015

WINTER 2: FEB 23 – APR 18, 2015

TRI-CITIES FAMILY YMCA

BE AN EARLY BIRD AND SAVE \$10 ON PROGRAMS! SEE PAGE 2 FOR DETAILS.

HOURS OF OPERATION

BUILDING HOURS

Mon - Thurs: 5:00 am - 9:30 pm
Friday: 5:00 am - 9:00 pm
Saturday: 7:00 am - 6:00 pm
Sunday: 12:00 pm - 5:00 pm

HOLIDAY SCHEDULE

Labor Day: Sept 1 Closed
Thanksgiving: Nov 27
Open 7:00 am - 11:00 am
Christmas Eve: Dec 24
Open 5:00 am - 1:00 pm
Christmas: Dec 25 Closed
New Year's Eve: Dec 31
Open 5:00 am - 1:00 pm
New Year's Day: Jan 1 Closed
Easter: April 5 Closed
Memorial Day: May 25 Closed
Independence Day: July 4 Closed

INCLEMENT WEATHER POLICY

Program cancellations due to inclement weather will be posted on our website, Facebook & Twitter.

AM programs (before 3 PM) will be posted by 7 AM
PM programs (after 3 PM) will be posted by 1:30 PM

OUR MISSION

The Tri-Cities Family YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



616-842-7051



WWW.TCFYMCA.ORG



Tri-CitiesFamilyYMCA
TCFYMCA Health & Fitness

Download pool, fitness, gym, and activity schedules with our online Google calendars



TRI-CITIES FAMILY YMCA
1 Y Drive • Grand Haven, MI 49417

WWW.TCFYMCA.ORG

WHY WE'RE HERE

FOR YOUTH DEVELOPMENT: Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

FOR HEALTHY LIVING: Improving our community's health and well being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

FOR SOCIAL RESPONSIBILITY: Giving back & providing support to our neighbors. The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of our volunteers and donors that we are able to support and give back to the communities we engage.

REGISTRATION

We are excited to introduce to you our new and improved Fall & Winter Program Guide! This guide contains our programs and special events from September through the end of April. You can register 3 ways:

\$AVE

EARLY BIRD REGISTRATION (EBR)

Register during EBR and receive a **\$10 discount** on program fees!

IN HOUSE @ THE WELCOME CENTER

BY PHONE @ 616-842-7051

ONLINE @ WWW.TCFYMCA.ORG

You will need to obtain a password from the Y to register online.

FALL 1
SEPT 8 - OCT 25, 2014

REGISTRATION DATES

MEMBERS EBR:
AUG 18 - SEPT 7

NONMEMBERS EBR:
AUG 20 - SEPT 7

REGULAR REGISTRATION:
BEGINS SEPT 8

WINTER 1
JAN 5 - FEB 21, 2015

REGISTRATION DATES

MEMBERS EBR:
DEC 15 - JAN 4

NONMEMBERS EBR:
DEC 17 - JAN 4

REGULAR REGISTRATION:
BEGINS JAN 5

FALL 2
OCT 27 - DEC 13, 2014

REGISTRATION DATES

MEMBERS EBR:
OCT 6 - OCT 26

NONMEMBERS EBR:
OCT 8 - OCT 26

REGULAR REGISTRATION:
BEGINS OCT 27

WINTER 2
FEB 23 - APR 18, 2015

REGISTRATION DATES

MEMBERS EBR:
FEB 2 - FEB 22

NONMEMBERS EBR:
FEB 5 - FEB 22

REGULAR REGISTRATION:
BEGINS FEB 23

SPECIAL EVENTS

FALL FAMILY FUN FEST

Join the fun at the Y where Friends and Fitness always go hand-in-hand! A great way to end the week sharing a meal and reconnecting with family and friends!

Friday, **October, 3rd** 6:00 - 8:00 PM

Registration Required.

MEMBERS: \$10 family of 4

NONMEMBERS: \$20 family of 4
\$5 each additional person
Children 2 & under are free
Free childcare ages 3 MOS - 2 YRS

[Click HERE](#) for ALL the details!

LIONS AND TIGERS & YOU, OH MY!

Zoo Phonics 5th Annual Carnival Night
Journey through the jungle with us on a Zoo-Phonics Safari. Explore with your own set of binoculars as you hunt to find your favorite Zoo-Phonics friends, as well as other "hidden" wild animals. This is no imaginary journey, there will be real LIVE animals! Pizza and pop, carnival games and a drive-in movie experience included with admission.

Friday, **November 7**, 6:00 - 8:00 PM

MEMBERS: \$20 family of 4

NONMEMBERS: \$30 family of 4;
\$5 each additional family member;
children 2 and under FREE.

PROCEEDS BENEFIT LEARNING TREE PRESCHOOL

GYMNASTICS GIRLS LOCK IN

The best sleepover and the cheapest baby sitter you will ever find! We will have activities, pizza, snacks, games & LOTS of gymnastics! Make sure to pack your sleeping bag so we can all camp out on the gymnastics gym floor!

NOV 21 / DEC 29 / FEB 6 / MAR 20
7:30 PM - 7:30 AM

Ages 5 and up

Registration required by Thursday prior
First Child: \$25

Additional Children: \$15 each

CHRISTMAS & SPRING BREAK FUN CAMPS AT THE Y

In addition to our **FULL DAY CAMPS** and our **PRESCHOOL** break camps, we will be offering a few specialty **MINI CAMPS** during the school breaks. Please see our website for ALL the details on these fun school break alternatives.

NEW! SCHOOLS OUT, THE Y'S IN!

This full day program for kids 4-12 years old is offered when elementary and middle school have scheduled "in-service" days. Enroll your child for a fun-filled day of games, crafts, activities and time with friends. Wear comfy clothes, pack a lunch, and bring swimsuit & towel.

MEMBERS: \$25 **NONMEMBERS:** \$35
Additional Children: \$15 each

[Click HERE](#) for program dates

DROP-N-SHOP (3-10 YRS)

Need some time to shop without the kids? Drop them off for 4 hours of supervised fun! We provide a pizza dinner, drinks, crafts, games, activities, popcorn & a movie, and much more.

December 12 5:00 PM - 9:00 PM

December 20 1:00 PM - 5:00 PM

December 22 5:00 PM - 9:00 PM

December 23 5:00 PM - 9:00 PM

MEMBERS: \$20 **NONMEMBERS:** \$25
Additional Children: \$15 each
Pre-register by 6 PM on the day prior
All children must be potty trained.

NEW! "DATE NIGHT" CLIMB!

Teamwork and communication required in rock climbing can bring adventure to your date night. So bring your valentine to Couple's Climb this **February!** Look for details on our website.

SPLASH BASH

Splash Bash is a **FREE** water safety and basic swimming skills program for 1st through 6th graders with little or no swim experience. It is open to the community, with priority registration for non-YMCA members. Visit website for details.

FUN FRIDAY NIGHTS!

NEW! KIDS NIGHT OUT (3-12 YRS)

Need a night out? Drop off the kids for 3 hours of fun & safe activities without you needing to find a babysitter. This will be a hassle free night because we provide pizza, drinks, and entertain the kiddos with crafts, games, and more!

SEPT 26 / OCT 24 / JAN 23 / MAR 27
5:30 PM - 8:30 PM

MEMBERS: \$15 **NONMEMBERS:** \$20
Additional Children: \$10 each
Registration required by Thursday prior.

SPECIAL VALENTINE'S PARTY FEB 13th
An hour longer for \$5.00 more!

NEW! FLICK & FLOAT (5th-8th Grd)

Bring your inner tubes and pool floats and come enjoy a movie in the pool! Registration required by Thursday prior.

October 24, 7:00 PM - 8:30 PM
MEMBERS: \$5 **NONMEMBERS:** \$10

NEW! FRIDAY FLIP OUT (5th-8th Grd)

This Friday night event is more than just an open gym, your older children and their friends can come and play in the gym, dance to music, participate in contests with prizes, watch a movie, enjoy pizza & snacks and socialize in a fun and safe area. Registration required by Thursday prior.

NOV 14 / JAN 16 6:00 - 9:00 PM
MEMBERS: \$10 **NONMEMBERS:** \$15

YOUTH LOCK-INS (5th-8th Grd)

Overnights at the YMCA are a great opportunity to have a night of fun with friends! Enjoy swimming, games, great music and more! Snacks and drinks will be served throughout the night. This is a supervised program for "twens" and is open to 5th through 8th graders.

OCT 17 / DEC 19 / FEB 20 / APR 3
9:30 PM - 7:30 AM
Cost: \$20 (\$30 if registering after Wednesday the week of lock-in)

POPCORN AND MOVIE NIGHTS

Your child will enjoy popcorn and a movie on every **third Friday** of the month, while parents enjoy some quality time away. We supply dinner, crafts, a movie and fun!

4:45 PM - 8:15 PM

MEMBERS: \$8 **NONMEMBERS:** \$16
ADDITIONAL CHILDREN: \$5
Registration required by Thursday prior.
Children must be potty trained.



WE PAY ATTENTION TO THE LITTLE THINGS

CHILDCARE: WOW! WORLDS OF WONDER

KID’S WORLD: FREE CHILDCARE FOR MEMBERS FOR KIDS AGES 3 MOS TO 9 YRS OLD!

More than ever, busy parents need support. When parents come to the Y for a class, group activity or workout, their kids need a safe, enriching environment where they can build healthy, trusting relationships with other kids and adults. Children play under the supervision of caring, trained Y staff. At the same time, their parents are able to relax, connect with other Y members and enjoy healthy activities at the Y.

Parents may leave their children in Kid’s World for a **MAXIMUM OF TWO HOURS** per day and must be in the YMCA facility while their children are being supervised.

AGE	MON	TUES	WED	THURS	FRI	SAT	SUN	MEMBER FEE	NON - MEMBER FEE
3 MOS TO 9 YEARS	8:15 AM - 3:30 PM	8:15 AM - 3:30 PM	8:15 AM - 3:30 PM	8:15 AM - 3:30 PM	8:15 AM - 3:30 PM	8:30 AM - 12:00 PM	12:00 PM - 3:30 PM	FREE	\$2 PER HOUR
	4:15 PM - 8:00 PM	4:15 PM - 8:00 PM	4:15 PM - 8:00 PM	4:15 PM - 8:00 PM					

ACE PLACE WORLD: NEW THIS YEAR! – MEMBERS CAN PURCHASE ANNUAL PASS FOR \$30!

The Action Center for Exploration (ACE Place) is a play area for kids to explore while parents are involved in Y activities. Children up to 10 years old are welcome and will find a variety of fun things to do including a rock wall, slides, tunnels, basketball & lots of mats to run, jump & play on. Parents can stay and play with your child or you can leave them well attended during our Supervised Drop Off times listed below. You can pay per visit or Members can purchase a Annual Pass for \$30 per child. **All fees are non-refundable and will now be paid at the Welcome Center.**

AGE	MON	TUES	WED	THURS	FRI	SAT	SUN	MEMBER FEE	NON - MEMBER FEE
BIRTH TO 10 YEARS WITH PARENT	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 5:00 PM - 7:30 PM	8:30 AM - 3:30 PM		FREE	\$4 PER VISIT \$2 FOR ADD’L CHILD SAME FAMILY
3 TO 10 YEARS	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 4:30 - 8:00 PM	9:00 - 11:30 AM 5:00 PM - 7:30 PM NO EVENING HOURS 3RD FRIDAY OF EVERY MONTH	8:30 AM - 3:30 PM			

ADVENTURE WORLD: NEW THIS YEAR! – FULLY STATE LICENSED DAY CARE!

We provide an engaging environment for your child to explore activities in literacy, mathematics, science, social studies, arts, technology, healthy habits, and social development. There are weekly themed activities, crafts, outdoor play, cooking, sports, stories, field trips, once a month swim time, and more. This program is open to the public. Your child can also take Harbor Transit from school to this program. If your child is registered in one of our other YMCA programs during the time they are with us, such as swim lessons or gymnastics, we will check them in and out of class as needed. Sibling discounts are available and we offer flexible weekly scheduling. A 24 hour drop notice is required.

REGISTRATION FEE: FREE for MEMBERS | \$25 per family for NONMEMBERS

AGE	MON	TUES	WED	THURS	FRI	DAILY FEES	WEEKLY FULL DAY FEES
3-8 YEARS	7:00 AM - 6:00 PM	7:00 AM - 6:00 PM	7:00 AM - 6:00 PM	7:00 AM - 6:00 PM	7:00 AM - 6:00 PM	UP TO 3 HOURS: MEMBERS: \$20 NONMEMBERS: \$25 OVER 3 HOURS: MEMBERS: \$30 NONMEMBERS: \$35	MEMBERS: \$140 NONMEMBERS: \$165

TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS

LEARNING TREE PRESCHOOL

REGISTRATION FOR 2015-2016 SCHOOL YEAR

CURRENT LEARNING TREE FAMILIES: Monday, February 9
YMCA MEMBERS: Tuesday, February 10
NONMEMBERS: Wednesday, February 11

Our main focus in the Learning Tree Preschool program is to provide positive, developmentally age appropriate experiences to help your child grow. These experiences are provided to meet your child’s needs and to stimulate their learning in all developmental areas.

We are committed to accommodating those children with fall birthdays. **The start date for all of our classes will remain at December 1st.**

We will hold an **OPEN HOUSE** January 10th, 2015. Call to schedule a tour of our preschool, talk with the teachers and Director and see our program in action! What better way to know that our Learning Tree is the right choice for you! Visit our website for ALL the details www.tcfymca.org/learningtree.

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	Tues/Thurs	9:30-11:30 AM
2/3 YR OLD PRESCHOOL Great for older 2’s or younger 3’s	Tues/Thurs	9:15-11:45 AM
3 YR OLD PRESCHOOL Must be potty trained	Tues/Thurs	9:15-11:45 AM
3 YR OLD PRESCHOOL Potty trained & turn 3 by Sept. 1	Mon/Wed/Fri	9:15-11:45 AM
4 YR OLD PRESCHOOL 4th day is optional	Mon-Thurs	9:00-11:45 AM
4 YR OLD PRESCHOOL	Mon-Thurs	12:15-3:00 PM
YOUNG 5’S	Mon-Fri	12:15-3:15 PM
YOUNG 5’S	Mon-Fri	12:30-3:30 PM
SPANISH PRESCHOOL	Fridays	9:00-11:00 AM
All above class offerings are subject to change. See preschool website for further information. Registration must be made in person, not available online.		

NEW THIS YEAR!

ENRICHMENT & SPECIALTY CLASSES

OPEN TO ALL!

In addition to our regular preschool curriculum, we are now proud to offer the following enrichment programs which are designed to enhance your child’s experience at the preschool level. Our preschool elective classes give children ages 3 to 6 time with teachers and friends to practice being at school for a longer day, and enhance not only their study skills in preparation for kindergarten, but their lives as well.

	AGE	FALL 1	FALL 2	WINTER 1	WINTER 2	MEMBER COST	NONMEM- BER COST
MUSIC AND YOGA Children sing, experience serenity, learn balance, body awareness and self-confidence. Age-specific curriculum translates the practice of yoga into a language children can understand and enjoy.	3-6	FRIDAY 12:45 - 2:00 PM	FRIDAY 12:45 - 2:00 PM			EBR \$35 (\$45)	EBR \$65 (\$75)
HANDWRITING W/O TEARS Based on award winning curriculum, this class will teach appropriate pencil grip, promote proper writing directionality, strengthen fine motor skills, and build stamina for writing.	4-6	MONDAY AND WEDNESDAY 12:45 - 2:00 PM				EBR \$70 (\$80)	EBR \$100 (\$110)
SPANISH Introductory Spanish presented in a fun, creative atmosphere, using visual aides, music, & puppets. Children will learn the Spanish words for parts of their bodies, colors, seasons, and animals.	3-6		MONDAY AND WEDNESDAY 12:45 - 2:00 PM	MONDAY AND WEDNESDAY 12:45 - 2:00 PM	MONDAY AND WEDNESDAY 12:45 - 2:00 PM	EBR \$70 (\$80)	EBR \$100 (\$110)
BACK TO NATURE ART We will take your child on a journey through the woods, over the dunes and by our beautiful shoreline to open up your child’s eyes to natural surroundings through an artistic view point. We will draw, paint, sculpt, collage and create their way through our beautiful world.	3-6	TUESDAY AND THURSDAY 12:45 - 2:00 PM	TUESDAY AND THURSDAY 12:45 - 2:00 PM			EBR \$70 (\$80)	EBR \$100 (\$110)
TECHNOLOGY This class integrates technology into the class-room and teaches children about all the facets in our modern scientific world. Students will work with applications supported by iPad that enhance literacy & numeracy in fun game-like formats.	4-6			FRIDAY 12:45 - 2:00 PM	FRIDAY 12:45 - 2:00 PM	EBR \$35 (\$45)	EBR \$65 (\$75)
CHILDREN’S THEATRE Packed full of drama games and activities, original songs and music, movement and role-play; all of which develop key skills in children, such as confidence, communication, co-operation and creative thinking. A grand performance will end each session!	3-6			TUESDAY AND THURSDAY 12:45 - 2:00 PM	TUESDAY AND THURSDAY 12:45 - 2:00 PM	EBR \$70 (\$80)	EBR \$100 (\$110)

SPECIALTY YOUTH PROGRAMS

PARENT CHILD CLASSES	AGE	DAYS	CLASS LENGTH
BUDDHA BABY NEW! Exercise your body, mind, and imagination! You will reconnect with your body while enjoying time with your baby or tot. No need to worry about your baby "disrupting" the class - feel free to get up and take care of business when you need to. We will go through some simple yoga poses, and end each class with baby massage.	0-24 MOS	MON 10:30 AM TUES 4:30 PM	45 MIN
MUSICAL MONKEYS NEW! Nurture your toddler's energy and creativity as we explore, discover, and respond with musical instruments, song and dance. This class helps build confidence, self-control, and early language skills.	0-36 MOS	MON 1:00 PM FRI 10:30 AM	30 MIN
BEAN BAGS, HOOPS AND PARACHUTES Participate in a variety of fun activities involving beanbags, hoops, parachutes and more! Children will work on hand eye coordination, fine & gross motor skills, rhythm and strength.	18 MOS TO 3 YEARS	TUES 9:30 AM WED 1:00 PM THURS 6:30 PM	45 MIN
ABC 123 TIME NEW! Learn the ABCs through songs, crafts, activities, and stories! New letters and numbers are explored every week.	18 MOS TO 3 YEARS	TUES 10:30 AM	40 MIN
SPORTS SAMPLER Encourage healthy habits and a positive attitude toward fitness through fun, physical sports play. Enjoy basketball, soccer, hockey, t-ball, golf, bowling, & gymnastics.	18 MOS TO 3 YEARS	MON 9:30 AM TUES 4:30 PM WED 6:30 PM FRI 9:30 AM	30 MIN
DANCE GYMNASTICS COMBO Half the class time will practice movement, balance and basic dance steps through music. The second part will be spent on our gymnastics equipment-swinging from the bars, marching on the beams, tumble on the floor and jump on the trampoline.	18 MOS TO 3 YEARS	THURS 9:30 AM	45 MIN

CLASS TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS

30 MIN CLASSES:

MEMBERS: EBR \$25 (\$35)

NONMEMBERS: EBR \$50 (\$60)

40/45 MIN CLASSES:

MEMBERS: EBR \$35 (\$45)

NONMEMBERS: EBR \$65 (\$75)

1 HOUR CLASS:

MEMBERS: EBR \$45 (\$55)


NONMEMBERS: EBR \$75 (\$85)

KARATE CLASS PRICES LISTED TO THE RIGHT

DANCE / CHEER / JUMP	AGE	DAYS	CLASS LENGTH
STORY TIME BALLET Listen to your favorite fairy tales, make a princess crown and a tutu and twirl, leap and learn the basics of ballet.	3-5	MON 4:30 PM WED 9:30 AM	45 MIN
DANCE GYMNASTICS COMBO ½ Dance & ½ Gymnastics	3-5	TUES 9:30 AM	1 HOUR
PEE WEE HIP HOP Basic Hip Hop moves and combinations put together with high energy music make a FUN dance routine. No previous dance experience need!	4-8	MON 5:30 PM	45 MIN
PEE WEE POMS Teaches the basics of pom & cheer. Prepare your child to have a B-L-A-S-T! Participants will learn jumps, arm movements, tumbling, cheers & short routines.	4-8	TUES 5:30 PM	1 HOUR
JUMP ROPING Work on single rope skills, partner routines, long rope and double dutch jumping. Each person is challenged at their own skill level.	6-12	MON 6:30 PM	45 MIN
HIP HOP DANCE Learn the popular hip hop dance style, taught in a safe environment with age appropriate music and dance moves.	10-14	MON 7:30 PM	45 MIN

KARATE	AGE	DAYS AND COST
Learn the basic skills of The American Karate System (AKS) such as, hand and foot techniques, stances and forms. Develop physical conditioning and fundamental self defense while building the foundation for advancing in rank. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.	6-12	MON 6:45 - 7:45 PM WED 6:45 - 7:45 PM
		MEMBERS: EBR \$40 (\$50) NONMEMBERS: EBR \$70 (\$80)
		\$20 ADDITIONAL TO TAKE CLASSES BOTH NIGHTS

Parents can take the adult class which is held at the same time and room, then actively participate with their child! A great way to reinforce the skills learned and spend quality time together



DROP-IN PROGRAMS

LUNCH-N-MOVE (AGES 3-8)
Lunch dates aren't just for adults anymore. Lunch-n-Move gives your child time to eat their lunch, participate in themed activities, crafts, music, story time, gym time, & more! Parents need not stay! Use the two hours of free time to go to lunch with a friend, grocery shopping, errands, appointments or just relax! Pack your child a healthy lunch, have them wear comfortable clothes and get them ready for some fun! Please check website for daily themes. (Children must be potty trained).



Tuesdays & Fridays
11:45 AM - 1:45 PM

MEMBERS: \$10
NONMEMBERS: \$15

TYKES TIME (AGES 0-24 MONTHS ONLY W/ CAREGIVER)
Tyke Time is a time for children (0-24 months) to explore the world around them through music, stories, and sensory stimulation. We will start off with a story and song and then allow free play at the stations set up around us. You don't have to be a Y member, so invite your friends to this weekly social gathering.

Wednesdays 9:30 AM - 10:30 AM

MEMBERS: FREE **NONMEMBERS: \$3 PER CHILD**

JUNGLE GYM (WALKING - 6 YEARS W/CAREGIVER)
Have a morning where you have the little ones and some free time but scheduled classes aren't for you? Come enjoy some Jungle Gym time that includes obstacle courses, interactive music, parachute, gymnastics equipment, and much more. Parents required to stay.

Mondays 10:30 AM - 12:00 PM
Thursdays 10:30 AM - 12:00 PM
Fridays 11:15 AM - 12:45 PM

MEMBERS: FREE **NONMEMBERS: \$3 PER CHILD**
\$5 PER FAMILY

GYMNASTICS OPEN GYM (5 YEARS & UP)
Want some extra time in the gym with trained supervised staff or to just explore and play? Come to our open gyms to work on skills on beam, vault, bars, floor & trampoline. Registration in classes is not required but signed waivers are necessary for participation. See website for schedule.

MEMBERS: \$5 **NONMEMBERS: \$8**

Punch Cards (6 visits): **MEMBERS: \$25** **NONMEMBERS: \$40**

YOUTH BASKETBALL LEAGUE

The Tri-Cities Family YMCA is proud to have been participating in YBL for over thirty years. Last year just over 400 youth participated in this program. We depend on volunteers to coach and many are parents and past participants that simply want to give back and stay Involved in this great community venture.

Registration begins in October for this popular instructional league that will actually **launch in January of 2015**. Girls and boys in Young 5's through 6th grade will be divided into teams which will have one practice during the week and one game on the weekend. Games will be on Saturdays between 8 AM - 8 PM with the possibility of an occasional Sunday afternoon game if numbers warrant it. YBL runs January-March.

EARLY REGISTRATION: OCT 14 - OCT 31
MEMBERS: \$50 **NONMEMBERS: \$80**

REGULAR REGISTRATION: NOV 1 - NOV 30
MEMBERS: \$60 **NONMEMBERS: \$90**

LATE REGISTRATION: DEC 1 - DEC 14
MEMBERS: \$70 **NONMEMBERS: \$100**

**** REGISTRATION ENDS DECEMBER 14TH ****

GRADE LEVEL DIVISIONS		
DINKY DUNKERS	BOYS & GIRLS CO-ED	Y5'S & KINDERGARTEN
ROOKIES	BOYS	1ST-2ND
ROOKIES	GIRLS	1ST-2ND
WINNERS	BOYS	3-4TH
WINNERS	GIRLS	3-4TH
CHAMPIONS	BOYS & GIRLS CO-ED	5-6TH

YBL SPONSOR INFORMATION
Here's a great way to advertise your business in the community! Your sponsorship will purchase the team shirts for the players complete with your company's logo/name blazoned across the back! With over 400 youth in the league, your company will not only be noticed but heralded as a hero for parents and kids alike. Please email: youthsports@tcfymca.org by December 1st.

YBL OFFICIALS
We are looking for high school aged or college aged students to help referee and teach the game of basketball to our youth. All officials must attend an officiating clinic, and must have knowledge of all the rules. Please email youthsports@tcfymca.org by **December 1st, 2014** if you are interested.

BASKETBALL SKILLS CLINIC
The best time to work on your game is before and after the season. This program offers skill development drills and the opportunity to apply them in different situations of play. Kids learn and play using interactive games & drills to improve their skills. See Youth Sports page 10 for dates and times.



PRESCHOOL GYMNASTICS	AGE	MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER COST	NON MEMBER COST
PEEK A BOO PANDA This is our youngest gymnastics class offered; your baby will explore their world through the five senses. PARENT PARTICIPATION REQUIRED.	5 MOS TO WALKING		10:00 AM	5:30 PM	4:30 PM		30 MIN	EBR \$25 (\$35)	EBR \$50 (\$60)
ROLLIE POLIES NEW! We introduce your child to basic tumbling move-ments – rolls, animal walks, balance and self-con-fidence. PARENT PARTICIPATION REQUIRED.	WALKING TO 24 MOS	9:30 AM	5:30 PM	6:30 PM	9:30 AM 6:30 PM	10:30 AM	40 MIN	EBR \$35 (\$45)	EBR \$65 (\$75)
BUSY BEES We focus on basic gymnastics skills on Bars, Beam, Floor and Vault as well as important social skills such as waiting in line, taking turns & shar-ing! PARENT PARTICIPATION REQUIRED.	2-3	9:30 AM	10:30 AM 6:30 PM	10:30 AM 6:30 PM		9:30 AM	45 MIN	EBR \$35 (\$45)	EBR \$65 (\$75)
WIGGLY WORMS Children will enjoy climbing in, out, up, down, and around all the fun obstacle courses each week. Basic gymnastics will be taught on the bars, beam, floor, vault & trampoline.	3	5:30 PM	9:30 AM 6:30 PM	10:30 AM 5:30 PM	4:30 PM	10:30 AM	45 MIN	EBR \$35 (\$45)	EBR \$65 (\$75)
LEAPIN’ LIZARDS This class will introduce your child to the basic fundamentals of gymnastics. Various gymnas-tics equipment will be used to help develop your child’s strength and coordination.	4	4:30 PM	10:30 AM 5:30 PM	10:30 AM 5:30 PM	9:30 AM 2:00 PM 5:30 PM	9:30 AM	45 MIN	EBR \$35 (\$45)	EBR \$65 (\$75)
KRAZY KANGAROOS This class will introduce your child to the ba-sic fundamentals of gymnastics. Forward Rolls, backward rolls, cartwheels & handstands will be taught as well as skills on Bars, Beam and Vault.	5	4:30 PM 6:30 PM	4:30 PM	9:30 AM 5:30 PM	1:00 PM 6:30 PM		1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
FLIPPIN’ FISH An intermediate preschool class for those who have 1 year previous gymnastics experience or have coach’s recommendation. Cartwheels, Hand-stands, Pullovers & High Beam are the main focus.	4-5	9:30 AM 6:30 PM		4:30 PM	5:30 PM		45 MIN	EBR \$35 (\$45)	EBR \$65 (\$75)
TUMBLING TIGERS An advanced gymnastics class that prepares our 4 & 5 year olds for the school age gymnastics program. This class is more skill and technique oriented. Coach’s recommendation required!	4-5	5:30 PM		4:30 PM	6:30 PM		1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)

CLASS TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS

USAG & AAU Competitive Girls Gymnastics Team: Levels 1 – XCEL Platinum

Tri-Cities YMCA Gymnastics Teams are designed with an emphasis on FUN! Our goal for the team is to provide gymnasts with a safe, posi-tive & fun learning experience! We coach gymnasts to work hard and do their best each day. We also focus on TEAM. We support each other, cheer for each other, and encourage each other. Be a part of the FUN, be a part of the TEAM!
Contact Suzie Eller 616-842-7051 ext. 223 for an evaluation & level placement.

Team Try Outs: Tri-Cities YMCA will be hosting try outs for our competitive girl’s gymnastics team! If your gymnast is interested in being a part of the team they will need to attend one of the following evaluation times!

DATES & TIMES:
August 25th 9:30-11:00 AM
August 28th 5:30-7:30 PM
September 3rd 5:30-7:30 PM
Location: YMCA Gymnastics Gym

- REQUIREMENTS:**
- Must be 5 by September 1st, 2014
 - Must have a good Bwd. Roll, Cartwheel & Handstand
 - Must be able to walk on high beam with no fear



GIRLS GYMNASTICS	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER COST	NON MEMBER COST
BEGINNING GYMNASTICS 1 Designed for children who are at a beginner level. Beginner skills will be taught on Bars, Beam, Floor & Vault.	6-15	5:30 PM 6:30 PM	4:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 6:30 PM	1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
BEGINNING GYMNASTICS 2 This class is designed for those children who have completed Beginning 1 and have teacher approval. Requirements: Comfortable on high beam, cartwheel & handstand.	6-15	4:30 PM 6:30 PM	4:30 PM 5:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
INTERMEDIATE GYMNASTICS 1 Gymnasts must have completed Beginning 2 and teacher approval. Requirements: Pullover, Back Hip Circle, Excellent Cartwheel & Handstand.	6-15	4:30 PM	5:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
INTERMEDIATE GYMNASTICS 2 Must have completed Intermediate 1 and have teacher ap-proval. Requirements: Backbend, Cartwheel to Handstand beam & Straddle Dismount.	6-15	5:30 PM		6:30 PM		1.5 HOURS	EBR \$55 (\$65)	EBR \$85 (\$95)
ADVANCED GYMNASTICS 1 Must have completed Intermediate Gymnastics 2 and have teacher approval. Requirements: Back Walkover, Front Hip Circle on bars & Cartwheel on beam.	6-15	6:30 PM				1.5 HOURS	EBR \$55 (\$65)	EBR \$85 (\$95)

GYMNASTICS PLACEMENT EVALUATIONS:
New to gymnastics or not sure where to register your child...no worries! We will be holding evaluations for level placements on August 25th 9:30-11:00 AM, August 28th 5:30-7:30 PM & September 3rd 5:30-7:30 PM. Stop by during any of those times to get a proper placement so your child is placed appropriately.

CLASS TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS

BOYS GYMNASTICS	AGE	MON	TUES	WED	THURS	CLASS LENGTH	MEMBER COST	NON MEMBER COST
BEGINNING BOYS 1 Designed for boys who are at a beginner level. Beginner skills will be taught on Bars, Vault, Rings & Tumble Track.	5-12	4:30 PM	5:30 PM	5:30 PM		1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
BEGINNING BOYS 2 This class is designed for boys who have passed Beginner Boys 1. Requirements: Cartwheel, Hand-stand & Pullover on bars.	5-12	5:30 PM		6:30 PM	4:30 PM	1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
INTERMEDIATE BOYS 1 This class is designed for boys who have passed Beginner Boys 2. Requirements: Pullover, Back Hip Circle, Excellent Cartwheel & Handstand.	5-12				5:30 PM	1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)
ADVANCED BOYS 1 This class is designed for boys who have passed Intermediate Boys 2. Round offs, Back hand-springs, Front Handsprings and Front Flips are some of the skills they will work on.	6-12		6:30 PM			1 HOUR	EBR \$45 (\$55)	EBR \$75 (\$85)

CLASS TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS

WHERE FUN MEETS FITNESS

PRESCHOOL & YOUTH SPORTS						CLASS LENGTH
	AGE	FALL 1	FALL 2	WINTER 1	WINTER 2	
SPORTS SAMPLER Encourage healthy habits and a positive attitude toward fitness through fun and physical sports play. Not quite sure what sport your child loves the most? This class allows kids to participate in a variety of sports that will help them in their decision of which sport they enjoy the most. Sports will include the basics of basketball, soccer, t-ball, hockey, golf, bowling, and gymnastics.	3	MON 4:30 PM WED 9:30 AM THURS 10:30 AM	MON 4:30 PM WED 9:30 AM THURS 10:30 AM	MON 4:30 PM WED 9:30 AM THURS 10:30 AM	MON 4:30 PM WED 9:30 AM THURS 10:30 AM	30 MIN
	4-5	MON 5:30 PM TUES 9:30 AM THURS 4:30 PM FRI 10:30 AM	MON 5:30 PM TUES 9:30 AM THURS 4:30 PM FRI 10:30 AM	MON 5:30 PM TUES 9:30 AM TUES 6:30 PM THURS 4:30 PM FRI 10:30 AM	MON 5:30 PM TUES 9:30 AM THURS 4:30 PM FRI 10:30 AM	45 MIN
	6-10	MON 4:30 PM	MON 4:30 PM	MON 4:30 PM	MON 4:30 PM	45 MIN
KICK, CATCH, THROW <div>NEW!</div> A fun introductory sports class for boys and girls ages 3. Through a range of developmentally appropriate activities and games, children are introduced to the fundamentals kicking, catching & throwing.	3	TUES 10:30 AM THURS 5:30 PM FRI 9:30 AM	TUES 10:30 AM THURS 5:30 PM FRI 9:30 AM	MON 6:30 PM TUES 10:30 AM THURS 5:30 PM FRI 9:30 AM	TUES 10:30 AM THURS 5:30 PM FRI 9:30 AM	30 MIN
BEAN BAGS, HOOPS & PARACHUTES Children will participate in a variety of fun activities involving beanbags, hoops, parachutes and lots more! Children will work on hand eye coordination, fine & gross motor skills, rhythm, strength and coordination!	3		MON 9:30 AM WED 4:30 PM		MON 9:30 AM WED 4:30 PM	30 MIN
KIDS IN MOTION We focus on large motor skills, coordination and general body awareness. Have fun rolling, running, hopping, skipping, jumping and climbing.	3	MON 9:30 AM WED 4:30 PM		MON 9:30 AM WED 4:30 PM		30 MIN
	4-5	MON 10:30 AM WED 5:30 PM		MON 10:30 AM WED 5:30 PM		45 MIN
GYM GAMES <div>NEW!</div> High energy class that will keep your child moving. Games include red light green light, sharks & minnows, Mr. Fox, Freeze Tag, Mother May I & the Parachute! This exciting new class for ages 6-10 features a number of different “nontraditional” sports. Your child will learn the fundamentals and rules of sports such as dodge ball, kickball, ultimate ball, bowling, as well as many others!	4-5		MON 10:30 AM WED 5:30 PM		MON 10:30 AM WED 5:30 PM	45 MIN
	6-10	WED 4:30 PM	WED 4:30 PM	WED 4:30 PM	WED 4:30 PM	45 MIN
SOCCER In this class we will introduce your child to the fundamentals of soccer using fun games and relays. Older age group will learn dribbling, trapping, passing, and shooting will be emphasized, as well as our core values, sportsmanship and teamwork.	4-5	TUES 4:30 PM WED 10:30 AM	TUES 4:30 PM WED 10:30 AM	TUES 4:30 PM WED 10:30 AM	TUES 4:30 PM WED 10:30 AM	45 MIN
	6-10	THURS 4:30 PM	THURS 4:30 PM	THURS 4:30 PM	THURS 4:30 PM	45 MIN
YOUTH BASKETBALL INSTRUCTIONAL CLINICS Improve your basketball skills and get ready for YBL! (K) Kindergarten (Dinky Dunkers) 1st – 2nd Grade (Rookies) 3rd – 6th Grade (Winners & Champions)	K	WED 5:30 PM	TUES 6:30 PM WED 5:30 PM			45 MIN
	1ST 2ND	THURS 6:30 PM	MON 6:30 PM THURS 6:30 PM			1 HOUR
	3RD THRU 6TH	THURS 5:30 PM	WED 6:30 PM THURS 5:30 PM			1 HOUR
30 MIN CLASS: MEMBERS: EBR \$25 (\$35) NONMEMBERS: EBR \$50 (\$60) 45 MIN CLASS: MEMBERS: EBR \$35 (\$45) NONMEMBERS: EBR \$65 (\$75) 1 HOUR CLASS: MEMBERS: EBR \$40 (\$50) NONMEMBERS: EBR \$70 (\$80)						

AQUATICS	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER COST	NON MEMBER COST
PARENT CHILD SWIM LESSONS								
SHRIMPS Join your child in the water for a wonderful, positive aquatic experience. Using songs, games and basic skill building play.	6:30 PM	9:30 AM	6:30 PM	9:30 AM	9:30 AM	30 MIN	EBR \$30 (\$40)	EBR \$50 (\$60)
PRESCHOOL SWIM LESSONS – AGES 3 1/2 THRU KINDERGARTEN								
PIKE Beginner with little or no swim experience. Float belts are used.	5:00 PM	10:00 AM 5:00 PM	5:00 PM	10:00 AM 5:00 PM	10:00 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
PIKE PLUS Little fear, can jump in, put head underwater, eager to swim. Children advance to Eels when they are able to swim 5 ft. with their face in and on their back.	5:00 PM	10:00 AM 5:00 PM	5:00 PM	10:00 AM 5:00 PM	10:00 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
EELS An intermediate level working on flutter kicking, front and back glides, paddle stroke. Must swim the width of the pool to advance to Rays.	5:00 PM	10:45 AM 5:00 PM	5:00 PM	10:45 AM 5:00 PM	10:00 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
RAYS An intermediate class building endurance, rhythmic breathing, deep end, treading water, and back crawl. Must swim 3/4 length of the pool to advance to Starfish.	5:00 PM	10:45 AM 5:00 PM	5:00 PM	10:45 AM 5:00 PM	10:00 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
STARFISH Advanced swimmers comfortable in deep water. Working on distance front crawl with rotary breathing, underwater swimming, back crawl, elementary backstroke.	5:00 PM	10:45 AM 5:00 PM	5:00 PM	10:45 AM 5:00 PM	10:00 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
YOUTH PROGRESSIVE SWIM LESSONS – 1ST THRU 6TH GRADE								
POLLIWOG Learn water adjustment, floating, bobs, glides, paddle-stroke, swimming on back and side.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
GUPPY Works on longer floating, underwater swimming, front crawl, rotary breathing, back crawl – deep end, & swimming 25 m.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
MINNOW Covers front and back crawl, sidestroke, elementary back-stroke, treading water, and diving skills.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
FISH Skills include breast stroke, dolphin kick, elementary back-stroke, front and back crawl, longer survival float, treading water, and basic first aid.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
FLYING FISH Covers butterfly, breast stroke, turns, dives, underwater swimming and personal growth.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
SHARK Become a strong swimmer, perfecting all strokes, and learn skills for competitive swimming such as racing starts and flip turns – individual medley. Lifesaving stroke medley and basic lifesaving skills are taught.	5:45 PM	5:45 PM	5:45 PM	5:45 PM	10:45 AM	45 MIN	EBR \$40 (\$50)	EBR \$60 (\$70)
CLASS TIMES ARE THE SAME FOR ALL FALL AND WINTER SESSIONS								

YOUTH FITNESS POLICY

Safety is our number one priority. These age guidelines will help to ensure you and your family’s safety while having fun at the YMCA.

AGES 2 MONTHS – 9 YRS
Can use the pool, gym and Ace Place areas together with parental supervision.

Closely supervise your child while in the facility, unless enrolled in a program, class or Childwatch area.

AGE 10
Must pass a swim test in order to be in the pool without parental supervision.

AGE 12
Must complete an Equipment Orientation with a parent/adult and pass the Teen Strength Training Test before being allowed inside the cardio and weight room. After the parent-child Equipment Orientation, can use the appropriate cardio and machine weights (with parental supervision).

Can participate in non-equipment based fitness classes (with parental supervision).

AGES 13-15
Must complete an Equipment Orientation and pass the Teen Strength Training Test before being allowed inside the cardio and weight room.



Can use the appropriate cardio and machine weights (without parental supervision). Can participate in non-equipment based fitness classes (without parental supervision).

AGES 16+
Have full facility access including cardio and weight room without going through the Equipment Orientation. Can participate in all fitness classes.

ROCK CLIMBING

Climbing fosters communication and creates a need for participants to work together. Climbing can bring out the very best in each participant. Challenges related to climbing open up avenues to building self-esteem and confidence.

BELAYING
Belaying is how we provide safety to our climbers. A belayer ensures that a climber who slips does not fall from the wall. All belayers must be certified by our staff. Anyone over the age of 11 can become belay certified. You can learn how to belay during any of our open climbing sessions, or a belay clinic. To become fully belay certified, you must belay correctly during three different open climb sessions. COST: \$5 per person

OPEN CLIMB
A drop in climbing opportunity for ALL! Our wall does require a person to belay for you. If you need our staff to belay for you, it is an additional \$2 per person. Open Climbing hours vary; go to www.tcfymca.org to view Rock Wall Schedule.

MEMBERS: FREE
NONMEMBERS: Pay daily guest pass fee

For any rock climbing activity, participants MUST wear closed toed shoes and have a signed waiver on file (parents must sign for their minor children).

ROCK CLIMBING CLASSES			
	AGE	TIME	CLASS LENGTH
INCHWORMS This parent tot class focuses on communication skills, team building, goal setting and safety. Parents will become belay certified as a part of this course.	4-6	MON 6:15 PM	45 MIN
MT. ACHIEVEMORES Participants learn the basic movement and climbing techniques designed to challenge all. This progressive class is designed for a variety of climbing levels.	6-10	MON 7:00 PM WED 6:15 PM	45 MIN
MOUNTAINEERS For those who have completed the Mt. Achievemores class, this class offers more advanced hand and foot placements and body movements.	6-10	WED 7:15 PM	45 MIN
ASCENDERS An introduction to basic climbing and belay technique, participants will learn harness and belay set up, top rope belay techniques, knots, climbing technique, bouldering, safety skills and goal setting.	11-17	WED 6:15 PM	1 HOUR
ROCK ON For those who are already belay certified, and have completed either the Ascenders or Mt. Achievemores classes. This class offers advanced technique lessons and route setting.	11-17	WED 7:15 PM	1 HOUR
45 MIN CLASS: MEMBERS: EBR \$35 (\$45) NONMEMBERS: EBR \$65 (\$75) 1 HOUR CLASS: MEMBERS: EBR \$40 (\$50) NONMEMBERS: EBR \$70 (\$80)			

NEW! 7TH GRADE FREE MEMBERSHIP INITIATIVE

The 7th Grade Initiative is a Y-USA National Program and provides a **FREE** Membership from Oct – June with no monthly fees! Youth will have opportunities for fitness and sports, as well as time to socialize with peers in a safe environment. The goal of the 7th Grade Initiative is to inspire youth to discover their passions, develop a healthy lifestyle, and gain the assets needed to succeed in school and life.

Why 7th Graders? Research shows that 7th grade is a critical time in a young person’s life when exposure to risk factors greatly increases.

IT’S EASY TO GET STARTED

1. Bring in a parent/guardian & school I.D.
2. One-time \$5 registration fee for key tag
3. Complete a couple quick forms, schedule an orientation and have fun!

THINGS TO DO:

TEEN CENTER
ROCK CLIMBING
OPEN GYM
WEIGHT TRAINING
CARDIO STUDIO
SWIMMING



We’re looking for sponsors to help financially support the 7th Grade Initiative and for volunteers to assist with activities. Consider making a difference in a young person’s life.

AMERICAN RED CROSS
BABYSITTER’S TRAINING

The Babysitter’s Training course is fun and fast-paced with hands on activities, exciting video, role-plays and lively discussions. Youth ages 11-15 learn child-care, first-aid, leadership and communication skills. The class fee includes a Babysitter’s Training Handbook, Emergency Reference Guide and CD-ROM for babysitters to use in the class and on the job. Participants are asked to bring a doll and a lunch to class.

Saturday, September 27
Saturday, November 15

This is a one-day course.
Class time: 8:30 AM – 4:00 PM

MEMBERS: \$60
NONMEMBERS: \$85



AMERICAN RED CROSS
LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 300 yds continuously, tread water for 2 minutes(legs only), surface dive 10 foot depth and carry a 10lb. weight 20yds. Upon completion of the course, written and practical tests participants will be certified in the following:

- Lifeguard Training (2 year certification)
- First Aid (2 year certification)
- CPR for the Pro Rescuer (2 year certification)

COST: \$225 / PLEASE REGISTER IN ADVANCE

FALL CLASS

Thursday, Oct. 2nd 5:30 PM – 9:30 PM
Friday, Oct. 3rd 5:30 PM – 9:30 PM
Saturday, Oct. 4th 8:00 AM – 5:00 PM
Sunday, Oct. 5th 8:00 AM – 5:00 PM

WINTER CLASS

Monday, Dec. 22 12:00 – 8:00 PM
Tuesday, Dec. 23 12:00 – 8:00 PM
Monday, Dec. 29 12:00 – 8:00 PM
Tuesday Dec. 30 12:00 – 4:00 PM

Class times are subject to change dependent upon class size and abilities of participants. Must attend all sessions to pass.



TEEN
ADVENTURE
CENTER

The Teen Adventure Center (TAC) is a safe, social, and engaging environment that anyone in grades 5 –12 can attend after school from 3:00 pm – 6:00 pm. You do not have to be a Member to participate, and it’s **FREE**

Students who wish to participate in the Teen Adventure Center must get a TAC packet and fill out the enclosed forms before they can attend. They do not have to attend every day, and they do not have to stay the entire time, but they **MUST** have the paperwork filled out before they can attend. Parents are welcome to arrange transportation to the YMCA via Harbor Transit by calling 842-3200.

For more information on this program, please visit our website at www.tcfymca.org/tac or contact the Welcome Center.

Teen Center Hours:
Monday – Friday: 3:00 – 6:00 pm

MEMBERS: FREE
NONMEMBERS: FREE

OPEN HOUSE
September 8, 2014
3:00 – 6:00 PM
Check it out and get registered!

JUMP START

Let's Get Started
Build Something
Good Today!

FREE PROGRAM FOR MEMBERS

This program is a new approach to wellness. Jump Start empowers you to tailor your own path to a healthier lifestyle by choosing how you will accomplish your health and wellness goals. The Y will provide you with the knowledge and resources you need to succeed. There are 4 main components to the Jump Start Program - Fitness Assessment (Body Composition Analysis), Equipment Orientation, Nutrition Classes & Support. Check out our website or ask for Information at the Welcome Center.

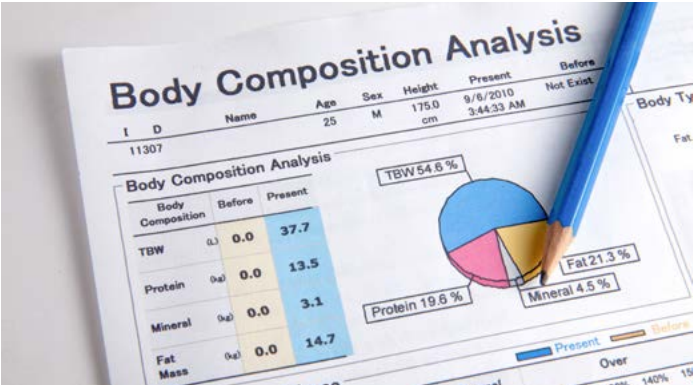
Only at the Y!

BODY COMPOSITION ANALYSIS

Bioelectrical impedance analysis (BIA) is a safe, accurate and non-invasive body composition technique. Testing results can give you an accurate picture of your body composition and help you target your training to maximize results! Testing takes only 5 minutes and will provide the following information: body composition, percentage body fat and BMI, segmental lean muscle distribution and basal metabolic rate.

MEMBER ONE TEST: \$15
MEMBER TWO TEST PKG: \$25
NONMEMBERS: \$30 per test

Retesting recommended after 3-4 months



EQUIPMENT ORIENTATIONS

Every Member is given the opportunity to go through a **FREE** one time orientation. Equipment orientations will help you learn the proper form and technique for the weight equipment and how to use that elliptical, bike or treadmill that you may be unsure of. Orientations last about 45 minutes. **Appointment times and availability vary, please sign-up at the Welcome Center.**

NUTRITION CLASSES

EATING A PALEO DIET **NEW!**

The Paleo Diet is an effort to eat like people used to back in the day...WAY back in the stone age. If a caveman couldn't eat it, neither can you. This means anything we could hunt or find – meats, fish, nuts, leafy greens, regional veggies, and seeds. Why is this trendy now? Is it even possible to eat like this in this day and age? Erica Phelps, RD, will guide you through the pros and cons of this style of eating and help you balance the nutritional needs of your body if you choose to live this way.

Wednesday, September 17th @ 6:30 PM

SUGAR: A STICKY SITUATION **NEW!**

Tooth decay, behavioral issues, heart disease, obesity, infections, inflammation. These are all adverse health conditions with potential links to sugar consumption, yet sugar is the popular ingredient added to foods in the USA. Sugar is often hard to detect because it comes under many names, including high fructose corn syrup. Nowadays, you also hear about natural versus refined sugars, but how do they differ? Artificial sweeteners give us sweet taste, but are they really better or possibly worse? Join Erica Phelps, YMCA Registered Dietitian, for a discussion on sugar and its alternatives to sweeten your life.

Saturday, December 6th @ 9:00 AM

NEW YEAR, NEW YOU

Start the new year right with healthy habits you can stick with! This class will provide an overview of sound nutrition principles and simple strategies to make them a reality. You'll take home many ideas to help you become lighter and brighter!

Tuesday, January 6th @ 6:30 PM

NUTRITION FOR ATHLETES

What you put into your body impacts what you get out of it. Putting the right foods in at the right time can significantly improve athletic performance and overall well-being. If you're training for a 10 K, marathon, triathlon, or other endurance event, this is a class you won't want to miss. Hydration and supplementation will also be covered.

Wednesday, March 4th @ 6:30 PM

ADDITIONAL HEALTH & WELLNESS EDUCATION

Members, please join our **Healthy Heart group** at 11:00 AM for our monthly health education series which include the following topics:

- Meatless Meals – Sept 16, Jan 6
- Alternative Grains (farro, quinoa) – Sept 30, Jan 20
- Build a better Salad – Oct 14, Feb 10
- Meal planning using whole foods – Oct 28, Feb 24
- Fruits and veggies – Nov 18, Mar 10
- Build a better Breakfast – Dec 2, Mar 24

ALL NUTRITION CLASSES:

MEMBERS: **FREE**
NONMEMBERS: \$10

MINDFULNESS MEDITATION

NEW! 6 WEEK SKILL BUILDING SERIES

We are excited to bring to the Y, this series involving a powerful, effective combination of research based healing modalities to help people better cope with life changes, stress, and illness in a group setting. Mind-body skills building has the potential to transform the physical, mental, emotional, social and spiritual dimensions of a person's life. The first session will lay the foundation for the series and is recommended if you wish to participate in any of the subsequent sessions. Subsequent sessions are designed to be independent of the others, so you may choose to come to one or all based on your interest. The group is facilitated by mind-body medicine research scientist Werner Absenger, MSc, PhD candidate, and Karri Absenger, LPN, CMT, RYT.



SESSION TOPIC	DATE	TIME
INTRODUCTION: CREATING THE CONTAINER Learn what mind-body medicine is and what techniques are included. Learn how meditation and imagery can be a way of being in the world, exploring issues and bringing changes to the body.	Saturday, October 4	9:00-10:15 AM
BIOLOGICAL UNDERPINNINGS OF MIND-BODY MEDICINE Learn the very basics in the biology of mind-body medicine and its capacity to affect what was once thought beyond human control by using the techniques of biofeedback and autogenics.	Saturday, October 11	8:00-9:15 AM
THE 8 LIMBS OF YOGA I Discover how yogic breathing exercises can reduce stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related mental illnesses, and substance abuse.	Saturday, October 18	8:00-9:15 AM
THE 8 LIMBS OF YOGA II Participants will learn about yoga and meditation with and without Mantra, Chakras/Sound healing, Mantra meditation, Kirtan/Kirtan Kriya, Lions Breath, Breath of Joy, Dristes and Mandala Meditation.	Saturday, October 25	8:00-9:15 AM
MINDFUL EATING AND HEALTHY NUTRITION Eating has a great impact on your well-being. Learn practical ways to bring mindfulness into everyday life by exploring ideas and feelings about food, eating and body image.	Saturday, November 1	8:00-9:15 AM
MEDITATION Learn about the different kinds and benefits of meditation as a self-care practice. The awareness you develop in meditation helps you identify sources of stress, which is the first step in learning to manage it.	Saturday, November 8	8:00-9:15 AM
GUIDED IMAGERY This form of deliberate and directed daydreaming is a powerful, time-honored method for understanding yourself, healing your body and mind, and maintaining your overall well-being.	Saturday, November 15	8:00-9:15 AM

MEMBERS: \$10 per class / \$50 for series
NONMEMBERS: \$20 per class / \$110 series
MUST PRE-REGISTER

GROUP FITNESS CLASSES

We offer dozens of group exercise classes to accommodate your schedule and fitness level. They are sure to get your heart pumping and build cardio stamina while burning calories. Our energetic and inspiring instructors are ready to motivate you to be your best. Here are some of the classes you may find on the schedule:

BODY BASICS | CARDIO JAM | FITNESS YOGA | CARDIO INTERVAL
CORE FITNESS YOGA | HIGH INTENSITY INTERVAL TRAINING (HIIT)
WATER WORKS | STRENGTH FUSION | COMPLETE CORE | ZUMBA
INDOOR CYCLING | POWERFLEX | CARDIO KICKBOXING | PILATES
GENTLE YOGA | YOGA STRETCH | OUTDOOR CROSS TREKKING



CLASSES ARE **FREE** TO MEMBERS.

NONMEMBERS may purchase a Fitness Class Session Pass for \$140.

Class offerings vary each session; go to our website to view or download the fitness calendar.

WWW.TCFYMCA.ORG/CALENDAR/GOOGLE

PERSONAL TRAINING

Motivation and accountability are at the core of personal training. Certified trainers are instructors who stand beside you at every physical challenge, encouraging you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury. Pre-payment and 24 hour cancellation required.

Note: Members may not provide their own trainers. Trainers must be employed by the YMCA.

MEMBERS: One hour session: \$46 / Six sessions: \$230
NONMEMBERS: Additional \$10 guest fee per visit

SEMI-PRIVATE TRAINING SESSIONS

Train with a friend or family member. Semi-private personal training for individuals of similar fitness abilities.

MEMBERS: One hour session: \$70 / Six Sessions: \$350
NONMEMBERS: Additional \$10 guest fee per visit

NEW! BECOME A FREQUENT Y’ER!

COMING SOON! In addition to better health, there’s a new benefit to working out at the Y. Become a Frequent Y’er and earn rewards for your hard work. This continuous program motivates members to use the Y to their fullest capability. Watch for more details coming this fall!

TRI-CITIES FAMILY YMCA

CrossFit

CrossFit is a worldwide strength and conditioning fitness program designed for all ages. Whether you’re a beginner or a professional athlete, the CrossFit program is designed with universal scalability, making this the ideal exercise program for anyone, regardless of age or experience!

The daily workouts include a mixture of cardiovascular and respiratory endurance based exercises. Benefits of this type of training include: increased stamina, flexibility, power, speed, coordination, agility, balance and accuracy. You attain these goals using a wide variety of exercises, including running, rowing, plyometrics, gymnastics, weight training and Olympic weight lifting techniques.

HOW DOES A BEGINNER START?

All new CrossFit athletes start with 5 Fundamental classes in which proper body mechanics and technique are taught. A workout is also included in the Fundamentals Classes. The Fundamentals course is \$36 for Members.

NEW! Nonmembers may now enroll in our Fundamentals class for \$86. Upon completion, first month of CrossFit will be FREE when you obtain a YMCA membership and sign up for monthly CrossFit. YMCA Membership is required for participation in the daily WOD classes. (Community pricing memberships are available for those who qualify - see the Welcome Center for more details).

FUNDAMENTALS CLASS OFFERINGS*

October 6-10 12:30 PM
November 3-6 & 10, 6:15 PM
January 12-16, 9:45 AM
February 9-13, 12:30 PM
March 9-12 & 16 6:45 PM

*Minimum of 4 participants to run class

CrossFit PRICING AND SCHEDULE

Crossfit prices: Y Member cost is \$55 per month, via bankdraft. Couples or families with multiple individuals wishing to participate, \$55 for the first individual, \$50 for each additional member.

ACTIVE OLDER ADULTS (AOA)

The Tri-Cities Family YMCA has a thriving community of active older adults who make the Y and physical activity an important part of their healthy lifestyle. Active Older Adults is the YMCA’s program for today’s active adults 55 and older. The Y offers a variety of exercise and social opportunities for our senior members. If you’re looking to stay fit and healthy long past retirement, work out with the YMCA Active Older Adults!

AOA fitness classes are **FREE** to Members. These include an AOA Circuit Class, WaterWorks exercise class and SilverSneakers® group exercise class. Nonmembers may purchase a Senior Fitness Class Session Pass (age 65+) for \$98 for a 7 week session or pay \$10 drop in fee. *See online Fitness Schedule for class times.*

HEALTHY HEART

Formerly Cardiac Rehab, this class is a preventive program designed to enhance the quality of life for people at risk or who have diagnosed heart disease. A medical release from your physician is required for participation. Blood pressure screening is available from 10:00-10:30. Class is from 10:30-11:30 and includes cardiovascular exercise, strength and flexibility exercises as well as monthly health education sessions (see page 14 for dates and topics). Our staff of nurses, EMTs and Exercise Physiologists are here to assist you with your goals of improved health and wellness.

MEMBERS: **FREE**

NONMEMBERS: Punch card available for \$48 for 6 visits

Tues & Thurs 10:15 AM – 11:30 AM



BLOOD PRESSURE SCREENING

Has your physician requested that you track your blood pressure? Our medical staff of nurses and EMTs would be happy to assist you.

MEMBERS: **FREE**

Tues & Thurs 10:00 AM – 10:30 AM in the AOA office

PEDALING FOR PARKINSON’S

Pedaling a bicycle may change the life of someone with Parkinson’s Disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace. While fast pedaling is not a cure, evidence has shown that it can make a real difference.

Classes held 3 times a week. Medical consent forms and more detailed information available at the Welcome Center.

MEMBERS: **FREE**

NONMEMBERS: \$10 drop in fee per visit

AOA SOCIALS

Join us in the lobby for coffee and a light snack.

Tuesday October 14, 9:00 AM
Thursday, November 13, 9:00 AM
Tuesday, January 13, 9:00 AM
Thursday, February 19, 9:00 AM
Tuesday, March 17, 9:00 AM

Holiday Potluck: Wednesday, December 10th at 11:45 AM. We invite all of our YMCA seniors to attend this special “dish to pass” luncheon. Please sign-up at the Welcome Center.

NOON DROP IN BASKETBALL

Need to take a break from your grueling work day? Why not drop into the YMCA and play a little basketball with colleagues and others who enjoy the game and the exercise! Invite your friends!

Monday, Wednesday, Friday: 12:00 – 2:00 PM

MEMBERS: **FREE** **NONMEMBERS:** \$5

PICKELBALL

This sport is a combination of tennis and ping pong; played on a badminton court with the net lowered to 34 inches at the center. A plastic ball (similar to a wiffle ball) and wood paddles are used.

Tuesday & Thursday: 12:00 PM – 2:00 PM

MEMBERS: **FREE** **NONMEMBERS:** \$5

WE'RE MORE THAN A GYM. WE'RE A CAUSE

Where there is a need, the Y will find a way to provide the services needed for a person or family regardless of their ability to pay. Because we never use Member dues to fund scholarships or programs, we rely heavily upon direct financial gifts and event sponsors to help offset the expenses of opening our doors to all people.

In 2013, the Tri-Cities Family YMCA provided over \$510,000 in scholarships and discounts to more than 3,900 people in the Tri-Cities area. By supporting the Y, your gifts will help youth achieve their potential, empower people of all ages to lead healthier lives and strengthen the foundations of our community.

To find out how you can support our Annual Campaign, visit our website: www.tcfymca.org/support

THE TORCH SOCIETY

The Torch Society recognizes individuals and couples who have named the Tri-Cities Family YMCA as the beneficiary of any type of planned or deferred gift. The purpose is to acknowledge and thank those who have made these gifts and to encourage and inspire others to do the same. Members of the Torch Society will be recognized in our publications. Also, we will hold a special reception for the Torch Society members each year.

Joining the Torch Society requires two steps. First, arrange for a planned gift in favor of the Tri-Cities Family YMCA. Second, inform the Y by submitting the Torch Society form. These forms are available through many Tri-Cities area attorneys and financial planners, from the TCFYMCA office, or website.



WALK ACROSS AMERICA

Join the Learning Tree Preschool students as they "Walk Across America" in an effort to raise funds for a new playground to be located adjacent to the YMCA. The playground will serve our Learning Tree students and our YMCA Members. The campaign, which will run from **April 13 through May 8**, has two components, one for students and one for Y Members and families. Please be looking for more information coming soon!

SPONSORSHIP OPPORTUNITIES

Sponsorship dollars are helpful to our programs, please contact us if you have a special interest in one of the following areas:

- 7th Grade Initiative
- Family Fun Nights
- Youth Basketball League (YBL)
- Splash - Learn to Swim Program
- Miss Maryann Scholarship Fund
- Kick-off to Summer Run
- Coast Guard Festival Run
- Pete Hill Golf Outing

MISS MARY ANN SCHOLARSHIP FUND

The Miss Mary Ann Learning Tree Preschool Scholarship Fund was established by the Parker Family and Harbor Industries to assist families and single parents who want to send their children to a quality and caring preschool. The fund honors Miss Mary Ann Rutherford who taught for 17 years at the Learning Tree Preschool (1995 - 2012).

Those interested can support the scholarship program with a financial gift. Individual support will be recognized on hand-engraved leaves, rocks and acorns displayed on a donor appreciation tree located in the preschool hallway.



Every gift makes a difference.
Everyone has a role to play.
Together, we can achieve so much more.



Togetherhood™

NEW! TOGETHERHOOD SERVICE PROGRAM
Giving Back to Build a Stronger Community

The Tri-Cities Family YMCA has been chosen as one of the first Y's in the country to launch Togetherhood™, a member led community service program. Togetherhood is the Y's newest Signature Program for Social Responsibility and invites our Y Members to lead and participate in volunteer service projects that benefit the community where we live.

Togetherhood is designed to be run by a Service Committee made up of a chairperson, Y Members working as volunteers and the support of a Y Staff Advisor.

IT'S EASY TO MAKE A DIFFERENCE

We are in the process of building a Service Committee for our Y to participate in this program. There are so many ways to help make our community better. But sometimes it's not always obvious where or how to get involved. Togetherhood makes it easy for you to give back.

There are 2 ways to participate:

1. JOIN THE TOGETHERHOOD SERVICE COMMITTEE
As a member of the service committee, you'll help scope and run projects that help strengthen our community.
2. BECOME A SERVICE PROJECT VOLUNTEER
Service projects are designed to make meaningful impact while being rewarding, convenient and fun!

At the Y, we're dedicated to strengthening community by giving back and supporting our neighbors. **JOIN US IN GIVING BACK!**

GROWTH AND DEVELOPMENT COMMITTEES
NEW Ways to Get Involved at the Y!

We are pleased to announce new volunteer opportunities available here at the Tri-Cities Family YMCA! Committees are being formed to assist with the **Building & Grounds Improvements, Membership & Marketing Development, and Programming & Special Events**. Detailed descriptions of the three committees which will meet on a monthly basis, are available on our website.

Our strength comes from your support. Your involvement with the Y will positively impact your community. Sign-up at the Welcome Center or email: volunteer@tcfymca.org

BE INVOLVED...
VOLUNTEER

With a focus on youth development, healthy living and social responsibility, there are countless opportunities for you to join us in delivering our mission. When you volunteer at the Y, your time has a positive impact in your own neighborhood and makes your community safer and stronger. It's only when we join together that we can create lasting personal and social change.

COUNTLESS WAYS TO VOLUNTEER:

- ✓ Raise funds to ensure the Y is accessible to all members of the community
- ✓ Coach our sports teams
- ✓ Participate in opportunities to give back and support neighbors
- ✓ Support our Annual Campaign with a gift
- ✓ Volunteer your time and expertise at a special event
- ✓ Sponsor a child to join a Youth Basketball League team
- ✓ Help a single working parent pay for after-school care
- ✓ Send a child to summer day camp for a week
- ✓ Support the Miss Mary Ann Learning Tree Preschool Scholarship Fund
- ✓ Join our "Round-Up Club" by rounding up your monthly membership draft.

BIRTHDAY PARTIES

Looking for a place to host your child's next birthday party? The YMCA is just the place for you! We have options for child's 1st birthdays up to 14th! With multiple party packages to choose from we are sure to have a party that will fit your needs.

PARTIES ARE BASED ON AVAILABILITY AND MUST BE BOOKED 2 WEEKS IN ADVANCE. Parties are available September - May only.

Visit our website for all the details or contact our special events person at 616-842-7051 ext. 223, or via email at Gymnastics@tcfymca.org.

FIELD TRIPS

Plan your group or schools next field trip to the Y where we specialize in FUN! For information on pricing and activities offered, please check our website.



MEMBERSHIP AT THE Y DISCOVER HOW WE ARE...

SO MUCH MORE!

You may know the Y for our pools, classes, gymnastics, basketball or summer camps, but the Tri-Cities Family YMCA is so much more! It's a cause, dedicated to youth development, healthy living, and social responsibility. We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

From exercise to education, from preschool to preventive health, and from volleyball to volunteerism, the Y doesn't just strengthen our bodies. It strengthens our community.

When you join the Y you belong to a place where:

- Parents find a safe, positive environment for children to learn good values and social skills
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve, and are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

THE Y IS A NONPROFIT LIKE NO OTHER. BE A MEMBER OF SOMETHING SPECIAL!

MEMBERSHIP BENEFITS

- FREE Childwatch
- FREE Towel Service
- FREE Group Fitness
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Open Rock Climbing
- FREE 2 Body Composition Tests
- Reduced Program Fees
- Crossfit
- 25 meter Pool
- Cardio Theater & Weight Room
- 2 Full Size Gymnasiums
- 2 Racquetball Courts

MEMBERSHIP TYPES

- Youth: Ages 0-18
- Young Adult: Ages 19-23 (college students)
- Adult: Ages 24-64
- Family: Two adults over age 22 & any dependents through age 23*
- Couple: Two adults or one adult and one child*
- Senior: One adult age 65 +
- Senior Couple: Two adults in which one spouse is 65 + *

*Members must be immediate family, live in same household, and be listed as dependents on IRS 1040. Visit our website or call Welcome Center for current membership rates.

FINANCIAL ASSISTANCE

The Y's Community Pricing Program ensures that membership and programs are available to the entire community regardless of their financial situation. This program is supported by contributions from our Annual Campaign, grants from local funders and direct donations. Applications available at our Welcome Center.



OPEN HOUSE FALL EVENT: OCTOBER 3, SEE PAGE 3 FOR MORE INFO